

Shop Online  
DISCOUNTS NOT STACKABLE

**BEST DEALS, BEST PRICES**

**15% OFF DELIVERY**  
CODE: DELIVERY15  
ONE TIME USE ONLY. SOME RESTRICTIONS APPLY. VALID UNTIL 5.25.23  
\*DISCOUNTS NOT STACKABLE

**15% OFF EDIBLES**  
CODE: EDIBLES15  
ONE TIME USE ONLY. SOME RESTRICTIONS APPLY. VALID UNTIL 5.25.23  
\*DISCOUNTS NOT STACKABLE

**SHOPC21PLUS.COM**

**CANNABIS 21+**  
Powered By **SDRC**  
SAN DIEGO RECREATIONAL CANNABIS

**SAVE TIME  
SAVE GAS  
SAVE MONEY**

VOLUME 5  
ISSUE 5

May 12 – June 8, 2023

Follow us on  
social media

**sdnews.com**

**COLLEGE TIMES COURIER**

ALVARADO ESTATES • MESA COLONY • EL CERRITO • COLLEGE VIEW ESTATES • ROLANDO

**St. Katharine Drexel Academy continues busy spring as school year winds down.**  
Page 8

# INSIDE THIS ISSUE

## OPINION

Residents want more City attention put towards College-Rolando Library



Where is the equity for CRL? Page 6

## NEWS

College Area residents keeping busy with spring activities



What is going on in your local neighborhood? Page 8

## FEATURE

Always something fun to do at San Carlos Community Garden



Gathering fresh produce, listening to music and more make for fun times.  
Page 12

## CONTACT US

**Editorial**  
(858) 270-3103 x130  
dave@sdnews.com

**Advertising**  
(951) 296-7794  
hfine@sdnews.com

**www.sdnews.com**  
San Diego Community Newspaper Group

# College Area residents seek responsible growth with supportive infrastructure



Residents from the College Area, Rolando, Talmadge, Kensington, El Cerrito, City Heights and other nearby neighborhoods joined together on May 6 to raise their voices and their protest signs to advocate for responsible growth with supportive infrastructure (parks, library parking, sufficient police and fire protection). While approximately 200 people rallied on the four corners of El Cajon Blvd. and College Avenue, large numbers of homeowners and renters in University City, Clairemont, Normal Heights, and the Uptown community also spoke out in favor of planned growth rather than random density dropped into neighborhoods up to a mile from transit (ADU bonus projects, Complete Communities and possibly SB 10). (Photo by Karen Austin)

# SDSU student becomes first Truman Scholar in school history

By NATALI GONZALEZ

Sandrien Mekany, a fourth-year political science student, has become the first Truman Scholar in San Diego State University history.

The Truman Foundation, which offers graduate scholarships for students interested in public service, chose 62 new scholars from more than 700 candidates. The Foundation looks for applicants with an extensive record of community service, a vision for creating change in their

area of interest, and a strong academic record.

“Looking at all the scholars, [it was clear] each and every single one of them had something they were passionate about,” said Mekany. “It’s just a huge list of passionate people who are eager to make change.”

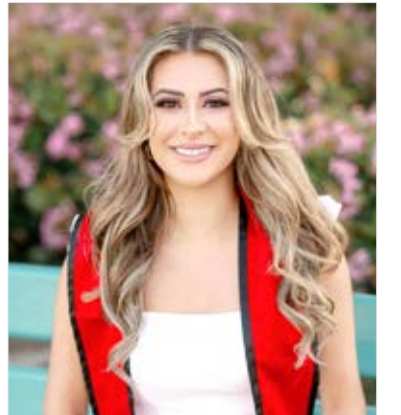
Jacqueline Toy, one of Mekany’s advisors, said she knew Mekany had what it took to become one of these scholars.

“Learning more about her story from her parents immigrating, her childhood school experiences,

her involvement in student government, the work she has done in learning about public policy and interning at the capitol, all you want to do is root for her,” Toy said.

Along with wanting to join this network of people, Mekany was drawn toward applying because of her identity as a Chaldean American.

“I wanted to apply for this because I want to be connected with this amazing network. But I also



Sandrien Mekany is the first Truman Scholar at San Diego State University. (Courtesy photo)

SEE SANDRIEN MEKANY, Page 9

VOTED #1 DISPENSARY IN SAN DIEGO  
2022 SAN DIEGO READERS BEST

619.FRESHSD

**THE RESERVE**  
HIGHER STANDARDS

www.reservesd.com

LIC#C10-0000630

**10% OFF PURCHASE**  
Not to be combined with other offers exp 06-08-23

8744 La Mesa Blvd. La Mesa, CA

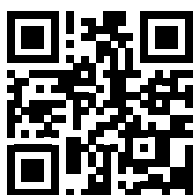




## NAMED #1 IN RELIABILITY IN THE WEST FOR 17 YEARS IN A ROW

"I'm proud to be part of a company that works hard every day to provide reliable energy to our community. It's satisfying knowing that my co-workers and I are directly responsible for powering the lives of our customers."

**Kat L.**  
Lineworker



\* ReliabilityOne® Award winner for 'Outstanding Reliability Performance among utilities in the West' given by PA Consulting.

**Always Forward.**



# Clay Park Improvements Project moving ahead, meeting with design team on May 17

The Clay Park Improvements Project is moving ahead.

The Spurlock Design Team has been hired by the city and residents can meet with them as a community on Wednesday, May 17, 6:30 p.m., at the United Domestic Workers Hall at 4855 Seminole Drive. The meeting will be an opportunity for residents to share what they'd like to see in the renovations.

Among questions residents can look at include what kind of shade structures do they envision, what kinds of play equipment do they like and more. Community members are also advocating for a track on the Joint Use Field. Everything is on the table and the budget has been funded at \$4 million. The general development plan update is complete and now it's time for the design details.



Improvements are headed for Clay Park. (Courtesy photo)

Anyone with questions can reach out to sdclaycoalition@gmail.com.

## Why Homeowners Leave Thousands Behind When Selling Their Homes

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

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

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

Get your free special report Now to find out how you can get the most money for your home.

Courtesy of Dan Smith eXp Realty BRE 01346593

### Jeff Rosa

Founder / Broker  
Associate  
Market Real Estate



### Hire Your Neighborhood Expert!

## 619-886-8790

**SOLD in 1 Day - Del Cerro \$2,200,000**  
6746 Tema Street | 4 bed, 5 bath, 3,897 sq. ft  
Highest sales price in Del Cerro in 2023!

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

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

### sdnews.com DAILY

## STAY INFORMED!

Delivered daily to your inbox  
subscribe at:  
[sdnews.com/dailyupdateform](http://sdnews.com/dailyupdateform)



City closes parks, beaches, and trails to discourage gatherings  
May 22, 2022 05:29 AM  
On Monday, March 22, Mayor Kevin L. Faulconer was joined by Police Chief David Nassif, Fire Rescue Chief Olen Stewart and Lifeguard Division Chief James Garland to announce the closure of City...

### Call Today!

## Swim By Summer!!!



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**  
No Obligation Home Visit  
Financing Available

### 619-821-2086

Servicing San Diego and  
Riverside Counties  
Lic # 1023407



ELAM'S

www.ElamsHallmark.com

Your Neighborhood Gift Store!

