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 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 College, will focus on architecture during his college years.

PHOTO CREDIT: Pxabay.com

SEE SANDAG, Page 8
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.

Is there a reliable, peaceful alternative to MAID that allows you to end your life when you decide it is no longer worth living?

The Hemlock Society of San Diego invites you to a presentation by Final Exit Network, whose primary purpose is to educate individuals with incurable diseases and irremediable suffering how to end their lives peacefully.

Sunday, July 16th, 1:30pm PST
Free on ZOOM Register at our website hemlocksocietysandiego.org
Visit Hemlock Society of San Diego on their Facebook and YouTube channel

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

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 McGuig.

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 recent with three of the candidates via email for a Q&A. We did not hear back from McGuigg 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.

Reichert: Homelessness shows for every 10 among the Regional Task Force on 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
spiraling out of control and city
no-cost homelessness solutions.
providers to provide low-cost to
developers and housing service
sides, encouraging non-profit
be used for donations or sub
County-owned land that can
County review all opportunities
aging every tool in our toolbox.
the region accountable for lever
state and federal levels, and hold
working with my peers at the
istered population. I will continue
case workers to assist the unshel
the supply of shelter beds, per
would continue championing
these issues. At the County, I
coordination necessary to solve
needed to facilitate the regional
race that has the proven expertise
environmental sustainability, it
come housing is included in new
ensure low- and very-low-in
prosperous.
Affordable housing and eco
emissions associated with long
San Diego completely unaf
highways.
also significantly reduce carbon
workers to serve our residents but
will not only attract highly skilled
employment centers. By under
MTC: What can we do to pro
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 organiza
tion and successfully preserv
thousands of local jobs right
here in San Diego. The dedicated
people who serve us in essential
roles such as mental health, so
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 individu
Many county employees are
hard to find stable
Regional coordination
key, and requires an in-depth
knowledge of how municipal gov
ment 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, per
manent supportive housing, and
case workers to assist the unshel
tered population. I will continue
working with my peers at the
state and federal levels, and hold
the region accountable for lever
aging 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 sub
sidies, encouraging non-profit
developers and housing service
providers to provide low-cost to
no-cost homelessness solutions.
Goldbeck: Homelessness is
spiral 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 fight
ing to end veterans’ homelessness
and I’ll bring that leadership to
the County. First, I’ll put urgent
focus on getting unhoused se
niors and children off the street.
They need and want help now.
Second, it’s time to get serious
about ending the mass street en
campments. We all know what’s
necessary - more shelters, more
treatment, more safe camping
sites - but local politicians aren’t
gotting the job done. I will.
Montgomery Steppe: Affordable housing and eco
nomic opportunity are vital parts of my platform. There are
a few steps we can take to make our
region more affordable and pro
gressive.
To provide more affordable
housing, I support mandates to
ensure low- and very-low-in
come housing is included in new

A Trusted Name In San Diego For Over 65 Years

special report NOW.

27 Quick and Easy Fix Ups to Sell Your Home Fast and for Top Dollar

SAN DIEGO - Because your home may well be your largest asset,
selling it is probably one of the most important decisions you will
make in your life, and once you have made the decision, you’ll want
to sell your home for the highest price in the shortest time possible.
To assist homeowners, a new industry report has just been released
called “27 Valuable Tips That You Should Know to Get Your Home
Sold Fast and for Top Dollar.” It tackles the important issues you
need to know to make your home competitive in today’s tough,
aggressive marketplace.

Through these 27 tips you will discover how to protect and cap
italize on your most important investment, reduce stress, be in con
rol of your situation, and make the best profit possible.
In this report you’ll discover how to avoid financial disappoint
ment or worse, a financial disaster when selling your home. Using
a common-sense approach, you will get straight facts about what
make or break the sale of your home.

You owe it to yourself to learn how these important tips will give
you the competitive edge to get your home sold fast and for the
most amount of money.

To hear a brief recorded message about how to order your FREE
copy of this report, call toll-free 1-800-270-1494 and enter 1023.
You can call anytime, 24 hours a day, 7 days a week. Get your free
special report NOW.

SEE ELECTION, Page 4
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 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 businesses?

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 enforce- ment 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 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 to grow 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 the businesses 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 to create 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...
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 Schending”, 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)
Letters to the Editor

Dear Editor,

Margueram Park in San Carlos is a popular place for kids, dogs and adults. It usually feels clean and safe, but occasionally we notice more strange cars in the parking lot. I also noticed how there are single men that come around Musical to 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 in a parking lot, or even at a playground.

