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How does my yearbook photo look?



Were you a bit nervous your senior year of high school waiting for the school's yearbook to come out? You were not alone if you said yes. Some students at Patrick Henry High School take a look through their yearbooks that were handed out June 5. For a list of PHHS graduates, see Page 2. (Photo credit Joe Ferro)

What does it take to successfully run a small business in 2023?

By DAVE THOMAS

Are you a small business owner or aspire to be one?

Knowing the small business landscape can prove quite beneficial as you currently run a business or think of diving into the field.

According to the Small Business Administration (SBA), there were 33.2 million small businesses nationwide as of 2022. SBA labels a small business as being a company with less than 500 workers.

Among the popular reasons for one starting a small business include being your own boss, having a flexible schedule and doing

something outside of corporate America that you truly enjoy.

That said, running a small business in the San Diego area has proven a challenge for some, especially in recent years.

The COVID pandemic, high costs to do business locally and more have put some out of business in recent times.

That said, one local business leader is working to provide insight to those currently running area small businesses and those with dreams of starting one.

Mission Times Courier recently chatted with Yigal Adato, founder of Leaderato (leaderato.com), a Mission Valley-based company geared towards helping small

business owners achieve success. Unlock the Leader is one of his programs under the Leaderato umbrella.

MTC: What is the current small business industry like in the U.S.? Are we seeing small businesses in general doing well nationwide, struggling, holding their own?

Adato: In today's ever-changing business landscape, the stark contrast between those embracing leadership and marketing investment and those adhering to traditional practices is becoming increasingly evident. While innovative businesses are thriving



Yigal Adato is the founder of Leaderato, a Mission Valley-based company geared towards helping small business owners achieve success. Unlock the Leader is one of his programs under the Leaderato umbrella. (Courtesy photo)

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Congratulations PHHS Class of 2023!



We are so proud of your accomplishments.
We wish you the very best as you begin
a new chapter in your lives. Go Patriots!



Mohamed Omer Abdi
Fatima Abdul Hasan
Arianna Elizabeth Aceves
Erin Ackland ◊
Ethan Gilbert Adams
Charles Robert Adamson ▲
Joselyn Aguilar-Sosa
Diego Evan Agundes
Ebadullah Khwaja Ahrari ■
Yerdanos Tigabu Ali ◊
Chancis K. Allen
Josephene Renee Alvarado ■
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Lina Amiri ▲
Spencer Evan Anderson
Zander William Anderson
Lucero Andrade ◊
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Alexander Jovanny
Avina-Gutierrez
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Shane Andrew Ayers
Emmanuel Baez
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Andrew Balka ▲
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Lydia Beniam ◊
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‘Devoted’ PHHS teacher retiring after more than 30 years in the profession

By NATALI GONZALEZ

After more than 30 years of teaching, Patrick Henry High School educator Jodi Haff is retiring.

Haff often said that teaching chose her.

While she originally went to school for psychology and business, she later went back to pursue a master's degree in school counseling. It was during her intern hours at Farb Middle School that she realized teaching was what she really wanted to do.

“Detours in life are the best,” said Haff.

She taught at the Wilson Academy of International Studies before she was recruited to join PHHS in 1996 where she taught psychology and AVID, a college preparatory class.

“Jodi has been a fixture at Patrick Henry High [and is] devoted to our students and learning community,” said Michelle Irwin, PPHS Principal. “Jodi has boundless energy and our students know that she is one of their biggest advocates. She will leave a lasting impression on PHHS.”

Haff said that the students were the best part of teaching. She loved to see them grow throughout high school and enjoyed helping them conquer their insecurities. This

was especially true for her psychology students.

“I loved opening the eyes of the kids to who they are, why they do things, and how to change behaviors they do not want anymore,” said Haff. “I get to be more than a teacher. I get to make a difference.”

Her dedication to her students was felt by many of those who took her classes.

“She has changed the way I think about the world with her positive outlook and wisdom,” said Elise Comeau, a PHHS senior. “I think everyone will miss the joy and positivity she brings.”

“She has really just been one of my favorite and most impactful teachers ever,” said Derek McBride, a PHHS student. “Mrs. Haff had a way of keeping me engaged and entertained by the lessons while also [teaching] all the material necessary for me to succeed. She will definitely be greatly missed around campus.”

Keeping the students first and foremost is Haff's biggest piece of advice to new teachers. She

recommended teachers be honest when they make a mistake, practice tough love, and be authentic.

Above all, she advised new teachers to listen to what their students have to say.

“Listen to what the students say, but also pay attention to what they don't say,” said Haff. “If a student looks sad or lost, ask if they're okay. They're more than students, they're human beings that are growing.”



PHHS teacher Jodi Haff is calling it a career after many years of helping shape the lives of students. (Courtesy photo)

Why Homeowners Leave Thousands Behind When Selling Their Homes

La Mesa – 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 entitled “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.

