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College Area neighborhoods have plenty going on this summer.
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Bringing out the colors of the College Area

College Area and Rolando residents of all ages worked together late last month to paint a vibrant mural on the wall of The Little Flower, a well-established floral shop located at 5547 El Cajon Blvd. The public arts project was funded by the College Area Community Council and College Area Business District in partnership with ArtReach, which provides in-class arts education and encourages community connections through its mural program. The mural design was envisioned by El Cerrito artist, Regan Russell, and was inspired by the shop's motto, "From the Heart!" Read more about this event and other neighborhood activities on Page 8. (Photo by Karen Austin)

SANDAG presentation lays out area 2025 transportation plans

By NOAH LYONS

The future of transportation in San Diego is coming soon.

The San Diego Association of Governments (SANDAG) held a general meeting through Zoom late last month, outlining their anticipated 2025 regional plan.

A panel of metropolitan planners and directors detailed their goals for the future of San Diego transportation and took time to field residents' questions in the latter half of the meeting.

SANDAG, formed in 1980, helps to facilitate transportation of people and goods through public transportation across 18 cities and 17 tribal governments in San Diego county.

SANDAG's primary goals include planning, building, preserving and providing for nearly

3.3 million residents in San Diego County. Decisions are made by the organization's board and financed by taxpayer dollars.

Using a combination of data, analysis and public opinion, the board creates a regional plan every four years. The Zoom meeting highlighted some of the lessons that the board learned after 2021's plan, and how they hope to improve public transit for 2025.

The panel highlighted four goals they have based on the successes and shortcomings of the 2021 plan — pursue programs that reduce pollution, work more with local agencies, reduce waiting times for public transit and avoid adding more lanes to freeways.

Adding additional highway lanes, principal regional planner Tuere Fa'aola noted, can



More and better public transit is in the works for San Diego. (Photo credit: Pixabay.com)

contribute to equal or increased congestion on freeways.

One of the primary goals of the 2025 regional plan is to make public transit a more attractive option for residents, which can thereby reduce pollution and congestion.

For college students, public transit can be an essential resource.

Nick McKinstry, a Rolando Village resident and business administration major at San Diego

SEE SANDAG, Page 8

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Amy Reichert



Monica Montgomery Steppe



Janessa Goldbeck

Candidates vie for District 4 Supervisor position in Aug. 15 special election

By DAVE THOMAS

In an Aug. 15 Special Primary Election to fill District 4's vacant seat (Nathan Fletcher resigned in May) for the remainder of the current term ending in January 2027, four candidates are on the ballot.

They are Democrats Janessa Goldbeck and Monica Montgomery Steppe and Republicans Amy Reichert and Paul McQuigg.

Only those residents who live in the district can vote in the election. The district represents the nearly 700,000 residents of county District 4 — making up central San Diego neighborhoods such as the College Area, Clairemont and City Heights, as well as the cities of La Mesa, Lemon Grove and beyond.

Mission Times Courier/College Times Courier caught up recently with three of the candidates via email for a Q&A. We did not hear back from McQuigg prior to print deadline. The candidates were given the same questions to respond to.

MTC: What solutions would you put forth when it comes to the homeless issue around the area?

Reichert: Homelessness in San Diego is a humanitarian crisis. The escalating homeless crisis has had devastating consequences, with an estimated 588 homeless people losing their lives in San

Diego County in 2022, nearly six times higher than the figure in 2012 when 114 unhoused people died. It is not compassionate to allow people to sleep and die on the street.

California, following the "Housing First" model, while addressing some root causes of homelessness such as affordable housing, has failed to address another root cause of homelessness, particularly in individuals struggling with mental health and addiction issues and who are also committing serious or violent crimes. Currently, the "Housing First" approach restricts organizations that offer treatment from receiving Federal and State funding.

To address this gap, my proposed plan, "Shelter First with Treatment," will prioritize getting mandatory treatment for individuals who engage in violent crimes on our streets. It is unacceptable to offer free motel vouchers to sex offenders who assault minors in taxpayer funded motels and individuals with warrants for their arrest who are actively dealing drugs out of taxpayer funded motel rooms while our elderly and domestic violence victims and their children go without housing. To combat these issues, we need to focus on creating more shelter beds, Crisis Stabilization Units, and enforcing existing laws that prohibit public camping. I

also support the establishment of a Homeless Triage Shelter, like Sunbreak Ranch proposed by Bill Walton, where immediate assistance and shelter can be provided.

Furthermore, the housing shortage is worsening due to the demolition of single-family homes, as seen in places like the College Area, where homes are being bulldozed and replaced by rental high-rise units with high rents to match. Consequently, the County of San Diego has experienced a population decline of 50,000 since 2020. Many individuals leaving the county express a simple desire—to be able to purchase a single-family home.

Therefore, it is imperative that we prioritize the construction of affordable single-family homes while preserving our historical, cultural richness and community character of neighborhoods to ensure a livable future for our environment, our children and grandchildren.

Montgomery Steppe: Data from the Regional Task Force on Homelessness shows for every 10 people who make it out of homelessness, 13 experience homelessness for the first time. Prevention is at the forefront of our region's policy-making needs. The County needs to devote resources towards the issue, period. Criminalizing homelessness, without providing

SEE ELECTION, Page 3

You probably will never qualify for Medical Aid in Dying



Most people suffering from debilitating, painful, and incurable diseases are not eligible for Medical Aid in Dying. (MAID) Not a single Alzheimer's patient, for example, qualifies for MAID.

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Election

CONTINUED FROM Page 2

a sufficient amount of shelter is not the solution. In fact, it exacerbates the problem by creating an endless cycle of poverty and preventing the vulnerable families and youth from finding stable housing. Regional coordination is key, and requires an in-depth knowledge of how municipal government works.

I am the only candidate in this race that has the proven expertise needed to facilitate the regional coordination necessary to solve these issues. At the County, I would continue championing tenant protections, subsidies, and other solutions.

We also need to push the state and federal governments to create a sustainable, on-going source of funding to increase the supply of shelter beds, permanent supportive housing, and case workers to assist the unsheltered population. I will continue working with my peers at the state and federal levels, and hold the region accountable for leveraging every tool in our toolbox. Additionally, it is imperative the County review all opportunities of County-owned land that can be used for donations or subsidies, encouraging non-profit developers and housing service providers to provide low-cost to no-cost homelessness solutions.

Goldbeck: Homelessness is spiraling out of control and city

leaders keep running away from the problem. I'll tackle it head on.