Hallmark

GOLD CROWN

They've put in the work, and now it's time to let them shine! Stop in to find unique cards and gifts to cheer them on with pride.

**FREE "Just Because" Card** every month when with our Crown Rewards Program

ELAM'S HALLMARK

**\$5 OFF purchase of \$20**

Expires 7/31/23 (Excludes Keepsake Ornaments)

CONGRATS GRADS!

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

An Iowa Meat Farms /Siesel's Meat & Deli Publication

Volume 31 Number II

May 2023

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

**Specials**

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

Good from May 1st, 2023 to May 31st, 2023 or while supplies last

<div>USDA <i>CHOICE</i> Aged, Midwestern <b>Marinated Tri-Tip Roast</b> <b>\$12.99 lb.</b> All Varieties</div>	<div>USDA <i>CHOICE</i> Aged, Midwestern <b>Top Sirloin Steak</b> <b>\$9.99 lb.</b></div>	<div>USDA <i>CHOICE</i> Aged, Midwestern <b>Delmonico Steak</b> <b>\$19.99 lb.</b></div>
<div>Midwestern <b>Baby Back Pork Ribs</b> <b>\$5.99 lb.</b></div>	<div><b>Whole Bone-In Pork Butt</b> <b>\$2.99 lb.</b></div>	<div>Boneless, Skinless <b>Marinated Chicken Breast</b> <b>\$5.99 lb.</b> All Varieties</div>
<div><b>Sweet Onion &amp; Sage Sausage</b> <b>\$5.99 lb.</b></div>	<div>First Of The Season <b>Jumbo Sweet Imperial Onions</b> <b>\$2.49 lb.</b></div>	<div>Dietz &amp; Watson <b>Natural Casing Hot Dogs</b> <b>\$8.99 lb.</b></div>
<div><b>Oaksteak BBQ Sauce</b> <b>\$7.99 14oz.</b> Regular or Spicy</div>	<div>Siesel's <b>Homemade Potato Salad</b> <b>\$6.99 lb.</b> <b>Baked Beans</b> <b>\$6.99 lb.</b></div>	<div><b>Rock The Rub Assorted Seasonings</b> 8oz. Bags <b>\$12.99 ea.</b></div>

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

# Graffiti removed from Del Cerro location

District 7 Dispatch  
By RAUL A. CAMPILLO

Happy May, everyone. As always, it's a pleasure to share what happened in District 7 for the previous month and what's to come.

## ALLIED GARDENS OFF-LEASEH DOG PARK

I know how important City parks are to the communities of District 7. I am proud to announce that funding for an off-leash dog park at the Allied Gardens Community Park is included in the FY24 Budget. Installation is slated for later this summer. In addition, I continue to advocate for upgrades to District 7 playgrounds, rec centers, pools, and youth sports fields in this budget.

## GRAFFITI REMOVAL IN DEL CERRO

Graffiti can be a blight on our beautiful community, so it is important to report unwanted graffiti when we see it. A neighbor of mine informed me of several offensive graffiti markings on rocks in an open space along Pasatiempo Avenue. I reported this to the appropriate City department who removed the graffiti very quickly.

If you see graffiti in our community, report it through the City's Get it Done app, then inform our office, and we will ensure that City crews address it as quickly as possible.

## POTHOLE REPAIRS ON NAVAJO ROAD AND COLLEGE AVENUE

Clogged drainage areas can be dangerous and cause major damage to properties if not taken care of. I was recently alerted by a resident that there was overgrown vegetation in a drainage culvert near Navajo Road, causing water from the recent rains to fill the nearby properties.

Thank you to the staff of the City's Stormwater Division for clearing out the vegetation and sediment from the drainage culverts to ensure no severe damage was done to the homes in the area (see photos above).

If you have a concern about overgrown vegetation on City property, reach out to my office.

## COMMUNITY OFFICE HOURS

Community Office Hours allow you to meet with me directly to discuss community issues and/or ask me questions about certain things specific to the City of San

**WE DO IT ALL FOR YOU!**

**CASA DE PICO**

**Voted Best**

In The Mission Times Courier's "Best Of " Reader's Poll

**+ BEST MEXICAN CUISINE**

**+ BEST MARGARITA**

**+ BEST OUTDOOR PATIO DINING**

5500 GROSSMONT CENTER DR. LA MESA, CA 91942  
619.463.3267 + [CASADEPICO.COM](http://CASADEPICO.COM)

SEE DISTRICT 7, Page 6



# In-person council meetings to resume in June

Allied Gardens/Grantville  
By SHAIN HAUG

The restrictions of the pandemic are behind us. The Allied Gardens/Grantville Community Council (AGGCC) is revising its meeting schedule. Beginning in June we will return to in-person meetings at Benjamin Library with continuing availability of hybrid attendance by Zoom. The new schedule beginning in June 2023:

The Board of Directors will convene its meetings on the first Monday of each even numbered month at 6 p.m.

The AGGCC will hold its town hall meetings on the first Monday of each odd numbered month at 6 p.m.

The last purely remote/by Zoom meeting will be the town hall meeting on Tuesday, May 23, 6:30 p.m. The meeting will feature information about the many programs at Benjamin Library. Formal notice will be coming out soon.

The first meeting of the Board of Directors under the new schedule will be on Monday, June 5, 6 p.m. We will meet at Benjamin Library and the notice of the meeting will offer participation by Zoom. This will be our first attempt at a hybrid meeting. Wish us luck.

The first town hall meeting under the new schedule will be on Monday, July 3, 6 p.m. at Benjamin Library. The notice of meeting will include the means to join by Zoom. We hope that we will have the hybrid process figured out by then.

Join the Allied Gardens/Grantville Community Council in its work and receive notices of the activities of the Navajo Community Planners, Inc. by registering through the "Contact Us" page of [aggccouncil.org](http://aggccouncil.org).

—Shain Haug is president, AGGCC.

# Patribots 4738 take fourth in division at World Championships in Houston

By JAY WILSON

The Henry Cluster STEMM Foundation congratulates Patrick Henry High School Patribots Robotics Team, "Patribots 4738", for qualifying and participating in the FIRST World Championships in



Members of the Tinkerbites Robotics, a community home-based team, demonstrate their robots at the 5th Robotics Extravaganza at the San Carlos Library on April 15. (Photo by Peter Laohoo)

SEE ROBOTICS, Page 7

DINE

SHOP

EXPLORE

La Mesa Village

La Mesa Village Association

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

WARREN-WALKER SCHOOL

Now accepting applications for the '23-'24 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](http://www.warren-walker.com/admissions)

We are more than a School!

# MENTAL HEALTH MATTERS

Find support for the mental well-being of you and your loved ones.

