



# 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.

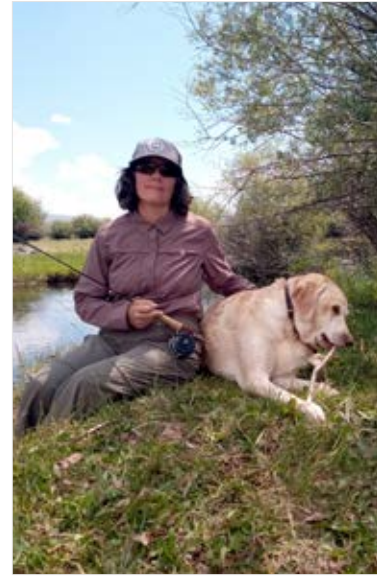
Offered at just \$35 annually for membership, SCCG members will be able to attend the Garden's monthly education workshops at no cost.

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.*



**ELAM'S**  
www.ElamsHallmark.com  
Your Neighborhood Gift Store!

**Hallmark**  
GOLD CROWN



**Elam's Hallmark is your Valentine's Day Headquarters!**

**Heart Balloons Musical 3D Pop-Up Valentine's Day Card with Lights**

**Only \$9.99**



**I Like to Love You Singing Dog**

**Only \$24.99**  
with any 3-card purchase  
(Reg. \$34.99)

This adorable pink and white puppy dog stuffed animal is ready to snuggle up to its new pal! Press the button on the lovable pup's paw to have it dance and serenade you with a sweet alternate version of Reel 2 Real's "I Like to Move It."

**HAPPY VALENTINES!**

Located in the Grossmont Shopping Center  
(619) 465-8112



**CIRCUS VARGAS**  
THE BIG ONE IS BACK!

Presents  
**Bonjour Paris**



**SAN DIEGO**  
Westfield Mission Valley  
**JAN 20 - FEB 13**

**NATIONAL CITY**  
Westfield Plaza Bonita  
**FEB 17 - 27**

**ESCONDIDO**  
Westfield North County  
**MARCH 3 - 20**

Save 15% on your tickets!  
Use code: 15AD23

**BUY NOW!**  
**CircusVargas.com**



**HAPPY VALENTINE'S DAY FROM JOAN & LINDA!**



**SOLD!**

**6608 BELLE HAVEN DR.**



**SOLD!**

**6268 CAMINO RICO**



**CONGRATS TO OUR BUYER**

**10165 EL POQUITO LN. SANTEE**

**Most of our clients are referrals.  
We would love to be YOUR Real Estate Advisors.  
CALL US TODAY!**

**Century 21 Quality Service Award Winner 2022 and Century 21 Award T100**

**Linda Lee Harris**  
CRS, SRES  
REALTOR®-Associate  
Five Star Professional 2020-23  
DRE 01238752  
HomesbyLindaHarris@gmail.com  
**619-820-4789**



**Joan Hay**  
CRS, SRES  
Broker - Associate  
Five Star Professional 2011-2023  
DRE 00599034  
joanhayc21@gmail.com  
**619-994-2816**



**CENTURY 21**  
Award

# 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.

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 1023. You can call anytime, 24 hours a day, 7 days a week. Get your free special report NOW.

Dan Smith eXp Realty 01346593

sdnews.com DAILY

STAY INFORMED!

Delivered daily to your inbox

subscribe at:

[sdnews.com/dailyupdateform](http://sdnews.com/dailyupdateform)



Call Today!  
Swim By Summer!!!

Catalina Pools

Lic. 1023407



Ask About Our Spring Specials!!!

A Trusted Name  
In San Diego For  
Over 65 Years

Specializing In:

- New Pool Construction
- Pool Remodeling
- Outdoor Living
- Design Build
- Spas & Deck Installation

Visit us at  
[catalinapoolsinc.com](http://catalinapoolsinc.com)

No Obligation Home Visit  
Financing Available

619-821-2086

Servicing San Diego and  
Riverside Counties  
Lic # 1023407

# 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 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)

# Get Care Now

Reserve your arrival time at the Alvarado Hospital ER

Scan this code to reserve your arrival time.



## Alvarado Hospital Medical Center

If you have a **non-life threatening** medical emergency, you can now reserve your arrival time at the Alvarado Hospital Emergency Room. Visit our website at [AlvaradoHospital.com/get-care-now](https://www.alvaradohospital.com/get-care-now), or scan the QR code above.

**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.



For up-to-date news follow us on Facebook and Twitter

**sdnews.com**

# PHHS students challenged to reach their full potential



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.

**ST. TERESE ACADEMY**  
 DEL CERRO | ALLIED GARDENS

**NOW ENROLLING!**  
**PRE-K THRU 8TH GRADE**

**Call today**  
**(619) 583-6270**  
Preschool License #372005988  
**6046 Camino Rico San Diego, CA 92120**

**Now accepting applications for the '22-'23 School Year!**

**For your child, are you seeking?**

- 1.) Small class sizes
- 2.) Academics that are accelerated, challenging and developmentally appropriate
- 3.) Enrichment through art, music, drama, library, technology, P.E. and foreign language
- 4.) A character education curriculum
- 5.) A School with 90+ years of longevity and proven experience

**Admissions Inquiries? Call 619-223-3663**  
**Infants-8<sup>th</sup> Grade**  
**with campuses in Point Loma, Mission Valley & La Mesa**  
[www.warren-walker.com/admissions](https://www.warren-walker.com/admissions)  
**We are more than a School!**

**Jeff Rosa**
Founder / Broker  
Associate  
Market Real Estate

**Hire Your Neighborhood Expert!**  
**619-886-8790**

**The Best Value in the San Diego Real Estate Market!**  
**Sell Faster and for More Money!**  
**I cover the upfront costs of preparing your home for sale (with No Fees or Interest)**  
**FREE Pre-Listing Home Inspection**

**I can sell your home too!**  
**Jeff Rosa's Clients Sell Fast & For Top Dollar!**

[www.marketsocal.com](https://www.marketsocal.com) [Jeff@marketsocal.com](mailto:Jeff@marketsocal.com)  
**San Carlos/Del Cerro Real Estate Expert Unparalleled Marketing**

**MARKET REAL ESTATE**

An Equal Opportunity Broker. If you a relationship with another agency, this is not intended as a solicitation. Information provided by SANDICOR, Inc. and is deemed reliable but not guaranteed. CA BRE#01452880

# 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. AVR P Studios, Wolden Design and KTG Y 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.

