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Are you ready for some football?

With school right around the corner, fall athletes are preparing for the upcoming season. The Patrick Henry High School football team kicks off its regular season slate on Friday, Aug. 18 at home versus Saints. Among the Patriots ready to tackle the new season are (L-R): Joaquin Bracamontes, Koa Altmeyer, Vincent Li, AJ Harris, and Kaeden Wilt. (Courtesy photo)

## MTRP Foundation offers Eco Ambassadors Program to teens – application deadline Aug. 15

The Mission Trails Regional Park (MTRP) Foundation, the nonprofit working in partnership with the City of San Diego to preserve and improve Mission Trails, invites teens to apply for its second Eco Ambassadors programming session.

Applications for the Fall 2023 cohort are now open and will be accepted through Aug. 15.

The free program was created for teens interested in nature, the environment, and the interconnectedness of the world around them.

In June, the Foundation “graduated” its first group of Eco Ambassadors. Over the course of a few months, 20 teens from several local high schools hit the trails, heard from experts on nature-related topics, and explored careers

focused on conservation and the climate.

The Eco Ambassadors program is free and open to high school students in San Diego County.

The program will take place at Mission Trails on Sunday afternoons from mid-September through early November, and participants will earn an Eco Ambassador certificate at the conclusion of the program.

Link to Eco Ambassadors application: [docs.google.com/forms/d/e/1FAIpQLSezuDzTr-OJQOYx1YTG6pLZZetNKX\\_-mK-BOWR8f7laenfBjVA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSezuDzTr-OJQOYx1YTG6pLZZetNKX_-mK-BOWR8f7laenfBjVA/viewform).

For more information, contact Alissa Lustgarten at: [alustgarten@mtrp.org](mailto:alustgarten@mtrp.org).



The Eco Ambassadors Program is a good opportunity for teens to get closer to nature. (Courtesy photo)



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FREE MOVIE SCREENING

## Taking Dementia on the Road



The Hemlock Society of San Diego presents a free screening of "Supernova," a right-to-die film starring Stanley Tucci and Colin Firth, a loving gay couple who embark on a road trip before dementia overtakes one of them. Followed by a discussion.

**Free showing! August 20th, 1:30pm PST**  
MISSION VALLEY LIBRARY, 2123 FENTON PARKWAY  
[hemlocksocietysandiego.org](http://hemlocksocietysandiego.org)  
Visit Hemlock Society of San Diego on their Facebook and YouTube channel

# Specials

August 9th, 2023 through September 4th, 2023 or while supplies last

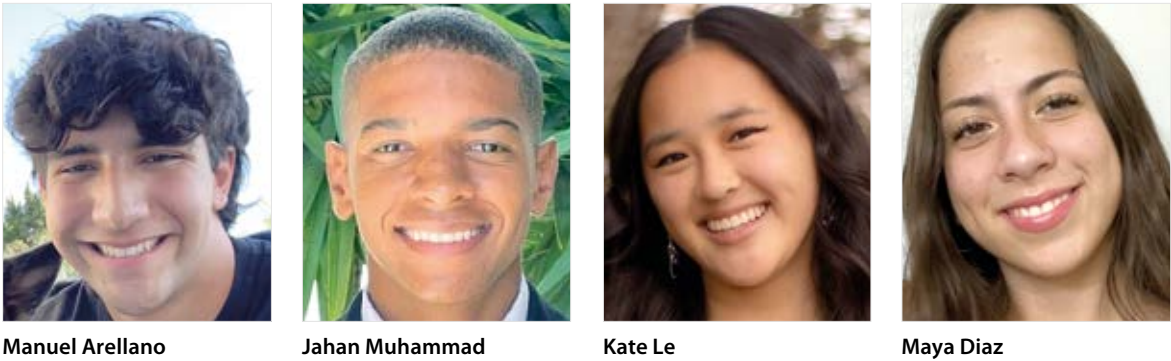
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## Patrick Henry High School seniors ready for final year

By DAVE THOMAS

Given how fast summer tends to fly by, it should not be a surprise that the start of the 2023-24 school year is right around the corner.

With that in mind, several Patrick Henry High School seniors were asked their thoughts on the upcoming school year (classes begin Aug. 21).

We spoke with Manuel Arellano, Jahan Muhammad, Kate Le and Maya Diaz.

**Mission Times Courier:** How excited are you to go back to school for the final time at Patrick Henry?

**Manuel Arellano:** As an incoming senior, going back to school for my final year at Patrick Henry is exciting, but it does make me realize how fast I've grown and matured since my freshman year. I am excited about what Patrick Henry has to offer this upcoming year and even more excited for what my future holds.

**Jahan Muhammad:** I am very excited to go back to school for my last year. This year I'm going to get to enjoy a second year of ceramics and more electives that I'm interested in. I also chose to take AP calculus, but I believe that I'm ready for the challenge. I also can't wait to participate in all the senior activities as I would always hear about how much fun they were.

**Kate Le:** I'm really looking forward to this school year. My "last first day" is a bewildering concept but I'm genuinely excited to see what this year brings us. Being the ASB president this year, there's a lot to do but I look

forward to helping plan our senior activities and everything in between. I know senior year might be stressful and a lot to juggle but the thought of starting a new chapter in our lives is exciting. I'm happy to be moving onto other things, even though it's sort of bittersweet to think about how it's the last time we'll all be together. Looking back, each school year couldn't go by any slower but in hindsight, these last 4 years went quicker than I expected. School has been such a large part of my life for so long, it'll be weird moving on to something different.

**Maya Diaz:** I am extremely excited to attend high school one last time before I reach "adulthood." As a senior, you get to experience a lot more than you would in your past three years and our school does a really good job at making sure the seniors get these opportunities and experiences. I recently stepped out of my comfort zone and joined ASB and became the commissioner of Link Crew, and with these new responsibilities I hope to make a positive impact on the student community one last time.

**MTC:** What are some goals you want to achieve in your senior year?

**Arellano:** In my senior year, there are several goals I want to achieve to make the most of my final year at Patrick Henry. Here are a few examples: 1. Academic Excellence: Strive to maintain a high GPA and challenge myself with advanced courses or special projects. Aiming to finish my high school education on a solid academic note; 2. College Prep: Focus on researching and applying to colleges or universities that align

with my architectural interests and aspirations. Seek guidance from my school's helpful teachers and lovely counselor Ms. Labe and work on crafting compelling college applications; 3. Leadership and Involvement: Engage in extracurricular activities like clubs and year-round sports where I can take on leadership roles or contribute meaningfully; 4. Networking and Relationships: Foster meaningful connections with teachers, mentors, sports coaches, and fellow students. Building strong relationships that can provide opportunities for personal growth, recommendations, and potential collaborations in the future.

**Muhammad:** A big goal that I want to achieve is to maintain attendance in my club successfully. Last year at our first meeting we saw a huge crowd of more than 100 people who showed up in the library to our first club meeting. Afterward, with each meeting, it got smaller, and I did not like to see this because this carried over to our events with small amounts of the same people going to them. Another goal that I want to achieve this year is to enjoy myself to the fullest. I recently got my driver's license allowing me to be with friends without being forced to rely on my dad for transportation. Something I could do with this is to do a hobby other than tennis.

