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## San Carlos Community Garden puts smiles on another young face



This young girl shows her excitement as she points out veggies on the Garden's newest feature, an innovative and delightful way for children and adults to enjoy reading and the outdoors at the same time. This first installation of Story Stroll, provided thru SCCG's partnership with the San Diego Public Library, features Plants Feed Me by Lizzy Rockwell. SCCG will host a guided story-telling tour of Story Stroll on Saturday, Sept. 9 from 10 a.m. – 10:30. All ages are welcome. See related story on Page 11. (Photo by Kelly Wood)

## PHHS fall sports teams seeking banner seasons

By DAVE THOMAS

With the fall sports season underway, a number of Patrick Henry High School teams have their eyes on CIF gold as the campaign unwinds.

• In girls' tennis action, the Lady Patriots under head coach Karen Ronney opened their season with two non-league victories over San Diego High 9-9 (Won by a game count of 2) and a 17-1 victory over Poway High, respectively.

The Lady Patriots were to travel to Cathedral Catholic on Sept. 7 for a Western League showdown.

PHHS finished its 2022 season as the No. 8 team in San Diego as

rated by CIF and the UTR team ranking system. Patrick Henry placed third in the Western League. However as individuals, the Patriots had a historic year.

Returning senior Kate Prichard and 2023 PHHS Grad Anna Pallencaoe were the CIF Individual Doubles Champions a season ago. Pallencaoe received a scholarship to play for Point Loma Nazarene College this fall.

"At the start of the year I focused on singles but then I realized doubles could be really fun with Anna (Pallencaoe)," Prichard remarked. "I knew we had a good shot at

SEE FALL SPORTS, Page 8



Senior Maya Smith goes for the spike during girls' volleyball action. (Courtesy photo)

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# Brightview Landscape employees dedicate time to enhance San Carlos Community Garden

By KELLY WOOD

The dedicated employees of Brightview Landscape once again showcased their commitment to community and sustainability by volunteering their time in September to professionally install a majestic Jacaranda shade tree at the San Carlos Community Garden (SCCG).

Brightview's contribution not only demonstrates their passion for enhancing green spaces but also marks a continuation of Brightview's enduring support for the SCCG and the local community it serves.

"The Jacaranda tree not only adds aesthetic charm but also

SEE SCCG, Page 6

# Navajo Community Planners unanimously say no to All Peoples Church project

Friends of Del Cerro

By JAY WILSON

On Monday, Aug. 21, the Navajo Community Planners held a special meeting specifically to hear a presentation on the proposed All Peoples Church which would be built on the east side of College Avenue between I-8 and the Chevron service station. After a presentation and lengthy discussion including public input, NCPI unanimously voted against the project.

In addition to the close proximity of the project to the homes on Marne Avenue, there is strong opposition to the additional traffic, not only from the Sunday services but additional traffic in general

including a new traffic signal at the main entrance to All Peoples Church on College Avenue.

The next step for the All Peoples Church will be a presentation to the City of San Diego's Planning Commission possibly by the end of September before it goes on the docket for a vote by the City Council.

It is great to know the County of San Diego certified the land for the new 25,000 square foot San Carlos Library.

The parking lot at the corner of Jackson Drive and Golfcrest Drive is now free of contamination that was present following the closure of the ARCO service station back in the early 1990's. The Friends of Del Cerro (FODC) publicly thank Councilmember Raul Campillo for his strong support for the new library and helping to keep

the project front and center. The City's Library staff, the Library Foundation and the Friends of the San Carlos Library will be working together to secure the funding for the library.

One of the primary projects mentioned by the residents of Del Cerro is the condition of our "Front Porch", which is College Avenue from I -8 to Del Cerro Blvd. and beyond.

Any upgrade to our Front Porch will be impacted by the proposed new signaled intersection if the All Peoples Church project is approved by the city.

The FODC formed an exploratory committee to determine what the All Peoples Church was proposing for the College Avenue median because several hundred feet of the median would be impacted with a required deceleration left turn lane for southbound traffic turning into the church property. The FODC committee informally met with All Peoples Church staff and their design team.