SEE NEWS BRIEFS, Page 12

sdnews.com

1621 Grand Ave. Suite C  
San Diego, CA 92109  
(858) 270-3103  
Fax (858) 713-0095  
[MissionTimesCourier.com](http://MissionTimesCourier.com)  
Twitter: @MssnTimesCourier

#### EDITOR

Dave Thomas x130  
[dave@sdnews.com](mailto:dave@sdnews.com)

#### CONTRIBUTING EDITORS

Kendra Sitton x136  
Tom Melville x131  
Dave Schwab x132

#### CONTRIBUTORS

Karen Austin  
Kelly Bonde  
Robin Dohrn-Simpson  
Natali Gonzalez  
Shain Haug  
Michelle Irwin  
Jessica Mills  
Jennifer Morrissey  
Sean Quintal  
Sarah Ward  
Jay Wilson  
Mickey Zeichick

#### PRODUCTION MANAGER

Chris Baker x107  
[chris@sdnews.com](mailto:chris@sdnews.com)

#### ADVERTISING CONSULTANT

Heather Fine x118  
(951) 296-7794  
[hfine@sdnews.com](mailto:hfine@sdnews.com)

#### ACCOUNTING CONSULTANT

Heather Humble x120  
[accounting@sdnews.com](mailto:accounting@sdnews.com)

#### BUSINESS CONSULTANT

David Mannis

#### PUBLISHER

Julie Main  
(858) 270-3103 x106  
[julie@sdnews.com](mailto:julie@sdnews.com)

#### WEB & SOCIAL MEDIA

Dave Thomas  
[dave@sdnews.com](mailto:dave@sdnews.com)



**OPINIONS/LETTERS:** Mission Times Courier encourages letters to the editor and guest editorials. Please email submissions to [dave@sdnews.com](mailto:dave@sdnews.com) and include your phone number and address for verification. We reserve the right to edit letters for brevity and accuracy. Letters and guest editorials do not necessarily reflect the views of the publisher or staff.

**SUBMISSIONS/NEWS TIPS:** Send press releases, tips, photos or story ideas to [dave@sdnews.com](mailto:dave@sdnews.com).

For breaking news and investigative story ideas contact the editor by phone or email.

**DISTRIBUTION:** Mission Times Courier is distributed free the second Friday of every month. © 2023. All rights reserved.

sdnews.com



SAN DIEGO  
COMMUNITY  
NEWSPAPER  
GROUP

Mission Times COURIER

UpTown News

COLLEGE TIMES COURIER

La Mesa COURIER

SAN DIEGO DOWNTOWN NEWS

MISSION VALLEY News

LAKOTA VILLAGE NEWS



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

## PYSL BLAST SC COMPETETIVE SOCCER TRYOUTS!

ALL PLAYERS MUST PRE REGISTER ONLINE  
PLEASE CHECK IN 30MIN PRIOR TO TRYOUT SESSION!

|  |  |  |
|--|--|--|
| <b>2013 BOYS &amp; GIRLS</b><br>2/13 4:30-5:45pm<br>2/15 4:45-6:00pm | <b>2011 BOYS &amp; GIRLS</b><br>2/13 6:00-7:15pm<br>2/15 6:15-7:30pm | <b>2009 BOYS &amp; GIRLS</b><br>2/16 6:00-7:15pm<br>2/21 6:00-7:15pm   |
| <b>Boys 2012</b><br>2/14 4:30-5:45<br>2/21 4:30-5:45                 | <b>Boys 2010</b><br>2/14 6:00-7:15<br>2/16 4:30-5:45                 | Tryouts will be held at PBMS<br>Located at:<br>4676 Ingraham St.<br>SD 92109<br>Questions? Email:<br>doc@blastsoccer.org |
| <b>Girls 2012</b><br>2/14 4:30-5:45<br>2/16 4:30-5:45                | <b>Girls 2010</b><br>2/14 6:00-7:15<br>2/21 4:30-5:45                |  |

**BEST VALUE IN THE AREA!**

FOR MORE INFORMATION ABOUT  
PYSL BLAST SC SCAN THE QR CODE  
OR VISIT: [WWW.PYSLBLAST.ORG](http://WWW.PYSLBLAST.ORG)

DINE

SHOP

EXPLORE

### La Mesa Village

[LaMesaVillageAssociation.org](http://LaMesaVillageAssociation.org)

## Family Owned for Over 55 Years

More Important Than Ever

This long service has given us a great respect for people and meeting their needs whether it is for

- Local Burial • Cremation
- Pre-Needs
- Transfers to a Faraway Place

Serving San Diego County with Reverence & Dignity

[www.featheringillmortuary.com](http://www.featheringillmortuary.com)  
(619) 583-9511  
6322 El Cajon Blvd. San Diego, CA 92115  
License# FD1083