**Le:** Besides the most important goals of graduating and getting into a good college, I would love to make this an impactful year for everyone. I am in the incoming ASB president and our last ASB

SEE PHHS SENIORS, Page 3

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# PHHS Seniors

CONTINUED FROM Page 2

president set the bar pretty high, so I would love to be able to step it up even further. I'm working towards strengthening our campus culture and improving efficiency with our spirit events. Other goals I have include building on school spirit, continuing to refine our dances, and having as much as fun as I can with everyone before we all move on to a new part of our lives. However, my most crucial goal will always be preparing for my future and ensuring that I achieve all my long term goals.

**Diaz:** An overall goal is to really make this year count. I want to step out of my comfort zone in any way possible and not let fear hold me back this year. Every opportunity I am given to have fun and make a difference, I am going to take. My biggest goal however is to get accepted into my dream college(s) of course, depending on what four year college I get into will really set me up to make the most of some of (what could be) my last moments in San Diego/California.

**MTC:** What are some memories you have up to now of your time at Patrick Henry?

**Arellano:** For as long as I could remember, I wanted to attend a different high school; I thought Patrick Henry would never be a good fit for me. I gave my parents a hard time, and I feel horrible because of it. Now I couldn't be

more grateful for choosing Patrick Henry. From the fun engineering classes and clubs to the year-round sports with such charismatic teammates. The laughs and stomach cramps we all get from laughing too hard are something I will forever miss. There is a community for anyone and everyone at Patrick Henry, and you just have to look for it.

**Muhammad:** In my junior year, I had for the first time raised my hand to try to be picked for the pep rally mini games. In this game, we were tasked with transferring water from one bucket to another using only a sponge. As I ran up and down the stairs I could hear my name being shouted from within the crowd. It surprised me how many people knew me at school. At the end, we compared the amounts, to the other competitors by getting up on the stage with my bucket of water in front of the whole school. Usually, I am a pretty quiet person, but I thought the whole experience was pretty exhilarating. I also remember my first tennis match with the team. Going into the game I had some anxiety because I had never done a match like this before, a lot of people were watching, and I had this horrible thought of what would everyone think if I had lost. One of the things I did to get rid of this feeling was to eat the great snacks my teammate's parents always brought. The food helped calm my nerves and, in the end, we won the match easily. Another memory I have is of a field trip I went on to the North

Island Naval Air Station, provided by Henry's ROTC unit. It was a breathtaking experience being allowed to use the expensive helicopter simulator. We were also given a tour of the facilities where they did maintenance on the aircraft. My dreams of being a pilot made this one of the best school trips that I had ever been on.

**Le:** I think the ever infamous, post-homecoming Patriot Plague will be a story I tell for the rest of my life. Homecoming is such a large event at our school, and ASB worked incredibly hard to put it all together. We were all so excited for that night but no one expected over half the school to be taken out by some illness only a few days later. We made national news and were on the San Diego headlines for a good couple weeks. In addition to that, all the rumors that circulated around the school about how it happened was absurd and entertaining in itself. It was rough in the moment, but as a collective negative experience, I'm glad we can all look back on it and laugh. I hope to never experience that again though.

**Diaz:** My most favorite times ever spent at this high school would have to be the football games. The students come together so well and have so much fun (even when we are losing). Even at the end of a long night, students will still gather at a Denny's or In-N-Out and reminisce on the fun we had. Another overall experience

SEE PHHS SENIORS, Page 4

## Homesellers: How to Get the Price You Want and Need

San Diego - When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range before they're even given a chance of showing.

Your asking price is often your home's "first impression", and if you want to realize the most money you can for your home, it's imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeseller as pricing too low. Taking a look at what homes in your neighborhood have sold for is only a small part of the process, and on it's own is not nearly enough to help you make the best decision. A recently study, which compiles 10 years of industry research, has resulted in a new special report entitled "Homesellers: How to Get the Price You Want (and Need)". This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but sell for the price you want.

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 1016. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how to price your home to your maximum financial advantage.

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# We bought the lot in preparation of building new San Carlos Branch Library

San Carlos Area Council  
By MICKEY ZEICHICK



The City of San Diego has purchased the lot on the NW corner of Jackson Drive and Golfcrest Drive.

On Saturday, Aug. 5, a special Navajo Area Community meeting was held, with Congresswoman Sara Jacobs, Mayor Todd Gloria, and City Councilmember Raul Campillo among the dignitaries. Our very own, and favorite Branch Librarian, David Ege, was the MC.

This was the second Navajo Area Community meeting that the San Carlos Branch Library has held, and the purpose, other than to announce that we BOUGHT THE LOT, is to let you know about the many groups in our area and how you can be more involved in your community e.g. SCAC, Kiwanis, NCPI, Allied-Gardens, Grantville Community Council, San Carlos Community Garden, to name a few.

At our July SCAC meeting, our guest speaker was Shanti Hofshi. Hofshi is a member of the Executive Board of the House of Pacific Relations (HPR) in Balboa Park (BP) and is President of the House of Ireland one of

the International Cottages and Houses within BP.

Hofshi entertained us with his wit and his soft manner in describing how HPR was devised during the gloomy days leading up to WWII as a means to promote pacific (meaning “peaceful” in character or intent) relations among many fracture ethnic groups in the 1930s.

As the spirit of peaceful mission captured in its name, the HPR is a place to invite nations “to live together and play together in the spirit of good fellowship that can knit them together more closely than societies that use the form of debate to provoke disagreements. Cohabiting in a small corner of the park, volunteering side by side, the HPR members shared their cultures – music, dance, art, and food – with each other and the community as a whole while cultivating tolerance, mutual trust, and solidarity in and outside the organization. The HPR cottages have been an integral part of BP since 1935.

The HPR International Cottages in Balboa Park represents 31 countries and cultures. For a complete list of the countries and cultures please go to the website (listed below).

The Cottages are open nearly every Saturday and Sunday

during the year and often some of the Cottages are open on the 4th Tuesday of the month – especially for school field trips and the general public Cottages offer programs on selected Saturdays and Sundays throughout the year, featuring food, music, dance and other entertainment from the host cultures.

On a Sunday in May each year, the cottages showcase popular food from their cultures. Keep an eye on our web site for the 2024 date. This is called the Ethnic Food Fair.

As part of Balboa Park’s December Nights, the cottages will be serving foods from their respective cultures and hosting an International Spirit Garden with drinks from around the world. December Nights is the first Friday/Saturday in December. Special Activities - Some cottages also offer activities such as art projects and language classes and sponsor special events such as concerts throughout the year.

To quote Mr. Franklin D. Roosevelt, the 32nd President of the U. S. “This organization must never be allowed to die, and must be perpetuated” in hope to continually preserve its non-partisan/political, non-dissident mission of the HPR.

The latest info on our cottages and programs can be found

on our web site (sdhpr.org), Facebook(facebook.com/internationalcottages) Instagram (instagram.com/hprinternationalcottages.sd).

The speaker for our September meeting will be the State Assemblyman for District 78, Christopher Ward. More about the Assemblyman in our September article.