Before anything further is discussed we are waiting to see if the All Peoples Church is approved by the City of San Diego.

Regardless of the project's outcome, upgrading our 60-year-old Front Porch is going to require input from Del Cerro residents. You will be asked for your suggestions and recommendations. We obviously must keep in mind the cost of an upgrade to the Front Porch and funding sources.


Jackie O'Connor, president of the FODC is continuing to submit concerns to the City of San Diego's through the city's "Get It Done" on behalf of the Del Cerro area.

These include Faded Red Curbs and Street Signs, Damaged Guardrails, Dead Trees in the median, Dense Dead Vegetation on City Property, Palm Trees growing in the public right of way, Adjusting Street Lights, and adding a Bench adjacent to the playground at Princess Del Cerro Park.

If you have a city related concern, don't hesitate to use the "Get It Done" which you may download from your cellphone app store or if you prefer the FODC submit your item, email FODC at [info@friendsofdelcerro.org](mailto:info@friendsofdelcerro.org).

If you are interested in becoming a member of the Friends of Del Cerro, go to our website at [friendsofdelcerro.org](http://friendsofdelcerro.org).

# SEX IN OUR CITY




## RSVP:

This dinner event is free, but seating is very limited.

Pre-registration required by calling (619) 470-4279, or online at [SexInOurCity.Eventbrite.com](https://www.Eventbrite.com)

### SCAN TO REGISTER




## DINNER and DISCUSSION

WEDNESDAY, SEPT. 27, 6 PM. RSVP REQUIRED

At our popular Sex in Our City (for women only) dinner seminar, led by our Sexual Medicine Program medical director Dr. Irwin Goldstein, we will discuss:

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- How to spice things up in the bedroom
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# San Carlos Area Council to welcome state assemblyman to September meeting

**San Carlos Area Council**  
By MICKEY ZEICHICK



I am very excited to introduce the speaker for our Sept. 20 meeting: California State Assemblyman for District 78, Christopher Ward.

Prior to his election to the assembly, he served as a member of the San Diego City Council, representing the Third Council District. Assemblyman Ward earned a Bachelor of Arts degree at Johns Hopkins University and a Master in Public Policy and Urban Planning at the Harvard Kennedy School.

He worked as an environmental planner, working with local government to develop land use plans and conduct environmental review, and as a researcher at the Ludwig Cancer Research at the University of California, San Diego. He served as the chief of staff to State Senator Marty Block. He is an active member[3] of the San Diego chapter of the Truman National Security Project.

As a City Councilmember, Ward worked to identify measures that will significantly reduce San Diego's overall homeless population, which included three temporary shelters to house 700 individuals, an additional storage

facility to serve 500 clients, and a proposed centralized homeless navigation center.

In July 2017, the City Council unanimously approved an Equal Pay Ordinance that was proposed by Ward, that requires companies that do business with the city to pay their employees equally regardless of gender or race. Ward was involved in gun violence reduction legislation that was signed into law in 2022 that enables lawsuits against gun manufacturers and retailers for negligence. He authored another bill that was signed into law in 2022 that changes procedures for altering gender and sex identifiers on government documents.

**ESCAPING THE WRATH OF TROPICAL STORM HILARY**

We, in the San Carlos area of San Diego County lucked out by not being too heavily impacted by Tropical Storm Hilary a few weeks ago. But now is the time before the need "arrives to prepare an emergency strategy action plan for your sake and for the sake of your loved ones.

What you should include in your plan is a central safe place for all your documents, if they are recorded you can always get a copy from the Recorder's Office, but there are documents that are not

recorded, know where they are and how to access them.

Your family emergency plan should include personalized details about your family members, house, and community. It should also clearly outline different emergency responses, such as evacuating, sheltering at home, and preparing essential items.

Planning for evacuations. Have a floor plan of your home, no matter how simple it may be. Know all escape routes including windows, ladders, ropes, and add instructions on how to work with them. Consider how evacuation routines may differ depending on the emergency, such as a fire, flood, earthquake, blocked exit, or separation of family members. Account for the physical needs of each family member and plan so everyone can navigate safely. Plan where you will gather when the emergency happens.