Teri Featheringill  
General Manager

## February Specials

Good through February 28, 2023 or while supplies last

|  |  |   |
|--|--|---|
| USDA CHOICE, Aged<br>Midwestern, Boneless<br><b>Sweetheart<br/>Ribeye Steak</b><br>\$24.99 lb. | USDA PRIME, Aged<br>Midwestern, Bone-In<br><b>Prime Rib<br/>Roast</b><br>\$29.99 lb. | Our Own, Pork<br><b>Bourbon<br/>Sausage Links</b><br>\$5.99 lb. |
| Our Own, Fresh<br><b>Lean<br/>Ground Beef</b><br>\$2.99 lb.<br>For a 5lb Bag                   | Benny's<br><b>Pollo<br/>Asada</b><br>\$4.99 lb.                                      | Midwest, Meaty<br><b>Pork Baby<br/>Back Ribs</b><br>\$7.99 lb.  |
| Vienna, Fully Cooked<br><b>Corned Beef</b><br>Flat Cut \$12.99 lb.<br>Round Cut \$9.99 lb.     | Vienna<br><b>All Beef<br/>Franks or<br/>Polish Sausage</b><br>\$11.99 lb.            | Our Own<br><b>Marinated<br/>Chicken<br/>Wings</b><br>\$5.99 lb. |
| Vienna<br><b>Sauerkraut</b><br>\$4.49 ea.<br>2lb Bag   | Canadian<br><b>Lobster Tails</b><br>4oz.<br>\$39.99 lb.                              | Large Cooked<br><b>Shrimp</b><br>16/20 count<br>\$19.99 lb.     |

Iowa Meat Farms  
6041 Mission Gorge Road  
San Diego, CA 92120  
619-281-5766

Siesel's Meat & Deli  
4131 Ashton Street  
San Diego, CA 92110  
619-275-1234

[www.bestmeatssandiego.com](http://www.bestmeatssandiego.com)

# SKDA takes part in several open houses

St. Katharine  
Drexel Academy

By KELLY BONDE



It has been a busy start to the New Year at St. Katharine Drexel Academy.

Among some of the highlights to date:

**Open House** - St. Katharine Drexel Academy (SKDA) hosted its annual Open House on Sunday, Jan. 29 from 10 a.m. until 12 pm.

This event is geared towards current families to visit campus and see student work, as well as prospective families to see the school and meet the administration and staff. The Scholastic Book Fair was open and we even had an appearance from our mascot, the Phoenix.

**Catholic Schools' Week** - Open House kicked off an exciting week at SKDA... Catholic Schools' Week. This event is celebrated across the nation where all Catholic schools focus on what makes us special.

The three tenants of a Catholic school are faith, service and excellence. During Catholic Schools' Week, each day is devoted to serving part of our school community, such as parents, teachers, those in need, and our students. Each day also has a fun theme for the students to dress up, such as Pajama Day, Sports Day and Favorite Color Day. It's always a wonderful week to celebrate what makes our school special and ignite school spirit.

SEE SKDA, Page 9



SKDA's mascot made an appearance at the recent Scholastic Book Fair. (Courtesy photo)

## Community Page Shop & Spend Local!

**EARNED FITNESS**

**Mention The Mission Times Courier for a FREE Class Trial!**

**All Levels Welcome, No Experience Necessary**

"At Earned Fitness, we believe that fitness should be accessible to everyone. Our semi-private classes and through coaching ensure that you're getting the most out of your workout. We provide a customized approach to your training, a supportive community, and a focus on health and longevity."

**858-617-8663** 6690 Mission Gorge Rd. Ste O San Diego  
Located in the Golfview Center

**Locally Made Award-Winning Wine**

**LIVE MUSIC  
FOOD TRUCKS  
WINES AVAILABLE BY THE GLASS, FLIGHT & BOTTLE  
TRIVIA AND MORE!**

**LA MESA WINE WORKS**

Open Wednesday - Sunday  
8167 Center St., La Mesa  
619.741.0700 / LaMesaWineWorks.com

**Donate your car to the CARS FOR KIDS program**

**John's AUTOMOTIVE CARE**

- Complete automotive maintenance and repair
- Early bird / Night drop off service
- ASE Master Certified Technicians
- Complimentary shuttle service
- 36 month / 36K mile warranty
- AAA Approved facility

**6267 Riverdale St. San Diego 92120**  
**619-280-9315 • johnsautomotivecare.com**

**Now OPEN in San Carlos**

**NOBLE LOCKSMITH**

*We've Got You Covered With Our Mobile Service!  
Car Key Expert's! We Make Keys  
For Most Vehicles On The Road Today*

**Serving Your Automotive, Residential & Commercial Lock and Key needs.**

**2 FREE House Keys When You Mention This Ad!**

**619-304-6128**  
8734 Lake Murray Blvd  
Located in the Albersons Shopping Center  
(corner of Navajo Rd and Lake Murray Blvd)  
[www.NobleLockAndKey.com](http://www.NobleLockAndKey.com)

**PET STUFF**

**In Campus Plaza Shopping Center 6165 El Cajon Blvd Suite C, San Diego, CA 92115 • 619-286-3474**

Pet Stuff has a large selection of dog food, cat food, treats, beds, toys and accessories from quality brands you trust. You can find food and stuff for reptiles, birds, guinea pigs, hamsters, rabbits, and fishes.

**Open Monday to Saturday 9am to 10pm.  
Closed Sunday.**

**Cbd drops and treats for digestive system, hip and joint and calming.**

**Delivery available through Doordash**  
[www.pet-stuff.us](http://www.pet-stuff.us) Follow us on

**Pacific COMPUTER SERVICES**

**Providing Safe and Secure Remote Services To Our Clients**

- Virus Removal & Recovery
- Laptop & Desktop Repair
- Home Network Set-Up & Service
- PC Tuneups & Upgrades
- Internet Security
- On-Site Training
- Project Assistance

