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# Beauty right in the backyard



Although there has been a fair amount of rain in the area to start the New Year, beauty does come from it. This rainbow was recently caught from the visitor center terrace at Mission Trails Regional Park. On this day, you could see the San Diego River's flow through Mission Gorge; it's a rare sight to be able to see the water flow from the visitor center terrace. For people interested in learning more about the park, MTRP staff encourages them to come on a free walk with the park's trail guides. The drop-in walks are offered Wednesday, Saturday, and Sunday at 9:30 a.m. Those interested can meet in the visitor center lobby. For a story on Mission Trails Regional Park, see page 14. *(Photo credit: Janet Gavaldon)*

# Del Cerro author to give free talk at San Carlos Library on Feb. 24

**By DAVE THOMAS**

Del Cerro author Jennifer Coburn will give a free talk at the San Carlos Library (7265 Jackson Drive) on Friday, Feb. 24, 2 p.m.

Coburn is the author of *Cradles of the Reich*, which looks at a topic not often delved into when it comes to fiction: the Lebensborn project, a Nazi-breeding initiative to raise the birth rate of “racially pure” Arvan children.

*Mission Times Courier* recently caught up with Coburn, mother of a Patrick Henry High School graduate, to talk about her book and more.

**MTC:** What do you enjoy most about writing?

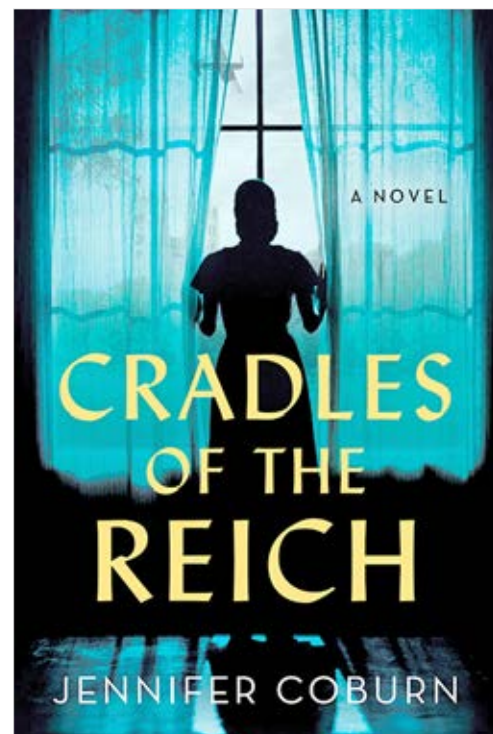
Coburn: I love how writing allows me to research topics I'm interested in. For *Cradles of the Reich*, I learned so much about the German zeitgeist in the Weimar Republic, but also mundane cultural details like how men put on their pants (button, snap or zip?), why Nazi women didn't wear makeup, and what time of year a German family could prepare rabbit stew. (I consulted with a food historian for the latter. Who knew that was a job?)

Mostly, though, I love to connect with readers and

share a story about a period I felt was important to explore. I want to tell a good story with characters people care about and are rooting for (or hating!), but I also want to contribute to the understanding of what the rise of fascism looks like.

**MTC:** What led you to write this specific book and what was the timeframe involved from beginning to end?

Coburn: Before *Cradles of the Reich*, I wrote a mother-daughter travel memoir. And before that, six romantic comedies, so moving to

SEE **JENNIFER COBURN**, Page 9

**Del Cerro author Jennifer Coburn will give a free talk at the San Carlos Library on Friday, Feb. 24, 2 p.m. (Courtesy photo)**

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# San Carlos Community Garden reveals new membership program, workshops

## In the garden

By JESSICA MILLS

Through their educational workshops, and its newest initiative, the SCCG Annual Membership Program, the San Carlos Community Garden (SCCG) continues to focus their commitment on stewardship, community building and sustainability. The SCCG's new membership program now makes it easier for everyone to support the Garden's mission, while also providing great perks.

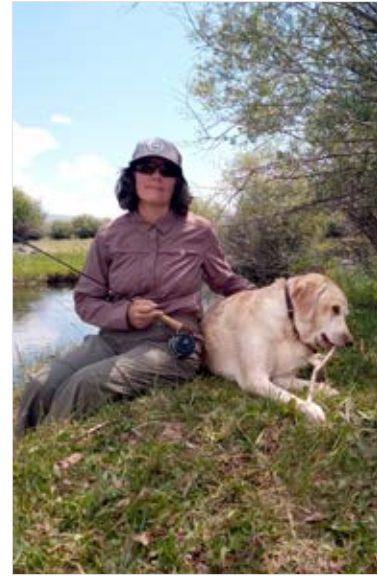
Offered at just \$35 annually for membership, SCCG members will be able to attend the Garden's monthly education workshops at no cost.

Other benefits include access to the SCCG's Garden Resource Center which includes gardening books and tools that can be checked out for no-cost, as well as access to SCCG's Seed Stash, a unique variety of locally grown and harvested seeds for growing vegetables, herbs, fruit trees and flowers.

Led by SCCG volunteers and reputable experts, SCCG's Garden Education Workshops offer participants low-cost, high-quality opportunities to grow their garden knowledge, understand and combat San Diego climate gardening, meet new or familiar faces and take-home plants and garden goodies.

SCCG Board Member and Education Coordinator, Sherry Ashbaugh, helps in creating the garden workshops, which cover a range of subjects such as specifics on tomatoes, orchids, composting, creating up-cycled garden art and much more.

"We're really excited about our line-up of workshops this year," Ashbaugh explained. "We've partnered with notable experts like local author, Chuck McClung (pictured), Sarah Boltwala-Mesina from Food2Soil, and Sam Tall from City Farmers Nursery. For anyone who's new to gardening or wants a refresher, you'll get



SCCG Board Member and Education Coordinator, Sherry Ashbaugh, helps in creating the garden workshops while local author, Chuck McClung, lends his expertise as an instructor. (Courtesy photos)



excellent technical knowledge from the instructors. You also get gardening tips and ideas from other participants, which can be motivating and inspiring."

Chuck McClung, a SCCG volunteer, local botanist, gardening instructor and author, is leading a few of this year's workshops. On Saturday, Feb. 18, McClung will demonstrate how to integrate edible plants into landscape and container gardens while conserving water. For garden members the workshop is free and \$10 for non-garden members. McClung will also provide plants for sale that participants can buy during the workshop.

"This class is informational," McClung said. "It will really teach you how to grow your own nutrients with edible plants in your landscape."

On Saturday, March 18, Tyler Trimble, of Backyard Fruit, will offer guidance on all things about fruit trees. Participants will have hands-on experience with fruit tree pruning, fertilizing, pest and disease control and much more. The Saturday, April 15, workshop is guided by Paige Kries, founder of Plant It Again — a non-profit organization dedicated to creating careers for adults with intellectual and developmental disabilities. Kries will illustrate how

to upcycle everyday objects into unique garden art. Participants are encouraged to bring a teacup or can choose from those provided. Soil and succulents will also be given to participants to add to their repurposed teacups.

McClung returns to the garden on Saturday, May 20, to teach participants how to grow tomatoes all year long. McClung will share his secrets about growing tips, disease controls and tomato varieties for San Diego Gardens.

SCCG's education workshops are held from 9 -10:30 a.m. at the Garden on the third Saturday of the month. Additional information about the SCCG's Growing Community Membership Program and 2023 Education Workshop schedule is located at: sancarloscommunitygarden.com.