Taking steps to prepare your family and home ahead of a disaster will improve your chances of success when it's time to act.

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;

SEE SCAC, Page 4

## Empty Nesters: FREE Special Report Reveals 9 Costly Mistakes to Avoid When Selling Your Home

SAN DIEGO - Are you an "Empty Nester" who needs a home for the future? Is it time to downsize or to move into another home more suitable for your glorious retirement years?

Like thousands of residents in our area, you may be discovering that after years of non-stop child traffic in and out of your doors, toys on the floor, music floating throughout, suddenly you can hear a pin drop over the quiet hum of the refrigerator. Your rooms are filled with pictures and memories of this wonderful time of your life, but there are many empty rooms gathering dust now that your children have moved on. The freer years ahead are exciting ones to look forward to, and it's time for you to move on as well.

If you find yourself in this situation, you're in vast and good company. And what that means is that there are many wonderful opportunities for you to create this new chapter in your life...if you know what it takes to get the most out of the equity you've built up in your current home.

To help you understand the issues involved in making such a move, and how to avoid the 9 most common and costly mistakes most Empty Nesters make, a new report called "Empty Nester: How to Sell the Place You Call Home" has been prepared which identifies these issues, and shows you how to steer clear of the mistakes that could cost you literally thousands of dollars.

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 1013. You can call any time, 24 hours a day, 7 days a week.

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# King of Thai Cuisine invites you to enjoy a meal before they close on Oct. 31

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

Calling all King of Thai Cuisine patrons.  
Many locals have loved dining at the King of Thai Cuisine on Mission Gorge Road since 2016.

They're sad to announce that the property owners sold the complex to developers who plan on building a condominium complex.  
"We have been unable to find a new location, so we will close for now," Aroy Pudwong, King of Thai owner said.  
Oct. 31 will be sad for Pudwong and her employees as it will be their

last day the restaurant will be open.  
"We want to ensure that everyone knows and comes to dine with us before we close. We have a large clientele who love our food. They're going to be so sad to see us close," Pudwong said.  
Come for lunch or dinner, they offer lunch specials every weekday from 11 a.m. to 3 p.m.

If you're a curry lover they have Red, Yellow, Green, and Panang curries. They also offer Spicy Noodles, Pad Thai, Pad See Ew, Spicy Thai Fried Rice and Cashew Nut. All come with your choice of protein, a house salad and a cream cheese wonton.  
Dinners include the same menu plus a variety of appetizers, soups



King of Thai Cuisine to close doors for good on Halloween. (Photo by Robin Dohrn-Simpson)

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and entrees. Some additional entrees include Kung Pow, Pad Prik King, Pad Ped and Orange Chicken. For details of these dishes, please look on their website. For vegetarians they offer Orange Mock Meat or Tofu or Tofu Delights.  
Check their website for special "thank you" offerings throughout September and October. "After we close, please come to my sister's restaurant Corner Thai Kitchen and get the same great Bangkok cuisine," Pudwong added.  
You will find menus as well as specials at: [kingofthaicuisine.com/](http://kingofthaicuisine.com/). Located at 6171 Mission Gorge Rd #115. Phone (619) 640-9688. Open daily from 11 a.m. to 9 p.m. (with a short break where they're closed from 3-4 p.m.).  
Meantime, the Corner Thai Kitchen menu can be found at: [cornerthaikitchen.com/](http://cornerthaikitchen.com/) and is located at 10450 Friars Rd. Phone (619) 269-9777. Open daily from 11 a.m. to 9 p.m. (with a short break where they're closed from 3-4 p.m.).

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## SCAC

CONTINUED FROM Page 3

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 Dec. 20 at the San Carlos Branch Library from 6:30 to 8 p.m. 7265 Jackson Drive, San Diego.  
We will not have a meeting in November because our meeting time would be the day before Thanksgiving.  
Our December potluck party will be to show our appreciation for the folks who make our Area Council work, our elected officials who either attend or will send a representative, our interested persons who keep us all energized, for our librarian and the library staff for all the wonderful programs they offer, and for helping us hold our meetings. This is our way of saying thank you to everyone who helps us keep going.  
For more information, contact: [SanCarlosAreaCouncilPres@gmail.com](mailto:SanCarlosAreaCouncilPres@gmail.com).