Learn more at [Up2SD.org](http://Up2SD.org)

Need information or support related to mental health or substance use? San Diego Access & Crisis Line: 888-724-7240

LIVE WELL  
SAN DIEGO

Neighborhood Update

Here's a look at what's happening in your neighborhood. Give us a call to find out how much your home is worth in today's market! (DOM < 7 days - All sold over the asking price - Sold date < 30 Days. ©SDMLS)

ADDRESS	BEDS	BATHS	SQ.FT.	PRICE
5625 Marne	3	2	1,483	\$950,000
5875 Highplace	4	2	1,647	\$950,000
6620 Wesley Place	3	2	1,450	\$955,000
** 6114 Madra Ave	3	4	1,967	\$1,110,000
6124 Camino Rico	3	2	1,710	\$1,400,000
6428 Lance Court	5	3	3,804	\$1,675,000

CENTURY 21  
Affiliated

Linda Lee Harris  
REALTOR® SRES, CRS | DRE# 01238752  
[Linda.Harris@c21affiliated.com](mailto:Linda.Harris@c21affiliated.com)  
619.820.4789

Joan Hay  
REALTOR® SRES, CRS | DRE# 00599034  
[Joan.Hay@c21affiliated.com](mailto:Joan.Hay@c21affiliated.com)  
619.994.2816

\*\*Century 21 Affiliated Listing





(Photo courtesy of sandiego.gov/public-library/locations/college-rolando-library)

# Equity missing when it comes to College-Rolando Library

**In the community**  
By **DANNA GIVOT**

## Mayor Gloria and Council President Elo-Rivera:

I have listened to the two of you preach equity for all San Diegans in your campaigns and since you took office.

Yet when it comes to the College-Rolando Library, equity is noticeably absent. You both appear to be looking the other way while the developers of 6650 Montezuma Road are getting zoning concessions (residential units) to which they are not legally entitled (the CPIOZ allows only hotel rooms) and you appear to be asking nothing for the Library in return.

The C-R Library has the 6th largest patron population in the City and the fourth lowest household median income. Sixty-two percent of its patrons are minorities. Other libraries our size have 80 library-exclusive parking spaces, but we have only 28 - 35% of what we should have! Yes, it was poor planning by your predecessors, but pointing fingers doesn't solve the problem.

You have the opportunity to give the C-R Library fair and equitable treatment NOW by getting the owners/developers of 6650 Montezuma Road to grant an easement for at least 32 permanent, exclusive library parking spaces. (That would only get us to 60 spaces or 75% of what we should have!)

Scripps Ranch is currently getting 80 *additional* parking spaces. Mission Hills has 80 underground spaces. Where is the equity in treating the College-Rolando Library like an unwanted step-child? How is this consistent with your campaign promises and regular pronouncements to treat all San Diegans equitably? Why do these communities deserve

dedicated parking for their libraries when the College-Rolando Library does not? Is it because its patrons are 62% minorities or have among the lowest household incomes in the City? How do you justify leaving this particular library with 35% of the dedicated parking spaces it should have based on its size? This neither looks nor feels like equity to the College-Rolando community.

Sean, your idea to create timed parking on Reservoir Drive and Mohawk Street is not a solution and it definitely does not represent equity versus all the other libraries that have exclusive, on-site parking. Those spaces are essentially always in use by the community because they are needed. Further, Reservoir Drive is on a steep grade and if the spaces were available, getting to the library from there would be challenging for the handicapped, elderly and families with young children. Just getting out of a car on that slope can be challenging.

What the College-Rolando Library needs and deserves is 80 parking spaces for the exclusive use of library patrons. It has survived with about 60 spaces and that is what the community is asking for. This is despite the fact that equity would prescribe the C-R Library have the 80 spaces it deserves based on its size.

Please consider using the zoning leverage you have with the developers at 6650 Montezuma Road to get the College-Rolando Library the easement for permanent, exclusive parking spaces that equity demands. The City has something the developers want, perhaps an easement for access as well as zoning concessions. Please use this to correct the mistakes of past administrations and provide permanent, dedicated parking to the C-R Library.

Thank you for your consideration.

Tierrasanta Vista Public Library  
4985 La Cuenta Drive, San Diego, CA 92124

For continual updates on what is happening, follow my social media pages or visit my website at: sandiego.gov/citycouncil/cd7.

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

## District 7

CONTINUED FROM Page 4

Diego. See the details below and contact Cheryl Willis at CWillis@sandiego.gov to schedule your time.

**WEDNESDAY, MAY 24**  
9:30 a.m. – 12:30 p.m.

# Stalking is all too common; reporting isn't

**City Attorney News**  
By **MARA W. ELLIOTT**

Aided by technologies that make it easy to track victims online and in real life, stalking is a growing and often deadly crime that largely targets young people.

Thirty years ago, the term “stalker” was hardly known. Today, more than 1 million victims are stalked every year, most of them women and most of them under 25. Their stalkers are usually someone they know – an ex-boyfriend, a date, or someone at work – and 80 to 90 percent of stalkers are male.

Parents need to be especially vigilant. Children may not recognize the point when a romantic interest in them becomes an obsession or an unrequited crush leads to a desire to control and harm.

Stalking can occur in many ways, but here are some commonly identified tactics:

- Following and watching the victim;
- Showing up uninvited in places such as the victim's home, workplace, or school;
- Repeatedly seeking information from friends and family;
- Sneaking into the victim's home or car to scare the victim or let the victim know he'd been there;
- Making repeated phone calls, including hang-ups and voice messages; and
- Sending unwanted texts, emails, social media messages, cards, letters, flowers, or presents.

Advances in technology are adding more tools to a stalker's toolbox.

Stalkers use social media profiles to monitor the habits, preferences, and likely whereabouts of their victims. They use hidden cameras and recorders to spy on victims and the Internet to post threats or virtually harass them. Global positioning system (GPS) technology allows stalkers to track a victim's location. Small GPS devices, like Apple AirTags, can be dropped into a purse or a car window.

My office prosecuted one stalker who'd attached a GPS device to the bottom of his victim's car. He was caught on a home surveillance camera as he checked on the device while the car sat in the victim's driveway.

In another case, the victim got aggressive and threatening texts from her ex, including photos of her damaged car with messages like “this is just the start.”

As with many stalking victims, she changed her phone number. The stalker, consistently persistent, found her new number and contacted her 400 times in one day, threatening violence against her, her son, and her ex-husband.

When a restraining order failed to stop the conduct, my Office filed a criminal complaint alleging stalking, annoying or harassing communications, and vandalism. The defendant pleaded guilty to the stalking charge. He was sentenced to 60 days in jail, three years of probation, and a 52-week counseling class, and is the subject of a 10-year Criminal Protective Order.

In 1991, California became the first state to make stalking illegal, though the law primarily referred to obsessively pursuing celebrities. It was later expanded, and today, every state has stalking laws.

Stalking may be charged as a felony or a misdemeanor, depending on the facts. My office handles misdemeanors, and we take all such incidents seriously. We recognize that victims can experience psychological distress, including post-traumatic stress and an increase in suicidal thoughts.

Before we can prosecute, however, we must hear from the victim. Most stalking incidents are not reported out of fear, embarrassment, or a failure to recognize that the behavior is a crime.

If you are a victim or hear about repeated incidents of stalking behavior, please report it to the police. They can investigate, identify the stalker, and take steps to keep you safe. This could include seeking restraining orders, arresting the stalker, or adding patrols to your home or workplace. In some cases, police officers may recommend counseling or other support services to help the victim.

As with any behavior where someone tries to assert power over you, being stalked is a terrifying experience that can take a huge emotional toll – or prove lethal. Calling 911 is not an overreaction.

In addition, my office's Your Safe Place – A Family Justice Center offers a safe, supportive environment for victims of stalkers who also experience domestic violence, family violence, or sexual assault.

You can find out more at (619) 533-6000.