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La Mesa Village Association
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Area robotics teams continue to shine

By TONI XAVIER

Robotics continues to be in the forefront of our efforts.

Earlier last month, two of our community teams participated in the international Western Edge Open robotics competition held on Long Beach.

The Garage Engineers, a home-based community team comprised of 8th grade students from Lewis and Pershing Middle Schools earned second place in the Championship Division. This means they finished as one of the top teams in each of the four divisions. A total of 76 teams from 20 different countries participated in the Western Edge Open.

"Mechanical Meatloaf (w/a side of pickles)" (FIRST LEGO League #50899) which is also a home-based team composed of students from Lewis Middle School also was on hand for the competitive. The Meatloaves participated with teams from Hungary and Washington State for the On-the-Spot Challenge and supported the event as goodwill ambassadors and volunteers. Nice job, Mechanical Meatloaf.

FIRST events could not go smoothly without volunteers and community support at every level. Our local teams sincerely thank all of the coaches, friends, mentors, and family who give their time and effort to the robotics community.



The "Garage Engineers" comprised of four 8th graders girls from Lewis and Pershing Middle Schools earned second place in the Championship Division at the International Western Edge Open robotics competition. L-R: Hyunrin, Vivian, Kayla and Gianna. (Photo by Tae Ryu)

After a six-year hiatus, several FIRST ROTOBICS Challenge teams will be working with the San Diego County Fair - Student Showcase to create a one day competition to be held at the fair on Saturday, June 10, from 11:30 a.m. - 3:30 p.m.

They will have three FIRST one day scrimmage competitions, with a modified FIRST ROBOTICS Competition (FRC), FIRST TECH Challenge (FTC), and FIRST Lego League (FLL) competition. Included in this event will be one of our very own FIRST LEGO LEAGUE teams "Dailard Mechanical Dolphins-Cretaceous Coders" (#34264). In addition, the Patribots, the robotics team from Patrick Henry, will

be demonstrating their robot at the FRC level.

The Pershing Middle School robotics team, the "Pershing Robotic Panthers", is actively seeking adult volunteers to assist in coaching their First Lego League Robotics program teams starting in Fall of 2023. No robotics experience is necessary, nor must applicants have a student at Pershing. Only time and interest in furthering the STEM education and opportunities for our local public school students is required.

The First Lego League program runs from August through April with a break during the holidays.

SEE STEM, Page 7

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Friends of Del Cerro adds Frost as new board member

Friends of Del Cerro
By JAY WILSON



The Friends of Del Cerro (FODC) welcomes Dr. Eric Frost as a new board member.

Frost is a resident of Del Cerro and recently retired after 42 years as a valued faculty member of SDSU. At SDSU, two of his many duties and responsibilities included serving as the director of the Viz Center (Vizualization Center) and co-director of the Graduate Program in Homeland Security. Fortunately for us he is also an authority on Adobe Falls.

FODC has formed a committee to begin gathering information from Del Cerro residents on how to improve our community. Let us know what your priorities are. Email us with your suggestions and do not hesitate to include photos. Email to info@friendsofdelcerro.org.

We are continuing to submit requests for service to the city's Get It Done APP or you can Download the APP from the city's website at sandiego.gov. If you prefer to have FODC submit your request, email us at info@friendsofdelcerro.org.

The free First Friday summer concert series has returned to the grass area in front of the Allied



Dr. Eric Frost

Gardens Recreation Center. The concerts run through October. The next concert is scheduled for Friday, July 7 from 6 to 8 p.m., featuring Bill Magee and his Blues Band. For more information check out the website at agfirstfridays.com.

The All Peoples Church is waiting for comments from the City of San Diego on the final EIR responses to comments.

There is no new information on the status of the proposed 6-story housing complex on Del Cerro Blvd.

Visit friendsofdelcerro.org for more information about The Friends of Del Cerro.



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What is the long-term solution to homelessness in Rolando and beyond?

In the community
By **SUSAN ADAMS**

Homelessness is not a standalone problem; it is a symptom of a much larger issue.

Economic hardships, lack of affordable housing, mental health struggles, and systemic inequalities all contribute to this crisis. Ignoring the problem will not make it disappear.

Homelessness affects not only those who experience it but also the entire community. It impacts public safety, strains local resources, and perpetuates a cycle of poverty. If we choose to tackle this issue head-on, we can create a neighborhood that is safe, inclusive, and compassionate.

Our district representatives need to pitch in on a daily basis to achieve any level of success with homelessness. Our community marshals together in order to help keep our community safe and clean-two very fixable issues.

District 9 has to step up with their involvement with Rolando's homelessness issues. Simply put, we need help from all the entries that the city employs for a solution.

We all report on the Get It Done app yet we are dealing with the same issues just days later in a different location. The area on El Cajon Blvd between College and 70th Street needs to be monitored day and night. Graffiti, people sleeping on the sidewalks, trash and carts just left on the streets are littering our viable neighborhood.