That is what I thought until I visited a playground in San Francisco last weekend. A sign clearly stated “adults must be accompanied by children”. Apparently, this is a city ordinance in many urban areas including Oakland and LA, and it appears to be a common-sense law that should be in San Diego. Anyone who has looked up sex offender registries knows that the risks associated with threats of the kind that our kids face.

We can’t make all places safe, but we can at least make our playgrounds safe. What do parents can bring their kids without the feeling that they have to leave due to harassment of adults there for the wrong reasons.

Sam Livin, 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.

This year, our dedicated volunteer committee takes on the immense responsibility of raising funds and coordinat- ing the incredible all-day extrav- aganza, which 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. This year, our event resulted in this year’s event surpassed a hundred thousand due to increased city permit fees and expenses.

As a result, a special thank you to the families who generously donated and the businesses that sponsored this year’s festivities. Despite the challenging times, 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 food stalls, including delicious cheesecake, pizza, BBQ, Dole Whips, and Strawberry Shortcake were among the favorites!

This year, the event had a strong commitment to the festival atmosphere in participating in the park, resulting in eye-catching performances by a talented family band from the neighborhood and even local icon with the San Diego Time Operator, Whiskey State of Mind, and Republic of Music created an unforgettable experience. The fireworks display was a real treat, it was a.cbo we 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 had to close our gates early and did not fully cover the cost of this event. If our community desires to continue this cherished event, we need to take a step up in a significant way.

Secondly, I must express my disappointment at the disrespectful behavior exhibited by a small group of parents who injected a spirit of change into our neighborhood, and including a trailing of a litter behind. We kindly ask anyone with information regarding the man 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 surpass attending 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 have left us, I hope that our efforts will serve as an inspiration to others to uphold these timeless traditions. To those individuals who displayed entitlement and disregard for our rules, I encourage you to reflect on your attendance at future events.

Serving as president for the past two years was an honor and a tremendous honor, and I eagerly anticipate witnessing the next committee. I wish you all the best.

Sam Livin, President

Letters to the Editor

Electors are some ideas you have to less- en it?

Reichert: Crime is a major problem in San Diego. The latest SANDAG report, released in May, reveals concerning trends in crime statistics for our communities. The SANDAG crime reports show a slight increase by 9% from 2021, vio- lent crimes against senior citi- zens were up 8% and robberies increased by 10%. These num- bers 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 un- ease walking in their own neighborhoods. While resi- dents 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 Starbuck had to close their doors recently to ensure the safety of their employees and patrons.

As a lifelong San Diegan, I am deeply invested in preserving the cultural richness of our city. That is why I am determined to prevent San Diego from experiencing the same challenges as cities like San Francisco, where homelessness and vag- abonds 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.

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 benefi- cial to pay our first responders a livable wage.

This would enable them to afford housing within the county they serve, without having to endure break-break- ing 65-hour workweeks. By providing our dedicated first responders with fair compensa- tion, we can address the staffing shortage by attracting the best police to serve and maintain a high level of public safety for all residents. We need to tackle crime. By prioritizing the safety and well-being of our neighborhoods, paying our first responders a livable wage, and increasing law enforcement staffing, we can proactively work towards creating a safer environment for everyone in San Diego.

Montgomery Stegge: One of my priorities for the re- gion is to build a holistic public safety ecosystem that properly funds our first responders while also investing resources in our community to mitigate and pre- vent public safety issues. That means funding wildfire mitigation and making land use decisions that genuinely con- sider wildfire risks. It means taking public safety through environmental design as we look to develop and restore commu- nities with green infrastructure programs, resources, and ser- vices. And, it means holding law enforcement accountable for fostering a more trusting and transparent relation- ship with community members in order to create a system where folks can feel safe reporting vi- olence and other threats.

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

Since joining the board in the creation of the “No Shots Fired” program in partnership with the San Diego Police Department, homicides in my district have decreased by 65% since 2021. We pushed hard for reforms and commu- nity 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 lead- ership that is willing to do the hard work and take the politi- cal hits. It will require a strong Board of Supervisors who is willing to stand up and head-on to make the change, and I am the only candidate in this race with a proven histo- ry of holding law enforcement accountable and supporting a more transparent and holistically about this issue.

Goldbeck: I’m a Marine Corps Veteran so there’s noth- ing more important to me than protecting everyone’s funda- mental safety and dignity.