# Keeping a healthy relationship between members of the public and police

Allied Gardens/Grantville  
By SHAIN HAUG

On Nov. 3, 2020 the citizens of San Diego passed Measure B, enacted City Charter Section 42.1, and created the Commission on Police Practices (CPP).

On Nov. 19, 2022 the City Council passed an ordinance that activated the Commission. Recently the Mayor hired the Commission's senior administrative officers and the City Council appointed the 25 Commissioners who will do the day-to-day work of investigations and reports. Now the CPP is ready to go.

The Commission on Police Practices replaces the Community Review Board on Police Practices, an agency that was limited in its powers and could only review the internal investigations of the Police Department. The CPP is empowered to conduct investigations of the conduct and policies of the Police Department. These are

independent investigations that are supported by the power of subpoena and the ability to take oral and documentary evidence under oath.

The purpose of the Commission on Police Practices is to scrutinize interactions between members of the public and the police.

The CPP must investigate all deaths occurring while a person is in police custody, all deaths resulting from interaction with a police officer, and all police officer related shootings. The CPP may investigate complaints about all other interactions between members of the public and the police.

In those matters where the CPP may investigate priority is given to complaints of police use of force that results in great bodily injury, dishonesty relative to investigating or prosecution of a crime, investigation of misconduct by a police officer, and a pattern of misconduct by a police officer. The CPP may make recommendations on the discipline of individual officers and these recommendations must be considered by the Chief

of Police. The CPP may make reports and recommendations on police policies and procedures that will reach the Mayor and the City Council. All reports and recommendations will be placed in the public domain. It will be up to the public to ensure that the

recommendations are followed. The day-to-day operations of the Commission on Police Practices have yet to evolve and will only be fully defined after the 25 new Commissioners are trained and are presented with their first events and complaints. The

investigations will be supported by a cadre professional investigative staff who will have the benefit of the subpoena power of the CPP. Law enforcement is an essential component of our society.

SEE A66C, Page 6

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# Patrick Henry football: Growing dreams and community

By KELLY WOOD

On the early morning of Aug. 19, the Patrick Henry High School (PHHS) varsity football team exhibited their exceptional commitment to both teamwork on and off the field.

Under the guidance of PHHS Athletic Director Cody Clark, five young athletes proved that their dedication transcends the football field, making an indelible mark on the San Carlos Community Garden.

Amidst the vibrant summer colors of the garden, the varsity football players showcased their dedication to teamwork and giving back. They were varsity team captain, Quino



Left to right: PHHS Athletic Director Cody Clark; Da'Shawn Faust; Varsity Team Captain, Quino Bracamantes; Anthony Sweat, and Ashton Viltz. Not pictured Max Gonzalez. (Photo by Kelly Wood)

Bracamantes, and fellow players Da'Shawn Faust, Ashton Viltz, Max Gonzalez, and Anthony Sweat.

When asked what motivated the players to wake up early to volunteer in the Garden, Team Captain Bracamantes replied,

"Giving back to the community gives us the opportunity to give back and build a better bond and chemistry with one another."

"We strive to develop the whole character of our student-athletes," said Clark. "These young men spent most of their summer sweating on the football field. So to witness their collaboration and camaraderie on a different type of field (the Garden) was truly inspiring."

"We love seeing young people get involved in the garden," said SCCG Board Member, Gayle Mills. "The actions of these students are great reminders that every small effort can make a big difference."

# Patrick Henry High girls' flag football tackles first season

By DAVE THOMAS

While boys have been playing the CIF sport of football for many years, there is a new look to the gridiron this school year.

Patrick Henry High School for the first time is fielding a girls' flag football team.

Under the direction of head coach Alona "Lonii" Harper, the Lady Patriots are part of the inaugural season of action at the CIF level.

PHHS will be part of the San Diego City Conference, which includes Morse High, Scripps Ranch, Point Loma, Mira Mesa, University City, Cathedral, and San Diego High.