—Mara Elliott is the City Attorney of San Diego.

sdnews.com

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

### EDITOR

Dave Thomas x130  
dave@sdnews.com

### CONTRIBUTING EDITORS

Drew Sitton x136  
Tom Melville x131  
Dave Schwab x132

### CONTRIBUTORS

Karen Austin  
Raul Campillo  
Robin Dohrn-Simpson  
Natali Gonzalez  
Shain Haug  
Jessica Mills  
Sarah Ward  
Jay Wilson  
Mickey Zeichick

### WEB & SOCIAL MEDIA

Dave Thomas  
dave@sdnews.com

### PRODUCTION MANAGER

Chris Baker x107  
chris@sdnews.com

### ADVERTISING CONSULTANT

Heather Fine x118  
(951) 296-7794  
hfine@sdnews.com

### ACCOUNTING

Heather Humble x120  
accounting@sdnews.com

### BUSINESS CONSULTANT

David Mannis

### PUBLISHER

Julie Main  
(858) 270-3103 x106  
julie@sdnews.com



**OPINIONS/LETTERS:** Mission Times Courier encourages letters to the editor and guest editorials. Please email submissions to 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.

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

LA JOLLA VILLAGE NEWS



PENINSULA BEACON





# Productivity coach to show you how to get the most out of your day

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

Our San Diego County Supervisor, Joel Anderson, was scheduled to be the guest speaker at our May 17 meeting. However, due to special circumstances the Supervisor is unable to attend our meeting but has promised to join us at a later date this year. Sometimes there are outside forces that put us in a position of having to change our plans. There are certain things that we can't control and we just have to adjust. We will miss the supervisor but his representative will be here to let us know what is happening in the County. Our guest speaker will help us learn how to maneuver our day when unforeseen things come up but even more so how we get the most out of our day. Jarvis Levenson, is a Productivity Coach: "The Morning Hero. Have you ever wondered why the day has gone

by so fast and you just didn't get to as many things as you needed to? Well, Mr. Levenson will offer some great information on how to get better control of your time and your day. Personally I do a "TODO TODAY" plan the night before, so I don't have to worry about it in my "sleep". Now, I still don't get everything done that I want to, but I do feel good about my productivity nearly every day. AND sometimes I just have a "goof off" day. Over the summer I plan to reach out to Patrick Henry High School and ask their "civics department" if they would give extra credit to their students that come to one of our meetings to get familiar with how government does work for all the people. Elections for the SCAC are also on our May agenda, and I am happy to say we will be electing some new faces to our board along with the familiar ones. We still have room for more new members and you can join at any of our meetings. Mark Schulze will be conducting this part of our meeting.

The requirements for being a board member are you are at least 18 years old, a resident or business owner in San Carlos, have a desire to be involved with the community, attend our bi-monthly meetings and board meetings when scheduled. Contact me at:

SanCarlosAreaCouncilPres@gmail.com if you have any questions or to request an application. Join us as we hear updates from our representatives from the offices of: Congresswoman Sara Jacobs; State Assembly District 78 Christopher Ward; County

Supervisor, Joel Anderson; SDUSD Trustee, Shana Hazan; and our "Happy" Librarian, David Ege. The next meeting of the SCAC will be held Wednesday, July 19 at the San Carlos Branch Library at 6:30 to 8 p.m. 7265 Jackson Drive, San Diego.

## Robotics

CONTINUED FROM Page 5


Houston. The team placed fourth in their division which was comprised of 78 teams from around the world. On April 15, David Ege, the branch manager of the San Carlos Library hosted the 5th Robotics Extravaganza. The event is supported by The Friends of the San Carlos Library and the Henry Cluster STEMM Foundation. More than 200 people attended the event, which included 10 robotics teams from within the Navajo Community area. There were

home-based/neighborhood as well as teams from local schools. Teams representing three separate robotics team divisions participated in the event: FLL (FIRST Lego League - grades 4th to 7th), FTC (FIRST Tech Challenge - grades 7th to 12th) and FRC (FIRST Robotics Competition) - grades 9th to 12th. Each team has a unique name: Mechanical Meatloaf, Garage Engineers, Techno T-Rexes, Cretaceous Coders, Dapper Robo-Noodles, Rise of Hephaestus, Green Griffins, Cerulean Centaurs and Patribots.

SEE ROBOTICS, Page 15

### When is it time to die?

*Examining quality-of-life and preparing those who will honor your wishes*



Take a deep dive into personal examination of quality-of-living and how to minimize second-guessing your end-of-life wishes. This discussion between experts will help you explore the fundamentally philosophical decision of when it is time to begin the dying process.

Stanley A. Terman, PhD, MD., Medical Director of Caring Advocates; Gabrielle Elise Jimenez, Hospice Nurse, End-of-Life Doula, Conscious Dying Educator; Bill Simmons, retired attorney

**Sunday, May 21 1:30 – 3:00 PM PDT**

Free on ZOOM Register at our website  
**hemlocksocietysandiego.org**  
Visit Hemlock Society of San Diego on their Facebook and YouTube channel

# MAKE IT POOLSIDE



## Sycuan CASINO • RESORT

**BOOK NOW AT SYCUAN.COM**

GUESTS MUST BE 21+ TO ENTER THE CASINO. PLEASE PLAY RESPONSIBLY.





# College Area neighborhoods keeping busy with spring activities

## ALVARADO ESTATES By KAREN AUSTIN

We had a terrific social event at the end of April to kick-off the 75th Anniversary of our neighborhood (1948-2023). It was held in one of our historic mid-century modern homes. Residents who attended were able to tour the Eason House which was designed by Cliff May (1908-1989), and built in 1966. We were very fortunate to have local historian and immediate past President of the La Mesa History Center, James Newland, join us to share about one of San Diego's most notable modernist architects as well as the significant attributes of the California Ranch style home

he designed. At our annual HOA meeting in May, we'll talk about more plans to celebrate our neighborhood history and the people who have called Alvarado Estates home. We'll also elect new board members, have a presentation by a representative from EDCO (our trash hauler) about organics recycling, provide residents with a kitchen caddy to dispose of their food waste responsibly, discuss fire safety as we move into the dry season, and more.

## COLLEGE VIEW ESTATES By JEAN HOEGER

Neighbors of CVE joined in the early afternoon May 6 rally to save

Single Family Residential zones and call for responsible growth with supportive infrastructure. Later that evening a community gathering featured the Kona Ice Truck with its sweet treat, sponsored by a local realtor, our CVE Membership Chair and Director of Children's Activities, Josette Alvarez. This event brought together families, grandparents with their grandkids, our college student neighbors and neighborhood dogs. We are busy planning our June Block Party, one of the highlights of the year for CVE families.