Drug dealing, drug usage, mental illness, prostitution and a variety of other issues plague our streets 24/7.

Rolando is active in reporting and also in participating with various city entries to keep our neighborhood clean and safe. What is the city, D-9, and San Diego Police Department doing daily to help us? How are we supposed to solve this issues if we all don't work together?

After living and investing in Rolando for 6 years, I have had the pleasure of meeting some of the nicest and caring residents. Some of them are 3rd generations living here-most are involved in the Rolando Community Counsel in



Homelessness in Rolando and other parts of neighboring San Diego continues to be a pressing problem for residents and officials. This area is adjacent to the entrance of the Andrew Jackson Post Office. (Courtesy photo)

some way or another. We care about Rolando residents and our business owners.

Homelessness is a challenge that requires collective action from every resident and city entity of our neighborhood. By understanding the underlying causes, fostering empathy, and implementing effective solutions, we can create a neighborhood that is safe, inclusive, and supportive for all.

Let us come together, engage in meaningful dialogue, and work towards eradicating homelessness.

Together, we can build a brighter future where every individual has a place to call home, and our neighborhood thrives as a compassionate and caring community.

NEWS BRIEFS

RECYCLING EVENT COMES TO ASCENSION LUTHERAN CHURCH ON JUNE 17

EnviroGreen Electronic Recycling Services, a local leader in the field of responsible electronics recycling, will be staging a community e-waste collection event, Saturday, June 17th at Ascension Lutheran Church on Zion Avenue in Allied Gardens. The event will run from 9 a.m. to 3 p.m.

Neighborhood residents will have the opportunity to bring unwanted electronic items so they may be refurbished and put back into service or responsibly recycled. The event will allow residents to discard electronics, avoid the fees charged for dumping at local landfills, and keep reusable or recyclable material out of the landfills.

The event will also serve as a fundraiser for Ascension Lutheran Church, as EnviroGreen will make a monetary donation based on the amount of e-waste collected at the event.

Additionally, participants dropping off electronic products may also choose to make a monetary donation to the church if they choose to do so, in exchange for the church hosting the collection and making recycling convenient and affordable.

Most electronics will be collected at no cost, with a nominal fee charged for the collection of some items such as refrigerators. (Secure paper shredding will also be available for \$5 per "banker's box".) Any electronic product, if it has a plug or a battery, working or not, may be dropped off at the event in the church parking lot at 5106 51st Street, at the intersection of 51st and Zion Avenue.

NLRB DISMISSES SHARP HEALTHCARE'S UNFAIR LABOR PRACTICE CHARGES

On June 1, the National Labor Relations Board (NLRB) dismissed both of the unfair

SEE NEWS BRIEFS, Page 10

Optimist Club of Allied Gardens doing good things in the community

Giving back to the community has been an important focus for the Optimist Club of Allied Gardens.

The OCAG is a member organization under the umbrella of Optimist International [optimist.org]. Optimist International [OI] was founded more than 100 years ago in St. Louis and currently has more than 2,500 clubs worldwide. The motto of Optimist International is "Friend of Youth."

The Optimist Club of Allied Gardens works primarily with youth up to age 18. We partner with schools in the Allied Gardens area such as Foster Elementary, Lewis Middle and Patrick Henry High School and we are available to help these schools in any way we can.

One of the projects we did with Foster Elementary was the construction and maintenance of the "Learning Tree" in the center of the campus. We also work directly with second grade children at Foster Elementary to



The Optimist Club of Allied Gardens focuses on giving back to the community. (Courtesy photo)

mentor the students to pass the reading test which is required to advance to the third grade.

The Club also participates in the three Optimist International college scholarship programs: The OI Essay Contest in December-January; The OI Oratorical Contest in February-March; and the Contest for the Deaf & Hard of Hearing in May. The contests at the local [San

Diego and Imperial Counties] level award a 1st place prize of a college scholarship of \$2,500 and a change to compete in the International OI contests for an additional \$22,500 1st place college scholarship. [One of our oratorical contestants won the International Oratorical Contest a few years ago.]

Local events in which the Club participates include an

annual cash donation for the students' raffle prizes for the Allied Gardens annual Holiday Fest; cash donation to local charities [e.g. San Diego Rescue Mission, Rady Children's Hospital, or Ronald McDonald House]; collecting money for the annual Ronald McDonald House "Red Shoe Day" in mid-May; the annual "Stand Down" event in late July in the parking lot of the Pechanga Sports Arena for homeless veterans; and fundraising for the annual "Alzheimer's Walk" in Balboa Park in mid-October.

The Club members meet on the first and third Thursday mornings for breakfast at 7:15 am at a restaurant in East Mission Valley.

You can contact President Dave Dickson at ddickson789@yahoo.com for additional information.

Editor's note: This copy was provided by Dave Dickson. (Courtesy photo)

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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.