We are still looking for a few folks to help put out the American flags along Navajo Rd. this is an endeavor that the SCAC has performed for many years. The flags are displayed from morning to evening, on the various days of special attention.

Please 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.

The next meeting of the SCAC will be held Sept. 20 at the San Carlos Branch Library, 6:30 to 8 p.m. 7265 Jackson Drive.

My contact information is: SanCarlosAreaCouncilPres@gmail.com.

## PHHS Seniors

CONTINUED FROM Page 3

I will never take for granted is the countless amazing teachers and staff that have guided me towards success and have rooted for me since the day they knew I was on their roster. I’ve made lifetime mentors that I would never be able to replace as they’ve all made such a positive impact on my life. (Shoutout to: Mr. Ferro, Mrs. Robinson, Mr. Bolton, Mrs. Oberlander, Mr. Schoettler & many others!)

**MTC:** What are your plans after Patrick Henry?

**Arellano:** After graduating from Patrick Henry, I plan to hopefully attend Cal Poly San Luis Obispo, get a Bachelor of Arts in Architecture there, and preferably study abroad in Florence, Italy, for my Master’s Degree in Architecture. Of course, this is not easy to achieve, and it would be costly, but I am confident that my perseverance and discipline, along with the resources I’ve been blessed with at Patrick Henry, will take me all the way.

**Muhammad:** The plan I have after Patrick Henry is to go to a 4-year college, and major in aerospace engineering. At the moment I will be applying to SDSU and ASU. There are still many other colleges that I’m considering. Something that I want to do outside of education is to travel and go to new places and check out cultures that I have never experienced.

**Le:** The goal is to attend a 4-year university and then further my education by applying to medical school and pursuing a doctorate in a specialized field. I’d like to attend college somewhere up north, but wouldn’t mind if I end up in San Diego for a few more years. I’d also love to study abroad in Europe or Asia at some point while in college. Traveling is a big goal of mine so why not hit two birds with one stone if that means I get to see the world and pursue my education at the same time.

**Diaz:** I am looking to jump straight to a 4-year college in hopes of leaving California/San Diego. Looking out-of-state I am interested in colleges like BU, UW, ASU, etc. I have lived in this city for over (what will be) 18 years and I’ve wanted for years to get out, explore somewhere different and start fresh. These next four years I have the freedom and opportunity to do so much more with my life and I am gladly going to use my time and make a positive impact in not only my life but others. I have taken interest in a couple majors/dream jobs one being graphic design in which there are numerous out of state schools that would fulfill this experience. I also have a passion for sports (specifically baseball) and with my communication and math skills I think an analyst or on field reporter would make an impact as there is a lack of women in sports. Even a combination of both would excite me for years to come.

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# NCP to meet on plans for All Peoples Church

**Friends of Del Cerro**  
By JAY WILSON

The Navajo Community Planners has scheduled a special meeting on Monday, Aug. 21 for a presentation and then to vote on, the All Peoples Church. The church wants to build a structure on land it owns near I-8 and College Avenue.

The meeting will be held at The Tifereth Israel Synagogue in San Carlos from 6:30 to 8:30 p.m. Enter the parking lot from Tommy Street which is at the very west end of Tommy Drive.

Jackie O'Connor, the president of the Friends of Del Cerro (FODC) reports the street sign at Margerum and Navajo Road has been replaced.

This is another "Get It Done" request submitted to the city by the FODC on behalf of a resident of Del Cerro.

O'Connor stated, "We have three more pending; Replacement of two faded street signs on Adobe Falls Road, removal of a dead tree in the median on Del Cerro Blvd. just west of College Avenue, and a sidewalk repair on Arno Drive. If you have a city related item which needs to be reported, you may submit it yourself using the city's "Get It Done" app or emailing the matter to FODC at [info@friendsofdelcerro.org](mailto:info@friendsofdelcerro.org)."

The FODC are continuing to expand their partnership with SDSU.

We have been asked to submit projects we are considering which would benefit from having an intern from SDSU work with us to gather useful information and provide an opportunity for students to hone their skills relating to their professional goals. These will be directed to enhance our efforts to improve the safety of Del Cerro and continuing our efforts of beautification and community cohesiveness.

In the May issue, we asked you to let us know what you would like to see improved in Del Cerro.

The most responses were for the improvement of the medians on College Avenue. The community improvement committee for the FODC is exploring options which we will be presenting to the community in the next few months.

On July 15, the "vintage mothers of Hearst Elementary" held a garage sale to benefit the firefighters of the San Diego Fire-Rescue Department's Engine Company 31 in Del Cerro. The city's Fire-Rescue Department is on a mission to provide a special tourniquet device for each firefighter to carry with them out in the field, saving time and lives.

The San Diego Fire-Rescue Department (SDFD) has issued the following statement. "The department has come a long way in its

approach to wild-land firefighting, but the tactics used to establish perimeter control lines around fires can still put firefighters at risk. Thankfully, they've undergone training in tourniquet application to better protect themselves and their fellow firefighters. But every second counts in an emergency, which is why supplying every firefighter with a combat application tourniquet could be a crucial and potentially life-saving measure. The San Diego Fire-Rescue Foundation aims to purchase

1,000 of these tourniquets to ensure that every SDFD firefighter has one on hand during wild-land firefighting operations to mitigate the risk of serious injury or death. Our firefighters do so much for us, it's time we invested in their safety as well."

This community fundraiser benefitting the San Diego Fire-Rescue Department was put together by Pam Stafford, Mary Roberts, Jane Klofkorn, and Jackie O'Connor. Jane and Jackie are members of the FODC. The

garage sale raised \$700.00, and all the money was donated to the San Diego Fire-Rescue Foundation to purchase the special tourniquets for the firefighters at Engine Company 31 in Del Cerro.

The next free First Friday summer concert on the lawn at the Allied Gardens Recreation Center will feature BETA MAXX "The '80's never go out of style!" from 6 to 8 p.m. on Sept. 1.

For more information on the summer concert series, visit their website at [afirstfridays.com](http://afirstfridays.com).

## New turf takes shape at Patrick Henry High School



Some fall sports at Patrick Henry High School will get to take advantage of the recently installed new turf at the stadium. According to PHHS Athletic Director Cody Clark, the new turf looks incredible. "We are very excited for all our fall athletes to have the opportunity to get on a brand new field," Clark noted. The new field includes permanent field hockey, boys lacrosse and girls lacrosse lines. There is also alternate shading between lighter and darker green every five yards which really adds a unique look. (Courtesy photo)

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# 3 reasons your child's back-to-school physical is perfect time to talk mental health

By FREDERICK KUO

When it comes to your child's overall health, well-child visits are the perfect time to ensure your child's holistic development is progressing as it should.

With back-to-school season ready to begin, now is the perfect time to discuss your child's physical and mental health with their pediatrician or your family doctor.

## WHAT IS A WELL-CHILD VISIT?

A well-child visit, sometimes referred to as a physical, is an annual appointment in which your child's physician assesses their growth and development.