Leading a veterans nonprofit, I know what's worked from fighting to end veterans' homelessness and I'll bring that leadership to the County. First, I'll put urgent focus on getting unhoused seniors and children off the street. They need and want help now. Second, it's time to get serious about ending the mass street encampments. We all know what's necessary - more shelters, more treatment, more safe camping sites - but local politicians aren't getting the job done. I will.

MTC: What can we do to provide more affordable housing and higher paying jobs locally?

Reichert: We need to make San Diego a more affordable place to live and work. I am dedicated to advocating for worker rights through my nonprofit organization and successfully preserving thousands of local jobs right here in San Diego. The dedicated people who serve us in essential roles such as mental health, social work, and first responders within the County of San Diego are struggling to afford housing within the county. The County of San Diego government is the third largest employer, employing approximately 20,337 individuals. Many county employees are forced to commute from distant locations such as Temecula and even Tijuana.

To address this critical issue and simultaneously promote environmental sustainability, it

is imperative for the county, as one of the largest landowners, to prioritize the development of affordable workforce housing near employment centers. By undertaking this initiative, the county will not only attract highly skilled workers to serve our residents but also significantly reduce carbon emissions associated with long commutes on our roads and highways.

Another issue that will make San Diego completely unaffordable for working class and marginalized communities is a mileage tax, which I am firmly against. SANDAG has proposed road usage fees and pay per mile that could result in an additional \$900 a year to the average San Diegan. Electing me would ensure a change of leadership at SANDAG where we can take an aggressive stance to protect the environment without taxing people out of their vehicles and breaking the backs of working class families who are just trying to get their kids to school and get to work.

Montgomery Steppe: Affordable housing and economic opportunity are vital parts of my platform. There are a few steps we can take to make our region more affordable and prosperous.

To provide more affordable housing, I support mandates to ensure low- and very-low-income housing is included in new

SEE ELECTION, Page 4

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Election

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development. It has been proven that without these mandates, the market will not supply enough affordable housing to meet local needs. I also believe inclusionary housing is a necessary policy tool to reduce concentrated poverty. By creating more housing for low- and middle-income San Diegans, we can make housing more affordable throughout our region.

I especially support creating inclusionary housing units on-site to prevent racial and class segregation and securing sufficient funding for affordable housing units. California's low-income housing tax credit system is oversubscribed by 5:1, meaning there are a lot of proposed affordable housing projects that can't be built because they lack the gap financing needed to break ground. On the City Council, I secured a \$7.5 million grant to support new homebuyers of color. As Supervisor, I will continue to secure funding for affordable housing projects.

To provide higher-paying jobs to the working families of our region, we must invest in green job opportunities, equitable contracting opportunities, and homeownership opportunities, and secure startup capital for local entrepreneurs. As Co-Chair of the City-County Reinvestment Task Force, I secured millions of dollars worth of investment into jobs and professional opportunities for workers of all ages and backgrounds throughout our region. I will continue this work as Supervisor by investing in small businesses, workforce development programs, job training, and apprenticeship initiatives. I will also advocate for equitable contracting practices that give minority-owned, veteran-owned, and women-owned businesses a fair chance to compete for county contracts and procurement opportunities. Finally, I will increase the minimum wage and support workers' rights to advocate for better working conditions.

Goldbeck: I'm the daughter of a tow truck driver and classroom teacher who bought their home here for \$150,000. But now,

homeownership is increasingly out of reach for all but the wealthiest Californians. I'm not sure I'd be a homeowner here either if it weren't for my service in the Marines and access to a VA home loan. We need to build housing all over the County so there are more homes of all kinds that working families can afford. By building in the unincorporated areas too we can protect the character of existing communities and limit high rise construction that doesn't fit most of San Diego.

MTC: Do you have ideas on growing the District 4 area to attract more business?

Reichert: To foster the growth of the District 4 area and attract more businesses, we must address several key aspects. It is crucial to reduce homeless encampments that obstruct local businesses and disrupt pedestrian flow especially for the disabled like my father who was in a wheelchair in his adult life. We must address the issue of increasing petty crimes, such as shoplifting and require a proactive approach to enforcement so we can protect small mom and pop businesses.

To support young entrepreneurship and facilitate business growth, it is necessary to review and streamline regulations and business permitting processes that may hinder aspiring entrepreneurs, particularly those from marginalized communities and businesses that are still struggling to recover from the pandemic.

Montgomery Steppe: The best ways to attract more business to District 4 are by (1) incentivizing companies to invest and stay in the region and (2) creating new job opportunities for young people.

I will attract businesses to our region by incentivizing the development of more mixed-use spaces, office space, light industrial, and housing opportunities. Furthermore, I will continue to uplift and support small businesses by providing them with the funding to thrive in San Diego.

In the City, I established the Strategic Alliance of Ethnic Chambers which is composed of the Asian Business Association of San Diego, the Central San Diego

Black Chamber of Commerce, and the San Diego County Hispanic Chamber of Commerce. Together the organizations represent tens of thousands of local businesses throughout the region. The alliance was critical in providing financial assistance to small and disadvantaged minority businesses in low and moderate-income (LMI), census tracts, Promise Zones, and Opportunity Zones. I will continue to leverage the alliance to assist in providing the needed capital and resources to help our existing businesses thrive and new businesses succeed.

I will also invest in a training-to-opportunity pipeline for young District 4 residents. My office has formed a collaborative network of industry-specific businesses that provide internships and mentorship for young people in the district. We are actively connecting these businesses and corporate partners to schools so that young people can get exposure to a variety of opportunities that exist right here in San Diego. For instance, in my capacity serving as a board member of the San Diego Workforce Partnership, the Partnership funded an opportunity for paid internships for SDUSD students over the summer. My office also participated in this program and had a youth intern. Also, the Energy Equity Complex that will be built in the heart of City District 4 will focus on careers in the green energy industry and will have a formal partnership with the school district.

By encouraging local businesses to adopt such training-to-work pipelines and incentivizing and empowering regional businesses, we can secure a prosperous future for our region's youth and build a capable workforce that attracts even more business to our region. I will adopt this approach to grow the District 4 area and attract more business to our region as Supervisor.

Goldbeck: To me, fighting for equitable economic opportunity is personal.

When I served in the Marines, I fought to successfully overturn the ban on women holding top ranking jobs in the military. I'll take on the same fights as County Supervisor. I'll expand support for family caregivers who work so hard for so little.

I'll work to attract high paying industries to San Diego and ensure they hire local workers, not from out of state. One industry in particular is healthcare and mental health. We have just over half the behavioral health workforce we need. These are high paying jobs, many of which you don't need a 4-year college for, and they're absolutely critical in the fight to reduce homelessness in San Diego. For our economy and for our neighborhoods, we have to get it done.

