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College Area neighborhoods
keeping busy as spring winds
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Summer fun is just around the corner

While the May gray and June gloom have seemingly had a grip on the San Diego area for weeks now, better days are ahead, including the official start of summer on June 21. Residents of College View Estates recently enjoyed a community gathering which featured the Kona Ice Truck. It was sponsored by Josette Alvarez, a local realtor who is also the CVE Membership Chair and Director of Children's Activities. This event brought together families, grandparents with their grandkids, and college students living in the neighborhood. What a fun way to end the school year and get ready for summer. (Photo by Karen Austin)

Snapdragon Stadium leads the way for SDSU Mission Valley campus plans

By NOAH LYONS

San Diego residents traveling down the freeway or commuting by trolley around the Mission Valley area have likely encountered the county's most recent development, Snapdragon Stadium. The stadium, which opened in August 2022, has become a premiere venue for sporting events and concerts. It also represents a key development in the first phase of San Diego State University's Mission Valley campus. In the midst of developing Snapdragon stadium and SDSU Mission Valley, the project has been recognized for its

emphasis on sustainability and environmentalism. Recently, SDSU announced that the U.S. Green Building Council (USGBC) awarded the school with a Leadership in Energy and Environmental Design (LEED) certification. LEED certification is given to projects that prioritize sustainable development, responsibly utilizing water, energy and other materials. LEED also makes a conscious effort to manage carbon emissions and prioritize students' health. Snapdragon Stadium and the rest of the SDSU Mission Valley

Snapdragon Stadium has been a big hit since its unveiling in the last year. (Photo courtesy of SDSU Athletics)

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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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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.



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)

"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.

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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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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Stadium

CONTINUED FROM Page 1

project has a significant impact on current SDSU students.

Third-year journalism major Petrina Tran, initially had mixed feelings on the project.

"I think traffic in that area has gotten significantly worse but I also appreciate that the (Snapdragon) field provides a place for our sports teams," Tran said.

Tran also made note of her personal commitment to sustainability, as she routinely recycles and reuses her resources. In light of SDSU Mission Valley's LEED certification, Tran said that sustainability is and should be a priority on a larger scale with city development in San Diego.

"Taking precautions to limit environmental impact is very important and crucial if (SDSU Mission Valley) hopes to continue building," Tran said.

Fourth-year education major Kyle Callan visited Snapdragon Stadium for a Red Hot Chili Peppers concert in May and was impressed by the enthusiastic atmosphere and detailed stadium planning. He believes that more venues should follow in the steps of Snapdragon.

"San Diego, being a densely populated area, generates significant amounts of pollution each year," Callan said. "Any successful initiatives aimed at addressing this issue deserve recognition and should serve as models for others to follow."

Gina Jacobs, associate vice president of Mission Valley Development at SDSU, highlighted the developers' efforts to create a sustainable and community-oriented space for the Mission Valley area.

These benchmarks include recycling 90% of the previous stadium and parking lot, creating 80 acres of park and open space, introducing native plants and trees and establishing pedestrian and biking areas to limit car emissions.

"Sustainability is an important attribute of any new construction project, but it is especially important to the SDSU community," Jacobs said. "We made a commitment early on to ensure both Snapdragon Stadium and SDSU Mission Valley would reflect our values as a university."

She believes that these efforts will translate to success for the school and the County of San Diego.

"SDSU Mission Valley will be a community asset, expanding the university's educational, research, entrepreneurial, and technology programs and supporting community engagement," Jacobs added. "It will also provide much needed housing for San Diego and a large regional park that will be open to the public."

With Snapdragon Stadium up and running and doing its part for the environment, the facility is only the beginning of many great green things coming to the local neighborhood.

College Area neighborhoods enjoy community gatherings and more

ALVARADO ESTATES

By KAREN AUSTIN

The Alvarado Estates Homeowners Association (HOA) held its annual meeting on May 13. Five homeowners were elected to open seats on the board of directors. Michael Lofts from EDCO Disposal (our trash hauler) gave an informative presentation about organics recycling and handed out kitchen caddies to help residents dispose of their food waste properly. Plans are being made for a mini-golf social event to be held later in June as a fun way to kick off the summer season.

COLLEGE VIEW ESTATES

By JEAN HOEGER

Residents of College View Estates enjoyed a community gathering which featured a Kona Ice Truck (see cover photo). It was sponsored by Josette Alvarez, a local realtor who is also the CVE Membership Chair and Director of Children's Activities. This event brought together families, grandparents with their grandkids, and college students living

in the CVE neighborhood. What a fun way to end the school year and get ready for summer.

MESA COLONY

By TROY MURPHREE AND SUSAN GRANT

On May 20, District 9 City Council Representative Sean Elo-Rivera and some other City staff met with community members at the College-Rolando Library to answer a lot of questions about the City's new budget.

The discussion focused on the development project planned for the 6600 block of Montezuma Road, which threatens to remove most of the parking spaces at the adjacent College/Rolando Library. Discussions also took place about the poor condition of our roads and the need to recruit police and firefighters to work in the City of San Diego. The breakdown of the city's budget was discussed with regard to financing many projects.