These check-ups typically consist of:

- Physical examination, including assessing their growth and development
- Routine immunizations to prevent diseases like measles, polio, hepatitis B, chickenpox, whooping cough, and other serious diseases.
- Hearing and vision tests
- An opportune time to have your child's sports physical forms signed and address any sports-related concerns such as prior injuries
- And a mental health screening

## WHEN DO I SCHEDULE A WELL-CHILD VISIT?

Don't wait, schedule the appointment today as your pediatrician's schedule will fill up fast in August and September.

For younger children, these appointments typically occur right after their birthday, but as they age, they may begin seeing their doctor closer to the start of the school year, as older kids and teenagers may also need to have physical forms in order to participate in sports.

Additionally, receiving routine immunizations helps your child's immune system build the antibodies to help protect them from contagious diseases such as Influenza, Mumps, Measles, and Tetanus. Your child's doctor will know which immunizations are appropriate for their age, and don't be afraid to ask questions. You can refer to the full list of child and adolescent vaccines recommended by the Centers for Disease Control.

## WHY DISCUSS MENTAL HEALTH AT YOUR NEXT WELL-CHILD VISIT?

Just as children can learn to understand medical problems that affect their bodies – like how asthma can make their lungs tighten and it can be helpful to use an inhaler to help them breathe more easily -- parents and doctors can help them

understand that mental health concerns are just as important as physical concerns. Here's why that's so important:

1. **There has been a sharp increase in adolescent mental health issues in recent years.** It's no secret that the COVID-19 pandemic was a source of stress for many. According to a 2022 set of data collected by the CDC, more than 37% of high school students reported experiencing poor mental health during the pandemic, with an additional 44% reporting they felt persistently sad or hopeless over the past year.
2. **Many young people don't receive treatment.** Talking about mental health can seem daunting or confusing, especially for kids. For example, Mental Health America reports that about 60% of youth with major depression don't receive treatment, even in states with higher access to mental health services.
3. **If left untreated, adolescent mental health issues can carry into adulthood.** Mental health during adolescence has a greater bearing on one's adult life than many people realize. CDC data on children's mental health show that diagnoses of ADHD, anxiety, depression, and other mental disorders become increasingly prevalent with age, and behavioral problems are more common among



Dr. Frederick Kuo believes back-to-school physicals are the perfect time for a mental health discussion. (Courtesy photo)

adolescents aged 6-11 than older or younger children.

School is a challenging enough environment as it is, so be sure to talk to your child's doctor about changes in mood, behavior, academic performance or disposition to better ensure their needs are addressed and their concerns are heard, giving your child the skills to excel both inside and outside the classroom.

Most health insurance plans cover well-child visits. If you have any questions, call the number on your insurance card for more information.

To learn more about preventive care for your child or to download a well-child visit checklist, visit UHC.com.

—Dr. Frederick Kuo is chief medical officer at UnitedHealthcare of California.

## Letters to the Editor

Dear Editor,

I live a block south of a drainage ditch and my neighbors are not even aware of the ditch and it's problem.

I became aware of the ditch when I walked my dog on the path parallel to the ditch. About 12 years ago the ditch was relatively clean, it only had trash thrown over the fence by the kids that use the path to get to the San Carlos Recreation Center.

Over the course of about a year I noticed that there was more and more vegetation growing in the bottom of the ditch. I contacted the city department called Storm Water. Shortly thereafter I met with a foreman by the name of Bill Tamargo at the drainage ditch. He had his crew cleared all the vegetation and trash.

I assumed Storm Water would occasionally check the ditch and keep it clear of trash and vegetation. This did not happen because the vegetation re grew. Since then I have occasionally written the Storm Water Department but not much has ever done by them to keep the ditch clear.

The one time I did get the ditch completely clear of all trash and vegetation was with the help of



This drainage ditch area in one San Carlos neighborhood has become an issue with backups. (Courtesy photo)

the Councilperson for Council District 7, Marti Emerald. I happened to catch her at the San Carlos Recreation Center and mentioned the clogged ditch to her. Since we were only about 50 yards away she asked to see what I was talking about. She walked along the ditch with me and agreed it needed cleaning. She said "I'll take care of this". A few months later a city crew showed up in the parking lot and started unloading equipment. They had a Bobcat that scooped up all the vegetation. A skip-loader then dumped the vegetation into one of two waiting dump trucks. A

crew of about six workers clipped the vegetation growing down the sides of the ditch. When they were finished you could roll a marble from the east end of the ditch to the west end.

Currently the ditch is clogged and water can barely get from one end of the ditch to the other. At the height of my frustration with Storm Water I deleted all my correspondence with them because they didn't seem to care.

I encountered further frustration when I contacted my Councilman. He has assistants that handle problems in each neighborhoods of his district. The persons I have contacted in the past have always been very polite, but not very sympathetic. I wonder if my councilman even saw any of the emails I sent.

I'm hoping that the Storm Water Department will address the current situation and put the drainage ditch on an inspection and cleaning schedule.

Regards,  
Chuck Carter  
San Carlos

.....

**Dear Editor,**  
The day I became an amputee my life changed forever. I was

instantly faced with a whirlwind of changes, and I became extremely dependent on my medication to manage my condition.

Given how reliant I am on my prescriptions, I am especially concerned about pharmacy benefit managers (PMBs). Simply put, they do not care about people like me. The issues I face on a day-to-day basis are not top of mind for them. Instead, their priority is ensuring they make the most of my situation.

Currently, PBMs are compensated based on the price of medications, meaning they prefer for patients to use treatments that cost the most so they can make the most. PBMs have even prevented patients from accessing medicines their doctors recommended because it would not give them more profit gains.

For people like me, this could be devastating, which is why I am hopeful lawmakers choose to support the DRUG Act and implement PBM reform.

This bill can help fix these issues and provide the necessary federal oversight and reform on PBMs that Californians need.

Sincerely,  
Robert MacFarlane  
San Diego

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# AGGCC now meets first Monday of month and in hybrid format

Allied Gardens/Grantville

By SHAIN HAUG



The Allied Gardens/Grantville Community Council (AGGCC) now meets on the first Monday of each month (except holidays) at 6 p.m. at the Benjamin Library, 5188 Zion Avenue.

The meetings are now in hybrid format with in-person and remote attendance. Hybrid meetings used to be clumsy and less than embrace. But Benjamin Library has the equipment and the staff has the expertise that gives us a fully inclusive format for those present in-person and those attending remotely. Our thanks to the welcome and support we receive from Branch Manager Ann Gomez, and staff members Kevin Tran and Dave Cederholm.

We need our readers to understand what this Community Council does and attempts to do.

The following is the statement of objectives from the Council's governing document:

"The objectives of the AGGCC are to represent the interests of the community in a non-partisan, non-political, non-sectarian manner and without discrimination against any person or persons by reason of race, color, gender, creed or national origin. The presentation of public forums, lectures or panels on pertinent subjects will enable members to form individual opinions, to convey the wishes of the corporation members to

their elected officials and to provide for the protection and development of the community."

With this objective statement as our guide our work includes participation in the preservation of Navajo Canyon, support in tree planting, conduct of the annual Holiday Festival, and maintenance of the holiday lighting at the fly-over bridge and the Triangle.