MTC: Do you consider crime to be a problem locally? If so, what

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San Carlos artist wins third place SDWS award

Wanda Honeycutt, an artist and resident of San Carlos, has won the third place award in the competitive June 2023 San Diego Watercolor Society (SDWS) Member's exhibition "Color

Scheming", an in-gallery show of the SDWS at 2825 Dewey Road in Liberty Station. Honeycutt's painting titled "Light Connection" was selected by local artist Stephanie Goldman

for this honor, out of more than 200 entries.

Goldman said of the painting, "This painting has so much great texture and color variation, and it uses so many different materials. I love the Aztec feeling with its sense of a real person connecting with ancient history. Everything centers around the candle flame. It is a fabulous painting because you can look at it repeatedly and see something new each time."

Honeycutt's art education began in college and has continued post-grad by taking classes and workshops with some of the best water media artists in the

world. Her unique and colorful paintings have been shown, given awards, and sold in galleries throughout San Diego and many are held in private collections in several foreign countries, and throughout the United States.

Keenly intuitive, Honeycutt rarely paints what she actually sees in the physical world. She creates from a different perspective, a deeper connection to the Universe. She feels that her art is co-created and inspired from this level. The images in her paintings sometimes come from meditative visions, somewhat like inspired dreams. Honeycutt

often has a specific idea or inspiration for a painting; but many times, she freely applies paint to paper or canvas and allows her intuition to guide her. Admirers of her art enjoy searching for her signature items which appear in each piece: a hawk and a heart. Wanda is also a sought after and experienced art juror. More of her art can be found at: wanda-honeycutt.com.

The SDWS Gallery Exhibit ran through the beginning of July, at the gallery in Liberty Station.

Paintings can be viewed and purchased from the gallery as well as on the SDWS website at: sdws.org/galleryart.php?cat=7018.



The work of San Carlos resident Wanda Honeycutt. (Courtesy image)

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Letters to the Editor

Dear Editor,

Margerum Park in San Carlos is a popular place for kids, dogs and adults. It usually feels clean, safe and friendly. People walk their dogs, toddlers climb the slides, kids play soccer and lacrosse. Recently however, the safe part feels a little less relevant.

I usually walk my dog in the park several times a day and my wife takes my daughter there at least once a day. Lately I noticed more strange cars in the parking lot. I also noticed how there are single men that come around the playground. Some try to strike conversations with mothers and their kids. There are shirtless men working out on the jungle gyms, striking up conversations with parents about "training toddlers". It's uncomfortable for all but what can one do, it isn't illegal for someone to be at a parking lot, or even at a playground.

That is what I thought until I visited a playground in San Francisco where a sign clearly stated "adults must be accompanied by children". Apparently, this is a city ordinance in many urban areas including Oakland and Los Angeles. It appears to be a common-sense law that should be in San Diego. Anyone who has looked up sex offender registry in their areas is aware of the threats that our kids face.

We can't make all places safe, but we could at least make our playgrounds be a place where parents can bring their kids without the feeling that they have to leave to due harassment of adults who are there for the wrong reasons.

Sam Litvin, San Diego

Dear Editor,

As my final year as president of the Lake Murray 4th of July Music Fest and Fireworks comes to a close, I wanted to personally reach out to the community and express my heartfelt gratitude.

Year after year, our dedicated volunteer committee takes on the immense responsibility of raising funds and coordinating the incredible all-day extravaganza that has become a beloved tradition. This entails securing permits, arranging essential amenities such as porta potties, coordinating food vendors, booking talented bands, setting up the stage, conducting water tests, and much more. The financial commitment for this year's event surpassed a hundred thousand due to increased city permit fees and expenses.

I extend a special thank you to the families who generously donated and the businesses that sponsored this year's festivities.

Despite the sweltering heat, the day was truly spectacular. Children joyfully played games,

families reconnected, and the park was filled with the sounds of exceptional live music. And let's not forget the delectable array of food options—grilled cheese, pizza, BBQ, Dole Whips, and Strawberry Shortcake were among the favorites!

This year, the event had a strong community focus, featuring performances by a talented family band from the neighborhood and even local Patrick Henry teachers. Big Time Operator, Whiskey State of Mind, and Republic of Music created an unforgettable experience that had everyone dancing. The fireworks display was, without a doubt, the best we've ever had.

While we had a successful day overall, I feel compelled to address a few minor issues that arose. Firstly, I regret to inform you that we fell short of our fundraising goal and did not fully cover the costs this year. If our community desires to continue this cherished event, we need everyone to step up in a significant way.

Secondly, I must express my disappointment at the disrespectful behavior exhibited towards our hardworking volunteer committee. They were subjected to vulgar language and blatant refusal to adhere to event rules, which ultimately marred the experience for others. Lastly, it saddened us to witness some children trespassing on Patriot Field, causing damage and leaving a trail of litter behind. We kindly ask anyone with information regarding this matter to reach out to the board. Such behavior goes against the spirit of community and is disheartening to witness.

Despite these challenges, we were able to present an amazing cost-free, family-friendly celebration for the surrounding neighborhoods of Lake Murray. In a world where the values of community, volunteerism, and patriotism sometimes seem to wane, I hope that our efforts will serve as an inspiration for others to uphold these timeless traditions. To those individuals who displayed entitlement and disregard for our rules, I encourage them to reevaluate their attendance at future events.

Serving as president for the past two years has been a tremendous honor, and I eagerly anticipate witnessing the next committee make this event their own. If anyone wishes to get involved for the 2024 celebration, please reach out to us via email at: lakemurrayfireworks@gmail.com.

Thank you once again for the unwavering support of our community.

*Sincerely, Melissa DeMarco -
Lake Murray 4th of July Music
Fest and Fireworks President
(outgoing)*

Election

CONTINUED FROM Page 4

are some ideas you have to lessen it?

Reichert: Crime is a major problem in our community. The latest SANDAG report, released in May, reveals concerning trends in crime statistics for our communities. The SANDAG crime reports hate crimes increased by 9% from 2021, violent crimes against senior citizens were up 8% and robberies increased by 10%. These numbers are alarming and have had a profound impact on the sense of safety and security felt by residents in neighborhoods throughout District 4.

In Hillcrest, for instance, my friends express their unease about walking in their own neighborhood, while residents of Balboa Park no longer feel safe riding their bicycles. Additionally, local business owners are deeply concerned about theft incidents, and even longstanding establishments like the Hillcrest Starbucks had to close due to their inability to ensure the safety of their employees and patrons.

As a lifelong San Diegan, I am deeply invested in preserving the well-being of our county. I am determined to prevent San Diego from experiencing the same challenges as cities like San Francisco, where businesses are fleeing, or Los Angeles, where residents no longer feel secure in their own homes. One critical issue we face is a shortage of law enforcement personnel, resulting in longer response times for emergency calls in every neighborhood.