If you would like to recommend a workshop topic, or have expertise in gardening and would like to be considered to lead a SCCG Garden Education Workshop, send an email with your request or credentials to info@sancarloscommunitygarden.com.

*Editor's note: Jessica Mills is a volunteer for the SCCG and senior at the University of San Diego. Mills helps with communication and marketing projects for the garden and the Youth Ambassador program.*



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**CENTURY 21**  
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# SCAC social gathering proves beneficial in looking back and forward

**San Carlos Area Council**  
By **MICKEY ZEICHICK**



Our Jan. 18, half hour social gathering prior to the regularly scheduled San Carlos Area Council (SCAC) meeting, was well-attended.

Councilman Raul Campillo arrived before 6 p.m. and it set a more casual tone for our meeting as he chatted informally about things happening within the City and County.

At the beginning of our meeting we acknowledged the November 2022, passing of Rita Hartman. Rita and her husband, Jerry (of blessed memory) were both very active board members of SCAC and ardent educators who shared their hopes and dreams of a new San Carlos Branch Library. Rita: I hope you heard the land is in the acquisition phase – finally!

Our speaker was Campillo, and he spoke of the many achievements he has been a part of in the very diversified District 7 communities of Allied Gardens; Del Cerro; Grantville; Linda Vista; North Mission Valley, San Carlos, Serra Mesa, and Tierrasanta. Some of the projects even over-lap areas, which is a great thing.

In San Carlos some notable things: The San Carlos & Del Cerro Town Hall. The ADA Curb Ramp installation. San Carlos Little League Opening Day. San Carlos Robotics Extravaganza. Lake Murray 4th of July Fireworks. MTRP Press Event for the San Diego River Task Force funding. Weed whacking on Navajo Road.

Mayor Todd Gloria will be signing off on the acquisition of the neighboring lot for the 'NEW SAN CARLOS BRANCH LIBRARY ACQUISITION'. (I thought I would put that in all caps to be really enthusiastic about it.) The City will fully own the land needed to build the new branch library. Once construction funding is identified the project is on track to start construction in 2025.

For more information on the Councilman's involvement with our District 7 communities and the people within it, you can go to his website: [sandiego.gov/citycouncil/cd7](http://sandiego.gov/citycouncil/cd7).

Elections for the SCAC are coming up in May and we need more Board members.

Whether you are new to our area or have lived here for a long time attend our bi-monthly meetings and if you would like to get involved contact me at: [SanCarlosAreaCouncilPres@gmail.com](mailto:SanCarlosAreaCouncilPres@gmail.com). Our bi-monthly

meetings (odd months) are held at the San Carlos Branch Library on Jackson Drive from 6:30 p.m. to 8 p.m.

We had informative presentations by many of our representatives: Congresswoman Sara Jacobs office (Jawad Al Baghdadi); State Assembly District 78 Christopher Ward (Teannae Owens); County Supervisor, Joel Anderson (Art Davis); SDUSD Trustee, Shana Hazan; and our beloved Librarian, David Ege.

Did you know that four year olds are now in a Pre-K class at a lot of (and will be all of) our elementary schools.

Hazan gave a very informative presentation on what has happened in the SDUSD since the short time she has been in office.

Of course we all know, things are not done by only one person, but she is passionate about education, fairness, inclusion, inspiration, and diversity. I can't help but believe that these goals are of the entire San Diego Unified School Board of Trustees: every child deserves to be seen, heard, and encouraged to thrive.

The next meeting of the SCAC will be held Wednesday, March 15, beginning at 6:30 p.m.

—Mickey Zeichick is president, SCAC.

## 27 Quick and Easy Fix Ups to Sell Your Home Fast and for Top Dollar

SAN DIEGO - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life, and once you have made the decision, you'll want to sell your home for the highest price in the shortest time possible.

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

Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible.

In this report you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

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# Improve neighborhood safety and streets in Del Cerro

**Friends of Del Cerro**  
By JAY WILSON

I spoke with Jackie O'Connor, the President of the Friends of Del Cerro (FODC) for an update. She stated, "Please join me and become involved with the Friends of Del Cerro (FODC)

for the Safety, Beautification and Community Cohesiveness. Attend a meeting on Wednesday, February 22 and volunteer to serve on a committee to improve our neighborhood to help keep our neighborhoods safe and improve our streets. "Help us represent a unified voice and force for Del Cerro, which is now more than 60

years old. It is time for us to work together for our wonderful neighborhood. We would like you to become a member of FODC, but it is not necessary to be a member of FODC to be involved with us. Go to [friendsofdelcerro.org](http://friendsofdelcerro.org) for more information and time of our meeting. Become involved with the improvement and beautification

of our fine community." Here is an update on the proposed Cerro apartment complex on Del Cerro Blvd. Because of a recent ruling by Superior Court Judge Ronald Frazier, current and future development projects may have to redo their Environmental Impact Reports to include the impact of any new or in-progress projects

that are potentially impacting traffic or infrastructure in the same area. Theoretically this may impact the All Peoples Church development and the proposed 6-story, 114 apartment units and retail space known as the Cerro project on Del Cerro Boulevard. We will provide more information as it becomes available.

# Town hall talks of 2022 accomplishments for Navajo residents

**District 7 Dispatch**  
By RAUL A. CAMPILLO

It's already February, and I'm happy to share what has been happening in District 7 and the Navajo communities. So, let's jump in with what my team and I have been working on.

**NAVAJO COMMUNITY TOWN HALL**  
I recently held a town hall for Navajo residents at the Allied Gardens Community Recreation Center where I provided updates on several significant 2022 accomplishments, like the opening of the new SDPD Satellite Office in Grantville. I also spoke about what's on the horizon for 2023 and answered questions, comments, and concerns from

residents regarding the Navajo community. Thank you to those who attended the town hall. I appreciate your interest and commitment to your community.

**POINT IN TIME COUNT**  
Last week, my staff and I joined the San Diego Regional Task Force on Homelessness for the 2023 Point in Time Count. The purpose of We All Count is to collect data on the needs of people experiencing homelessness in our community and better learn the needs of the unhoused and how to help with various resources. If you are experiencing homelessness, dial 211 for information on resources and services near you.

**STORM DRAIN CLEANING IN SAN CARLOS**  
Last month our region was hit with several consecutive storms

leaving many parts of our district flooded. I'm glad to announce that in December, crew members of the City's Stormwater Department were able to clear non-native plants and debris from the storm drain near the San Carlos Recreation Center, which allowed water from our recent storms to flow freely through our storm drains.

**SAN CARLOS LIBRARY UPDATE**  
The purchase of the adjacent land to build the future San Carlos Library that will allow the construction of a new library is moving along. Final negotiations with the current property owner are in process, and the deadline for the city to purchase the lot is Summer 2023. Lucky for us, the purchase price was negotiated 30-years ago, so the taxpayers





The bulk trash day for the Navajo communities will take place on March 4, 8:30 a.m. to 11 a.m. (Courtesy image)

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**Please Note:** GetCareNow assigns you a time slot (based on availability) and reserves your space in line. While this reserves your spot in line in the emergency room, it does not guarantee you will be seen at this exact time due to patient volume and the varying urgency of medical needs.

are getting a really good deal on the land.

**NAVAJO COMMUNITY BULK TRASH DAY**  
Time for some pre-Spring cleaning. After the holidays is always a great time to get rid of the clutter, and I am excited to share that I have scheduled a bulk trash day exclusively for the Navajo communities on Saturday, March 4, from 8:30 a.m. to 11 a.m. at the Allied Gardens Recreation Center. See my website or social media channels for more details on what is NOT accepted.