"Like most teams in our conference, my coaching staff and I have just finished our tryouts with over 60 participants," Harper stated. "The amount of talent and competitiveness was amazing. What was even more



Patrick Henry High School is fully represented as part of the inaugural season of girls' flag football at the CIF level. (Courtesy photo)

impressive was the tremendous effort and positive attitudes they brought onto the field every morning of tryouts."

Given this is year one at the high school level, Harper and her staff are looking forward to mentoring, training, learning, growing and having fun.

"We have already identified many of our strengths and

weaknesses, which has given us a better understanding of our team, how we function, and what we need to do to accomplish our end goal," Harper went on to say.

According to Harper, flag football for girls in the San Diego area is already growing.

"I have had the pleasure of coaching in one of the

first all-girls leagues called SheRocks San Diego competing in versus league and tournament games with girls from Los Angeles, Florida, Arizona, and even Mexico. Additionally, I had the honor of being the head coach of the Pershing Middle School Lady Panthers in the inaugural season of SDUSD Middle School Flag Football where we earned the title of undefeated champions for the girls' division. So, as you can see it is and will continue to grow, not just in San Diego, but worldwide and I am honored to be a part of it."

As PHHS Athletic Director Cody Clark noted, "Flag football is a first-year CIF sport and we are very excited to add it to our Patriot athletics program. With the spring 2024 addition of girls' beach volleyball we will have a total of 34 programs we offer for our student-athletes."

## AGGC

CONTINUED FROM Page 5

Many of the Commissioners bring to the CPP their personal passions and agendas, sometimes intense, about police behavior. But professional organizations such as the CPP will even out the harshness of those opinions, will blend them into the process, and will use their energy productively. There is every reason to expect that the product of the CPP will be fair to both the police and the public. There is every reason to believe that the ultimate result will be a still better police force. There is every reason to trust the Commissioners.

More detailed information on the Commission on Police Practices is found on the San Diego website - sandiego.gov/cpp.

The Allied Gardens/Grantville Community Council meets the first Monday of each month (holidays excepted) at 6 p.m. at Benjamin Library in person and remote by Zoom. Our next meeting will be on Monday, Oct. 2.

If you are not yet on our contact list join us by going to: aggccouncil.org and using the "Contact Us" page to send us a message.

## SCCG

CONTINUED FROM Page 2

contributes to the garden's eco-friendly ethos," said Carol Lockwood, Chair of the SCCG Board of Directors.

"The Jacaranda, known for its vibrant purple blooms and broad canopy, will soon provide more shade over the Garden's amphitheater which is used throughout the year for events such as storytelling for children, garden education workshops, lectures, and musical performances. The cost of the tree was underwritten by the San Carlos United Methodist Church and its annual Labor With Our Neighbor program".

This was not the first time that Brightview stepped up to support the SCCG. In 2022, Brightview Landscape contributed significantly to the garden's allure by expertly



New majestic Jacaranda shade tree takes shape at SCCG. (Courtesy photo)

installing the breathtaking landscape surrounding the Garden's cornerstone monument. The result was a fusion of natural elements and drought tolerant trees and scrubs, beautifying not just the SCCG, but also the entire neighborhood.

"Brightview's actions serve as an inspiring reminder that businesses can play a vital role in preserving and enhancing the

beauty of our neighborhoods," said Lockwood.

The San Carlos Community Garden is a 501c3 non-profit located at 6460 Boulder Lake Ave. Businesses interested in sponsoring or volunteering with the San Carlos Community Garden can send an email to info@sancarlo-communitygarden.com.

Learn more at: sancarlo-communitygarden.com.

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For breaking news and investigative story ideas contact the editor by phone or email.

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# Who is a hero in your neighborhood?

Everyone knows a “hero” who has made a positive impact on their personal lives or their community.

Whether it be a neighbor who goes the extra mile for someone in need, a teacher who reignites one’s love for learning, or a coach who helps students achieve their goals, there is no shortage of kindness amongst County Supervisor Joel Anderson’s constituents.