## MESA COLONY By SUSAN GRANT

We celebrated Earth Day on April 22nd at the College-Rolando Library this year. We started the morning with a clean-up event, hosted by our community group. After some coffee and delicious donuts, our clean-up crew managed to cover Reservoir Drive and the block surrounding the Library and Ralphs. It was gratifying to see the amount of debris that was picked up in such a small area. We all had the satisfaction of knowing that our efforts kept a huge amount of plastic, paper, clothing, aluminum cans and cigarette butts from flowing directly into our storm drains and ocean. By the time the clean-up crew had returned, the library was already setting up its plant swap and fun craft tables. Plants, planting soil



As part of the neighborhood's 75th Anniversary, James Newland, local architectural historian and immediate past president of the La Mesa History Center, shares about the life and works of architect Cliff May in a mid-century Alvarado Estates home May designed. (Photo by Karen Austin)



Susan Grant and other Mesa Colony residents took part in the May 6 housing rally to urge the City to build housing on transit corridors without adding extreme density to single-family neighborhoods. The City aims to triple the current College Area population of 25,000 residents by 2050, with no commitment to the necessary current or future infrastructure upgrades. (Courtesy photo)

and loads of small clay pots, ready to be decorated, were on display. Families were gathering around the tables looking for that special plant, while the little ones were busy, with paint brushes in hand, decorating a pot to house the new plant. The Earth Day celebration was capped off by a great information booth and presentation by City of San Diego Environmental Services staff about the upcoming delivery of new rolling green trash bins for organics recycling. There was a lot of information on how to access our "free compost," and exactly how it was made from food scraps and yard trimmings. Free compost samples were handed

out, and staff answered specific questions about what to toss into and keep out of the green bins. As predicted, the green bins arrived two weeks later. Mesa Colony more recently participated in the May 6th "Peaceful Protest" against the adoption of SB10 by the City of San Diego. We were proud to be part of such a wonderful protest. It was well orchestrated, respectful and fun. I can see many such gatherings in our future. We plan to sponsor another clean-up event in the summer, with new target locations, and are currently planning our annual "summer potluck."

# SKDA continues busy slate with school year winding down



St. Katharine Drexel Academy



By KELLY BONDE

It has been a busy spring at St. Katharine Drexel Academy as the school year is winding down. Among some of the recent highlights: **SKDA Wins Inclusive School Award** - Each year, the Diocese of San Diego Office for Schools hosts an Educators' Banquet, which celebrates all 46 schools within the diocese. Part of the celebration is recognizing teachers and staff who have received certain milestones and retirement. The event also recognizes teachers and schools who were nominated and chosen for the numerous awards presented each year. At this year's banquet, held at the Academy of Our Lady of Peace on May 10, St. Katharine Drexel Academy was awarded the All are Welcome Inclusive Education Award for the 2022-2023 school year. The All are Welcome Inclusive Education Award honors a school that is shaping its culture and striving to provide resources for inclusive education, so that students with disabilities can be served. We are thrilled to receive this award for

our efforts to be more inclusive, which is what makes our school so special. **SKDA Holds Annual Grandparents' Day Event** - On Wednesday, April 19, SKDA hosted its annual Grandparents' Day event. We welcomed over 30 different sets of grandparents on campus on a beautiful and sunny day. The event began with a small reception of refreshments and professional photography. Families then moved onto classroom visits and activities and the day culminated with grandparents and special guests joining us for our weekly mass at Blessed Sacrament Catholic Church at 11 am. It was a wonderful day and we were so honored to welcome so many special family members to campus and share our school with them. **SKDA Teacher Wins Diocese Award** - As mentioned above, at the annual Diocese of San Diego Office for School Educators' Banquet, teachers and schools are nominated and chosen for different awards around different topics. SKDA is thrilled to share that one of our teachers, Ms. Krissy Franklin, was nominated and won the ACT Fellow of the Year award for the 2022-2023 school year. The Academy of



Celebrating Grandparents' Day at the school are Jim and Lissa Crossen and their grandchildren Lucy, Dominic and Molly. (Courtesy photo)

Catholic Teaching (ACT) Award honors an ACT fellow who has demonstrated the three pillars of the University Consortium of Catholic Education: service through teaching, community involvement, and spiritual development at the University of San Diego. As an ACT fellow, Krissy serves as our 2nd grade teacher,

while also attending classes at the University of San Diego to receive her credential and masters in Elementary Education. We are so proud of Krissy's hard work and are excited that she is being recognized for it. **SKDA Hosts Open House and Play Date for Transitional Kindergarten**

**and Kindergarten** - On Sunday, May 7, SKDA hosted a Spring Open House and Play Date for its Transitional Kindergarten and Kindergarten classes for the '23-'24 school year. This unique approach to an Open House allows prospective families and students



## Sandrien Mekany

CONTINUED FROM Page 1

feel a responsibility to bring awareness to my community because I knew, in my application, I would be talking about the Middle Eastern community," Mekany explained. "It gives me a chance to shed light on the issues that so many people face, but not a lot of people know about."

The most extensive part of her application was a policy

proposal, which was sent to Gov. Newsom's office.

The proposal outlined plans to create a task force that would oversee the educational rights of Middle Eastern people in California. This idea was sparked by the fact that Middle Eastern is not a category on the census.

"So I was thinking, if we are not even able to be identified on paper, how can the government know what our needs are?" said Mekany. "So the committee I was proposing would create resources

for the Middle Eastern Community."

After submitting her proposal, Mekany was interviewed by a panel of previous Truman Scholars, members of the Truman Foundation's Board of Trustees, and other figures in public service.

Mekany found out that she won the award when SDSU President Adela de la Torre, Provost Salvador Hector Ochoa, and other faculty and staff surprised her in one of her classes.

"It was something I'll never forget, it was a surreal

moment for me," said Mekany.

After she graduates, plans to seek an internship in Washington D.C. before going out of the country to teach English. In a few years, she will be applying for law school.

"I see her excelling in a career of law, policy, and organizational leadership," said Charlotte Roberts, one of Mekany's advisors. "Her positive impact on society has only just begun, and I am eager to watch her advocate for others on progressively larger scales."

## SKDA

CONTINUED FROM Page 8

to see the campus and meet other people through play and conversation in a more informal setting. Families were welcome to visit the classroom and SKDA staff and current SKDA families were available for questions and conservation. This event also allowed currently enrolled

students in next year's TK and Kindergarten class to meet and mingle before the new school year begins. There are still open spots in next year's class, so if you are interested in scheduling a tour, contact Principal Kelly Bonde at [kbonde@skda-sd.org](mailto:kbonde@skda-sd.org).

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

# Community Page Shop & Spend Local!



**SAN PASQUAL**  
WINERY

**Locally Made Award-Winning Wine**

AVAILABLE BY THE GLASS, FLIGHT & BOTTLE

**LIVE MUSIC**  
Every Saturday, 7 - 9:30 pm

5/13 - Safety Orange Duo;  
5/20 - Kat Hall;  
5/27 - Psydecar  
No Cover Charge/One Wine Drink Min.

**OPEN DAILY**  
8364 La Mesa Blvd.,  
La Mesa, CA  
619.462.1797  
[SanPasqualWinery.com](http://SanPasqualWinery.com)



**blue tide**  
pool service & repair

**2022 MISSION TIMES COURIER BEST OF**

**OVER 15 Years EXPERIENCE**

**Your Friendly Neighborhood Pool Guy**  
(619) 820-3377  
[www.bluetidepoolservice.com](http://www.bluetidepoolservice.com)

**PRIMO ALTERATIONS & DRY CLEANING**  
Expert Tailoring

**2022 MISSION TIMES COURIER BEST OF**

**OPEN**  
Tuesday - Friday 10AM - 5PM  
Saturday 10AM - 4PM  
Closed Sunday & Monday

**619-287-7981**  
7433 Mission Gorge Rd. San Diego  
[primoalterationsanddrycleaning.com](http://primoalterationsanddrycleaning.com)

**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

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

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

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

**Now OPEN in San Carlos**

**NOBLE LOCKSMITH**

**2022 MISSION TIMES COURIER BEST OF**

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

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

**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)

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

**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**

**Dan Paterson Handyman**

**The Best of Home Improvement & Plumbing**  
No Job Too Small

Electrical Diagnoses • Plumbing  
Fixture Upgrades • Stucco & Dry Wall  
Painting • Wood Repair • Fencing  
Decks • Roof Eaves • Mill Work  
Pressure Washing

**30 Years Experience**  
Raised in Allied Gardens

**619.481.9978**  
(Not A Licensed Contractor)

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



# Crack Taco Shop featuring Cardiff Crack Meat from Seaside Market

**What's on the menu?**

By **ROBIN DOHRN-SIMPSON**

Ron Abbo comes from a family of entrepreneurs. He and his brothers own in different combinations of partnership three restaurants in Mission Valley.