**YEAR IN REVIEW- NOW AVAILABLE**  
I am proud to present the 2022 Year in Review for District 7. Copies have been circulated along the various community events and the district's local libraries for your information. I look forward to my continued work advocating for District 7 and all San Diegans in 2023.

—Raul Campillo represents District 7 on the San Diego City Council.



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# PHHS students challenged to reach their full potential

Patrick Henry  
High School News

By MICHELLE IRWIN



Dear Patrick Henry students, parents and community members,

Our goal is to continue to develop our students to be thoughtful, productive citizens with a sense of purpose, integrity and a curiosity about the world in which they live. At Henry, we challenge each of our students to reach their full potential with our quality instructional program. We are committed to providing opportunities for students to excel in their talents and learn new skills to support them as they journey through high school and beyond.

There are quite a few exciting updates here at Henry:

**Articulation:** Our counselors will be meeting with our students in the months of February and March to plan their course selection for next year. Visit our website for course descriptions and information. There will be a parent meeting for current parents on Thursday, Feb. 9 via Zoom. All parents are invited to attend to learn about graduation requirements and the course selection process for our Patriots. Join us on Zoom at: [sandiegounified.zoom.us/j/87809785555](https://sandiegounified.zoom.us/j/87809785555) at 6 p.m. on Feb. 9. If you are unable to attend the presentation will be posted on our counseling website at: [sites.google.com/sandi.net/phhs-counseling-department/home](https://sites.google.com/sandi.net/phhs-counseling-department/home).

**ASB Hosting Variety Show on March 1:** Come see PHHS students show off their talents at our upcoming variety show on March 1 in our PHAME. Students will sing, dance, play instruments and share some jokes.

**Spring Dance:** Spring Fling will be held on Saturday, March 11 at 7 p.m. at the San Diego Port Pavilion at the Broadway Pier. The Dance theme is floral. Students will dance under the stars and enjoy a variety of games, food and other fun activities.

**NJROTC Highlights:** Our Navy Junior Reserve Officers Training Corps (NJROTC) Navy League

Competitive Team traveled to Ramona High School on Saturday, Jan. 14 for the annual "Up The Hill" Field Meet. Competing in academics, personnel inspection, five drill events, and physical fitness, the patriot battalion finished first overall against 14 other teams from Southern California and Arizona. Standout performances included sophomore cadet Janet An placing first overall in both curl-ups with 340 and pushups with 69. Our drill team also finished first overall in both Armed Basic and Unarmed Exhibition. This was the first time our team has finished first at the Ramona Field Meet in memory. Next up, the Patriot Battalion will be traveling to Santa Ana High School on Saturday, Feb 11 to compete against the top 16 teams in our area with the top two finishers earning spots in the Navy's National Championship Field Meet in Pensacola, Fla. in April.

**Engineering at PHHS:** Applications are open for our incoming ninth graders (class of 2028) to apply for Patrick Henry's Engineering & Computer Science Academy. Our program is the largest in a public school in the region, featuring nine engineering classes in three pathways (Design, Architecture and Computer Science). Our classes are project-based, articulated for Honors credit, and feature guest speakers and field trips. We also have several student-run clubs, including the Society of Women Engineers, Architecture & Construction Mentor Program, and a FIRST Robotics team, which is currently building a new robot for competitions this spring. If your student likes solving problems, building things and is interested in a career in STEM, this is the program for them. For more information and to apply, visit us at [patrickhenryeda.org](https://patrickhenryeda.org).

Special congratulations to PHHS engineering student Keigo Morita, who with his brother Shingo Morita (PHHS Alum), recently won the U-22 Programming Contest held by the Japanese government's Ministry of Economy, Trade, and Industry. The siblings won the "Building

a Good Future Award " from Diamond Sponsor, SMAREGI Inc. for their work on building an educational website aimed at helping students learn Japanese. You can check out Keigo and Shingo's website at: [skgojapanese.com/](https://skgojapanese.com/).

**PHHS Robotics Team:** Patrick Henry High School's FIRST (For Inspiration and Recognition of Science and Technology) Robotics Competition (FRC) team, received the Judges Award at Beach Blitz 2023 for their family-like bond and unmatched student leadership. It is no small secret that the spread of coronavirus had major repercussions for robotics teams all over the world, but even after struggling through the many obstacles that came with the inability to meet in-person and a completely new set of challenges, the Patribots powered through unfazed. A pillar of the Patribots is their student leadership. New members are mentored equally by senior students and adult mentors who provide the guidance and industry experience that is essential to the design process. The Patribots believe that this student-to-student interaction in addition to their excellent mentorship is a perfect recipe for success.

It was for this reason that the Patribots were awarded the Judges Award. This award is given to teams who have been recognized by judges and commended on the positive aspects of their team, and also have a unique feature that demonstrates the facets of FIRST. The Patribots are distinctive in their system of family participation. Families volunteer to provide meals, snacks, tools, materials and supervision, all of which enables the team to continue working throughout the season.

In addition, the Patribots make a conscious effort to treat each other like family by eating meals together and spending time with one another. The Patribots are now preparing for their 2023 season in the new FRC game, Charged Up. At the end of their build season, the Patribots will be attending two competitions: Central Valley Regional as well as San Diego Regional which will be held at The LionTree Arena at



Students in various organizations at Patrick Henry High School continue to shine during the 2022-23 school year. Among those students shining would be those on the school's robotics team. (Courtesy photo)

UCSD, March 25-26. Their hopes are high for both competitions and would love to see the community come out to support them at the local competition in March.

**Patrick Henry Foundation:** PHHS wants to thank our Patrick Henry Foundation for their continued support of all our programs. The PHHS Foundation is our own school's non-profit support organization, like the PTA, PTO, or other school support organizations. The Foundation would like to thank those who have become members and have donated to our membership drive. Remember every dollar raised supports our faculty and student body. If you have any questions, e-mail [phhspatriotfoundation@gmail.com](mailto:phhspatriotfoundation@gmail.com) or go online at: [patrickhenryhighfoundation.org](https://patrickhenryhighfoundation.org). Hope to see you at our monthly 6:30pm third Thursday

meetings in the PHHS main office conference room.

**Patrick Henry Alumni Association:** Our Patrick Henry Alumni Association also supports PHHS in many ways. The major fundraiser event for the Alumni Association is the golf tournament that is held at the Admiral Baker Golf Course. This year's event will be on Thursday, May 18 at noon. We hope all PHHS Alumni participate in the golf tournament or attend the dinner with silent auction. All funds raised will have a direct benefit to PHHS. Visit the PHHS Alumni website at: [patriotalumni.org/](https://patriotalumni.org/) for more information.

Thank you for being partners in education with us.

—Michelle Irwin is principal at Patrick Henry High School.


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# If death walks among us, he's definitely a registered Republican



By SEAN QUINTAL



As human beings, most of us aren't exactly comfortable with the topic of death. Understandably so, since being born carries with it a 100 percent mortality rate.

That's probably why human cultures across the globe and throughout history have created incarnations of our own demise, personifications of death itself.

The ancient Greeks had Thanatos, who guided people to the underworld. In India, there's the Hindu god Yama, who would judge the dead and decide if they should be banished to one of the 21 hells. Here in America, we tend to favor the European figure that originated during the 14th Century's Black Plague, the Grim Reaper.

Regardless of the details, these figures tend to help us manage our existential dread.

It's unusual then, to find an organization that actually seems to champion death's agenda. A group of people who regularly and demonstrably make it their declared goal to help death get as many customers as they can. And yet that's the work the Republican Party has done for decades, and still proudly carries on.