On the bright side, the City Council plans to allocate more funds to improve our San Diego neighborhoods by adding facilities to many parks and recreation



The College Area Community Council (CACC) sponsored a pitstop for riders as part of the San Diego Association of Governments' Bike Anywhere Day on May 18. Two wonderful local establishments were also on-hand to help. The Cravory gave out delicious handcrafted gourmet cookies. Located at 6526 El Cajon Blvd., this location of The Cravory has been a member of the College Area Business District since 2021. Pedal Pushing Bike Shop, located at 6969 El Cajon Blvd., provided free mechanical support throughout the morning. The CACC pitstop was one of more than 100 refreshment and event support stops located along 1,800 miles of bikeways throughout the San Diego region. The annual event encourages community members to ride bicycles as a means of transportation, recreation and leisure. The CACC would like to thank both businesses, as well as David and Nancee Nichols, BJ Nystrom and Robert Montana for helping with the pitstop. (Courtesy photo)

centers, as well as the staff required to help manage them. Road surface improvement will continue to be a major focus in 2024.

SKDA school year ending with celebrations



By KELLY BONDE

With the school year finishing up, students and staff at St. Katharine Drexel Academy have been celebrating a successful year.

Among some of the recent highlights:

- **SKDA Hosts 2nd Annual Diversity Dinner** - On May 24, SKDA families and friends gathered for the second annual Diversity Dinner. This evening celebrates the different cultures that comprise St. Katharine Drexel Academy through food and performance! This year, one of our SKDA families made delicious fish tacos for everyone and all families were encouraged to bring a dessert of cultural significance to share. Guests enjoyed four different performances. One of our SKDA 5th graders performed ballet folklórico with her dance troupe and an SKDA 6th grader performed flamenco. One of our SKDA mothers and aunts taught us salsa and merengue and two of our SKDA parents performed mariachi dancing. It was a wonderful celebration of cultural diversity! We look forward to next year.

- **Field Day at SKDA** - The end of the school year typically means Field Day, which is a fun afternoon of games and play! On Friday, June 2nd, the SKDA students were divided into mixed



It is on to the next grade level for these students at St. Katharine Drexel Academy. (Courtesy photo)

grade level teams to enjoy an inflatable obstacle course, face painting, capture the flag and more! We even had a special appearance from a Kona Shaved Ice Truck! It was the perfect way to end the second to last week of school together.

- **St. Katharine Drexel Academy's Class of 2023 Graduation** - On Wednesday, June 7 at 10 a.m., St. Katharine Drexel Academy's 5th graduating class, the Class of 2023, graduated on to high school. SKDA staff, students, members of our Advisory Board and family and

friends witnessed this special milestone at Blessed Sacrament Catholic Church. The event began with a mass and culminated in the graduation ceremony. The Class of 2023 contains 18 students, over half of which are matriculating on to Catholic high schools. This group of students are kind, welcoming and led our school with pride. We are sad to see them go but thrilled for them to take the next step in their educational journey. Congrats, Class of 2023!

- **School's Out for Summer!** - Friday, June 9 is the last day

of school for SKDA for the 22-23 school year. While school doesn't resume until Aug. 23, SKDA does host a summer camp for students, with half and full day options. Summer also means a time of much needed rest and rejuvenation for the teachers and a change for the administration to complete campus upgrades and get prepared for the new year. SKDA is still welcoming new students, so if you are interested in scheduling a tour, contact Principal Kelly Bonde at kbonde@skda-sd.org.

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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
6124 Camino Rico	3	2	1,710	\$1,400,000
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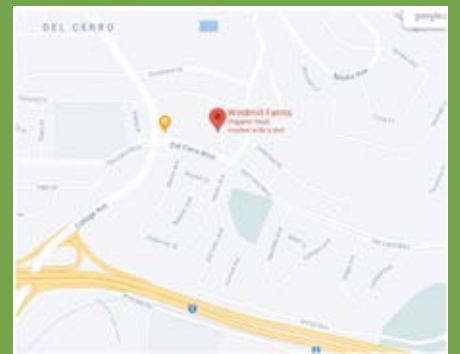
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There will be a variety of musical talent at the San Carlos Community Garden in the weeks and months to come. (Courtesy photo)

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)

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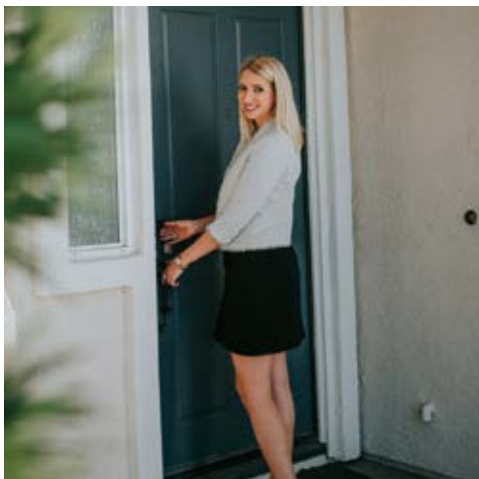
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