"Some people say that since I'm not Mexican I can't make good

food," Abbo remarked. "But I say, my chefs are of Mexican descent and they're the ones cooking."

The name Crack Taco comes from a partner, Peter Najjar, in this business who also owns Seaside Market in Cardiff-by-the-Sea. If you haven't heard of this market, it's a popular specialty market by the Cardiff Kook. Outside the store is a BBQ tent featuring "Cardiff Crack" which

is their Burgundy Pepper Tri-Tip that is tender and flavorful. It's so popular it has its own Facebook page.

"We pick up our Tri-Tip from Seaside Market daily, marinate it here on-site and cook it in an oven and sear it fresh. It's not barbecued," Abbo said.

"All of our food is freshly made. Even our tortillas. They're pressed and cooked to order. We make our own guacamole and salsas also."

Their birria tacos are incredibly tasty and served with a dipping sauce. Birria, which historically was goat meat, nowadays is typically a beef that is stewed. Traditionally the meat is marinated in an adobo sauce that generally includes vinegar, dried chiles, garlic and other spices before being stewed. Served in a fresh tortilla topped with cilantro and onion, it's a perfect choice for a lunch taco.

"Our most popular items are, of course, the crack taco, but the Al Pastor Taco, and the IPA battered fish taco are also well-loved," Abbo said.

The menu is extensive and will keep you coming back over and over to taste their plates.



Ron Abbo has a lot of good choices to offer patrons at Crack Taco on 4242 Camino del Rio North including the birria taco option (to the left). (Photos by Robin Dohrn-Simpson)



The tri-tip is featured in burritos, tacos, quesadillas, nachos, fries, and even breakfast burritos and bowls. Keto and Vegetarian burritos are also offered. For the salad lover, they offer four different salads. The Chipotle Salad with roasted corn and spring mix or the Roast Pepper Caesar Salad on a bed of romaine lettuce can both have a

variety of meats added if so desired.

Watch them grow as they work on opening a new taco shack at Seaport Village.

Located at 4242 Camino del Rio North, phone (619) 269-2828.

Check out their current menu at: [cracktacoshop.com/](http://cracktacoshop.com/) and look for them on social media under @cracktacoshopsd.

**WE ARE BACK AND BOOMING!**

**PICK-UP & DELIVERY AVAILABLE**

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

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

**2022 Mission Times COURIER BEST OF MISSION TIMES COURIER**

Thank you for your support during our 10 years of ownership

**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. 06-08-23

**619-465-9490 • 7285 Navajo Rd.**

**Sweet Strawberry SEASON**

**DOUBLE CREAM STRAWBERRY PIE**

**\$19<sup>99</sup>**

**FRESH STRAWBERRY PIE**

**\$21<sup>99</sup>**

**Pie of the Month**

**CHOCOLATE CREAM PIE**

**\$12<sup>99</sup>**

**Marie Callender's Restaurant & Bakery**

6950 ALVARADO RD., SAN DIEGO, CA 92120 • (619) 465-1910



# Cox Mobile now available in San Diego

*Exclusive to Cox Internet customers, new wireless service offers iPhone, access to more than four million wifi hotspots*



Don't be weighed down by mobile phone plans riddled with annual fees, contracts and overages.

Cox Communications has launched Cox Mobile, available exclusively to Cox Internet customers and offering access to more than four million wifi hotspots nationwide,

With unlimited talk and text, and no term agreements, Cox Mobile offers two simple plans to make it easy for customers to choose the right one for them – and easily switch back and forth between either option if their data needs change.

**Pay As You Gig** — At \$15 per gig per month, Pay As You Gig is tailored to individual needs. You only pay for the data you need.

**Gig Unlimited** — At \$45 per month, Gig Unlimited is perfect for constant communicators, streaming or using your favorite apps when you're on the go. Gig Unlimited lets you do whatever you want, whenever you want.

### 5G Reliability

Cox Mobile runs on the network with unbeatable 5G reliability. That means 4G LTE speeds you can count on and fast 5G available for 5G-capable devices. And there's more good news from Cox Mobile.

### Phone Lineup

Cox Mobile offers Samsung Galaxy and the most advanced iPhone models yet.

"We're excited to offer our customers the iPhone 14 lineup with incredible battery life, fast 5G, and vital safety capabilities," said Tony Krueck, senior vice president of Cox Mobile. "We're bringing the latest iPhone to Cox Mobile customers, along with our 5G wireless coverage."

**Explore Cox Mobile's selection of the latest 5G-enabled smartphones.**

Cox makes it easy to connect – whether you prefer to chat online at [cox.com](http://cox.com), calling 1-800-234-3993 or visiting a nearby Cox Solutions Store to check out the phones and mobile plans in person.

### Bring Your Own Phone option

Or if you love the phone you already have, Cox has made it fast and easy to bring over your current device.

You can check your device compatibility with Cox Mobile at [cox.com](http://cox.com).

# 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**



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

**NOW ENROLLING!**  
**PRE-KTHRU**  
**8TH GRADE**



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

**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** Teri Featheringill  
General Manager  
6322 El Cajon Blvd. San Diego, CA 92115  
License# FD1083

# SCCG summer concert series and its growing mission

**In the garden**  
By JESSICA MILLS

As the summer kicks off, the San Carlos Community Garden continues their focus for growing community with a new musical focus.

The month of May marks the start of a music and purpose-filled time for the San Carlos Community Garden (SCCG). Award-winning and local indie band and trio, “Enter the Blue Sky,” will perform the fourth Saturday of every month from 10 – 11 a.m. at the SCCG during its monthly Produce Swap event from May – September. The band is comprised of Sandé Lollis, Karen Childress-Evans and Tina Dee.

“The Produce Swap is a great place to swap fruits and vegetables, herbs and flowers and a great place to meet people from the community,” according to SCCG Board Member Leslie Nelson.



The SCCG produce swap team includes Leslie Nelson, Bree Gonzalez and Stella Unchurtu. (Courtesy photo)

Stella Unchurtu, another one of SCCG’s volunteers, greets all and makes everyone feel welcome. Bree Gonzales, a nutritionist and recipe writer for several publications, also voluntarily helps manage the Produce Swap. “Bree usually shares her wonderful homemade sourdough bread with a seasonal spread which attendees of all ages enjoy,” Nelson said. “The homemade bread comprises just a sample of Bree’s hospitality. She’ll also share nutritious tips and recipes if you ask.”

“The Produce Swap event starts at 9:30. We recommend arriving early if you want to contribute. And, bring the kids! We always have a planned arts and crafts activity to entertain the children.” Nelson said.