I’m a Democrat and while I’m a Marine and while I’m a Democrat and while I’m a Democrat and while I’m a Democrat and while I’m a Democrat and while I’m a Democrat and while I’ve seen some in my party are pushing to defund the police, I couldn’t disagree more. We need more police, not less, to fight gun vi- olence, be it the rise in hate crimes and go after law enforce- ment dealers poisoning our kids. Of course, we must also advance smart reforms, like police ex- ception training, to ensure all San Diegans are treated equally under the law. But we don’t have enough votes to fight crime and protecting basic rights - we must do both. I’m proud to be Public Safety’s Choice - endorsed by our County Fire Chiefs and the unions and San Diegans Against Crime.
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 Cuppa Cuppa 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)

Coping with the Cold: Tips from Hallmark

Hallmark will release over 250 new 2023 Keepsake Ornaments with many Special Edition or Limited Quantity ornaments available! Turn in your Wish List before the Ornament Premiere to receive your FREE Father Christmas Tote Bag when you pick up your ornaments!

OUR KEEPSAKE ORNAMENT PREMIERE WILL BE JULY 15-22!

Hallmark will release over 250 new 2023 Keepsake Ornaments with many Special Edition or Limited Quantity ornaments available! Turn in your Wish List before the Ornament Premiere to receive your FREE Father Christmas Tote Bag when you pick up your ornaments!

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Mission Times Courier / College Times Courier

7
Incoming SDSU freshman awarded Palm Springs Modern Committee scholarship

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 gardens, 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)

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. Regan Russell, our CWPP goals to help protect the San Diego region’s homeless youth in need and to prevent and mitigate the San Diego region’s wildfire threat. Wildfire is a very real threat, especially as summer weather failures of SB9 and the future of affordable housing in our area. We also covered the urgency of a less 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.

Activities do not slow in College Area neighborhoods during summer

The following Monday, June 26, Mesa Colony had a visit from Sean Elov-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 urgency of a less 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.

Incoming SDSU freshman awarded Palm Springs Modern Committee scholarship

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.

The following Monday, June 26, Mesa Colony had a visit from Sean Elov-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 urgency of a less 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.

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. Regan Russell, our CWPP goals to help protect the San Diego region’s homeless youth in need and to prevent and mitigate the San Diego region’s wildfire threat. Wildfire is a very real threat, especially as summer weather failures of SB9 and the future of affordable housing in our area. We also covered the urgency of a less 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.
Community Page

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PHHS NAMES KONIG, NOUREDDINE SCHOLAR-ATHLETE WINNERS

Patrick Henry High School recently named Sarah Konig and Hassan Nooreddine, 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 athletes, 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:
- Kathryn Touchet (Cross Country & Track)
- Gwen Symington (Cheer)
- Rosa Brooks-Kamper (Cheer)
- Isabella Dean (Field Hockey)
- Anna Pallencoaee (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 Scholar-Athlete of the Year award.

PHHS Names Konig, Nooreddine Scholar-Athlete Winners

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, Buddhas images line one wall. Another wall is filled with greenery. A patio is adjacent to one wall. Another wall is filled with vegetables.

The menu is extensive and imaginative. For an appetizer try the “Peking Duck” or Satay “Chicken.” Another specialty is their Pho.

The Purple Mint, an Asian-inspired Vegan restaurant in the Grantville, Allied Gardens neighborhood.

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

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Purple Mint Restaurant is an Asian fusion cuisine vegan option

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Learn more about Balboa Park during July 19 council meeting

San Carlos Area Council
By MICKEY ZECHICK

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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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 successive 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 Hamill and Gala, and back. And School, went up Eldridge, across

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 Fouk, Lauren Maxilom, Rachel Teschter, Atria Lutz, Diana Robbins and Mariah Nissan, we are proud to report your efforts 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

Allied Gardens celebrates all that is Fourth of July

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Real Estate Update

By SARAH WARD

Expect the vacation rental debate to continue

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 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 and sellers of San Diego real estate, if they 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.

MORTGAGE RATES HEADED?

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MARKET REPORT (SINGLE FAMILY):

• College Area (92115): median price up 6% year over year to $906,000 and with 13 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@sarahwardsrealestate.com.

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Please Note: GetCareNow assigns you a time slot (based on availability) and reserves your space in line. While this reserves your spot in line in the emergency room, it does not guarantee you will be seen at this exact time due to patient volume and the varying urgency of medical needs.
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 you 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 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 to support the San Carlos Friends of the Library. If you have ever wondered how you could be more in involved in your community, come by and learn about a variety of community engagement opportunities.

If you have any questions, please contact the San Carlos 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.

The San Diego Public Library offers a variety of community engagement opportunities. Try to collect them all!

For more information, please visit sandiego.gov/public-library/kidsandteens/summerreading.

San Carlos Branch Library (Courtesy image)
Summertime in the San Carlos Community 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 new generations 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 kid,” Walsingham said. “It’s really been together really well and now the garden offers so many different events for the community. It’s cool to see a part of it and help it grow even more.”

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 Sandi 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/.

COMMUNITY CLASSIFIEDS

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Noureeddine’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. Noureddine 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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