**Finally A Positive Computer Experience!**

**Call Mike!**  
**619-501-0997**

**Senior and Veteran Discounts!**

**EXPERT REPAIRS • HOME, OFFICE & REMOTE SUPPORT  
EXCELLENT SERVICE**

**Gino's Wide Shoes & Repair**

**WIDE Shoes**

**Come See us At Our New Location At The Grossmont Shopping Center**

**Mens / Womens Shoes**  
Riding Boots • Chaps • Dance Shoes  
Birkenstocks • Orthopedic • Corrections Filled

**Sale Of: Wide/ Extra Wide Foot Wear  
Comfort Footwear • Diabetic Footwear**

**\$5 OFF Any Purchase of \$25 Or More  
FREE Shoe Shine!  
No Purchase Necessary**

Hours Monday - Friday 9AM - 6PM / Saturday 9AM - 5PM / Closed Sunday

**619-433-4466**  
5500 Grossmont Center Dr. La Mesa  
Across from See's Candies

**Sitting there waiting for customers?**

**Call or text Heather to advertise today!**  
**951.296.7794 • hfine@sdnews.com**

# Parks & Recreation Board to vote on future of Montezuma Neighborhood Park

By KAREN AUSTIN

The only dedicated park in the College Area is receiving much needed attention per the City's General Development Plan (GDP) Amendment for Montezuma Neighborhood Park.

Located at 4941 Catoctin Drive, the park was built in 1974 and is documented as being just 1.6 acres of open space. It has no amenities common to most neighborhood parks, such as play structures for children and sports courts.

That's about to change. Proposed Montezuma Park improvements will be discussed during the Feb. 16 meeting of the City's Parks & Recreation Board (PRB). Proposed upgrades include separate playgrounds for children 2-5 and 5-12 years of age and off-leash areas for small and large dogs.

With the College Area currently in the process of drafting an update to its 1989 Community Plan, local park space has been a key topic of land use discussion and planning. Especially since, according to Martin Flores, a Parks Planner for the City's Planning Department, the College Area has just 6.6% of the parks and amenities it currently deserves. With greater housing density in the College Area being planned for by the City through 2050, the demand for meaningful park space will only grow.

To start addressing the parks deficit, the City contracted with Schmidt Design Group for assistance. Specializing in landscapes design, they worked with City staff to produce design concepts which aim to better meet the needs of College Area residents.

Initially there was quite a bit of controversy when the College Area Community Planning Board (CACPB) and its Plan Update Committee learned that the future of their only neighborhood park was being discussed without their review or input. Park GDPs

are supposed to be discussed on the local level by Community Recreation Groups (CRG), which serve in an advisory capacity to City recreation centers and the City's Parks and Recreation Board.

Although eligible with a population of 25,000 people, the College Area doesn't have its own recreation center, so Montezuma Neighborhood Park is under the purview of neighboring Colina Del Sol Recreation Center.

Two designs were initially presented to the volunteer board of the Colina Del Sol CRG on July 20, 2022. According to Juliana Grotzinger, the City's project manager assigned to the Montezuma Park GDP, some 20 people attended, including CRG board members and interested others.

It was noted during the meeting, however, that no one from the College Area was on the CRG board and, in fact, no College Area residents appeared to be present for the discussion. With no representation and no input from actual College Area residents, City staff and Schmidt Design Group consultants agreed to better inform and involve locals in the future of their only park before the CRG would make its recommendation to the Parks & Recreation Board.

As per City Council Policy 600-33, which establishes guidelines to assure the public has adequate advance notification and opportunity to participate in the input process of projects, the July 20 presentation was repeated during the November 9 in-person meeting of the CACPB. Troy Murphree, who lives in the College Area and is a member of the planning board believes, "It's really important that the people who the park is supposed to benefit are involved in making decisions about what they want."

Kevin Oliver, a project officer with the City's Engineering and Capital Projects Department, Division of Architectural Engineering and Parks, presented

the initial designs to the CACPB members and others who were present. The ensuing discussion focused on the size and location of areas allotted for children and dogs. Safety concerns about co-locating these distinctly different uses in such close proximity. Whether another location could be found for an off-leash dog park. Whether separate pathways could be provided for people and dogs.

In a show of hands at the end, the board was split about 50-50 on whether to forgo the dog parks and stick to kids and open spaces. Daniele Laman, vice-chair of the CRG, was present and shared that Clay Neighborhood Park, just south of El Cajon Blvd. is slated to get a dog park.

For more than 20 years Laman has served on both the Chollas Lake and Colina Del Sol CRGs and has been on the board of the Chollas Lake Little League since 1998. Laman believes her experience and decades-long commitment to local parks planning and programming makes her an ideal candidate to serve on the Citywide PRB. When asked about this opportunity she said, "I'd like to serve on the Parks & Rec Board because there hasn't been any 9th District (City Council) representation for the 10 years it's (the district) been in existence."

Ultimately the Planning Board voted not to support either of the two alternatives. Instead, the board requested that feedback given during the CACPB meeting be factored into a revised design concept to be presented at the CRG's hybrid in-person/Zoom meeting on November 16. Given concerns that College Area representation was non-existent on the CRG, the planning board voted to request member Troy Murphree represent them on the CRG board.

Residents within 300 feet of Montezuma Park were notified of the scheduled meeting and were informed that the CRG would once again discuss the future of the park. It should be noted that

the City's General Plan Recreation Element defines "neighborhood parks" as intending to serve 5,000 residents and ideally, should have 3 to 13 useable acres with play areas, multipurpose fields, multipurpose courts, and other amenities. With only one very small designated City park to serve a College Area population of 25,000 people, only those within 300 feet were informed of the opportunity to discuss park improvements. Most of the residents within the entire service area of 1,970 acres have not been made aware of the proceedings.

Jeff Justus, Head of Production for Schmidt Design Group, was the lead presenter during the Nov. 16, 2022, CRG meeting. He presented a revised design concept based on the feedback from approximately 20 people who attended the CACPB meeting. The new design incorporated suggestions to blend traditional play structures and natural elements, maintain some turf area, add fencing to keep kids and play toys from going into the street, as well as lattice structures for shade, picnic tables, new lighting, and a gender-neutral bathroom facility. For the draft GDP Amendment design and information about the proposed Montezuma Park improvements go to: collegearea.org ("news" dropdown).