Presently, the County is spending excessive amounts on overtime for Sheriff Deputies due to understaffing. I firmly believe that instead of allocating these funds towards overtime, it would be more beneficial to pay our first responders a livable wage. This would enable them to afford housing within the county they serve, without having to endure back-breaking 65-hour workweeks. By providing our dedicated first responders with fair compensation, we can address the staffing shortage by attracting the best people to serve and ensure a higher level of public safety for all residents. We need to tackle crime. By prioritizing the safety and security of our neighborhoods, paying our first responders a livable wage, and increasing law enforcement staffing levels, we can proactively work towards creating a safer environment for everyone in San Diego.

Montgomery Stepe: One of my top priorities for the region is to build a holistic public safety ecosystem that properly funds our first responders while also investing resources in our community to mitigate and prevent public safety issues.

That means funding wildfire mitigation and making land use decisions that genuinely consider wildfire threats. It means public safety through environmental design as we look to develop and restore communities with adequate access to programs, resources, and services. And, it means holding law enforcement accountable for fostering a more trusting and transparent relationship with community members in order to create a system where folks can feel safe reporting violence and other threats.

Homicides in my district are down 55% since I championed community-driven public safety alternatives that prioritize restorative justice. Overall, crime is down 10% because we pushed hard for reforms and community programs to address crime holistically and create a public safety ecosystem that brings community and public safety employees together.

Since my office led in the creation of the "No Shots Fired" program in partnership with the San Diego Police Department, gang homicides citywide have decreased by 65% since 2021. We pushed hard for reforms and community programs to address crime holistically and create a public safety ecosystem that brings community and public safety employees (law enforcement, firefighters, first responders, and lifeguards) together.

We can do the same across the region. But only with leadership that is willing to do the hard work and take the political hits. It will require a strong Board of Supervisors who is willing to face the status quo head-on to make the change, and I am the only candidate in this race with a proven history of holding law enforcement accountable and thinking creatively and holistically about this issue.

Goldbeck: I'm a Marine Corps Veteran so there's nothing more important to me than protecting everyone's fundamental safety and dignity.

I'm a Democrat and while some in my party are pushing to defund the police, I couldn't disagree more. We need more police, not less, to fight gun violence, tackle the rise in hate crimes and go after fentanyl dealers poisoning our kids. Of course, we must also advance smart reforms, like police de-escalation training, to ensure all San Diegans are treated equally under the law. But we don't have to choose between fighting crime and protecting basic rights - we must do both. I'm proud to be Public Safety's Choice - endorsed by our County Firefighters, Prosecutors and San Diegans Against Crime.

SEE FULL STORY AT:

sdnews.com/candidates-vie-for-district-4-supervisor-position-in-aug-15-special-election/

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PENINSULA BEACON



Couple donates 'Love Blend' coffee proceeds to LGBT Center

The San Diego LGBT Community Center once provided support and guidance to Cynthia Hillman and Emma Strong (pictured below left with the entire coffee house team proudly wearing their Love shirts), the owners of coffee house Cuppa Cuppa. Now, the pair are giving back with the launch of their newest offering, the Cuppa Cuppa Love Blend, a flavorful medium roast.

"I was 25 when I came out. I wasn't out to friends or family,"

co-founder Hillman said. "The Center was a great place to help navigate that."

With every purchase of the Cuppa Cuppa Love Blend, \$2 will be donated to the Center, which provides life-saving support services for LGBTQ+ San Diegans of all ages. The blend brings together beans from Guatemala, Brazil and Ethiopia – that are roasted right here in San Diego.

"Our Love Blend represents more than a cup of coffee,"

Hillman said. "It embodies our commitment to create a more inclusive and accepting society."

Hillman and Strong met while attending SDSU and became fast friends. Their friendship became something more and the couple

has now been together for 26 years.

Eighteen years ago, they founded Cuppa Cuppa, a specialty coffee shack and drive thru that has now expanded to two locations in Mission Gorge area. The

couple is committed to pouring love into every cup with their fresh, high-quality coffee.

Find the Cuppa Cuppa Love Blend at 6606 Mission Gorge Road, 4440 Twain Ave. #102 or online at cuppacuppacoffee.com.



Cynthia Hillman and Emma Strong (left) with the entire coffee house team proudly wearing their Cuppa Cuppa Love shirts. (Photo courtesy Cynthia Hillman)

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SANDAG

CONTINUED FROM Page 1

State University, uses public transit frequently.

"I use it whenever I go to Padres games, Old Town, downtown or Snapdragon (stadium)," McKinstry said. "The experience is positive overall. It's nice to have public transportation and it definitely saves college kids money. But there are a few downsides to it."

McKinstry mentioned problems with safety and long wait times, which can become a hindrance to people who work in downtown San Diego.

SEE FULL STORY AT:

sdnews.com/sandag-presentation-lays-out-2025-transportation-plans/

Incoming SDSU freshman awarded Palm Springs Modern Committee scholarship

Palm Springs Modern Committee (PS ModCom) has awarded scholarships to four Palm Springs Unified School District students headed to college in the fall. The quartet was honored with a special reception recently at the Desert Star in South Palm Springs, a vintage complex owned by Richard and Debra Hovel, both PSMoCom members.

Among those receiving a scholarship was incoming San Diego State University freshman Reece Speer.

A Palm Springs native, Speer was drawn to apply for the Palm

Springs Modern Committee scholarship by the organization's focus on educating students about the importance of design and architecture.

"He has continued to provide me with opportunities to learn and grow as an artist," added Speer. "It has allowed me to reflect on my inner self, which is the key to creating engaging work. My journey has allowed me to savor every moment spent designing my bedroom, my siblings' bedroom, and my living room. I love the way art brings people together and enhances positive experiences."

A competitive swimmer since she was six years old, Speer led Palm Springs High School's girls' water polo team to back-to-back playoff appearances.

Each student receives a \$2,500 scholarship named in honor of Robert Imber, an architectural historian and founding member of PS ModCom, who initiated the organization's college scholarship program. Students pursuing careers in architecture, engineering or design are eligible, and scholarships are potentially renewable for four years for a total of \$10,000 each.