While serving in the California State Senate in 2014, Supervisor Anderson passed Senate Concurrent Resolution 97, which designated every October as “California Heroes Month.” The idea to propose this resolution originated from a constituent who felt that everyday heroes should receive appreciation.

In celebration of this year’s California Heroes Month, Supervisor Anderson is asking residents for help to recognize the people who make District 2 such a wonderful place to live, work, and play. Who is your hero that deserves recognition? Nominate them at [bit.ly/District2Heroes](http://bit.ly/District2Heroes).

All nominees will be invited to an upcoming event in October and receive a County Certificate of Recognition signed by Supervisor Anderson.

Nominees must live in the Second Supervisorial District; visit [bit.ly/SDCountyDistricts](http://bit.ly/SDCountyDistricts) to see if your hero lives in District 2. Nominations are due by September 30, 2023.

*Editor’s note: Copy provided by Jind Kaur Mann, an executive intern at the Office of Supervisor Joel Anderson.*




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Fall sports

CONTINUED FROM Page 1

winning the title because we were undefeated all year. There were some really good matches along the way but we were ready. It was an honor to represent my school as a CIF champion."

Prichard returns to the squad for her final season after an undefeated junior year.

She was 24-0 in singles and opted for doubles in post-season play. Prichard and Pallencaoe were undefeated in doubles en route to the CIF San Diego Section Individual

Doubles Title, which was a first ever for Patrick Henry.

Prichard also won the CIF Sportsmanship Award for her act of kindness of helping her opponents with an equipment issue during the final. It was a gesture of exemplary friendship in a heated tennis match. According to Ronney, the team, school and CIF representatives were very proud of her.

"We have an almost brand new team and it's exciting to see what we can do," said Ronney, who was named the 2020 National

SEE FALL SPORTS, Page 9



The PHHS field hockey team looks to stick to winning throughout the season. (Courtesy photo)

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Fall sports

CONTINUED FROM Page 8

High School Coach of the Year by the Racquet Sports Industry and the U.S. Professional Tennis Association. "We have a lot of spirit and our goal is to strive for improvement with each match. We're trying to the daily small things right to add up to big gains."

Supporting Prichard in the lineup this year are returning seniors Scarlett Bligh and Samantha Timmons; and juniors Bailey Huot, Amy Pallenciaoe, Norah Zlotnik, and Lily Wood. Newcomers to varsity include juniors Amaya Lopez, Emma Clifford, Sara Cervantes and Zaya Rice-Connor. Sophomores are Natalie Stein and Kim Nguyen. Freshmen looking to make an impact are India Sutera, Kailie Hill and Emma Cunningham.

• In girls' volleyball play, Patrick Henry under head coach David Chau looks to improve upon last season's finish.

"Last year we entered a rebuild after graduating 11 seniors the year before and finished with a 6-23 record and had a first-round exit in the playoffs," Chau said.

"This season, we have five key seniors that are poised to have a great season and lead our team deep into the playoffs."

According to Chau, the team has a powerhouse offense this year containing four out of five of the team's seniors.

Senior returner Lauryn Mann on the opposite looks to finish off a four-year varsity career as one of the team's hardest hitting players with a breakout season and as a veteran on the team.

"Senior second-year varsity outside hitter, Maya Smith, is already picking back up where she left off last year after earning second-team all-league and will establish herself as a go-to player," Chau remarked. "Senior Paisley Tubbs, who is joining varsity for her first year as a middle and opposite, brings great versatility to our offense and is able to score from all areas of the court. Lastly, our defense led by senior second-year varsity Libero/DS Hyen Gemeniano, is stepping up this season as the leader of the back row and making plays with her relentless pursuit to allow our dynamic offense to go to work. This year our first goal is to win a league title and then make a push for a CIF championship."

As Chau noted, a couple that remind us to get 1% better everyday are "make plays, not excuses" and "be savage, not average". "These quotes remind us everyday to put in the work physically and mentally in order to become a better player with every rep."

\* In field hockey play, PHHS under head coach Rosey Bryant and assistant coach Priscilla Lezcano will look to key players on the varsity including Britten Broatch (forward), Emi Suzuki (defense), and Zoe Colling (goalie).