In addition to the music from Enter the Blue Sky, the Brew Coffee Spot will be providing free hot coffee during this event, May-September. “All are welcome

**CHATEAU CELLAR**

**CHEERS DELI & LIQUOR**  
6983 Navajo Rd.  
(Corner Of Navajo Rd. & Jackson in the Keils Shopping Center) | **619-463-9991**  
**CHEERS FOR 30 YEARS!**  
Thank You San Diego and The Readers of the Mission Times Courier for Voting Best Of and Your Support for Local Businesses!


**BUY ANY SANDWICH & GET 1 50% OFF (DELI ONLY)**  
EXP. DATE JUNE 8TH




# 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](http://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.



# SDSU among 17 schools receiving money to foster environmental justice

Recently, the U.S. Environmental Protection Agency (EPA) announced the selection of 17 Environmental Justice Thriving Communities Technical Assistance Centers (EJ TCTACs) in partnership with the U.S. Department of Energy. Among the schools chosen was San Diego State University.

SEE SDSU, Page 14



### 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](http://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](http://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](http://www.rightchoiceseniorliving.org).  
**NOW HIRING CAREGIVERS! CALL NOW!**

**2BR/2BA/1176SF**  
**End Unit/Updated**  
**San Carlos/\$652,500**

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

**4BR/2.5BA/2656SF**  
**Extraordinary One Level Home**  
**Del Cerro/\$1,850,000**

**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....**

## 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.



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 and  
OE Parts & Labor) May not be  
combined with any other offer.

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

**SDPC**  
SANTA ANITA DRIVE CLEANING

**POWER  
WASHING  
SERVICES**

www.sdklean.com  
619-460-8177

FREE ESTIMATES (619)755-9651

**CLEANING CC  
SERVICES**

Regular Deep Cleaning  
Move in/Out Services

**CARPET & TILE CLEANING**

**Service Kings**  
HOME SERVICES • EST. 1981

WHERE YOU ARE  
TREATED LIKE ROYALTY!  
Cleaning Carpet, Tile,  
Upholstery for over 28 years.

**CARPET CLEANING SPECIAL**  
**3 ROOMS \$129**  
25% OFF Tile & Grout Cleaning  
25% OFF restretching or carpet repairs  
Must mention ad. Some restrictions apply.

619-677-6523  
Or visit our website at  
www.service-kings.com

**CONTRACTOR**

**MARTIN**  
CONSTRUCTION  
Lic. #1032673

Home Improvement Specialist  
AFFORDABLE  
ON-BUDGET  
EXPERIENCED

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

**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

**ELECTRICIAN**

**Corlett  
Electrician**

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

**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

**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

• Gardening Services  
• Lawns • Hedges  
• Weeding & Trimming

**We Do It ALL!**

Allied Garden Resident Since 1993  
30 Years Experience  
Specializing in Local Communities

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

**Turner Landscape**  
619-885-0906

**CISKO'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

**PROPERTY MANAGEMENT**

**INVESTMENT SAFE**  
PROPERTY MANAGEMENT  
CA DRE #0124716

RESIDENTIAL PROPERTY  
MANAGEMENT

In the greater San Diego & North San Diego County area

25+ years of  
Property  
Management  
in San Diego

New client special!  
First Month Free  
MANAGEMENT  
Call Now!

Full Service Management  
Rent collection, maintenance,  
coordination & more!

Tenant Placement Services  
Find a tenant & write the lease

Asset Protection Plan  
Rental property counseling

619-884-0906  
www.investmentsafepropertymanagement.com

**PAINTING**

**Chuckie's**  
Painting Company

(619) 795-9429  
www.chuckiespainting.co  
chuckgjr@cox.net  
CA Lic. #925325

**PLUMBING**

**BILL HARPER PLUMBING.COM**

Licensed Plumber  
with years of experience in residential homes  
Prompt, Professional and Affordable  
Phone Estimates, Cash Discounts  
CALL BILL 619-224-0586  
Lic #50404

**ideal**  
PLUMBING • HEATING • A/C • ELECTRICAL

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

60  
YEARS

**ERLING GROHE PLUMBING COMPANY**  
Lic. #73106

**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  
ERLINGGROHEPLUMBING.COM

**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

**TREE SERVICE**

**RYKEN TREE SERVICE**

- Tree Trim • Shape
- Removals &  
Stump Removals

Aborist #911 On Every Job!  
Fully Licensed  
and Insured  
**FREE Estimates**

619-672-8166  
Lic. #536515

**WINDOW CLEANING**

**Ray & Roger's**  
**WINDOW  
CLEANING**

Commercial & Residential

Tracks Mirrors  
Screens Skylights

30 Day Rain Guarantee  
Licensed & Insured • Free Estimates  
**619.252.1385**

**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**

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

**858-270-3103**

**sdnews.com**

**Full-length stories**

**Online updates**

**Comments**

**Event calendars**

**and more!**

SANDAG study finds arr  
low  
JANUARY 11, 2023

Take part in Rolando N  
JANUARY 11, 2023

Supervisor Nora Van  
JANUARY 10, 2023

Ex-girlfriend of dru  
death  
JANUARY 10, 2023

Drug dealer sent  
JANUARY 8, 2023

Murder convic  
JANUARY 7, 2023

Koch chosen  
JANUARY 7, 2023



The white-lined Sphinx aka Hummingbird Moth by Ruth Harrison. (Courtesy photo)

# Winners of 29th MTRP photo contest announced



The Mission Trails Regional Park (MTRP) Foundation is sharing the winners of the park's 29th photo contest.

The contest, a community favorite, includes photos captured all over Mission Trails and represents the following categories: Adults: Plants, Animals, Landscapes, and People. There are open categories for teen and youth photographers. Of this year's 283 individual entries by as many photographers, 24 of the highest scoring photos have been awarded certificates and each category's first-place winner and the contest's Best of Show won a prize.

The community is invited to see 105 selected images at the MTRP Visitor and Interpretive through June 16, and viewers can vote on the People's Choice Award which will be announced at the close of the exhibition. All the Photo

Contest entries that followed the contest guidelines are viewable on the park's website, mtrp.org.

This year's first-place winners included White-lined Sphinx – aka Hummingbird Moth by Ruth Harrison; Padre's Shooting Star, Oak Canyon by Glenn Perelson; Eye in the Sky by Peter Pham; Lake Murray Sunrise by Andrew McCall; Oak Canyon Falls Booming with Water by Nolan Rosik; and Reptile Relaxation by Leilani Sison. Best in Show has been awarded to Ruth Harrison for White-lined Sphinx – aka Hummingbird Moth.

Many thanks to this year's MTRP Photo Contest jurors: Julia Dixon-Evans, Mark Foreman, Ramon Galindo, and Rick Wiley. To learn more about some of the plants, animals, and Mission Trails vistas featured in the photos, participate in the park's guided walks and other educational programming.

Learn more at: mtrp.org/events.

## SDSU

CONTINUED FROM Page 13

including investments to advance environmental justice.

Each of the technical assistance centers will receive at least \$10 million to remove barriers and improve accessibility for communities with environmental justice concerns.