Incoming SDSU student Reece Speer is one of the scholar winners from Palm Springs Modern Committee. (Courtesy image)

Activities do not slow in College Area neighborhoods during summer

The summer season in College Area began with several great events and there's more to come. On June 24, community members had the chance to help paint a mural on the long, outside wall of The Little Flower at 5547 El Cajon Blvd. Community members shared their time and their talent to help make the new public art piece so striking. The colorful mural was the result of a collaboration with ArtReach, a visual arts education program focusing on social-emotional learning and community connections through in-class programs and the ArtReach Mural Program. This project was funded by the College Area Community Council and the College Area Business District. Regan Russell, an artist who happens to live in the El Cerrito neighborhood of College Area, created the mural concept with inspiration from a core business value of this wonderful local florist. Maria Elena Grimm established the shop in 2014 and says their business slogan is, "designs are created especially for you from the heart." The Little Flower is also a recipient of the City of San Diego's Storefront Improvement Program. This additional opportunity provides small business owners with a no-cost design consultation and reimbursement of half of the cost to revamp their front facade, up to \$8,000. Please visit our College Area Business District to see the beautiful new mural and storefront improvements at The Little Flower.

While some community members helped paint the mural, other community members were painting and planting pots at the College-Rolando Library's Gardenpalooza, including a succulent swap and other environmentally-friendly fun. Read more about this great event in the Mesa Colony report.

Mark your calendars on Aug. 5 for College Area Cleanup Day from 8 to 11 a.m. This event is sponsored by the CACC and will be a great opportunity to meet other local residents while sprucing up our neighborhoods. More information will follow the July 11

meeting of the CACC (*Information compiled by Karen Austin*).

ALVARADO ESTATES

By KAREN AUSTIN

To kick off the summer season, the AE Social Committee planned a fun late afternoon mini-golf tournament and taco night on June 17. There were divisions for children, women and men. The event was a big success with many residents attending with their children, grandchildren or neighborhood friends. Congratulations to the winners and many thanks to our super Social Committee.

Last year about this time, we formed the Alvarado Estates Fire Safe Council as part of the County's FSC program. This professionally supported process will provide a manageable first step to increase wildfire resilience in Alvarado Estates and the College Area corridor along Fairmount Avenue and Montezuma Road. This June, we finalized a Community Wildfire Protection Plan (CWPP) for these areas which has been approved by San Diego Fire-Rescue, CAL FIRE and others. These two accomplishments enabled us to apply for and receive support from the San Diego Regional Fire Foundation to prepare educational workshops about fire preparedness, creating defensible space, implementing home hardening strategies and addressing fire insurance issues. Wildfire is a very real threat, especially as summer weather dries the brush on our properties and canyon hillsides. We'll share more information as we build our capacity to implement our CWPP goals to help protect our College Area wildlands and homes against wildfire.

COLLEGE VIEW ESTATES

By JEAN HOEGER

College View Estates held their annual summer block party in June. The weather was cool and spirits were high as adults and kids alike enjoyed the bounce house and slide, the BBQ ed burgers and dogs, the dessert contest

and the fellowship with neighbors both new and old. It was a great turn out, with over 150 people, some for the first time and some old hands at it. This event is something that everyone in the community looks forward to each and every year.

EL CERRITO

By LAURA RIEBAU

El Cerrito residents have a lot to consider when voting for the best person to be our new County Supervisor in the upcoming special primary election on Aug. 15.

Many in El Cerrito are very unhappy with decisions by elected officials they voted for in the last election and want to use their vote well in future elections. To help facilitate this, the El Cerrito Community Council held a candidates forum at its June meeting. Residents had a chance to meet District 4 candidates Amy Reichert and Janessa Goldbeck. Unfortunately, our invitation was too late for Monica Montgomery-Steppe to be able to attend.

Both candidates, who are moms, were impressive, telling us about their lives and experiences, as well as what they consider to be important for the County's Fourth District.

Though our area, being in the City, is not as heavily impacted by County decisions when compared to unincorporated areas of San Diego, there is some overlap when the two agencies work together. Lately that overlap has been in regards to solutions for the San Diego region's homeless population.

Homelessness, housing regulations and transit are some of the important topics for the El Cerrito community, so most of the audience's questions were about these subjects. The responses from both candidates were more general than specific and there were few warning bells, if any.

We encourage all voters for the special primary election of the Fourth Supervisorial District to review candidate websites, read articles expressing views and



College Area residents Shera and her daughter Lincoln (far left) had fun attending Gardenpalooza, an event held on June 24 at the College-Rolando Library. With a focus on the environment, it was a chance to paint and plant garden pots, as well as learn about the City's organics recycling program and composting tips, available services at Earthwell Refill, and learn about volunteer opportunities with Friends of the College-Rolando Library. On-hand to help with the event (continuing left to right) Susan Grant co-chair of the Mesa Colony Community Group, Jan Hintzman the president of Friends of the College-Rolando Library and seated right, Maria Reid, one of our wonderful library staff members. (Photo by Karen Austin)

look at who is endorsing each of the candidates before casting their vote.

MESA COLONY

By SUSAN GRANT

It was a true Gardenpalooza at the College-Rolando Branch Library. Mesa Colony and Rolando residents were there in full force for the morning events on Saturday, June 24. There were lots of things going on inside and out, including a live music show and photos with Odi the Coyote from City of San Diego Environmental Services. While the children were entertained, parents enjoyed the plant swap, the City's (green bin) food waste recycling education booth with free compost, and a booth from Earthwell Refill located at 4114 Adams Avenue. Located in nearby Kensington, it features 100% earth-friendly cleaning products, from laundry detergent to toothbrushes. Their motto is "refill, re-use, create." You can bring in the same jug to refill your liquid laundry detergent or just use the detergent sheets, saving on plastic waste. Friends of the College-Rolando Library even set up a booth to

encourage donations and recruit new members. It was a fun, earth-friendly, and popular event.

The following Monday, June 26, Mesa Colony had a visit from Sean Elo-Rivera, City Council President and District 9 Representative, at our monthly Mesa Colony meeting. Our Council President graciously gave us well over one hour of his time answering questions about the city council strategies to increase affordable housing in San Diego, about the successes/failures of SB9 and the future of our single-family neighborhoods amid the building of ADU's on nearly every street in the College Area. We also covered the homeless crisis, condition of our roads, lack of parking spaces and trash from overflowing cans on our overcrowded streets. Sean shared about the complexity of these issues, and how they keep him up at night. It seems there are no perfect answers, just approximations of good solutions, especially in a city as spread out and diverse as ours. He listened carefully and thoughtfully. We came away feeling like we got to know one another a little better. Good communication always manages to do that.

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NEWS BRIEFS

LIGHT OF PRIDE: TEMPLE EMANU-EL RECEIVES AWARD

Temple Emanu-El received the Light of Pride award at Light up the Cathedral on July 12. The religious service took place at St. Paul's Cathedral in Bankers Hill.

The interfaith religious service during Pride week always honors a faith-based group or organization which serves the LGBTQ+ community. Rabbi Devorah Marcus of Temple Emanu-El will give the keynote address at the service.