In town hall meetings we attempt to bring you information of current importance and we try to keep you up to date through our website. Three of our Board members represent Allied Gardens on the Navajo Community Planners, Inc. where we work diligently on issues relative to the integrity of the neighborhood.

We are in regular communication with our Councilmember's staff. We send the members of our contact list emails relative to matters of interest and concern. Every other month we publish electronically a Newsletter; those of you who have seen it will agree that it provides essential information not otherwise readily available.

But I have to be frank with you. The members of the Board have been here a long time without the help of new folks with new ideas and with new concerns and with new energy.

Our ability to provide services to our community is much diminished by our fatigue. There is so much that needs to be done and us old timers could sure use some help. We don't ask too much

in the way of blood, sweat, and tears. As mentioned above, the Board meets once a month (Board members often attend remotely) to report to the community and to refine the continuation of our projects. Generally, from month to

month each Board member concentrates on a matter of interest, often something they brought to the Council.

"Community" is best defined as, "...a feeling of fellowship with others as a result of sharing common

attitudes, interests, and goals..." Join us.

We can be reached through our website at [aggccouncil.org](http://aggccouncil.org) by clicking on the "Contact Us" link.

We think that you will find the work rewarding.

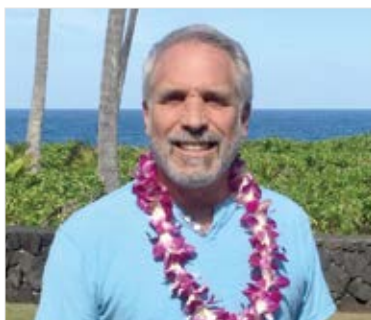
## Local treasure Dr. Douglas Grosmark retires after 34 years of service to Del Cerro

A beloved figure in the community and a skilled dentist, Dr. Douglas Grosmark, will soon bid farewell to his long and illustrious career as he embraces his well-deserved retirement. The Del Cerro community comes together to extend heartfelt congratulations to Dr. Grosmark and to express gratitude for his exceptional contributions to the area.

Dr. Grosmark, fondly known as Dr. "G," has been an integral part of the Del Cerro community for over three decades, serving as a sole practitioner in the field of dentistry. After completing his undergraduate education at UC Irvine in 1981, he earned his degree from Tufts University School of Dental Medicine in 1985. Over the years, he has treated patients spanning a wide age range, from two-year-olds to centenarians, demonstrating his commitment to providing comprehensive dental care for all.

### LEGACY OF DEDICATION

Dr. Grosmark's dedication to his patients goes beyond the dental chair. He has been actively



Dr. Douglas Grosmark

involved in various community initiatives, leaving a lasting impact on the lives of those around him. One patient, Minda Merrow, praises Dr. Grosmark's gold-star approach to patient care and his extensive involvement with the local neighborhood. Notably, he has been instrumental in supporting local elementary schools through gardening projects and collaborating with the local Kiwanis Club to honor students of the month.

The Handler Family also shares their appreciation for Dr. Grosmark's warm and welcoming demeanor, which has eased the nerves of

SEE GROSMARK, Page 15

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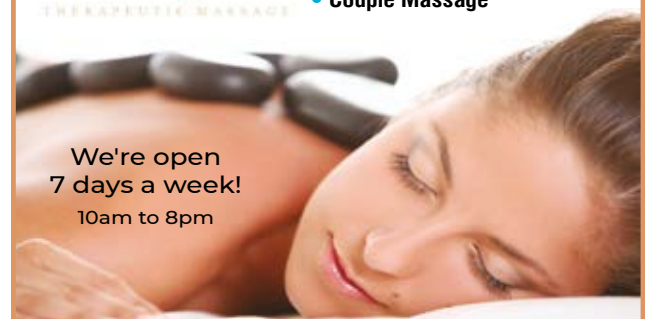
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# SDSU students are anticipating new academic year

By NOAH LYONS

As summer winds down, San Diego State University students and faculty are preparing for the upcoming fall semester.

The new academic school year, which starts on Aug. 21, will feature many of the same amenities from previous years, as well as some exciting new additions to the campus.

One of the newest additions to the school is Ellen Ochoa Pavilion.

Previously named “West Commons,” the area pays tribute to Ochoa, who became the first Hispanic woman to visit space in 1993. The renaming ceremony for the La Mesa native and SDSU grad took place in early May.

Other SDSU developments include the donation of more than 20,000 Idea and Design Works (IDW) items to the school library, Shaun Cole’s new role as the men’s baseball head coach and Gregory L. Murphy’s inaugural year as the school’s Chief of Police.

The university will once again be hosting Aztec Nights, a wide array of late-night events taking place during the fall semester.



Fall semester classes begin at SDSU on Aug. 21. (Photo by Natali Gonzalez)

SDSU Go!, a series of field trips, serves as another free resource for students to explore San Diego and meet their peers.

SDSU’s 2023-2024 academic year will also be notable for its sporting events.

Some of the biggest SDSU storylines in this past school year had to do with the success of the men’s basketball team, which played in the national championship and broke countless March Madness brackets. They will return with high expectations and a group of

transfer students, including USC’s Reese Dixon-Waters and Campbell University’s Jay Pal.

SDSU excelled in other sports too, with a conference-leading six championships in 2022-2023.

While action on the field is sure to thrill students, many are excited for what their classes and extracurricular activities can offer.

One of the clubs on campus is KCR college radio, which offers students an opportunity to record podcasts, host radio shows and play music as a DJ.

Jimmy Falvey, a third-year marketing major, found that KCR gives students an outlet for their creativity and an opportunity to form lasting connections amidst his increased course load.

“I’m looking forward to seeing all my friends that I met last semester through KCR again,” Falvey said. “It’s been so long (since spring) and we didn’t have enough time last semester to bond. Also I’m starting my upper division classes. (It is) a welcome, but scary change.”

A newer, greener club is readying itself for its first full academic year. Save Soil, formed in 2022, seeks to inform the student population on sustainability and how to combat the national soil crisis.

Isabella Patel, a fourth-year accounting major at SDSU, was appointed to be Save Soil’s treasurer for the 2023-2024 school year. She has high hopes for the club and how it can spread its sustainability message.

“As for next year, we’re still in the process of planning, but we want to collaborate with a few organizations on campus, and from there, get more members and start promoting it,” Patel said.

Kelly Cutler, a fourth-year public relations major, is also entering her fourth — and final — year at SDSU.

As Cutler completes her bachelor’s degree, she is determined to make her college experience worthwhile.

“I feel like I’m going to be learning a lot of different things in my field that I’m really excited to learn more about,” Cutler said. “I really want to soak up everything I can before I leave.”

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NEWS BRIEFS

RICK ENGINEERING COMPANY  
HIRES SAN CARLOS RESIDENT  
AS DIRECTOR

RICK Engineering Company (RICK) a multidisciplinary planning, design and engineering firm serving the western United States, has appointed Teresa T.G. Wilkinson as director of environmental planning services.

A highly regarded environmental planning consultant, the San Carlos resident has more than 30 years of experience in environmental planning and expertise with the California Environmental Quality Act (CEQA) and the National Environmental Policy Act (NEPA).