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PENINSULA BEACON



Guest speaker talks to being more organized in life

San Carlos Area Council
By **MICKEY ZEICHICK**

The guest speaker at our May 17 meeting, Jarvis Levenson, gave us some easy tips on how to be more organized in our life and get more “time” out of each hour. Life is not all work and no play, play and relaxation are important for balance. So, don’t forget to schedule time for play. I prepare my “TODO TODAY” list the night before to clear my mind so I can sleep better. Elections for the SCAC were held and we have five (5) new board members. Those board members returning are Maxine Farber, Ingvor Inancsi, Marilyn Singer, Tamar Caspi; those new to the board are Cheryl Converse-Rath, Derek Cameron, John Wilson, Thomas Luneau, and Kevin Tostado. Those board members whose term did not expire this year are Mickey Zeichick, Mark Schulze, Patty Mooney. The officers of the board of directors whose one-year term is June 2023 thru May 2024, are President: Mickey Zeichick, Vice President: Tamar Caspi, Secretary: John Wilson; Treasurer Maxine Farber. Congratulations to the new board and the incoming officers. There is room for more new members, so contact me if you

have any questions or want an application. They are also available at our meetings. One of the things that the San Carlos Area Council has been doing for 45+ years is to place the American Flags along Navajo Rd. and, I think, along Lake Murray Blvd. For many years John Pilch, Jay Wilson and Terry Cords did this. Jay and Terry have continued after John passed away. SCAC set up a John Pilch Memorial Fund “flag waving” and many have contributed to this fund for the maintenance of this worthwhile endeavor. We have the flags and the funds to replace the flags as needed, but we need a few people to carry on this great tradition. If you are one who would like to volunteer for this please contact me. I will help coordinate to see that this tradition continues ... I have asked if the Grantville - Allied Gardens Kiwanis club would help since they put out the flags along Waring Rd. The flags are displayed from morning to evening, on the various days of special attention. San Carlos Recreation Center: Did you know for the adults, on Thursdays from 10:30 until 2ish, they have a group that plays Mahjong. I asked if I could join and they told me “we play we don’t teach” (I would need to be taught the game, so I’m out.) But if you know how to play then consider joining this group. I know

many of the folks that play and they are fun. Just drop by the Rec Center at that time and introduce yourself. Now, anyone for Bridge? Contact me. 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 “charming” Librarian, David Ege.

The next meeting of the SCAC will be held July 19 at the San Carlos Branch Library (7265 Jackson Drive) from 6:30 to 8 p.m. My contact information is: SanCarlosAreaCouncilPres@gmail.com.

STEMM

CONTINUED FROM Page 4

Time commitment is approximately 3-6 hours a week, depending on role. Training provided. Be a part of a fabulous learning and growth experience for middle

school students pursuing an interest in STEM. Interested adults can contact Jennifer Saegert at jennifer.sae-gert@gmail.com for additional information. Visit hcstemm.org for more information about the Henry Cluster Foundation.

CONGRATULATIONS

to graduating senior,
Jacob Riedy!

This was a special year as this set of cousins attended Patrick Henry High School all together. Jacob Riedy (Senior), Alexios Savvides (Junior), John Savvides (Sophomore), and Katie Riedy (Freshman). Wishing the best to these kids in all their future endeavors. Go Classes of 2023, 2024, 2025 and 2026!





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Small business

CONTINUED FROM Page 1

and experiencing remarkable success, old-school establishments are grappling with declining clients and diminishing fortunes. The critical differentiating factor lies in the ability to adapt, innovate and invest in leadership and marketing strategies that resonate with the evolving market dynamics, paving the way for sustainable growth and client satisfaction.

MTC: For someone thinking of starting up a small business, what are some industries that would be ones to consider going into?

Adato: Starting a small business and thriving in today's economy requires to key ingredients. First, you need genuine passion for your product or service, allowing you to connect with clients and drive innovation. Second, having strong business skills is essential; many business owners struggle with metrics and marketing. Understanding your metrics helps assess performance and make informed decisions, while effective marketing attracts customers and gives a competitive edge. To bridge knowledge gaps,

dive into books or take courses on building a successful business. Combining passion with business acumen sets the foundation for long-term success in entrepreneurship.

MTC: How big of an impact did COVID-19 have on the small business industry in general over the last few years?

Adato: The COVID-19 pandemic acted as a powerful magnifier, showcasing the stark differences in how businesses were managed. It served as a litmus test, amplifying both the shortcomings and strengths of enterprises. While some businesses succumbed to the challenges and could not weather the storm, others demonstrated remarkable resilience by swiftly pivoting their strategies, ultimately generating substantial wealth even in the midst of the pandemic. The crisis underscored the importance of adaptability and effective management, proving to be a defining moment for businesses worldwide.

MTC: For small business owners nationwide, what might the outlook be for 2024?

Adato: In the coming years, several businesses are poised for remarkable success. Their secret lies in a crystal-clear mission

and a well-defined roadmap, empowering them to take confident steps forward and capitalize on emerging opportunities. With a strategic focus and a commitment to continuous improvement, they are primed to achieve their best years yet. Those who are not taking these measures will see a decline in profits and customers.