"We were just ecstatic because it's just such a huge honor. This is totally fitting for our history and working values," associate Rabbi Benj Fried said.

The Reform Synagogue, from a social justice-focused tradition, located in Del Cerro has been a stalwart supporter of the LGBTQ+ for years. The synagogue was the first Jewish organization in San Diego to march in the Pride Parade in 1998. They have marched every year since.

Today, the temple has many LGBTQ+ members and in the form of Fried, leaders as well. Reform Judaism was on the frontlines of the labor movement to end child labor, the Civil Rights movement and now fights for LGBTQ+ rights.

"That's really who we are – a community that is very socially engaged, a community that cares a lot about spreading a message of love and inclusion," Fried said.

In recent years Temple Emanu-El's advocacy committee organizes for trans rights, voting initiatives, climate change and against gun violence.

Learn more at: sdpride.org/lightup/.

PHHS NAMES KONIG, NOUREDDINE SCHOLAR-ATHLETE WINNERS

Patrick Henry High School recently named Sarah Konig and Hassan Noureddine, respectively as its Scholar-Athlete of the Year winners.

The Patrick Henry HS Scholar-Athlete of the Year award recognizes the very best from Patriot athletics, who embody all the principles of leadership, integrity, and excellence in the classroom and the field of play.

It is important for the student-athletes to demonstrate the same discipline and accountability in the classroom that is expected between the lines. Better students make better athletes.

PHHS had 1,215 student-athletes compete in 30 letter winning athletic programs.

Among the nominations for the female award were:

- Katelyn Touchet (Cross Country & Track)
- Gwen Symington (Cheer)
- Rosa Brooks-Kamper (Cheer)
- Isabella Dean (Field Hockey)
- Anna Pallencoaoe (Tennis)
- Analiese Gagliano (Volleyball)
- Danica D'Agostino (Field Hockey & Lacrosse)
- Mackenzie Nabors (Golf, Basketball, Lacrosse)

Konig was a two-sport star athlete in soccer and track.

On the soccer field, Konig won the team's Golden Boot award in 2022 and the Silver Boot award in 2023 as consistently being one of the team's top goal scorers. Her leadership was demonstrated as a two-year team captain. Konig's individual skill level earned her first

SEE NEWS BRIEFS, Page 15



Plenty of tasty meals await you with a visit to the Purple Mint. (Photo by Robin Dohrn-Simpson)

Purple Mint Restaurant is an Asian fusion cuisine vegan option

What's on the menu?

By ROBIN DOHRN-SIMPSON



Traveling north on Mission Gorge Road nestled amongst all the usual fast-food suspects there's a notable exception, The Purple Mint, an Asian-inspired Vegan restaurant in the Grantville, Allied Gardens neighborhood.

Upon entering the restaurant you cross over a Koi pond and into a tranquil and calming main dining area. Buddha images line one wall. Another wall is filled with greenery. A patio is adjacent and surrounded by plants. The Purple Mint defines their goal as "to provide delicious, colorful entrees without sacrificing healthy eating". Many vegan people complain that the only option they

have at restaurants is salad. Here they can have an entire meatless dining experience with healthy and tasty Asian Fusion cuisine.

Using "faux" meats that are actually soy proteins flavored to taste like shrimp, beef or chicken, you will find a variety of tasty dishes. Soy proteins are a great source of plant-based proteins, eliminating gluten and replacing eggs, plus they're gluten-free. Purple mint also known as Perilla mint is an herbaceous annual native to East Asia and is used in most of their dishes.

The menu is extensive and imaginative. For an appetizer try the "Peking Duck" or Satay "Chicken" Lettuce Wraps.

For the adventurous eater, try the "Jack Fruit" Salad with Jack Fruit slices, "Shrimp", tofu, pickled daikon radishes and carrots with a house vinaigrette. A play

on the iconic dish from northern Thailand, the Green Papaya salad features shredded green papaya and bean curd skin jerky in a sweet and sour vinaigrette.

If you're a curry lover, try the Yam and Sweet Potato Curry, with king mushrooms and tofu, in coconut milk. Other popular dishes are Kung Pao "Chicken" Orange "Chicken."

Another specialty is their Pho. Either "chicken" or "beef" with shitake mushrooms and loaded with vegetables.

Treat yourself to a pleasant and tranquil dining experience with great service.

The Purple Mint is open daily from 11 a.m. until 8 p.m. Located at 6171 Mission Gorge Road, Suite 118. Call (619) 280-3388 for more information.

Find their menu at: thepurplemint.com.




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Learn more about Balboa Park during July 19 council meeting

San Carlos Area Council
By MICKEY ZEICHICK



The guest speaker for our July 19 meeting will be Shanti Hofshi. Hofshi and I are on the Executive Board of the House of Pacific Relations (HPR) in Balboa Park. HPR oversees and coordinates with the City of San Diego Parks & Recreation Department, the events of all International Cottages and Houses within the Park. The difference between a "Cottage" and a "House" as used here: "Cottage" refers to the structure, and "House" refers to the culture within the Cottage. A few Cottages have more than one "House" within their walls.

The Cottages and Houses in Balboa Park are open nearly every Saturday and Sunday during the year and often some of the Cottages are open on the fourth Tuesday of the month – especially for school field trips and the general public.

If you haven't visited Balboa Park and the Cottages in several years please plan to spend some time at the park and the Cottages they are gems of the City of San Diego and open to everyone. They are not political but are there to share their cultural attributes. Hofshi will share his knowledge

about the Cottages and Houses and some interesting stories, I'm sure. One of the responsibilities that the San Carlos Area Council has taken on for 45+ years is to place the American Flags along Navajo Rd. Jay Wilson and John Pilch did this but now it is time to find some volunteers to take over this endeavor. SCAC set up a John Pilch Memorial Fund "flag waving" and many have contributed to this fund for the maintenance of the flags if you are interested in volunteering to help continue this tradition please contact me, and I will help coordinate to see that this tradition continues.

The flags are displayed from morning to evening, on the various days of special attention. ReadySanDiego.org is a website with a lot of valuable information, I suggest you check out this website and keep it handy.

Here is a quick glimpse of some of the information available:

Your Home and Yard

- Follow all local building, fire and hazard abatement codes
- Install a smoke detector on each level of your home and test them at least once a month
- Clear combustible vegetation in a 100-foot radius from any structure
- Download the Wildfire Guide (READY, SET, GO!) for more

information on how to better safeguard your family, property, and possessions.