Wilkinson has been the principal at TTG Environmental since 2013, specializing in transportation planning studies, environmental permitting, compliance oversight, environmental impact statements/reports, and environmental assessments.

She has managed transportation planning studies for state and federal transportation agencies, including the California High-Speed Rail Authority, California Department

SEE NEWS BRIEFS, Page 15

Mission Valley Breakfast Company takes  
you on a culinary journey to start day

What's on the menu?

By ROBIN DOHRN-SIMPSON



If you've been searching for a unique breakfast restaurant where you can get something besides two eggs, hash browns and toast, the Mission Valley Breakfast Company is here to your rescue.

From the culinary prowess of Johan Engman, the mastermind behind Breakfast Republic, the Fig Tree Cafe, and Eggies, comes his latest venture.

This welcoming restaurant with eclectic and hip decor is inviting and cozy. Seating is spaced out allowing comfortable conversations without feeling crowded. This open-air concept, indoor/outdoor restaurant features a mixture of industrial, traditional, and eclectic furniture styles. Check out the Wild Art wall in the back.

"We've been open for a month and are getting great response,"

said manager Zach Werne. "People like to try our different menu items." The staff are happy and helpful and offer great suggestions. Happy staff equals happy customers.

There's something on the menu for everyone- including the gluten-free or vegan crowd.

They take a regular American breakfast item and put a spin on it.

For example, Mashed Potato Waffles, Fried Rice Benedict, or Churro French Toast. For those familiar with latkes, try the Potato Rosti (similar to a large latke) with tasty sauce and sliced salmon, and an egg. Truly tasty.

Sweet-toothed diners have a plethora of menu items. The coffee cake is topped with cheese-cake and sugar glaze and served with a side of rhubarb jam. Peach Almond French Toast or Crème Brûlée French Toast should kill the sweet cravings.

If you enjoy a morning Brunch cocktail, they offer many with



Start your day off with a great meal at Mission Valley Breakfast Company.  
(Photo credit: Robin Dohrn-Simpson)

the Bloody Mary's looking exceptionally inviting. If coffee is your thing, they offer a variety of lattes, nitro cold brews, and espressos.

Every month they will offer a different special.

This month's special is a Japanese Spicy Chicken Sandwich. Jammed in a Brioche bun you'll find an egg, a fried chicken thigh, togarashi (a spicy

assortment of dried chili peppers and other spices and orange peel), and a pickled cucumber salad.

Go and enjoy a culinary journey at this new restaurant in the Rio Vista Shopping Center located at 8590 Rio San Diego Drive. They're open daily from 7 a.m. - 3 p.m.

For more information, visit: [breakfast-company.com/mission-valley/](http://breakfast-company.com/mission-valley/).



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# College Area residents rallied to curb SB 10 push

By KAREN AUSTIN

Advocates of well-planned, affordable housing have successfully curbed California Senate Bill 10 (SB 10) from moving forward with the rest of the City's proposed Housing Action Plan (HAP) 2.0.

The bill would have permanently up-zoned San Diego's residential neighborhoods to allow high-density developments up to 14 units and three stories high in areas currently zoned for single-family homes.

In a motion at the end of the five-hour Planning Commission meeting on Aug. 3, commissioners chose not to recommend implementation of SB 10 to the City Council. Instead, they moved to recommend HAP 2.0 without SB 10 and asked to create a working group, with community participation, to address the so-called "Missing Middle Housing" gap in San Diego.

In a July 27 memo to the Planning Commission just prior to the meeting, Tate Galloway, Deputy Director of the City Planning Department, informed commissioners that, "Missing Middle Housing refers to single home-scale buildings that contain more than one home such as: townhomes, row-homes, triplexes, fourplexes, and small-scale multiple-home buildings that are built to the same scale

as surrounding traditional single homes."

Contributing to the meeting process and outcome were some 1,700 written comments, of which 90% were in opposition, submitted by community members in advance of the meeting.

People also packed the chamber to share their housing policy perspectives with commissioners in-person.

Among them was Laura Riebau, Chair of the El Cerrito Community Council. She brought up the critical issue of planning for the commensurate infrastructure associated with adding so much high-density housing to areas which were zoned for low density.

She told the commissioners, "This City cannot afford any new housing regulations while ignoring infrastructure." Riebau continued, "These units are adding numerous new residents who will require parking, schools, parks, recreation, police, fire, in addition to stores and businesses for basic necessities like food and healthcare and upgrades to water and sewage infrastructure which is not being provided for."

SB 10 exempts developers in single-family neighborhoods from infrastructure or off-site improvements. The burden for this would fall on the City, not the developers.

Some of the other speakers noted that SB 10:

- allows for density in single-family neighborhoods that exceeds most of San Diego's apartment zones
- has minimal requirements for unit affordability
- has minimal set-backs (4-5') which allows nearly complete lot coverage
- has no onsite parking requirements for the majority of eligible lots under the pretense that residents who live a mile away from transit won't need cars
- would result in homes being demolished, contributing to land-fill waste
- would result in greater loss of our much needed urban tree canopy
- and, SB 10 would drive up home prices by creating increased revenue potential for developers and investors, leading to higher rents and home prices.

And, if those aren't enough red-flags, SB 10 is irreversible. If San Diego opts-in to SB 10, state law says it can never be undone. That, in and of itself, is the fatal flaw seen by most, and may even be unconstitutional.

Just days before this meeting, many of the participants joined forces on July 29 in a city-wide rally along Friars Road near Ulric Street.

The busy Fashion Valley location enabled them to raise

awareness about the highly criticized bill. Handmade signs and loud, unified chants of "NO on SB 10" gave them the visibility they needed to inform other community members and send a clear "vote-no" message to City officials. The rally involved residents from not only the College Area, but also from City Heights, Clairemont, El Cerrito, Kensington, Mira Mesa, Normal Heights, North Park, Ocean Beach, Pacific Beach, Point Loma, Talmadge, University City and many more San Diego communities.

While SB 10 is intended to be a rezoning tool for cities statewide that are having difficulty certifying their housing elements and need to create more sites for high-density housing developments, this isn't the case in San Diego.

David Moty, of Neighbors for a Better San Diego, used his presentation time to explain that San Diego has more than enough zoned capacity without SB 10 to meet its Regional Housing Needs Allocation (RHNA) goal of 108,036 housing units by 2029.

Moty explained by saying, "We have 174,000 (Adequate Sites). That doesn't include the Kearny Mesa and Mira Mesa Updates, but University, Clairemont, College Area and Uptown will add probably 100,000 adequate sites."

There is also an estimated 1 million sites through Complete Communities and another 1 million sites of zoned capacity through San Diego SB 9 and ADU (Accessory Dwelling Unit) codes. Together, these units provide housing capacity for 19 times that of San Diego's RHNA goals.

It is worth noting that, to date, no other city in California has chosen to opt-in to SB 10 as a necessary approach to increase housing. College Area residents who want to have a say in the future of the community can take part in these ways:

1. Follow the Housing Action Package 2.0 (minus SB 10) to the City's Land Use and Housing Committee in September (for recommendations) and then on to the City Council in October or November 2023.
2. Attend meetings of the College Area Community Planning Board and Plan Update Sub-Committee and the College Area Community Council (CACC).