Some recent scientific evidence makes this case pretty clearly.

A study by the Harvard Institute of Public Health, published in the journal Lancet, analyzed data on COVID-19 mortality rates in every congressional district from April 2021 to March 2022. Researchers noted congresspersons' overall voting record, how they voted on four COVID relief bills, and whether the state's governor's office and

legislature were controlled by one party.

The research discovered that the more conservative the voting record of the state's federal and local representatives, the higher the age-adjusted mortality rates, even after accounting for racial, education and income factors. COVID death rates proved to be a full 11 percent higher in states with Republican-controlled governments, and 26 percent higher in areas where voters leaned conservative.

A *Washington Post* analysis of CDC data from April 2020 through summer 2022 revealed how COVID death rates shifter. Early in the pandemic, communities of color, especially black Americans, suffered the highest death tolls. But by autumn 2021 the pattern shifted and white Americans, the core of the Republican Party's base, were dying at higher rates than other groups.

These public health patterns are also measurable here in San Diego County.

Local news organization *Voice of San Diego* examined ~6,400 death certificates over many months. They then matched those death certificates to San Diego County's voter roll, about 1.9 million voters. *Voice of San Diego's* study actually matched the names of those who died to their political party affiliation.

The data show that Republicans were 39 percent more likely to die with COVID during year two of the pandemic, even after adjusting for the fact they tend to be older than Democrats. Independent voters, those with no party affiliation, were also 30 percent more likely to die than Democrats during the same period.

So more Republicans in San Diego died in year two of the pandemic, even though for every Republican in the county there

are roughly 1.5 Democrats. So the rate of death was much worse for Republicans. Those local death rates roughly align with vaccination rates. In September 2021, 92 percent of Democrats reported being vaccinated, compared to just 56 percent of Republicans.

A former county supervisor, Republican Greg Cox, reacted to these data by saying he was disturbed, but not surprised. "Does it surprise me?" said Cox, "Not really. I would assume it was because of the influence of some people in the Republican Party...to convince people not to get vaccinated."

Death must appreciate Republican politicians offering him so many of their voters. But the Republican boosterism of death is not confined to COVID issues.

The Party's wholesale attack on making healthcare more accessible to Americans also contributes to increases in avoidable deaths.

Prior to establishment of the Affordable Care Act (Obamacare), the Institute of Medicine found that at 18,000 Americans were dying each year because they did not have health insurance. And yet since the Affordable Care Act's inception, repealing the healthcare law has been a stated goal of the Republican Party, something that Trump twice campaigned on.

A study on the effect of state government policy on mortality by a University of Washington political scientist, published in PLOS One in October 2022, revealed a dramatic difference in death rates depending on if a state enacts Democratic or Republican policies.

The report concludes that if all states implemented liberal policies on the environment, gun safety, criminal justice, health and welfare, labor, economic

and tobacco taxes, 170,000 lives would have been saved in 2019. Conversely, if states had gone with the conservative versions of those same policies, an additional 217,000 death would have occurred that year. Or, as the study puts it, "the equivalent of a 600-passenger airplane crashing every day of the year."

Of course, those numbers would likely be worse now, given Republicans' attacks on American women's reproductive healthcare access. As American women increasingly lose access to legal abortion services, university researchers estimate that maternal deaths could increase by up to 25 to 30 percent. Americans already live shorter lives than people in comparable nations, in part because it is the worst place among high-income countries to give birth.

But Republicans aren't just advocating policies to advance death's agenda, they're also waiting for death to sort out their internal organizational struggles. In a recent book by Mark Leibovich, he quotes a former Republican representative, who succinctly summarized the Party's plan to confront with the challenges it faces having to deal with Donald Trump for another election cycle. Said the Republican politician, "We're just waiting for him to die."

Given Republican politicians' enthusiasm for death, it wouldn't be surprising to begin to see the Party use him as a figurehead, or sort of a mascot.

Maybe in the next campaign cycle, GOP TV ads can end with the tagline from a hooded, skeletal entity, brandishing a scythe, as he hisses, "I'm the Grim Reaper, and I approved this message."

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

## Letter to the Editor

### *Paeon to former President Trump missing in January issue*

Every month, the *Mission Times Courier* publishes a column by the Republican Women of California, Navajo Canyon (RWCNC). Usually, it includes a paeon to "our great President Trump", but that seems to be missing in the January issue. However, there **IS** a paragraph devoted to being "honored" (their word) to hear "about the Global Walkout Campaign – the

unified pushback against the globalist agenda and the social scoring of Americans." The web site is [globalwalkout.com](http://globalwalkout.com). Check it out, with your BS detector on. Is this the next fabrication promulgated by the people who brought you Jewish space lasers, Italian satellites hacking voting machines, and Pizzagate?

David Morrison  
Del Cerro

## SDSU NEWS BRIEFS

### CBRE ARRANGES FIVE PRE-LEASES AT TOPAZ NEAR SAN DIEGO STATE UNIVERSITY

CBRE has arranged five leases totaling 10,000 sq. ft. at 5826 – 5854 Montezuma, a mixed-use development slated to open in the late summer of this year near the San Diego State University (SDSU) campus. The deals put the building at full occupancy.

The development will house on the ground-level: Handel's Homemade Ice Cream, The Alley, Jimmy John's and Dunkin' Donuts, as well as the relocation of the original McDonald's restaurant. These tenants will open concurrently alongside 169-bed student housing on the floors above in the summer of 2023.

CBRE's Reg Kobzi, Joel Wilson and Michael Peterson represented the landlord, Pierce Education Properties, on the leases.

The property is on Montezuma Road, just west of College Avenue, and next to SDSU's South Campus Plaza project south of the campus boundary. The construction of the seven-story building started in the fall of 2021. AVRP Studios, Wolden Design and KTG Architecture & Planning are the architects on record, and Cannon Constructors South serves as the project's general contractor.

According to CBRE Research, the San Diego retail market made great strides in last year's fourth quarter.

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PENINSULA BEACON





# Vinoray brothers pin down success on Patrick Henry High School wrestling mats

By DAVE THOMAS

Sibling rivalries can be rather intense at times.

That said a pair of local brothers from Hawaii are supporting one another as members of the Patrick Henry High School wrestling team.

Elijah Vinoray (senior) and Ethan (freshman) have turned in quite successful seasons to date for the Patriots.

According to Patrick Henry Head Wrestling Coach Sam Litvin, the father of the Vinoray brothers wrestled and played football back in the day. The boys, both ranked in California, have been wrestling since they were kids.

Elijah was recently ranked 24th at 220 pounds and Ethan scored honorable mention at 113. Elijah placed first at Granite Hills and fourth at Hamada while Ethan placed second at Granite and sixth at Hamada.

While Ethan has several more years of scholastic wrestling in front of him, his older brother is making the most of his senior season.

For Elijah, the road back to success has been an interesting one at that.

Elijah was wrestling at 160 pounds last season when he suffered a very scary injury. The junior at the time broke two vertebrae in his neck.

"We didn't know this at the time and Elijah actually finished and won that match, but he was out for the season," Litvin remarked. "He came back to wrestle this year after six months of wearing a neck brace but lifting weights and has been dominating at 220lb. His goal is to wrestle at a Division 1 wrestling school."

According to Elijah, breaking his neck turned out to be the biggest threat he ever had to deal with in his wrestling career.

"I didn't use this time to sit and wish I could've done things differently," Elijah commented. "I used that to not only bond with my team but also to improve myself and think about how I come back bigger, faster, stronger, and better. Those seven grueling months of my life will never be forgotten and we're the hardest parts of my career, however I am still blessed for it because I have come back stronger and ready to go to state and become one of the greatest."