When Fire Approaches

- Evacuate immediately when directed by public safety officials or when danger is perceived – Don't wait to evacuate!
- Place your disaster kit along with valuables and other essentials in your vehicle

Join us as we hear updates from our representatives from the offices of the Mayor of San Diego, our City Councilman, Congresswoman Sara Jacobs; State Assembly District 78 Christopher Ward; County Supervisor, Joel Anderson; SDUSD Trustee, Shana Hazan; the Fire and Police departments when possible and our "wonderful" Librarian, David Ege.

Many thanks to Gary Blume and his "T.A.P." project (and crew) for helping make the clean-up of the Lake Murray Community Park so much easier the morning after the 4th of July Fireworks Celebration. Special thanks to "PARKER" for his help in making sure we got to the right places.

The July 19 meeting of the SCAC will be held at the San Carlos Branch Library from 6:30 to 8 p.m. 7265 Jackson Drive, San Diego.

My contact information is: SanCarlosAreaCouncilPres@gmail.com.

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Allied Gardens celebrates all that is Fourth of July

Allied Gardens/Grantville



By SHAIN HAUG

John Adams, our first Vice President and second President, spoke to the significance of the Fourth of July.

He said: "I am apt to believe that it will be celebrated, by succeeding Generations, as the great anniversary Festival. It ought to be commemorated, as the Day of Deliverance by solemn Acts of Devotion to God Almighty. It ought to be solemnized with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other from this Time forward forever more."

And parade we had in Allied Gardens.

The Third Annual Community Parade attended by three generations of Allied Gardens residents began at Marvin Elementary School, went up Eldridge, across Hamill and Gala, and back. And pomp we had. Led by Engine 31 and followed by bikes, strollers, wagons, pets, and children of all ages festooned with enough Red, White, Blue to make a hundred flags. All celebrating the importance of our freedoms and the



Aubrey Foulk, Lauren Maxilom, Rachel Teschler, Atria Lutz and Diana Robbins.

Organizers are the key to any event taking place. Such was the case with the Fourth of July celebration enjoyed by many. (Courtesy photo)

value of the sacrifices made to obtain them.

Everyone loved the festive necklaces, headbands, temporary tattoos, and sunglasses that made them part of the celebration, a part of the parade itself. For the children it was an introduction to the special joy of our freedoms, for some their first taste of what it means to celebrate being an American. For the adults it was a reminder of what this special holiday means and how much work it takes to preserve our democratic republic.

There are big displays on the Capitol Mall and on major

boulevards, with fly-overs, firework displays, and gun salutes to honor the glory of the day. But none will be so grand as to have our neighbors assembling in the streets in front of their homes while rejoicing in their absolute freedom to do so. And not too many of those "big" celebrations will have popsicles for all participants.

To the organizers Aubrey Foulk, Lauren Maxilom, Rachel Teschler, Atria Lutz, Diana Robbins and Mariah Nissan, we are proud to report your work and we thank you so very much.

Expect the vacation rental debate to continue

Real Estate Update



By SARAH WARD

I attended a Fourth of July party last week in La Jolla and asked the host what the loud music was coming from next door. She said it was a vacation rental.

I asked how often she experienced the noise and she said it was a regular occurrence especially during the summer nights. It was quite an annoyance; a full blown party with 10 or 12 people talking loudly over music. My friend experiences this throughout the summer months in what was just recently a fairly quiet neighborhood in the Muirlands of La Jolla.

Having now experienced the inconvenience of an adjacent vacation rental first hand, I now have a better understanding of what homeowners have been saying for years; vacation rentals can clearly be disruptive to a neighborhood. I expect the vacation rental debate will continue.

WHERE ARE MORTGAGE RATES HEADED?

I am often asked by my buyers about the direction of mortgage rates; I follow the trends and regular articles on that topic.

Last week, mortgage interest rates spiked up to a near six month high. Mortgage rates are market rates affected by a myriad of factors especially the levels of government debt, the interest rate on government debt, as well as the strength and direction of the economy.

One difficulty is that mortgage rates are closely related to government budget deficits and overall debt levels. Only 15 years ago, our federal debt was a manageable \$10 trillion. Next year we will reach \$34 trillion in federal debt with an annual increase expected of \$2 trillion. This is one of the strongest factors affecting inflation and interest rates.

Unfortunately, when I look at the difficulties in Washington D.C., I don't see a slowdown ahead in the government debt increase, particularly because the annual interest requirement on the debt contributes to the deficits and general government spending continues to increase.

Thus my summary is that I do not see mortgage rates decreasing significantly over the next few years.

I think 6% to 8% mortgage rates are the new normal for the foreseeable future. Clearly, higher mortgage rates could have a dampening effect on home sales and prices in the short-term although the vibrant service economy as well as the lack of available home inventory is keeping home prices stable. Also, inflation over time increases home prices. I believe the only factor that could bring rates down from current levels is a significant slowdown in the economy, and currently that is not occurring.

One option for buyers is to take out an interest-only loan and if rates dip, to refinance.

The interest only payment is just the minimum due and typically additional principle can also be paid monthly. I have had some recent buyers choose this option in order to get into a property. If you are a potential buyer or seller of San Diego real estate, please don't hesitate to call me if you have some questions or concerns, or just want to chat about your options going forward.

MARKET REPORT (SINGLE FAMILY):

- **College Area (92115):** median price up 6% year over year to \$906,000 and with 33 homes for sale.
- **San Carlos (92119):** median price down 9% to \$1 million and with only 7 homes for sale.
- **Del Cerro/Allied Gardens (92120):** median price up 4%, year over year to \$1,150,000 and with 25 homes for sale. Most homes sell within 30 days.

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

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Alvarado Hospital
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San Carlos Branch Library hosts gathering with special announcement

By DAVID EGE

The public is welcome to gather in the lower library parking lot on Saturday, Aug. 5, from 10 a.m. to 12 p.m. for a Navajo Area Community Gathering featuring a special new library announcement from District 7 Councilmember Raul Campillo.

If you have ever wondered how you and your family could be more involved in your community, come by and learn about a variety of community engagement opportunities.

Representatives from the Navajo Community Planners, San Carlos Friends of the Library, San Carlos Area Council, Allied Gardens/Grantville Community Council and more will be present to tell how you can get more involved. Light refreshments will be served, and Mayor Todd Gloria and Congresswoman Sara Jacobs will also be on hand to celebrate the exciting announcement.

We will be hosting family friendly, in-person Summer Reading Program events throughout the summer months, July to August, every Monday at 3 p.m. Ina, the Sunshine Storyteller will be here on July 17, the "One Voice, Many Friends" Ventriloquism Show will be on July 24, Wild Wonders Animal Education on July 31, music with Hullabaloo on August 7, and Literature Comes to Life: Goldilocks and the Three Bears on August 14.