Go to these websites to learn more about SB 10 and other neighborhood housing issues, and to sign-up for email notifications:

- [neighborsforabettersandiego.org](http://neighborsforabettersandiego.org)
- [sandiego.gov/planning/community-plans/updates/college-area](http://sandiego.gov/planning/community-plans/updates/college-area)
- [collegearea.org](http://collegearea.org)

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# Crusaders Soccer turning page from summer to fall

**By JAY WILSON**

The Crusaders Soccer 3-day summer soccer competitive training sessions, open camps for all players, Grassroots/Recreational camp and goalkeeper camps were all very successful.

Registration for our fall Grassroots/Recreational season officially ended on July 31 with more than 1,030 boys and girls born between 2010 and 2020 registered for our fall season. Players registering after July 31, are placed on a "Wait List". Our volunteer division coordinators are now assembling the teams with the goal of practices beginning by the fourth week of August.

We are always looking for volunteer coaches. If you are interested in coaching a Grassroots/Recreational team, contact

Crusaders Soccer at [crusadersinfo@crusaderssoccer.org](mailto:crusadersinfo@crusaderssoccer.org).

The 11-game season is scheduled to begin on Saturday, Sept. 9 and end on Saturday, Nov. 19. For more information on our Grassroots/Recreational programs, go to [crusaderssoccer.org](http://crusaderssoccer.org).

Our Competitive Division continues to do well in tournaments throughout the summer as they prepare for their fall season which also begins on Sept. 9.

At the Coronado Crown City Classic Tournament held on July 30-31, Coach Lauren Johnson's Boys 2013 Academy level team won their division by winning all four of their games.

The boys scored 14 goals and only allowed four goals. A picture of the team, displaying their medals and trophy accompanies this story. Coach Mark Dirkes and



One of the Crusaders boys' teams came away with the division title at the Coronado Crown City Classic Tournament last month. (Courtesy photos)



his Boys 2009 team won their division in the same tournament. The Sporting San Diego Classic Tournament was held on Aug. 5-6 and Coach Albert Gonzales and his Boys 2010 Premier Team won their division.

On Saturday afternoon, July 15, two competitive boys' teams from Salesian College in Farnborough, England, each played separate Crusaders Boys 2007 team, coached by Erick Melendez at 4:30 and 6:15, respectively at the Pershing Middle School turf fields in San Carlos.

The English teams played several games during their 10-day tour of Southern California. The Crusaders games were their last. Crusaders offered them the option

of pizza or Mexican food following their games. Their immediate response was Mexican food and all four teams enjoyed three styles of burritos.

The Salesian College teams toured Los Angeles and San Diego July 6-17 with 32 students and staff on their football (soccer) tour. They played 10 matches in the United States. Their coach, Gareth Cousins, said, "During our time in the USA, a highlight was coming to San Diego. Our college, has a strong sporting background and enjoys taking European and world-wide tours."

To continue with an international flavor, Crusaders Soccer was contacted by representatives of the men's Division I German

soccer team Borussia Dortmund prior to their game against the San Diego Loyals on July 27 at Snapdragon Stadium.

They wanted to promote their game with the San Diego Loyals and arrived with their Dortmund painted Taco truck, and their yellow and black bumble bee mascot. Their corporate colors are black and yellow. They served outstanding tacos to all our players who practiced from 4:30 to 6 and their families. In addition, they provided a 25% discount on tickets to their game with the Loyals to all the Crusaders Soccer families.

For more information about all the Crusaders Soccer programs, visit our website – [crusaderssoccer.org](http://crusaderssoccer.org).



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# Month of music, storytelling, garden education and more at SCCG

**In the garden**

By JESSICA MILLS

August marks a busy and fruitful time for the San Carlos Community Garden (SCCG).

From their final summer concert, monthly education workshop, Produce Swap and Music Share and Alphabet Soup story time event there's plenty to engage with for all ages.

On Aug. 25 the garden will hold its closing summer concert in the Stuff the Pantry concert series.

Local musicians Mark Montijo, Thea Tochiyara and concert organizer Sandé Lollis, will be performing from 5 – 7 p.m. in the garden amphitheater. With a backdrop of Cowles Mountain and the intimate surrounding of summer crops and flowers growing in the garden, concertgoers are treated to live music and storytelling from the artists.

SCCG Board Chair Carol Lockwood explained the concert's unique atmosphere.

"The SCCG's concert series couldn't have happened without the vision and organization of musician/volunteer Sandé Lollis," Lockwood said. "Sandé brought together nine talented local artists to perform during the summer in the Garden's idyllic setting, a perfect environment to bring the community together for relaxation and fun on a Friday evening. The musicians tell stories, sing their own compositions and engage the audiences in ways not often seen in larger venues."

As mentioned, Lollis, lead singer and song writer of indie folk band Enter the Blue Sky, has dedicated countless hours and resources to these events. For this last production, she will be performing as a solo artist, as well.

"I'm really excited about performing," Lollis remarked. "Not only are we [the performers] introducing ourselves to the community but also to each other. They've

all said it's so nice to get to know each other and be a part of this community."

Beyond enjoying the music, the Stuff the Pantry concert series focuses on an important cause — food insecurity.

So far, the SCCG has collected more than 160 pounds of food donations which are donated to the Good Shepherd Food Bank of El Cajon. The garden has a goal of collecting 200 pounds of food from guests during this next concert.

"A record amount of donations was collected at our last concert, and we hope to set a new record at this next event" Lockwood said. "Joining together to help others and get to know our community is always our Garden's goal."

Taking place from 9:30 – 11 a.m. on Aug. 26, is the SCCG's monthly Produce Swap and Music Share. The event is open to the public and visitors are encouraged to bring produce, recipes and stories to share with their community. Lollis' band, Enter the Blue Sky, will also be performing for the duration of the produce swap.

Both musical productions take place in the garden's amphitheater — a popular and well-loved area covered in decorated tiles and surrounded by various plants and flowers. The amphitheater was installed and donated by Precision Concrete Designs, a construction company based in San Diego and founded by CEO Kenny Schindler (pictured with his family).

"We wanted to help and be a part of the San Carlos Community Garden and now here we are a decade later, and hopefully the amphitheater stays there for a decade more and is something that all young kids and families can enjoy when they visit the garden," Schindler said.

Likewise, Golden State Plumbing, a sponsor of the SCCG's Stuff the Pantry concert series, has been providing professional plumbing installation and repair services throughout San Diego.



The Schindler Family, L-R: Alex, Ashley, Kenny and Heather enjoy their time at SCCG. (Courtesy photo)

President and Owner Felipe Velasquez recounted his desire to support the SCCG.

"The San Carlos Community Garden has enhanced the community for all of us who live here," Velasquez said. "As a business owner that lives and works in this community, giving back is just the right thing to do."

For those seeking activities to entertain their little ones, the garden's popular Alphabet Soup

Storytime, held on Saturday, Aug. 12 from 10 – 10:30 a.m. will feature local teacher, illustrator, and children's author, Anat Tour. The tour will captivate children with a special reading of Mama's Bees and The Huge Gigantic Humongous Lizard in My Living Room. This is a free event, and all ages are welcome.