According to Elijah (29-4 on the season), he is happy for who he has become and is grateful for the opportunities he's had.

"There is always room for improvement," Elijah stated. "With that being said I'm happy to be wrestling this year and to be wrestling alongside my teammates again for one last ride."

For Elijah, having a younger brother on the team is like having a mini me on the team, it reminds him of his freshman year.



Vinoray brothers Elijah and Ethan continue to mat success as members of the Patrick Henry High School wrestling team. (Courtesy photos)

"I try to be the guidance since I'm his older brother," Elijah remarked. "Having Ethan on the team is one of best things that ever happened to me. We have worked all our lives to come down to this very year. All the blood sweat tears has finally paid off."

Once his high school wrestling days are over, Elijah said he wants to attend a university that will provide him his wanted major and also wrestle for their team.

For younger brother Ethan, this season has also had its share of highlights.

"I did better than i expected as a freshman going up against experienced wrestlers," Ethan stated. "With a record 27-7, I would say its been pretty good so far."

With his older brother close by, Ethan sees the benefit to keeping it in the family.

"Having my brother in the room has been pretty helpful over the season cause of him pushing me and also teaching me that things you want will never come easy unless you work for it."

According to Elijah, his highlight of this season was avenging a first loss in the finals at his first varsity tournament. He beat the wrestler in a league dual and became a league champ and then beat him again in the finals of City Championships.

"My dad wrestled as a youth and he passed it too us, teaching us what he learned," Elijah stated. "I'm probably gonna take what I learned and use it on the mat for my next years at Patrick Henry and also in college."

For this season, Elijah was first at Hilltop, first at Granite Hills, fourth at Jimmy Hamada and fourth at the Battle for the Belt.

Meantime, Ethan was second at Hilltop, second at Granite, and sixth at Jimmy Hamada.

The man who has gotten to watch all the success unfold for the Vinoray brothers is Litvin.

In his first season as varsity head coach, Litvin said coaching the boys has been unique. The

SEE VINORAY BROTHERS, Page 11

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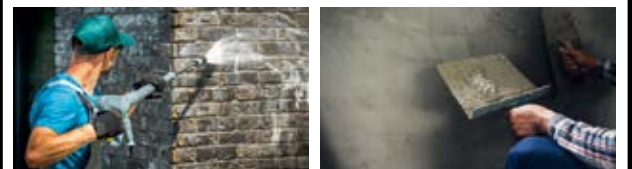
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Jennifer Coburn

CONTINUED FROM Page 1

historical fiction about a Nazi breeding program was not the next natural career step for me. When I first heard about SS Reichsführer Heinrich Himmler's Lebensborn Society, a plan to create two-million so-called racially pure babies for Germany, I had so many questions. I wanted to know where these breeding homes were, how the women were selected, and why in the world young women would volunteer to have sex with strangers to have a child for Hitler. I enjoy learning about history through well-researched novels so I looked for one that would answer my questions about Lebensborn program through the lens of female characters. I found that there were many non-fiction books, but no novels, so I decided to write the book I wanted to read with a book club.

I have always been fascinated and terrified by how Germany devolved into a cult of hatred, how one madman so effectively convinced millions of people that their neighbors and friends were the enemy. Like many Jewish people who grew up in the 1970s, I

often heard my family mourn the losses of European relatives murdered in the Shoah. The fears they held about Hitler invading the United States were shock waves that reverberated through generations.

*Cradles of the Reich* takes place in 1939, at the Heim Hochland maternity home for unwed German women who would place their babies for adoption with "suitable" German families. The program also recruited young Aryan women to have relations with SS officers with the hope of the women becoming pregnant. And finally, in 1939, the Lebensborn program expanded to kidnapping, where Nazi soldiers identified blond-haired, blue-eyed infants and toddlers in countries that Germany occupied, and brought them back to Germany for a process they called Germanization, then matched them with adoptive parents. I write about history through the lens of women's relationships, so the story is about three women who represented the choice young German gentile women had in 1939. There's the resistor, the bystander, and the true believer. When they come together, they change the course of one another's lives.

**MTC:** Given there are authors looking to get a first book written and published, what advice would you have for them?

Coburn: There's an adage in Alcoholics Anonymous that advises, "Don't compare your insides to other people's outsides." Adapted for the writing world, I'd say don't compare your first draft to someone else's published book. Read the acknowledgments in the back of most books and you'll see that although there is typically one author's name on the front, dozens of people are involved in the development of a book. Then go out there and find those people who you will eventually acknowledge in your book: your writers' group, early readers, a developmental editor, friends that cheer you on.

**MTC:** What plans might you have in the works for another book down the road?

Coburn: I am currently working on another Holocaust-era historical novel set in the Theresienstadt ghetto in the Nazi Protectorate of Bohemia and Moravia. The Nazis set up this "model camp" for propaganda purposes – to offer tours to the International Red Cross, and to use as the set of a film about how well the Jewish people



Jennifer Coburn (Courtesy photo)

were treated in the Reich. The film highlighted the rich cultural life with concerts and lectures, all of which actually did take place, but Theresienstadt was also a prison where Jewish people were used as slave laborers, died of disease and malnutrition, and were transported to Auschwitz and other death camps in Eastern Europe. In this book, I want to explore how propaganda is used to manipulate

facts, and how we sometimes delude ourselves with propaganda that serves our own agenda. But like *Cradles of the Reich*, *The Glimmer Factory* (working title) is primarily about women's friendships and how the bonds we forge can often lead us to heroism we never knew we were capable of. For more information on this local writing talent, visit: jennifercoburn.com/.

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# Del Cerro's Texas-Style BBQ and sports bar at Del's Hideout

**What's on the menu?**

By **ROBIN DOHRN-SIMPSON**

The first thing you do when you come to Del's Hideout in Del Cerro is order the onion rings.

Then you can look around and notice that it is part sports bar, part BBQ, part family restaurant and part neighborhood hangout with retro arcade games, a secure kid's play area for children under 10, and many televisions.

Executive Chef Tim Eylens has been barbecuing since he was a teenager in Indiana.

He honors his Indiana roots in the fine meats smoked with White Oak in his Southern Pride Smoker. He smokes meatloaf, house made hot links, prime beef brisket, pulled pork, and baby back ribs. Vegetarians, don't worry, you can also enjoy a tasty plant-based impossible burger.

"In Indiana, I had a variety of influences including people who loved collard greens, and this has become a side dish that we offer in our menu," Eylens said. Other popular side dishes are mac and cheese, mashed potatoes, brisket chili, and street corn. Two desserts are served to sate your sweet

tooth; bourbon pecan pie and banana bread pudding.

You can purchase meat by the pound or a feast that includes two to four side dishes, depending on the amount of meat purchased.

With 36 beers on tap, an intriguing wine list, and fun cocktails, the Hideout is a great place to enjoy a drink along with a sports game. Chef Tim even has his own cocktail. Tim's Old Fashioned is a bacon fat-washed bourbon, Mr. Black's cold brew liquor, Grand Classico Amaro, and a droplet of salt.

Families are welcome here. Children 12 and under can try sloppy joes, grilled cheese sandwiches, chicken tenders, or mac and cheese. Too bad you have to be a kid to get one of these, or to play in the kids' play zone.

Bring your Valentine here for a special BBQ Dinner for Two. For \$49.95 per couple, you get a green salad to share, three types of meat, three sides, and a choice of dessert to share—either bourbon pecan pie or banana bread pudding.