MTC: On a local level, how is the small business climate in San Diego and can we expect any notable changes over the second half of this year?

Adato: As I go out with my family in San Diego, I can't help but notice the hustle and bustle of people shopping, spending their hard-earned cash and enjoying local establishments. It's been incredible working with new brick-and-mortar businesses that are soaring high and witnessing rapid growth in small service companies. However, it's important to acknowledge that not all interactions are smooth sailing. The real game-changer lies in providing exceptional service that leaves customers awestruck, prompting them to spread the word and recommended these fantastic businesses to their friends. In today's

world, outstanding service is the golden ticket to thriving customer relationships and the key to unlocking success.

MTC: What does it take to be a good small business owner?

Adato: Being a successful small business owner boils down to three essential elements. First, you need to have a crystal-clear understanding of your product or service and know exactly who your customers are. This clarity sets the foundation for effective targeting and tailoring your offerings to meet their needs. Second, you must embrace courage and be willing to make changes and take calculated risks. This flexibility allows you to adapt to evolving market demands and seize new opportunities. Lastly, a strong commitment to continuous learning and honing your craft is crucial. By constantly improving your skills and staying up-to-date with industry trends, you can ensure that your business remains competitive and relevant. These three ingredients form the recipe for a thriving small business that can make a lasting impact in the market.

MTC: How do you hire the right people if you need employees?

Adato: The best way to find the right people is to have your mission, vision and values clearly stated so that those looking to work for your company know what to expect and that there is clarity on what they can expect. This builds a solid culture which makes the environment great to work in. People don't just want to make more money. They want to make money with a smile on their faces.

MTC: How can you best promote one's brand?

Adato: If you want to boost your brand's visibility, it all starts with understanding your target audience – the people you're here to serve. Get to know your clients inside out: their preferences, shopping behaviors and what goes through their minds when they search for your product or service. Armed with this knowledge, you can then discover where they hang out on social media platforms and establish genuine connections through a mix of organic and paid marketing strategies. By speaking directly to your avatar and meeting them where they are, you can build a strong brand presence and foster meaningful engagement with your audience.

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News Briefs

CONTINUED FROM Page 6

labor practice charges that Sharp Healthcare filed against SEIU-United Healthcare Workers West (SEIU-UHW) regarding an election in which 1,500 workers at Sharp Grossmont Hospital in La Mesa voted to form a union.

An NLRB Regional Director reportedly found that Sharp Healthcare failed to provide any evidence to support its claim that the union engaged in any intimidation or harassment. These are some of the same claims that Grossmont has reportedly based their objections to the election on, which they are said to have used to delay negotiations over crisis-level staffing shortages and low pay.

The election took place between Feb. 1-3 and covers 1,500 frontline workers at the facility, making it among the largest number of workers at a California hospital to go union in a decade. The victory was reportedly decisive: 55 percent of the workers voting supported joining SEIU-UHW.

For years, healthcare workers at Sharp Grossmont Hospital are said to have struggled with staffing shortages, safety concerns, and wages far below market for this region — even as these caregivers have risked their lives to serve the community throughout the pandemic.

Sharp Healthcare reportedly made a net income of more than \$1.17 billion from 2020 to 2021, according to its own financial disclosures.

Sharp is reported to have received \$256 million in federal, taxpayer-funded COVID-19 funds, according to the Department of Health and Human Services. The company CEO was reportedly paid \$1.68 million in 2020.

Wagyu Shawarma Grill serving up traditional Mediterranean cuisine with Wagyu Beef

What's on the menu?
By ROBIN DOHRN-SIMPSON

Wagyu Shawarma Grill in Mission Valley has expanded from their El Cajon location to just east of Snapdragon Stadium. They opened in September 2022 and feature Wagyu Beef as well as traditional Mediterranean lamb and beef mixture, chicken, and salmon.

We are starting to see Wagyu beef on menus more and more. What exactly is Wagyu beef?

Pronounced wah-gyoo not wah-goo, it is a specific breed of Japanese cattle with unique genetic- qualities that create a

marbling of fat inside the muscle tissue. The cow metabolizes the fat internally, integrating it within the muscle. This is the only livestock that does this. Of course, their calm and stress-free lifestyle help to keep the animals cortisol free, which deteriorates the quality of the beef. The rich, luscious cut of beef practically dissolves in your mouth.

Wagyu cattle originated in Japan and are in the U.S., Australia and Canada. Wagyu Shawarma Grill uses Australian Grade 2 Wagyu. They hand-slice the meat, in accordance with the Halal method of butchering. The meat never touches machines. Adding to keeping the meats



Mediterranean mural in the restaurant.



The Wagyu Beef rice bowl is among the choices in a visit to Wagyu Shawarma Grill in Mission Valley. (Photos by Robin Dohrn-Simpson)

cortisol free. Both beef and chicken are halal.