Sue Richardson is a College Area resident who, along with Murphree, will help to represent the College Area community on the CRG. She was appointed on Nov. 16 after attending three consecutive meetings. Reflecting on the presentation she heard that night, she stated, "I appreciate that the City took the input given during the CACPB meeting into consideration and it was reflected in the new draft concept. The Montezuma Park renovation will be a great asset for the community, but the College Area still needs more useable parks to reduce our significant parks deficit."

At the end of the discussion that evening, Chairperson



Dogs off their leashes is not an uncommon sight at Montezuma Neighborhood Park. (Photo by Karen Austin)

Sidney Michael moved that the design proposal be adopted as presented. According to Lacy Bradshaw, director of the Colina Del Sol Recreation Center, the motion passed. Now, the draft Montezuma Neighborhood Park GDP Amendment will go before the Parks & Recreation Board.

At the time *College Times Courier* went to print, the meeting agenda hadn't been posted. According to a City official, this will be an action agenda item scheduled during the PRB meeting on Feb. 16 at 2 p.m. In terms of next steps, Grotzinger said, "Upon approval from the board, it will depend on the asset owner, Parks & Recreation Department, to allocate enough funds to continue the design from 30% (funding) to final CDs (conceptual designs) and to award a construction contract."

Participation in the PRB public hearing about Montezuma Park is encouraged. Agendas, meeting information for in-person and Zoom attendance, and instructions for the online submission of comments in advance, can be found at: sandiego.gov/parksandrecboard/meetings.

For more information go to:

- sandiego.gov/planning/community-plans/college-area/planning-group and plancollege-area.com.
- sdnews.com/planning-for-parks-to-meet-current-and-future-college-area-needs/.

—Karen Austin is a College Area resident and member of the College Area Community Council.

## SKDA

CONTINUED FROM Page 8

**LMU's Catholic Schools' Week Excellence Award** - On Sunday, Feb. 5, Principal Kelly Bonde was awarded the Loyola Marymount University's 2023 Catholic Schools' Week Excellence Award. Each year, they award different school leaders with either the Faith, Service or Excellence Award. This award was given to Principal Bonde for her leadership of a Next Generation STEM school, and her commitment to quality Catholic education. This award is a demonstration of the entire school's effort and dedication to

innovation and excellence and is a true honor for the SKDA community.

**SKDA's Annual Spring Fundraiser** - Each year, SKDA holds an annual spring fundraiser, which raises money for school programming needs, directly impacting students' lives. This year, the fundraiser is being held at Stone Brewing Company's Liberty Station location on Saturday, March 4 from 6-10 p.m. There's a silent auction, happy hour, live auction and program. All are welcome and more information about tickets can be found on SKDA's website, skda-sd.org.

*Editor's note: Kelly Bonde is principal at St. Katharine Drexel Academy.*

## SDSU students

CONTINUED FROM Page 1

First-year students are required to have SDSU meal plans, which start at \$5,500 per year. Meal plans are optional for students who are sophomores or upperclassmen. If they do choose to opt in, plans start at \$4,200 per year. These plans give students an allowance for food per day and any costs over the designated amount become the student's responsibility.

"Although I have a meal plan, it isn't enough money for three meals a day," said Corinne Davidson, an SDSU student. "Even if I only go over a dollar, those dollars add up, stressing me out."

Some students also had the additional cost of out-of-state tuition, which adds just under \$12,000 to an undergraduate student's yearly tuition.

"I took out loans, but I still have fees that I have to pay out of pocket," said Madeline Ries, a freshman from Illinois. "On top of it, there have been alerts going out to raise out-of-state fees."

To accommodate for costly housing and food expenses, students said they took extra classes to graduate early, worked part-time jobs, skipped meals, and stopped going out to save money.

"As much as I want to enjoy living in the San Diego area, I cannot afford to do things because of how much it costs just to live here," said Koche.

Finance professor Andrei Andreev recommends students create a monthly budget and follow it closely by tracking income and expenses. One easy way to do this is to explore personal finance apps. He emphasizes that having savings is essential.

"In my opinion, if students are saving money then they can focus more



SDSU students look over some of their food options at the campus Aztec Market. (Photo by Natali Gonzalez)

on school," said Andreev. "If they constantly need to look for a source of income, that might take away time and effort from their studies."

As a student at SDSU, what are your biggest financial concerns?

—Natali Gonzalez is an MA student in rhetoric and writing studies at San Diego State University. See more of her work at: thedailyaztec.com/staff/\_name/natali-gonzalez/.

# 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).

**WE ARE BACK AND BOOMING! PICK-UP & DELIVERY AVAILABLE**

**Happy Hour 3-6PM Weekdays & All Day Thursday!**  
Food and Drink Specials Every Day Including 1/2 Price Wine By The Glass On Wednesday!

6519 Mission Gorge Rd.  
Located in the Vons Shopping Center  
**619.283.0831**

**LIVE Music Saturday Nights 7PM**  
Call for Details!

**2021 MISSION TIMES COURIER BEST OF**

Thank you for your support during our 10 years of ownership

**CHICAGO'S FINEST PIZZA IS NOW IN SAN DIEGO**

**ROSATI'S PIZZA & SPORTS PUB • FULL BAR**  
★★ NOW OPEN IN SAN DIEGO ★★  
**619-679-9300**  
5855 MISSION GORGE RD. SAN DIEGO, 92120

**ROSATI'S**  
Authentic Chicago Pizzas  
MyRosatis.com

PRO FOOTBALL GAMES, SDSU GAMES  
20 LARGE SCREEN TVS  
HAPPY HOURS 3PM TO 7PM

EARN POINTS

**\$5 OFF** any purchase of \$25 or more  
dine in only  
ROSATI'S • 619-679-9300  
With this coupon, not valid with other offers or prior purchases. Expires 3/31/2023