**Chef Tim is ready to cook up a wonderful meal for you at Del's Hideout.**  
(Photos by Robin Dohrn-Simpson)



Check out the daily specials offered all week long, including Whisky and Wings Wednesday. Bring your children along on Wednesday; kids under 12 eat free from 5:00-7:00 pm.

Located at 5351 Adobe Falls Rd, San Diego, (619) 255-8175. Go to: [cohnrestaurants.com/delshideout](http://cohnrestaurants.com/delshideout) for the menu and daily specials.

Open daily for lunch and dinner. Sunday through Thursday 11:30 a.m. - 8 p.m., Fridays and Saturdays open until 9 p.m.

Don't forget the onion rings! You're welcome!

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

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# Food pantry helping individuals, families dealing with hunger

Allied Gardens/Grantville

By SHAIN HAUG



Food insecurity is a bland term for the empty larder on the day after a loss of work, the charges for automobile repairs, or the financial demands of medical emergency. Reject this euphemism. Call it what it is: Hunger.

The pantry is desolate and your family has no food. You are hungry that day. But that day is often a week or a month or no end in sight for a bare cupboard. It is not long before hunger becomes despair and desperation. But those in such need have somewhere to turn. And those more fortunate have somewhere to help them.

The Ascension Lutheran Church Food Pantry distributes food in the parking lot of the Ascension Lutheran Church, at the corner of Zion Avenue and 51st Street, on Tuesdays and Saturdays between 8:30 a.m. and 10:30 a.m. and in the parking lot of the Latter Day Saints Meetinghouse, at the corner of 51st Street and Greenbriar Avenue, on the first Friday of each month during those same hours. The guests may drive

their cars through the parking lot or walk up to receive their food.

At those times they offer nutritious fresh, canned, and frozen foods to those in need. In addition to their parking lot food distributions, Ascension Lutheran Church also has a curbside micro food pantry located on 51st Street (before the entrance to their parking lot). The community may stock this curbside micro food pantry with non-perishable food. All are welcome to receive food from this pantry 24 hours a day, 7 days a week. In your time of need, avail yourself of the nutrition offered by the Food Pantry.

The eligibility is established by an annual household income with a maximum of:

- One member - \$31,936.50
- Two members - \$43,028.50
- Three members - \$54,120.50
- Four members - \$65,21.50
- and \$11,092.00 for each member beyond four.

No proof, only declaration, of income is required. The Pantry asks for some personal information, never shared, for its management records. Their concern is for their recipients' health, not their data. The food distribution is done with the assurance of anonymity.

During 2022 the Food Pantry distributed 103,822 pounds of food, the equivalent of 86,518 meals. This work is made possible by a partnership between the Ascension Lutheran Church, Jacobs & Cushman San Diego Food Bank, Church of Jesus Christ of Latter Day Saints (Del Cerro Meetinghouse), Allied Community Gardens, Chinese Evangelical Church, Mira Mesa Grocery Outlet, and Aaron Ford of Poway.

This remarkable community service is done by volunteers who are unpaid and motivated only by the depth of their charity.

In order to provide additional healthy choices for their guests, the Food Pantry purchases food to supplement the food provided by the Jacobs & Cushman Food Bank. In addition to the cost of food, the Food Pantry has considerable obligations for shipping containers that store nonperishable food and refrigeration units that store perishable food.

Your support and participation are needed. You can join your neighbors to become a partner, a contributor, and a volunteer in this vital work. You can support



Some of the supplies stocked and ready to help those in need. (Courtesy photo)

the Food Pantry in bringing awareness to the problem of food insecurity, let us not mince words, of hunger and malnutrition to their potential clients and to the public. You can donate non-perishable food, give the Food Pantry produce from your home gardens, make a financial contribution to their work, and join the distribution crew.

Reach the Food Pantry to sign up through the following link: [signupgenius.com/go/10c0d-4dafaa2da7ffc70-alcmini#/](https://signupgenius.com/go/10c0d-4dafaa2da7ffc70-alcmini#/) or contact them directly at: 619 582 2623 [alcsuperpantry@gmail.com](mailto:alcsuperpantry@gmail.com)

The Allied Gardens/Grantville Community Council (AGGCC) can be reached and you can join its work through the Contact Us page of our website at: [aggccouncil.org](http://aggccouncil.org).

—Shain Haug is president AGGCC.

## Vinoray brothers

CONTINUED FROM Page 7

brothers both arrived with experience unlike most other wrestlers who join the program.

"They are both very self-sufficient and rely on each other a lot," Litvin said. "There is also a big age difference between them. This makes it such that the boys require very different approaches as far as coaching and motivation when it comes to each other and the team. This is tough but a good challenge to have."

According to Litvin, Elijah has been with the program for four years, so he brings a lot of experience and seniority that is respected through his wrestling abilities and his age. Ethan as a freshman inspires the team and also brings a lot of pride through his performance on the mat. He is also more quiet and measured especially for his age and this is another way that he models for the younger guys.

"Elijah has a lot of talent that has yet to be explored," Litvin commented. "It was his goal when I came to the program to wrestle in college and he has actively pursued that goal with better grades and outreach to colleges and recruiters. It is rare that someone finds their talent, it is rarer that they find someone to develop that talent to full potential. Wrestling in college would develop his talent to its true potential."

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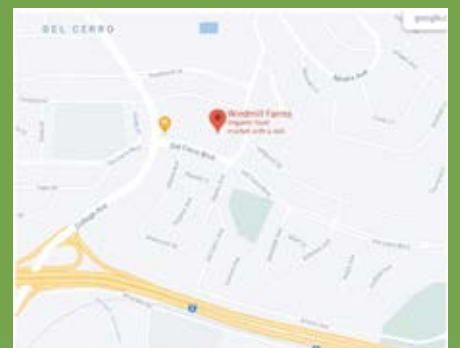
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# News Briefs

CONTINUED FROM Page 6

With increased leasing activity (340,336 sq. ft.) and a positive net absorption (122,879 sq. ft.), the market saw its lowest vacancies (4.9%) since 2019.

## SDSU RANKS AMONG TOP 10 ONLINE EDUCATION MASTER'S PROGRAMS NATIONWIDE

U.S. News & World Report recently announced the 2023 Best Online Programs rankings. Designed for individuals looking to complete or further their education, the rankings evaluate online bachelor's and master's degree programs at regionally accredited institutions.

The online education master's program at San Diego State University tied for seventh best in the nation.

Unveiled nine years ago, SDSU's program has increased to more than 100 student each year. Close to 500 students have graduated from the program heading into this school year.

More institutions than ever before submitted data for this year's edition, resulting in the largest number of programs ever included (1,832). Among the eight disciplines included in the rankings, criminal justice saw the biggest increase, from 83 to 95.

SEE NEWS BRIEFS, Page 13

# CSC sends four competitive teams to elimination round of state tourney

By JAY WILSON

The Crusaders Soccer Club continues winning with four strong competitive teams advancing to the elimination round for the 2023 So Cal State Cup Soccer Tournament.

Coach Evan Betancourt has two teams advancing. His Boys 2012 team won their three games and advanced to the elimination round. Their next game will be on Saturday, Feb. 11, in Temecula. His Boys 2014 team is also advancing to the next round and will play in Del Mar on Saturday at the Surf Sports Park.

Coach Enko Telahun and his Boys 2012 team advanced as well and will be playing on Saturday at the Polo Grounds. Enko's boys won 5-0 over the Oceanside Breakers. Coach Andy Ortega and his Boys 2013 team advanced and will be playing on Saturday at the Polo Grounds.