The Wagyu beef is hand built onto the vertical broiler, and broiling meat is on a rotating spike, alongside a variety of other meats.

Wagyu Shawarma Grill serves classic Mediterranean cuisine in any style you choose: wrap, bowl, or plate. Add on delicious side dishes such as Baba Ghanoush, finely chopped roasted eggplant made fresh daily, hummus or fries. Another unique side dish is the Bureg, a mini-rolled wrap of Wagyu Beef or Chicken Bureg stuffed with onions and parsley.

With warmer weather in San Diego, many people are preferring salads for lunch or dinner.

On the menu are varieties of fresh salads. Tabbouleh, Fatoosh and Beet Salad, chopped into small bits of beets, with parsley, walnuts and lemon juice.

Currently their spring salad is Strawberry Fields, loaded with tangerines, strawberries, golden raisins, walnuts, feta and a raspberry vinaigrette dressing.

If you are in the mood for a small bite (Tikka) try the Salmon Tikka Wrap with rice and pickles, or the Chicken Tikka Halal with Mediterranean pickles and garlic sauce.

All of these dishes can be augmented with their tasty sauces. The sweet and spicy sauce is just the right amount of each to zest up the dishes.

Ending the meal with a delicious baklava is the way to go.

Wagyu Shawarma Grill is located at 10467 San Diego Mission Road. They are open daily from 10:30 am - 9 p.m. Eat in or take away. Order at (619) 642-0773.

Find their menu at: wagyushawmagrill.com/.

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Benjamin Library providing many educational and social activities to community

Allied Gardens/Grantville
By SHAIN HAUG



At our recent town hall meeting, Librarian Ann Gomez discussed the many educational and social activities she, her staff, and Benjamin Library offer to the public.

When we think of libraries we think of books, and there certainly are plenty of those at or to be obtained through this facility. But the scope of services goes far beyond that.

For instance, you can check out a hot spot and a Chromebook for internet access; you can enter your children into reading programs; you can get help from the AARP for tax filing; you can engage in adult learning programs to obtain a high school degree; you can attend book clubs and art exhibitions; there is even a seed library where you can check out seeds for your garden; you can meet local authors; you can check out a nature backpack with field guides, binoculars, bug kits, and more; you can even get free parking at 200 state parks with your library card. During the hour of the meeting, Ann described more library services and activities than we could possibly cover in this article.

The best we can do here is to direct you to the San Diego City Library Webpage – sandiego.gov/public-library. You will find this page easy to navigate and chock full of information.

Benjamin Library opened in 1965 with a grant from Edwin A. Benjamin. At that time and for a long time thereafter the library, schools, and parks met our needs. But our neighborhood expanded and demands on the library increased.

Now add the residential population of Grantville where the plan for high density apartments makes no provision for schools, parks, or other public amenities. The school district will have to increase the capacity of Foster Elementary School. The schoolyards of Foster and Marvin Elementary Schools are now or soon will be joint use parks.

Capital Improvement Projects (CIP), such as recreational facilities and infrastructure improvements, are supported by the Development Impact Funds (DIF), money paid by developers to compensate for the impact of developments. Community Planning Groups, such as the Navajo Community Planners, Inc. (NCPI), are given the duty to assert the priorities for the use of those funds.

For many years the City worked on a plan to replace the San Carlos Library.

For much of that time support of this plan was at the top of the NCPI priority list for capital improvements. On May 10, NCPI approved the use of five million dollars from the Navajo DIF toward the cost of the new facility. Because of this contribution, a matching fund from the state, and money from the general fund the construction can forward. Our thanks for the

SEE AGGCC, Page 15

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)

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** 6114 Madra Ave	3	4	1,967	\$1,110,000
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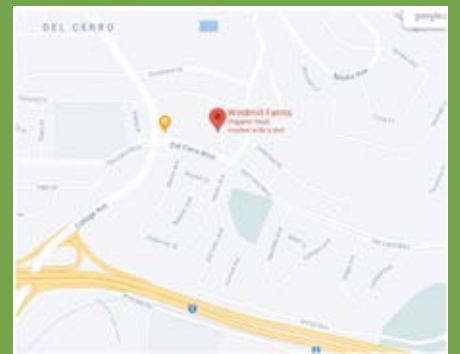
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There will be a variety of musical talent at the San Carlos Community Garden in the weeks and months to come. (Courtesy photo)

San Carlos Community Garden presents "Stuff the Pantry Concert Series" to benefit local food bank

In the garden

By **KELLY WOOD**

The San Carlos Community Garden announces its "Stuff the Pantry Concert Series" aimed at supporting the Good Shepherd Food Pantry of El Cajon.

This concert series will bring together local musicians for a blend of music, philanthropy, and community engagement. The events will take place on Friday evenings from 5-7 p.m., June 23, July 28, and Aug. 25 at the San Carlos Community Garden, located at 6460 Boulder Lake Ave., San Diego, CA 92119.