**FREE** domestic draft beer or glass of house wine  
with purchase of each entree or pizza  
dine in only  
ROSATI'S • 619-679-9300  
With this coupon, not valid with other offers or prior purchases. Expires 3/31/2023

**MONDAY MADNESS SPECIAL ALL DAY • DINE IN ONLY**  
**\$10** 12" One Topping Pizza  
**\$3** Drafts  
ROSATI'S • 619-679-9300  
Not valid with other offers or prior purchases. Expires 3/31/2023

**15% OFF FOOD FOR FIRST RESPONDERS • SENIORS VETERANS/ACTIVE MILITARY • SPORTS TEAMS KG TO 12**  
CATERING • DELIVERY • DINE-IN • PICK UP • CARRY OUT

**COTIJAS TACO SHOP**

**Open For Take Out!**

**We Have In-Door & Out Door Dining**

**\$5.00 OFF \$20.00 or More!**  
Valid at the Navajo Location Only Exp. 03-09-23

**619-465-9490 • 7285 Navajo Rd.**

**MY KINDA PIE**  
**Pie Sale**  
STARTING AT **\$10.99**  
Whole pies to-go

**\$10.99**

**\$12.99**

**\$14.99**

|  |  |
|--|--|
| Apple<br>Apple Lite<br>Cherry<br>Custard<br>French Apple                   | Peach<br>Pumpkin<br>Razzleberry<br>Razzleberry Lite<br>Rhubarb |
| Banana Cream<br>Chocolate Cream<br>Coconut Cream<br>Double Cream Blueberry | Double Cream Lemon<br>German Chocolate<br>Lemon Meringue       |
| Cream Cheese<br>Kahula Cream Cheese<br>Lemon Cream Cheese                  | Chocolate Satin<br>Keylime<br>Pecan                            |

# 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."

# Stay Healthy With Us! On The Farm!

~Full Service Deli

~Beer & Wine

~Nutritional



~Fresh Produce

~Meat Market

~Baked Goods

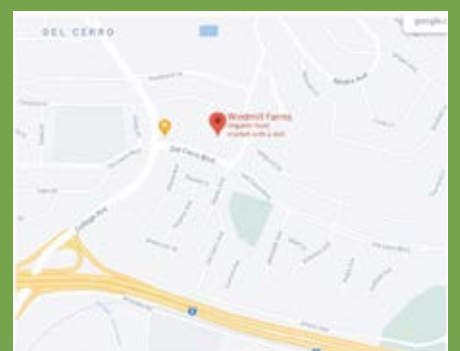
## Thank You!



Voted Best

~Health Food Store

~Vitamin/Supplement Store



6386 Del Cerro Blvd.

619.287.1400

OPEN:

Sunday 9am-8pm

Monday-Saturday 8am-9pm

Order Pick-Up  
or Delivery



Follow Us On  
Social Media

# 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.



Full Service Chimney Cleaning

ONLY \$149 reg. \$279

Includes full safety inspection

CALL TODAY:

619-593-4020

CHIMNEY SWEEPS, INC  
SERVING SAN DIEGO COUNTY  
FOR OVER 30 YEARS

## RAIN, WIND, AND FIRE... "The three menaces to any chimney, fireplace, or stove."

Every year there are over twenty thousand chimney / fireplace related house fires in the US alone. Losses to homes as a result of chimney fires, leaks, and wind damage exceeds one hundred million dollars annually in the US.

CHIMNEY SWEEPS, INC., one of San Diego's leading chimney repair and maintenance companies, is here to protect you and your home from losses due to structural damage and chimney fires.

Family owned and operated and having been in business for over 30 years, Chimney Sweeps Inc. is a fully licensed and insured chimney contracting company (License # 976438) and they are certified with the National Fireplace Institute and have an A+ rating with the Better Business Bureau.

For a limited time, readers of this paper will receive a special discount on our full chimney cleaning and safety inspection package with special attention to chimney water intrusion points in preparation for the rainy season.

# 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.



### Grand Opening New La Mesa Care Home

We are excited to announce that Silverlight Homes of La Mesa will be joining the Right Choice Senior Living network of Assisted Living Care Home Communities.

- Beautiful La Mesa Neighborhood Close to ALL
- Small Intimate Homelike setting • Experienced Team since 2008
- Reasonable Visitation Accommodations
- For photos, video tours please visit: [silverlighthomesllc.com](https://silverlighthomesllc.com)

Veteran Owned & Operated

**619-246-2003** NOW HIRING CAREGIVERS CALL NOW

### RIGHT CHOICE

#### SENIOR LIVING

Full Service Assisted Living Rates Starting at \$165 a day.

We are saving families thousands of \$ per month

[rightchoiceseniorliving.org](https://rightchoiceseniorliving.org)

### Make the Right Choice Senior Living

Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) had the desire to develop Assisted Living Care Homes and Services for seniors that are a cut above the rest at fair & competitive rates. Right Choice Senior Living has Residential Care Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area) medical facilities and the beach. Come see us today before making your final choice. Make the Right Choice Today.

We are excited to announce that Silverlight Homes of La Mesa will be joining the Right Choice Senior Living network of Assisted Living Care Home Communities.

Beautiful La Mesa Neighborhood Close to ALL, Small Intimate Homelike setting, Reasonable Visitation & Outings, Accommodations & Experienced Team since 2008 For photos, video tours please visit: <https://silverlighthomesllc.com/>

For more info call (619) 246-2003 or go to the [www.rightchoiceseniorliving.org](https://www.rightchoiceseniorliving.org).