Our Competitive Division is continuing with tryouts for the 2023/2024 season. The next round is for all interested boys and girls born between 2009 and 2013. The tryouts will be held in the evening at Skunk Hollow which is adjacent to the Allied Gardens Recreation Center on Feb. 13-15 and on Saturday, Feb. 18, at Pershing Middle School.



Participating in a So Cal State Cup game, a member of Crusaders Coach Enko Telahun's Boys 2012 Competitive team passes the ball away from a defender with the Oceanside Breakers. The Crusaders team won the game 5-0. They move on to an elimination game on Saturday, Feb. 11 at the Polo Grounds. (Photo Credit: Melisa Selenak-Lerch)

Go to our website at [crusaderssoccer.org](http://crusaderssoccer.org) and click on the Competitive Tryouts graphic for more information and to register.

There will be a round of tryouts for players born between 2005 and 2008 on April 4-6. Check the website for more information and to register for tryouts.

The 2023 spring program for our Grassroots (Recreational) season is underway.

Our volunteer division coordinators are working diligently to form the teams for more than 600 boys and girls born between

2009 and 2019. The teams may begin practicing the week of Feb. 13. The Grassroots season consists of eight games. The season is set to commence on Sunday, March 12, with the final game scheduled for Sunday, May 7. There are no games on Easter Sunday.

We always want to thank our volunteer coaches for our Grassroots teams for dedicating time each week for a practice and then on Sunday to play a game.

Victor Melendez, our assistant director of coaching, will be

conducting a soccer camp for all boys and girls Tuesday through Thursday, March 28-30 from 8:30 a.m. to 11 a.m. at Pershing Middle School. The camp is open to all soccer players. You do not have to be a member of the Crusaders Soccer Club to participate. Go to [crusaderssoccer.org](http://crusaderssoccer.org) for more information and to register.

The Crusaders Soccer Club has been serving the soccer youth of San Diego and developing leaders one goal at a time for more than 50 years.



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# SDSU football to open 2023 season at home versus Ohio University

The San Diego State University football team will open its second season at Snapdragon Stadium on Aug. 26 when it hosts the Ohio University Bobcats.

Coming off a 7-6 season, SDSU looks to get back on the winning track after falling in the 2022 Hawai'i Bowl to Middle Tennessee State 25-23.

Ohio University finished its 2022 season with a mark of 10-4. The Bobcats defeated the

University of Wyoming 30-27 in the Arizona Bowl.

For SDSU, the opener with Ohio in late August is the start of a three-game homestand to begin the season.

After the date with Ohio, SDSU will then host Idaho State (Sept. 2) and UCLA (Sept. 9). The Aztecs end their non-league slate the following weekend with a trip to Corvallis to take on Oregon State.

As for Mountain West Conference play, SDSU will entertain the likes of Boise State, Fresno State, Nevada and Utah. The Aztecs will hit the road for dates versus Air Force, Colorado State, Hawai'i and San José State.

SDSU and Ohio last met in the 2018 Frisco Bowl, a 27-0 victory for the Bobcats.

For information on SDSU season tickets, visit: [am.ticketmaster.com/sdsu/2023Footballseasondeposit](https://am.ticketmaster.com/sdsu/2023Footballseasondeposit).

## News Briefs

CONTINUED FROM Page 12

The Best Online Programs include rankings of bachelor's programs as well as the following master's-level disciplines: MBA, business (non-MBA), computer information technology (including computer science), criminal justice/criminology, education, engineering and nursing. While the methodologies are different for each discipline, they all incorporate metrics specific to online learning.

For more information on SDSU's online education master's program and its rankings, visit: [usnews.com/education/online-education/san-diego-state-university-OEDU0613/education](https://usnews.com/education/online-education/san-diego-state-university-OEDU0613/education).

### SAN DIEGO STATE UNIVERSITY LAUNCHES ONLINE CYBER TECH ACADEMY

San Diego State University (SDSU) has launched a suite of online cyber security certificates and a new academy, the SDSU Cyber Tech Academy.

In affiliation with the Graduate Program in Homeland Security, the certificate program has been beta-tested and is ready to formally be deployed, and they are inviting interested students to apply to the unique and innovative certificate academy.

The Cyber Tech Academy includes a series of 14-week professional certificates focused on the most critical topics in cybersecurity, brings together prominent current and former government, military, and industry practitioners focused on developing a workforce that can defeat the threats posed by nation-states and advanced cyber criminals. It was built by professionals who know what organizations want in employees, and what it takes to stop the ransomware, breaches, IP theft, and critical infrastructure attacks that are endangering businesses and putting lives at risk.

The certificates are for anyone wanting to get into the field as well as those who are already established and wanting to increase their knowledge. Topics include Artificial Intelligence for Cyber Security, Cyber and Risk Management, Cloud Security and Governance, Cyber Security in Healthcare and Ethical Hacking.

Designed for working professionals, the Cyber Tech Academy certificates offer the option to complete industry-specific cyber security training at a pace that fits any lifestyle. Classroom takeaways can be applied in real-time, and the 100% online format of certificates means they can be earned from anywhere in the world.

The program also provides students from around the country

with access to leading professionals in the cyber security field, offering an unparalleled opportunity to pursue cyber security as a career and build upon existing skill sets in the field.

The Cyber Tech Academy is best for cyber security professionals who want to specialize and study current trends and technologies in the field but is open to everyone especially military (active and retired) as well as supports candidates transitioning into cyber security. The certificate tuition totals are only \$5,000 and can be completed in as little as 14 weeks, unlike most degree programs that can cost from \$17,000 - \$70,000 and can take over two years to complete.

Registrations are open now for the 2023 class. For more information, visit: [sdsu.edu](https://sdsu.edu).

# Local author discusses World War II history Feb. 24 from 2 to 3 p.m.

**San Carlos Library**

By DAVID EGE



Del Cerro author, Jennifer Coburn, will discuss her new historical fiction novel, *Cradles of the Reich*, on Friday, Feb. 24, from 2 to 3 p.m. at San Carlos Branch Library on Jackson Drive.

The novel takes readers inside the bucolic Heim Hochland, one of the real Third Reich breeding homes. The lives of three women become intertwined as they realize they are trapped within Hitler's terrifying scheme to build a Nazi Aryan nation. Come learn about this little-known piece of World War II history.

On Friday, Feb. 17, from 2 p.m. to 3 p.m., State Registered Investment Advisor, Dr. Udo Herges, will discuss the crucial differences between fiduciaries and brokers, and how they impact the total cost of investing. Learn whom to receive sound investment advice from and how this knowledge can save you money in the long run.

Artist, Julianne B. Ricksecker, will be displaying her pastel drawings Feb. 1-27 in the Winer Family Community Room & Art

Gallery. Join her for her Artist's Reception on Feb. 18 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.

Join us for Storytime on every Thursday morning from 10 a.m. to 10:30 a.m. Storytellers, Ms. Erin and Ms. Pam, read books, sing songs, and teach children about early literacy. Come ready to learn, laugh, and move!

The San Carlos Friends of the Library Used Book Sales are back 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. Book donations can be dropped off during library open hours.

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

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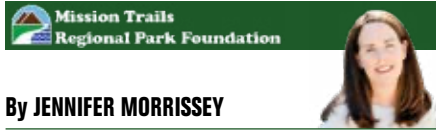
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NEIGHBORING COMMUNITY HAPPENINGS



La Mesans continue to rally around a local family after they lost their home in a pre-holiday fire. Pick up a copy of the January La Mesa Courier issue to read more.