Each Friday evening concert will feature an eclectic lineup of three talented musicians from various genres, guaranteeing an unforgettable experience for attendees of all ages.

From soulful jazz to energetic rock, there will be something to suit every musical taste.

Some of the notable artists scheduled to perform include Chilean songwriter and South Americana performer Julia Sage, native San Diegan singer-songwriters Jeff Berkley and Mark Montijo, and two-time San Diego Music Award winner Lindsay White.

Sandé Lollis, an award-winning vocalist, songwriter and lead singer for indie folk band, Enter the Blue Sky, is collaborating with SCCG as producer of the "Stuff the Pantry" Concert Series.

"My husband and I have lived in San Carlos for five years, so the opportunity to bring local musicians together for a good cause, in a community we call home is pretty special," said Lollis.

The San Carlos Community Garden's goal during the concert series is to help our neighbors by "stuffing the pantry." Concertgoers are encouraged to bring non-perishable food items to donate, which will be collected and distributed to the Good Shepherd Food Pantry.

"We are excited to launch the 'Stuff the Pantry Concert Series' and make a positive impact on the lives of individuals and families facing food insecurity in our community," said Carol Lockwood, Chair of the all-volunteer run San Carlos Community Garden. "This event not only aligns with the garden's commitment to promote sustainable practices and community resilience; we also hope it brings our community

SEE **SCCG**, Page 15



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Crusaders Soccer Club's 3V3 Festival proves a kick

By JAY WILSON

Crusaders Soccer hosted another 3V3 Festival in May on the Pershing Middle School fields for 78 competitive boys' and girls' teams from throughout San Diego County.

The field of play is only 30yds X 40yds for all age groups. All games are two, 15-minute halves which makes for very fast-paced games. Medals were awarded to every player on the first and second place teams.

Summer and soccer go together. Crusaders Soccer has opened registration for the 2023 Grassroots/Recreational Fall Season for all boys and girls born between 2011 through 2020. There is an introductory registration fee of \$100 for boys and girls born in 2020. For players born, 2011 through 2020 there is an early bird registration fee of \$190 through June 18. The registration fee beginning June 19 will be \$210. For more information and to register a player for our fall season, go to crusaders-soccer.org and scroll down and click on the GRASSROOTS REC SOCCER graphic.

The Crusaders Soccer Competitive division is still looking for skilled boys and girls interested in playing at the competitive level. Teams are conducting opportunities every week. Players looking for a competitive team are urged to check the Crusaders Staff page at crusaderssoccer.org/staff for a list of all the coaches and which teams they coach. Click on the name of



The "Goats" won the Boys 2015 Division of the Crusaders Soccer Club's 3 v 3 tournament held in May. The team was coached by (L to R) Bryan Eckert, Chris Jacobsen and Victor Lopez. (Courtesy photo)

the coach for information on how to contact the coach.

Rene Miramontes, the director of coaching, announced "We are very pleased and excited about our new association with the Chula Vista Football Club (CVFC). This is a significant advantage for our players to gain access to a higher-level pathway as well as the opportunity to further their game through training and competition in a much higher-level environment. The CVFC has been, and continues to be, a nationally recognized avant-garde club because of the high level of

players they produce and their dedication to the latest training methods. Most importantly at the same time, the CVFC always keeps the player at the center of the process. This is certainly a game-changer for our players as well as our club."

Crusaders is offering a series of summer camps. There are open camps for all levels of play and a camp specifically for Grassroots/Recreational level players.

Go to crusaderssoccer.org and click on Summer Camps for more information about the summer camp dates and to register a player.

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AGGCC

CONTINUED FROM Page 11

hard work the folks from the community put into this essential venture.

The demands at Benjamin Library are no less than, and with the developments in Grantville, are much greater than those at the San Carlos Library.

The City's Facilities Financing Plan for Benjamin Library provides: "The existing library is too small to provide adequate library services. It has no computer lab and the meeting room, and the public seating and collection space is inadequate. This project is consistent with the Navajo Community Plan and general plan guidelines and is needed to serve the community at full buildout." The plan goes on to provide that at least 15,000 square feet of space is needed, over twice that of the present 6,900 square feet.

In June and July, NCPI will establish CIP priorities. Your Allied Gardens representatives will press for Benjamin Library to go to the top of the list. But we cannot do it alone. We need you to speak up by being heard at the NCPI meetings and by your communications to this community planning group at: navajoplanners.wordpress.com/contact-us/.

Join the Allied Garden/Grantville Community Council (AGGCC) contact list by signing up on the "Contact Us" page of aggccouncil.org.

We will keep you informed of our activities, of matters of importance to the community, and of the work of the Navajo Community Planners, Inc.

SB10 will increase density in local neighborhoods

Real Estate Update

By SARAH WARD



San Diego is in a housing crisis. There are very few new construction developments due to a lack of land and the difficulty and high expense of obtaining construction permits. I have a friend who is a general contractor and purchased 10 lots in Escondido back in 2009 in a bank foreclosure but still hasn't built anything due to the complexity and cost of it all. He told me it could take up to three years from start to finish to complete the project and he can't fund or risk that requirement.