Community members looking to get their hands dirty and learn various gardening tips can attend

the garden's August composting workshop.

Held on Aug. 19 from 9 – 10:30 a.m., the workshop will be led by Sarah Boltwala-Mesina, composting expert and co-founder of Food2Soil. Garden members can attend the workshop for free and for non-garden members the event is \$10.

Advanced registration is required and can be done so at: sancarloscommunitygarden.com.

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Cry It Out at Moxie Theatre

Moxie Theatre will play host to Cry It Out, a production by playwright Molly Smith Metzler and director Vanessa Duron, that delves deep into the universal experiences of parenthood, friendship, and the complexities of modern life.

This poignant and relatable production will offer audiences an examination of the challenges and joys that come with raising a child, the intricate dance between career aspirations, societal pressures, the all-consuming love for one's child, and the deep need for human connection.

Cry It Out plays at the Moxie Theatre beginning Aug. 13 and runs through Sept. 10.

Located and founded in San Diego in 2004, the theatre is located at 6663 El Cajon Blvd, Ste N.

The show will run Thursdays at 7:30 p.m., Fridays and Saturdays at 8 p.m., and Sundays at 2 p.m.

Tickets are as follows: Opening night - \$46-\$50, General evening - \$40-\$43, and Sunday matinee - \$42-\$48. There are \$15 rush tickets (limited availability) one hour before the performances and \$25 student tickets with student I.D. Senior and military discounts are also available.

Contact the box office at: moxietheatre.com for more information on pricing.

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# Real estate investing could be well worth your time

**Real Estate Update**  
By SARAH WARD

I was fortunate enough to get started in residential real estate investing nearly 10 years ago and have been able to slowly acquire quite a few properties both in San Diego and outside the county.

This month's article touches on the idea of a potential real estate investment for yourself.

While I specialize in residential real estate listings and primary home purchases for buyers, I also have an enormous amount of knowledge on owning real estate as an investment that I would be happy to share with you.

One advantage to owning residential real estate is because today's higher interest rates, high price of homes, and the large down payment required, many residents simply cannot afford to purchase a property. The number of renters locally and nationally is steadily increasing. We are becoming a nation of renters sadly with a minority of citizens owning the actual real estate.

Real estate investing utilizes fantastic leverage where just \$100,000 in capital can purchase a \$500,000 or greater valued property. When prices double over some number of years with inflation, you are then holding a one million dollar property for just that original \$100,000 investment.

Additionally, real estate investment offers excellent tax advantages through the deductibility of interest, depreciation, and maintenance. Excellent tax professionals locally or your own



Is real estate investing something you'd like to give a try? (Photo credit: Pixabay.com)

tax preparer can help you with the accounting and tax filing. Property managers are a great value as well to find and manage tenants and the property. I primarily use property managers for my properties; they are a must.

Real estate is typically an excellent hedge against inflation.

As I mentioned in previous articles, our country is increasing our national debt by \$2 trillion per year, which typically weakens the dollar and causes prices throughout our economy to steadily increase, including the value of real estate. There are quite a few real estate loan products available, including a popular loan option where there is no income verification, when you put down 25% or more of the purchase price as a down payment.

If you primarily own stocks as an investment, real estate will diversify your portfolio. So if you have cash in the bank, a real estate investment might be an excellent idea over the long term.

If you are a first-time buyer, an excellent strategy is to purchase a two to four unit property where you live in one unit for a year or two and rent out the other unit(s)

to help qualify for the loan and pay the mortgage, a strategy that both I and various clients have used over the years.

If you are thinking about possibly making a residential or multi-family investment, call me to schedule a no obligation meeting to discuss your plans and ideas. I have many years of experience and would be happy to meet and discuss your unique situation, and get your ball rolling on real estate investing.

### MARKET REPORT (single family, year over year stats):

- **92115 College Area:** median price up 4% to \$1 million with closed sales up 17% to 28 closed sales.
- **92119 San Carlos:** median price down 7% to \$951,500 with closed sales down 13% to just 14 sales.
- **92120 Allied Gardens, Del Cerro:** median price up 6% to \$1,165,000 with 15 completed sales. There is very little inventory and few sales transactions.

—Sarah Ward is a REALTOR with Coldwell Banker West. Reach her at: [sarah@sarahdoesrealestate.com](mailto:sarah@sarahdoesrealestate.com).

## Grosmark

CONTINUED FROM Page 7

many visiting the dentist. Alongside his trusty companion, Ollie, Dr. Grosmark's dental practice has become synonymous with a comforting experience for the whole family.

### COMMUNITY SERVICE AND RECOGNITION

Dr. Grosmark's dedication to community service has been apparent since 1996 when he joined the Allied Gardens Kiwanis Club. His involvement has been instrumental in recognizing students for their academic and community achievements. Beyond the Kiwanis Club, he has served as a board member for the Eric Paredes Save-a-Life Foundation, actively coordinating cardiac screenings for high school students at risk for sudden cardiac arrest. His efforts have potentially saved countless lives.

Throughout his career, Dr. Grosmark has received numerous accolades and awards from local organizations, educational societies, the Mission Times Courier, and even the State Assembly, all recognizing his commitment to excellence and community engagement.

### A NEW CHAPTER AND PASSING THE TORCH

As Dr. Grosmark embarks on his well-deserved retirement, he

looks forward to spending more time with his family, engaging in community service, traveling, and pursuing his passions for gardening and skiing. He leaves behind a legacy of compassionate care and community involvement that will continue to be felt for years to come.

In the spirit of passing the torch, Dr. Grosmark has carefully selected Dr. Stephan Barrington as his successor, a seasoned professional with experience as a Naval Officer in the US Navy's Dental Corps. Dr. Barrington shares Dr. Grosmark's commitment to exceptional patient care and community service, ensuring that the legacy of compassionate dentistry in Del Cerro will thrive.

In conclusion, the Del Cerro community wishes Dr. Douglas Grosmark a happy and fulfilling retirement. His unwavering dedication and contributions have made him a true pillar of the community, and his absence will surely be felt. As he starts this new chapter in life, we raise a toast to Dr. Grosmark for his remarkable service, and we are forever grateful for the mark he has left on our community. Cheers to a joyful retirement, Dr. G!

—Editor's note: This article was provided by Stephan S. Barrington, DDS.

## News briefs

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of Transportation, Federal Railroad Administration and Federal Highway Administration. Recently she served as the principal in charge of the Miramar Landfill General Development Plan. Earlier in her career, she served as the principal analyst on the Otay Ranch Subregional Plan EIR, the planning document for

the 26,000-acre Otay Ranch, the largest land development project in San Diego County history.

She has been a senior education coordinator for the National Wildlife Federation and served in the Peace Corps as a natural resources manager in Honduras. Wilkinson has a master's degree in Latin American Studies from San Diego State University and a bachelor's degree in urban and regional planning from the University of Southern California.

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

### Ideal's Trusted Partners

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



[agfirstfridays.com](http://agfirstfridays.com)

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