Teen program launches at Mission Trails; Trail Tykes continues, evening lectures resume



By JENNIFER MORRISSEY

We at the Mission Trails Regional Park (MTRP) Foundation are excited to share about our new educational program for teens who love the outdoors and may seek careers in nature-related fields.

The MTRP Foundation's Eco Ambassadors program will offer inspiring programming at the park to a cohort of 20 high school students on Sunday afternoons.

With the MTRP Visitor Center as their learning hub, the teens will hear from speakers about different aspects of Mission Trails, build community around environmental stewardship, and explore fields and careers related to nature and conservation.

They will also explore local ecosystems, learn about monitoring techniques, collaborate with peers on projects, and consider different career opportunities and fields of study. Thanks to a generous grant from SDGE, three groups of 20 students will participate in the Eco Ambassadors program this year. The inaugural session will begin on April 2.

The Eco Ambassadors program is free and open to high school students in San Diego County. There is an application process through which the 20 cohort members will be selected, and youth of color, LGBTQ+, and individuals of all abilities are encouraged to apply.

Applications are due by 5 p.m. on Tuesday, Feb. 28 and accepted candidates will be notified on March 10. The

program will take place from Sunday, April 2, through June 4, 2023, and participants will earn an Eco Ambassador certificate at the conclusion of the program.

A link to the application can be found on the homepage of the MTRP website. For assistance during the application process, or for more about the program, contact MTRP Foundation Lead Educator Alissa Lustgarten via email at [alustgarten@mtrp.org](mailto:alustgarten@mtrp.org).

\* For even younger learners, we continue to offer the free Trail Tykes program. Every second and fourth Sunday and Monday mornings, two- to five-year-old children arrive at the Visitor Center excited for Trail Tykes, a Foundation/volunteer-led story time and craft program. At each session, MTRP Foundation volunteers read a story aloud to the children, sing songs, create a nature-inspired craft, and explore the "small wonders" right outside the Visitor Center's doors.

\* Adult learners will be pleased to know that the MTRP Foundation will resume in-person lectures this spring. Among the talks will be a presentation about mountain lions by naturalist and MTRP Trail Guide Don Endicott. These lectures fill quickly and those on our email list are the first notified about them, so if you don't already receive our email communications, I encourage you to sign up through the link in the footer of the park's website homepage: [mtrp.org](http://mtrp.org). You can also call the MTRP Foundation at (619) 668-3280.

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

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# Demand for housing grows but supply is fairly fixed

Real Estate Update  
By SARAH WARD

In December, I was seeing internet headlines of “Cyclone Storm to Hit Tahoe!” My close friend, Cassidy in South Lake Tahoe said that the internet was overreacting; it was “just another storm” she said.

Similarly, I have been seeing headlines of “Recession to Hit in 2023! Click here!” and “Housing Market to Collapse! Click Here!” Well, where is this recession? I am not sure I trust these headlines.

Last week’s jobs report was one of the strongest on record, creating nearly 600,000 jobs for the previous month and lowering the unemployment rate to 3.4%, the lowest since 1960’s. Of course the current inflation is causing great difficulty for local residents, especially people in the lower income brackets, but there is evidence that inflation may be waning as the stimulus winds down, and liquidity (cash in the bank) quickly decreases for citizens and businesses.

The big issue I follow, besides the economic metrics, is the housing market, both volume and prices.

In the early 2000’s, Congress wanted everyone that wants to own a home be able to take out a mortgage and the government pushed aggressively for no-money-down loans, no income

documentation loans, etc. The result in 2007 and 2008 was that millions of homeowners with little or no equity in their homes, walked away from their properties, causing a glut of homes for sale all at once. Laws required banks to resell foreclosed homes quickly and of course home prices significantly dropped for a few years in response.

Today, that condition is not present; in fact it’s the opposite. Most homeowners are loaded up with equity currently and sitting on an interest rate below 4%. People in a cash crunch are borrowing against their home instead of selling their home.

The issue currently is no one wants to sell.

Homeowners are staying put, enjoying their equity and low fixed interest rate. Inventory is at an all-time low but some buyers are still buzzing around, kicking the tires and making good offers for the few good properties that come on the market. Interest rates are down from the low 7’s in October to the low 6’s currently, and some 5, 7, or 15 year mortgages are in the 5’s, historically low. Home prices are remaining fairly steady actually and some properties are receiving multiple offers currently.

Notice headlines that say “Home SALES are dropping”. Yes, less homes are selling due to the low inventory available. But home PRICES are fairly steady with only a slight decrease in price from the highs

of last summer. Many homes are selling somewhat quickly with 30 to 60 days on the market.

If the inflation rate steadily declines over the next year, the economy should remain fairly strong with more buyers entering the market.

Our local San Diego economy continues to grow with international people moving here and health and tech sector businesses continuing to expand. The demand for skilled workers in San Diego remains strong. These high paid workers prefer to own homes and will keep the demand for properties here high. I remain optimistic for our economy and housing market going forward. Demand for housing grows but our supply of housing is fairly fixed, with little new housing being built.

Contact me with any questions on buying or selling property here in San Diego.

For the market report, I used a year-over-year growth rate for the median home price.

**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](http://fineandcoastal.com).

# State Sen. Padilla introduces legislation tied to housing costs and basic expenses



State Senator Steve Padilla (D-San Diego) has introduced Senate Bill 352, a bill to create a formula that calculates a real living wage that a worker must make to afford basic housing in their region.

California has one of the nation’s highest minimum wages at \$15.50 per hour, but suffers some of the nation’s highest poverty rates due to high living expenses, primarily driven by housing and childcare costs. According to United Way of California’s Real Cost Measure, 1 in 3 households in California – more than 3.5 million families – do not earn enough to make ends meet.

The explosion of homelessness in California, while influenced by many factors, is clearly impacted by the high cost of living. One of the factors driving homelessness rates throughout the state is insufficient wages. In most major markets in California, workers need to work two full-time minimum wage jobs in order to afford a one-bedroom apartment.

The current minimum wage was set by the Legislature in 2016. However, higher than expected inflation and rising demand for housing rendered the wage outdated faster than anyone could have anticipated. SB 352 would direct the Workforce Development Board, in coordination with the Secretary of Labor and Workforce Development, and the Housing and Community Development Department, to develop a calculation of what wage workers would need to earn in order

to afford basic housing by county. This unique formula would be the first time the state would officially calculate wage needs to meet basic housing costs.

“The current wage standard dooms workers to around the clock labor just to make ends meet. California workers and their families should be able to afford housing in the communities that they work,” said Padilla. “The cost of housing and goods and insufficient wages have incapacitated communities and created a class of individuals that cannot break the cycle of poverty. So much of our focus has been on the supply side of the problem – housing. Now we need to turn our attention to the real need for change in how workers are paid.”

This measure is the result of conversations with economists and housing experts, as California looks to address the housing crisis it faces.

The United Ways of California in 2021 conducted a study entitled *Struggling to Move Up: The Real Cost Measure in California*, its fourth study cataloging the costs that families face throughout the state. The study analyzes what it takes for families to meet basic needs – including housing, food, transportation, health care, childcare, and taxes – and how many families earn below that threshold in every county in California.

“My focus as a legislator is to create opportunities that empower families and create upward economic mobility for all Californians,” added Padilla. “Working together with partners in labor and business, I want to develop strategies and solutions that will allow us to address long-standing inequities that have created economic barriers that too few are able to overcome.”

This is Padilla’s first piece of legislation as a state senator.

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