**NOW HIRING CAREGIVERS! CALL NOW!**

**3BR/2BA/1330SF**  
Remodded/Modernized  
San Carlos/\$915,000

**Mary Jane Harris**  
(619) 518-1159  
Allison James Estates & Homes  
DRE#00890886

**3BR/2.5BA/1659SF**  
Spectacular Townhome  
Del Cerro/\$779,000

**Kassy & Lindy Kaiser**  
(619) 265-0454  
Keller Williams Realty  
DRE#01889763

# GET READY TO MOVE

If you're planning to buy or sell a home or property, we would like to help you put your plan in motion. Here are some properties that are currently on the market, but they'll be going fast. Give one of us a call! **It's your move....**

SERVICE DIRECTORY

**AUTOMOTIVE**

**Bee Line**  
• BRAKES • SINCE 1947  
• ALIGNMENT •  
• A/C SERVICE •  
• 30/60/90K Maintenance •

**10% OFF**  
W/ THIS AD  
(UP TO \$50 MAX FOR DISCOUNT)  
(excludes oil changes)  
May not be combined  
with any other offer.

2938 GARNET AVE., PACIFIC BEACH  
(858) 273-2411  
www.beebrakes.com

**CONCRETE**

**Zapara & Sons LLC**

Driveways  
Sidewalks  
Patios • Decks  
44 Years Exp  
& Knowledge

(619) 537-9766  
lic# 1085432

**LANDSCAPE/GARDEN**

**POINT LOMA LANDSCAPE MAINTENANCE EXPERTS**

CALL NOW FOR FREE ESTIMATE  
BEACH COTTAGES TO MANSIONS  
WEEKLY • BIWEEKLY • MONTHLY  
CA. ST. LIC. #0783646 INSURED  
BILLED MONTHLY • CHECK • CC • PAY PAL  
READERS CHOICE AWARD WINNER  
Helping the Peninsula grow for 25 years  
(619) 523-4900  
1998-2023 Silver Anniversary, 25 Years

**PLUMBING**

**ERLING RONDE PLUMBING COMPANY**  
SINCE 1910  
Lic. 573108

FAMILY OWNED & OPERATED  
BY A VIETNAM VET  
San Diego's Oldest  
Plumbing Company.  
Offering quality service &  
repair for 110 years.  
858-454-4258  
5771 LA JOLLA BLVD #5  
ERLINGRONDEPLUMBING.COM

**CLEANING**

**Cleaning Service**  
by Cecilia Sanchez  
Family owned & operated  
15 years experience.

Office, residential &  
vacancy cleanings

#1 vacation  
rental experts

Free estimates  
& excellent  
references  
(619)  
248-5238

**CONTRACTOR**

**MARTIN CONSTRUCTION**  
Lic. #1032673

Home Improvement Specialist  
AFFORDABLE  
ON-BUDGET  
EXPERIENCED

**SPRING SPECIAL**  
**15% OFF**  
DECKS, DOORS & WINDOWS  
619-541-1737  
johnmartinconstruction.com

**CROWN POINT CLIPPERS, INC. TREE SERVICE**

FREE ESTIMATES!  
• FINE PRUNING & THINNING  
• ARTISTIC TREE LACING  
• TREE & STUMP REMOVAL  
CROWNPOINTCLIPPERS@GMAIL.COM  
(858)270-1742  
Fully licensed and insured. Lic# 723867  
SERVING THE LA JOLLA AREA FOR 40 YEARS

**SENIOR CARE**

**CareGiver/Companion**  
Can Do: Hospice, Alzheimer's  
Parkinson's, ALS, and more.

Medications, Appointments  
Errands, Bathing, Wonderful  
Cook, Lite Housekeeping,  
Pet Care, Live in/out,  
I'll help with your daily needs.  
Call Laura for interview at  
858-243-8288 Thank You

**SDPC POWER WASHING SERVICES**  
www.sdklean.com  
619-460-8177

**ELECTRICIAN**

**Fischbeck Electric**  
For all your electrical needs:  
Green Energy Savings  
Panel Upgrades and Changes  
Remodels  
Recessed Lighting, etc.  
CA Lic. #900788 (10-12)  
(619)749-7105  
FischbeckElectric.com

• Gardening Services  
• Lawns • Hedges  
• Weeding & Trimming

**We Do It ALL!**  
Allied Garden Resident Since 1993  
30 Years Experience  
Specializing in Local Communities

Licensed • Weekly  
Free Estimates • Bi-Weekly  
Reliable • Monthly

**Turner Landscape**  
619-885-0906

**TREE SERVICE**

**RYKEN TREE SERVICE**

• Tree Trim • Shape  
• Removals & Stump Removals

Arborist #911 On Every Job!  
Fully Licensed and Insured  
FREE Estimates  
619-672-8166  
Lic #536515

FREE ESTIMATES (619)755-9651

**CLEANING CO SERVICES**  
Regular Deep Cleaning  
Move in/Out Services

**Corlett Electrician**  
Corlett Electrical Construction  
Mike Corlett  
Locally Owned & Operated  
619-776-7134  
Lic. #858862  
mikecorlett@hotmail.com

**CISCO'S LANDSCAPING**

Weed Removal  
Yard Clean Ups  
Monthly Maintenance  
Junk Removal  
Sprinkler Installation & Repairs  
Sod Installation  
Retaining Walls  
CALL FOR A FREE ESTIMATE  
619-513-0424  
Lic # 1041479

**WINDOW CLEANING**

**Ray & Roger's WINDOW CLEANING**  
Commercial & Residential  
Tracks Mirrors  
Screens Skylights

30 Day Rain Guarantee  
Licensed & Insured • Free Estimates  
619.252.1385

**CARPET & TILE CLEANING**

**Service Kings HOME SERVICES**  
WHERE YOU ARE TREATED LIKE ROYALTY!  
Cleaning Carpet, Tile, Upholstery for over 28 years.  
CARPET CLEANING SPECIAL  
SAVE \$45  
3 ROOMS \$129  
25% OFF Tile & Grout Cleaning  
25% OFF stretching or carpet repairs  
Must mention ad. Some restrictions apply.  
619-677-6523  
Or visit our website at  
www.service-kings.com