## SCCG

CONTINUED FROM Page 12

to come out and experience our Produce Swap... even if the only thing you have to share is a smile." Additionally, on June 23, July 28 and Aug. 25 from 5 - 7 p.m., the SCCG will host a summer concert series, "Stuff the Pantry," with the purpose of bringing the community together to enjoy the garden, talents of local musicians, and collect food donations

for the Good Shepherd Food Pantry to aid food insecure families in our community. Various local artists and bands will be performing. Entry to the event is permitted with a donation of a non-perishable item; a financial donation for the garden is also welcomed.

*Editor's note: For full story, visit: sdnews.com/san-carlos-community-gardens-summer-concert-series-and-its-growing-mission/.*

## 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 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. 619-540-3963



# Real Estate Trends: Buyers compete for limited inventory

**Real Estate Update**  
By SARAH WARD

The real estate market in San Diego is heating up, with buyers showing strong competition for available properties. As an experienced real estate agent, I have witnessed firsthand the increasing number of multiple offers on homes. The demand is high, and buyers are eager to secure their dream homes. In fact, one of my buyers recently experienced the intensity of the market when they lost out on a condo in the sought-after Mission Valley area. The condo was listed at \$500,000 and received an astounding 23 offers! This level of competition is indicative of the current market conditions. Similar scenes are playing out throughout the region. Just last month, I listed a house in San Carlos, and we were overwhelmed with interest. We received 12 outstanding offers, and every single one of them exceeded the asking price! This trend begs the question: what is driving this increased competition among buyers? Spring has arrived, and with it, an influx of eager homebuyers. The focus has shifted from interest rates to the monthly payments

buyers can comfortably manage in order to attain their desired properties. Additionally, there is pent-up buyer demand from the fall and winter months, when many buyers temporarily left the market due to the sudden surge in interest rates. Now that the rates have stabilized, buyers are reentering the market with renewed enthusiasm. However, the primary factor contributing to the intense competition is the lack of available inventory. The number of homes hitting the market remains remarkably low. In April 2023, only 1,312 single-family homes were listed for sale throughout San Diego County. This figure represents a nearly 50% decrease from April 2022, when 2,613 homes were listed. To put it into perspective, the 92115 zip-code saw a mere 24 new homes listed in April 2023, while 92119 and 92120 had 14 and 24 listings, respectively. With such limited options, numerous buyers find themselves vying for just a handful of houses. As a result of this fierce competition, housing prices are beginning to climb once again across San Diego. I expect this upward trend to continue throughout the year. If you are considering selling your home, now is an excellent time to take advantage of the market conditions during spring and

summer. Bidding wars, high sale prices, and multiple offers from well-qualified buyers are becoming the norm. Moreover, industry experts predict a potential decrease in interest rates this summer, which would likely prompt even more buyers to enter the market. It's worth noting that there is currently a high demand for turn-key single-family homes priced under \$1,000,000. If you are thinking about selling, investing in property preparation to make your house as turnkey as possible is crucial. I specialize in helping sellers prepare their property with the best bang-for-your-buck improvements to get them top dollar. If you want to sell, I can help you get your property as turnkey as possible and help you sell for absolute top dollar. For buyers looking to navigate this competitive market successfully, having professional representation is essential. With my expertise, I can assist you in crafting clean and strong offers that stand out in multiple offer situations. If you are thinking about buying or selling real estate in San Diego, give me a call for a no-obligation consultation. —Sarah Ward is a REALTOR with Coldwell Banker West. Reach her at: sarah@sarahdoesrealestate.com.

## Robotics

CONTINUED FROM Page 7

In addition to the robotics teams, the City of San Diego's Fire-Rescue Department Bomb Squad participated with demonstrations of their three robots and safety equipment. The city's bomb squad provides the highest quality service by rendering hazards safe, investigating crimes and educating the public, ensuring the protection of life, infrastructure and property. Ramon Aguirre from Aguirre Tech also participated in a drone demonstration to show how aerial drones can be used for overhead surveillance, 360-degree real estate walkthroughs, inspections to private events. For more information go to AguirreTech.com. Another highlight was a commendation presented to Robotics Coach Toni Xavier by Councilmember Raul Campillo. Toni is a founding member of the Mission Trails Robotics Community who has dedicated her time as a volunteer robotics coach for FIRST robotics, as well as school and community teams beginning in 2017. Coach Toni has positively influenced over 200 robotics teams. As part of the Robotics Extravaganza, the Friends of the San Carlos Library hosted a children's activity center in

the Community Room of the library where children made their own robot craft to take home. The children also had an opportunity to participate in several engineering activities. Community FIRST® LEGO® League (FLL) team "Garage Engineers" (#50739) finished the regular season strong by earning a Robot Design award at the CA Southern Championship, and also advanced to the Western Edge Invitational tournament in Long Beach on May 12-14. Good luck. Their sister team "Mechanical Meatloaf (w/a side of pickles)" (FLL #50899) will also be attending the invitational open as "Goodwill Ambassadors". Teammates from Mission Trails Robotics Community (MTRC) teams - community FIRST® Tech Challenge (FTC) team Dapper RoboNoodles (#18365) and school FLL team Techno T-Rexes (#28375) will also be attending as volunteers for the event. The 3-day event will enable our local teams to interact with a total 75 teams from around the world, and take part in a competition unique to California Southern... "On the Spot"! For more information about robotics teams in our area, go to HCSTEMM.org.

### REAL ESTATE SHOWCASE

Call 858.270.3103 to get your property featured today!



**Ready to Buy or Sell Real Estate?**

Sarah offers professional insight and guidance for buyers, sellers and investors throughout San Diego County. Call Sarah today for a no-obligation consultation!

*Sarah Ward* REALTOR® | DRE#01943308  
SARAH@SARAHDOESREALESTATE.COM

**858-431-6043**

 COLDWELL BANKER WEST

©2022 Coldwell Banker Real Estate LLC. All Rights Reserved. Coldwell Banker® and the Coldwell Banker logo are registered service marks owned by Coldwell Banker Real Estate LLC. Coldwell Banker Real Estate LLC fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Each office is independently owned and operated.

## 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





## Create Your Paradise

- Dream Pools & Spas • Imaginative Designs
- Outdoor Livingspaces

**\$500 off**  
your Pool & Spa  
Renovation / New Pool  
& Spa Construction



**Paradise Custom Pools** offers a wide range of services. Whether you are interested in New Pool Construction or a Pool & Spa Renovation, we offer professional high-end services using top quality products.

Call us now for a free estimate **619-449-6900**  
**Paradisecustompools.com**

**Sitting there waiting for customers?**

CALL OR TEXT HEATHER TO ADVERTISE TODAY!  
951.296.7794 • HFINE@SDNEWS.COM



# The *Best* Agent in 92115!



## COMING SOON

Single Family in El Cerrito. Call for details!



## IN ESCROW: \$910,000

7825 Whelan Drive San Diego 92119



## IN ESCROW: \$510,000

8150 Lemon Ave #102 La Mesa 91941



## SOLD: \$907,000

1791 Santa Ivy Ave Chula Vista 91913



*Sarah Ward*



REALTOR®

DRE#01943308

Sarah@sarahdoesrealestate.com

858-431-6043



**COLDWELL BANKER**  
**WEST**



©2022 Coldwell Banker Real Estate LLC. All Rights Reserved.  
Coldwell Banker® and the Coldwell Banker Logo are registered service marks owned by Coldwell Banker Real Estate LLC. Coldwell Banker Real Estate LLC fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Each office is independently owned and operated.