Read books and earn prizes by signing up for the Summer Reading



Positive changes are coming to the San Carlos Branch Library. (Courtesy image)

Program at the Library website: sandiego.gov/public-library/kidsandteens/summerreading.

This July, the Library Shop's most popular program is back – Where's Odi?

Odi the Coyote, the library's mascot, will be hiding inside all 36 branches of the San Diego Public Library. Pick up your official passport at any library branch and see how many you can find. The prize for finding Odi is a button unique to each library location. Try to collect them all!

The San Carlos Friends of the Library Used Book Sales are on the first Saturday of each month from 9:30 a.m. to 3 p.m.

Come buy books and support the Friends of the Library. Ask for a membership envelope from the book sale cashiers to join or donate to the San Carlos Friends of the Library.

We are in need of your gently used book donations are accepted any time during library open hours.



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Vote by August 15, 2023.

Every active registered voter residing in the Fourth Supervisorial District will receive a ballot in the mail the week of July 16. Only voters residing in the Fourth Supervisorial District are eligible to participate in the election.

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Return your ballot to any of the Registrar's official ballot drop boxes around the district starting Tuesday, July 18 through Election Day, Tuesday, Aug. 15.

Avoid long lines by taking advantage of early voting! Starting Saturday, Aug. 5, seven vote centers will be open daily from 8 a.m. to 5 p.m.

On Election Day, Tuesday, Aug. 15, fourteen vote centers will be open from 7 a.m. to 8 p.m.

Find a ballot drop box or vote center near you at sdvote.com



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Summertime in the San Carlos Community Garden

In the garden

By **JESSICA MILLS**



While the days warm and the sunflowers bloom, the San Carlos Community Garden (SCCG) has a variety of community events and activities planned for the summer months.

Playtime in the Garden is a free event designed to spark one's child's creativity, engage their senses and stimulate their interest in the natural world around them. Every Thursday until Aug. 17 from 9:30 - 10:30 a.m., children (eight and younger) explore the garden while learning about a "plant of the week" then partake in a fun arts and crafts activity.

The activity is run by SCCG volunteers and early-childhood education college students, Calley Stein, Holly Walsingham and Kaylie Walsingham, all who grew up in the community and volunteered in the garden as children themselves with their families during SCCG's groundbreaking years.

"SCCG is an all-volunteer run non-profit organization and every program we host is run by volunteers. "After being in this community for more than ten years, we are now starting to see a new generation of volunteers who want to be involved," said Kelly Wood, SCCG Vice-Chair.

"I think it's really cool to see how much the garden has evolved since I first volunteered here as a young child," Walsingham said. "It's come together really well and now the garden offers so many different events for the community. It's cool to still be a part of it and help it grow even more."



It is all smiles for adults and kids when the Playtime in the Garden program takes place. (Courtesy photo)

Joanna Foley, a local of the San Carlos community, and her daughter Stella Foley participated in the first Playtime in the Garden event.

"I'm always looking for free and fun activities for my young kids. I think getting out in nature is so great for kids' development," Joanna said.

For music lovers, the SCCG's Friday night Stuff the Pantry Concert Series will be held on Friday evenings, July 28 and Aug. 25 from 5 - 7 p.m. This event brings San Diego musicians together to perform while raising awareness and support for our food insecure communities. July's singer-songwriter line-up will include Donn Bree, Cathryn Beeks and Eric Neilson.

Entry to the concert is granted by bringing a non-perishable food item, which will be donated to the Good Shepherd Food Pantry in El Cajon.

On the fourth Saturday of the month, from 9:30 - 11 a.m., indie folk band Enter the Blue Sky will perform during the SCCG's Produce

Swap and Music Share. The band is composed of award-winning vocalist and songwriter Sandé Lollis, viola player Karen Childress-Evans and backing vocalist Tina Dee.

Lollis, who also organizes the musical talent for the Stuff the Pantry concert, explained her reasoning for wanting to share her music, as well as the talent of others, in the garden while supporting a charitable cause.

"These concerts offer people enjoyment, but it also gives them the opportunity to share for themselves," Lollis said. "It offers them a chance to be a part of a bigger program, to be part of a solution."

"Our first Stuff the Pantry summer concert produced more than 75 pounds of food for Good Shepherd Food Pantry. We hope the community will come out to enjoy our summer concerts and bring more food donations to help us make a difference for those in need."

Additional information about the SCCG summer programs can be found at: sancarloscommunitygarden.com/.

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News briefs

CONTINUED FROM Page 10

team all-league honors her junior and senior year. Her overall contribution to the team was integral to this year's CIF Championship, the first in program history.

Her academic excellence mirrored her performance on the field. In her time at Patrick Henry, Konig

took six AP classes, received the AP Scholar Award, was Honor Roll all four years and carried a 4.55 GPA.

Konig will continue her education at San Diego State University where she will study Kinesiology Pre-PT with the goal of earning her PhD in Physical Therapy or Physician Assistant.

On the boys' side, the nominations for the award included:

- Ryan Lefler (Soccer)

- George Reinig (Cross Country & Track)

- Ian Prunty (Cross Country & Track)

- Sean Boyd (Soccer)

- Aedyn Jamison (Wrestling)

- Donte Wyatt Jr. (Cross Country & Track)

- Paul Uong (Tennis)

On the football field, Nouredine was a 3-time first team all-league selection leading the team to

back-to-back league titles as well as the first CIF Championship in program history. His endless energy and toughness found him playing on both sides of the ball making big plays on offense and defense.

He brought his leadership skills to the basketball and volleyball courts earning most improved as well as the heart and hustle award.

His commitment to excellence extends to the classroom and campus.

Nouredine's overall GPA of 3.91 has earned him all-academic team awards every varsity season. His leadership extended to his involvement in ASB, you could even find him behind the microphone announcing sporting events.

Nouredine will continue his education at San Diego State University where he will study sports medicine with the goal of continuing to chiropractic school.



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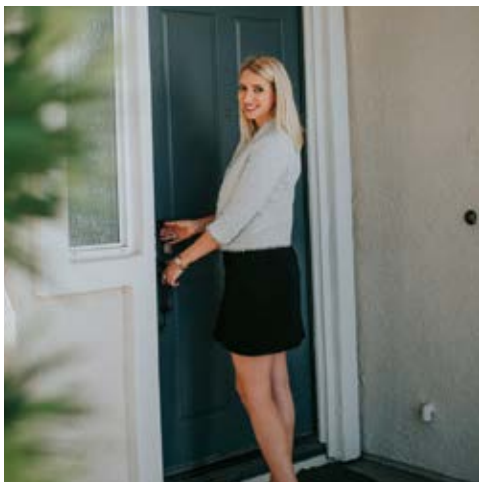
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