**HANDYMAN**

**RENT-A-HUSBAND**  
HANDYMAN WITH  
30 YEARS EXPERIENCE

MANY SKILLS  
HOURLY OR BID  
PROMPT, AFFORDABLE,  
PROFESSIONAL  
INSURED

Ask for Bob  
619-742-0446

**LAWN CARE**

**Got a Lawn?**  
• Water rates are increasing...  
• Supplies are decreasing...  
• It's Time we make a change!  
Water Saving Landscapes  
Specializing in lawn removal  
& beautiful low-maintenance,  
water-friendly landscapes  
LawnAfterNatives  
(619) 920-5296  
C-27797867

**WEDDINGS**

**INTER-FAITH WEDDING OFFICIANT**  
Inter-faith minister  
available to officiate  
weddings in San Diego.  
\$350  
(PayPal, Google Pay, Facebook Pay)  
of booked Zoom conference  
wedding or outdoor inter-faith  
wedding ceremony.  
619-398-7197  
thubtenpematenzin68@gmail.com

**PLACE YOUR SERVICE DIRECTORY AD ON-LINE**

**sdnews.com**

Full-length stories  
Online updates  
Comments  
Event calendars  
and more!

sdnews.com  
or call  
858-270-3103

**PAINTING**

**Chuckie's Painting Company**  
(619) 795-9429  
www.chuckiespainting.co  
chuckgjr@cox.net  
CA Lic. #925325

**PLUMBING**

**BILL HARPER PLUMBING.COM**  
Licenced Plumber  
with years of experience in residential homes  
Prompt, Professional and Affordable  
Phone Estimates, Cash Discounts  
CALL BILL 619-224-0586  
Lic #504044

**ideal**  
PLUMBING • HEATING • AIR • ELECTRICAL

619-583-7963  
idealservice.com  
5161 Waring Rd, San Diego  
CA License #348810  
60 YEARS

**WEDDINGS**

**INTER-FAITH WEDDING OFFICIANT**  
Inter-faith minister  
available to officiate  
weddings in San Diego.  
\$350  
(PayPal, Google Pay, Facebook Pay)  
of booked Zoom conference  
wedding or outdoor inter-faith  
wedding ceremony.  
619-398-7197  
thubtenpematenzin68@gmail.com

**FICTITIOUS BUSINESS NAMES**

**NAME CHANGES**

**+ OTHER LEGAL ADS**

**CALL US**  
858-270-3103  
X 115

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

**Mission Trails Regional Park Foundation**

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.

COMMUNITY CLASSIFIEDS

DOG GROOMER

All About Grooming Care for our community's dogs since 1988. Only the owner grooms your dog. Friendly concerned service. Website for pictures, map and \$5 off coupon to go. [www.chgala.com/AllAboutGrooming/index.html](http://www.chgala.com/AllAboutGrooming/index.html) Owner Barbara Naddy 7525 Mission Gorge Rd by Princess View Drive, San Diego, Phone 619-583-3644

SERVICE

BATHTUBS REFINISHED like new without removal. Bathtubs-Kitchen Sinks-Wash-basins. Fiberglass and Porcelain. Over 25 years in San Carlos. Lic.#560438. 619-464-5141 (07/16)

Keith Everett Construction & Handyman Services. All phases of home remodeling & repair. Specialty in all types of fencing, decks & patio covers. No job to small. Senior discounts. Lic. #878703 619.501.7480

# 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.

REAL ESTATE SHOWCASE

Call 858.270.3103 to get your property featured today!

IN ESCROW

**6949 Hyde Park Dr.**  
**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.

LILIPATCH@MAC.COM 619-507-8303 DRE 02003440

FINE & COASTAL

REAL ESTATE SM

We give you the step-by-step support and guidance you need when buying & selling real estate.

Sarah Ward

858-431-6043 | SARAH@FINEANDCOASTAL.COM

DRE#01943308

PLACE YOUR AD HERE!

DELIVERED TO LOCAL HOMES & BUSINESSES

For more information Call:

Heather (951) 296.7794

COLEMAN

MOVING SYSTEMS INC.

Office/Residential | Free Wardrobe Use | Piano Moving  
Last Minute Moves | Packing/Unpacking  
Discount Packing Materials | Moving all over CA, AZ, NV  
7 DAYS A WEEK | FREE ESTIMATES FAMILY OWNED SINCE 1979

619.223.2255

STU AND MATT COLEMAN

BBB MEMBER | INSURED LIC #CAL T-189466

# The *Best* Agent in 92115!

**IN ESCROW**



**Representing Buyer!**

42558 Lyles Drive  
Temecula, CA 92592  
5 Bed | 5 Bath | \$899,000

**SOLD**



**Located in College View Estates!**

5141 Remington Road  
San Diego, CA 92115  
3 Bed | 2 Bath | \$950,000



*Sarah Ward*

REALTOR® | DRE#01943308  
Sarah@fineandcoastal.com  
858-431-6043

**THINKING ABOUT BUYING?**

**HOME BUYER GRANTS ARE AVAILABLE NOW!!**

Get up to \$7500 towards closings costs AND up to \$10,000 towards your down payment!

0%-3% down loans available on condos and single family homes throughout San Diego County!

Want to learn more? Give me a call!

**FINE & COASTAL**  
REAL ESTATE<sup>SM</sup>



**Call Sarah Today For Your Initial Consultation!**

**858-431-6043**



We support Equal Housing Opportunity and follow REALTOR® Code of Ethics. If your property is currently listed with another real estate broker, please disregard this document. It is not our intention to solicit the offerings of other real estate brokers. Free home valuation report available to home owners at the discretion of broker and includes opinion of value based on comps and inspection. Broker DRE#: 01243316.