People continue to move to San Diego, with many international people as well as tech workers attracted to this city and the companies that move here.

Last year, Sacramento passed SB10, a controversial legislation that allows up to 10-unit structures almost anywhere within a mile of a trolley stop, high volume

bus terminal, as well as job density and educational areas. Because the law was fairly aggressive, Sacramento made it optional for cities to adopt. But San Diego city mayor Todd Gloria is now pushing to make this proposal a permanent part of San Diego policy.

Looking at a trolley map, I find quite a few traditional neighborhoods that would likely be affected.

Obviously, the College Area would see continued building of increased density as that area is already undergoing significant expansion with quite a few cranes currently in the area constructing large apartment buildings. Interestingly, hedge fund money is fueling some of it. When you look at tree-lined neighborhoods surrounding SDSU, south Del Cerro, the Mission Gorge area, Mission Valley area, the entire Mission Hills area, parts of Hillcrest, south Linda Vista, and completely surrounding USD and UCSD La Jolla, you see all these neighborhoods could be open territory for building apartment buildings directly

in single family neighborhoods.

The details of SB10 are that one unit is allowed per 1,000 square feet of lot size. So, you would need almost a quarter acre lot to build the 10 units. And a smaller lot size of around an 1/8 of an acre could get 5 or 6-unit structures. There would be no stopping this if the proposal passes. Structures up to three stories high would be built in single-family neighborhoods over the coming years. It is believed that nearly half the city neighborhoods would qualify for this proposal.

There is a very high-end neighborhood next to UCSD called La Jolla Farms with large lots and multimillion dollar homes, many with ocean views. Three story apartment buildings could likely be built in this neighborhood as the proximity to UCSD would allow for high rents of maybe \$3,000 to \$5,000 per unit. I'm not sure residents of that area are fully aware of the ramifications of the new proposal as well as the residents of beautiful south Del Cerro or the

west College Area. Mission Hills is a gorgeous area with tree-lined streets and older homes with pride of ownership. These areas may be subject to significant transformation in the coming years.

Additionally, parking requirements for the new structures would be rolled back or eliminated entirely, which would greatly increase street parking density in these areas.

MARKET REPORT (Single Family):

• College Area (92115): median price down 1% month over month to \$937,500 and with 34 homes for sale (up 21%).

• San Carlos (92119): median price down 1% to \$946,000 and with only 5 homes for sale.

• Del Cerro/Allied Gardens (92120): median price up 2% month over month to \$1,041,750 and with only 2 homes for sale. Most homes sell within 30 days.

—Sarah Ward is a REALTOR with Coldwell Banker West. Reach her at: sarah@sarahdoesrealestate.com.

SCCG

CONTINUED FROM Page 13

together for an evening of fun and friendship."

This first-time concert series is sponsored by all local and family-owned businesses including Aloha Solar Power & Electric, Precision Concrete & Design and Golden Gate Plumbing.

In addition to food donations, the San Carlos Community Garden will be accepting monetary contributions throughout the concert series. These funds will be used to further enhance the garden's community-focused programs and special initiatives.

"If you're looking for more music

in the garden, Sandé Lollis and her band, Enter the Blue Sky, will perform at SCCG's monthly Produce Swap & Music Share on Saturday, June 24 from 10 – 11 a.m. (and every 4th Saturday thru September).

Concertgoers are encouraged to arrive early (gates open at 4 p.m.) and bring a chair as limited seating is available. If you are interested supporting the San Carlos Community Garden as a special event volunteer, email info@san-carloscommunitygarden.com.

More information about the San Carlos Community Garden and the complete Summer Concert Series artist line-up can be found at san-carloscommunitygarden.com.

—Kelly Wood is SCCG Co-Chair.

Patrick Henry High School prom a smash



Some 600 students were on hand for the Patrick Henry High School prom held recently at Birch Aquarium in La Jolla. PHHS seniors will graduate on June 14. "The venue was the perfect space for everyone to have continuous energy throughout the night. I didn't see a single person lingering in a corner and ASB really made sure that everyone had something to do," said Sasha Rutherford. (Courtesy photo)

Community Page

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Allied Gardens First Fridays

The next concert is just around the corner. Grab your lawn chairs, bring a picnic, and get ready to meet your neighbors and enjoy the fun!

The Mission of Allied Gardens First Fridays ("First Fridays") is to provide neighbors and friends of all ages a venue where we can congregate, enjoy local music talent, and celebrate the summer as valued members of our community. Families are encouraged to get to know their neighbors, including neighborhood businesses and the families that run them.

Ideal's Trusted Partners

Thank you to our Trusted Partners for supporting Ideal in bringing family-friendly fun to our neighborhood!



agfirstfridays.com

Friday, July 7th, 6-8pm
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