"This year Patrick Henry will field a varsity team only," Bryant commented. "Patrick Henry continues to focus on rebuilding the team in hopes for a more successful season this year as we move into a new conference within the Eastern League."

Patrick Henry opened the season with a 2-0 win against Granite Hills.

• In cross country action, head coach Andrew Myette stated the program looks forward to a great season this fall.

"For the first time, girls' cross country will be recognized as its own sport which we are truly excited about," Myette said.

The Lady Patriots return a strong core of runners with Chloe



Returning senior Kate Prichard leads the way for the PHHS girls' tennis team this season. (Courtesy photo)

Cash Goehring (2024), Jett David (2024), Alexios Saviddes (2024), Francisco Antonio (2024), Lukas Wolf (2025), Beckett Wilcox (2025), Cody Ayers (2025), and Isaac Moya (2025). Like the girls' team, the boys' team brings on board a strong contingent of new runners who will provide the team with depth, according to Myette. The boys hope to improve on last year's 9th-place finish at CIF.

Coach Eddie Ramos (Head track and field coach) commented, "If you show up every day and put in the work to be successful, you will get the most out of this sport. Not only from an athletic standpoint but also from an individual perspective towards finding oneself."

• In girls' golf play, boys' head coach Gary McMinn was slated to coach the Lady Patriots until a new girls' team coach was in place.

"We do have an outstanding young freshman in Zadi Posternack," McMinn noted. "She shot an even par 35 at the Balboa 9 hole match in our first match the other day."

Editor's note: All fall sports varsity head coaches were asked to provide information for this article.

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# Rolando Community Council movie event is picture perfect

By KAREN AUSTIN

The Rolando Community Council (RCC) recently hosted a very memorable movie night in Clay Neighborhood Park.

By all accounts it was another great example of the valuable role community councils play in bringing residents together in positive ways. RCC members didn't just bring neighbors together, they were good neighbors themselves, inviting nearby College Area residents to join in the fun.

Puss & Boots: The Last Wish (2022) was the feature film, but even before it played there were fun pre-show activities to enjoy.

Children and adults of all ages were actively engaged in picnic dinners, outdoor games, and a very creative arts activity to make decorative masks. There was even a rugby demonstration with a chance for kids to try the sport. It was led by Emelie Bydwell, a Rolando resident and the head coach of the USA Women's 7s Rugby Team.

While all these great activities were going on, the Rolando neighborhood was also treated



Rolando Community Council leaders were on hand to connect with neighborhood residents during their sponsored event in Clay Park. (L-R): Sabrina Young (Chair, Clay Coalition), Doug Lister (President, RCC), Chris Loryman (First Vice President, RCC) and Kirstin Broome (Chair, Rolando Street Fair). (Courtesy photo)

night organizers thought of everything, even the free candy and popcorn!

About 500 people attended this well-planned event, which was a wonderful way to enjoy a Friday evening with family members and friends.

The event was funded by the RCC and was organized with the shared-vision and help of others, like the Clay Coalition, a sub-committee of the RCC which is dedicated to supporting and enriching the lives of Clay Elementary students, families and staff.

Doug Lister is a Rolando resident, a local realtor and the current President of the RCC.

He praised the involvement of RCC members and their community partners, saying, "It's always so meaningful when we can work together to host really great events that bring residents together right here in our neighborhood. It's events like this movie night, and our Rolando Street Fair, and all the great things happening along our business corridors and throughout the Rolando and College Area that make our communities so special."



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# Cultivating connections: stories of growth and community from the San Carlos Community Garden

## In the garden

By KELLY WOOD



In the heart of San Carlos, at the corner property of Lake Adlon and Boulder Lake Ave., a vibrant community of gardeners have found comfort, camaraderie and purpose.

The San Carlos Community Garden (SCCG) has become more than just a patch of land in the heart of San Carlos; it has become a haven for those seeking to nurture both plants and relationships.

Five exceptional volunteers stand out, each with their unique stories of growth, connection and the transformational power of volunteering.

### PAM HUNT: CULTIVATING HEALING THROUGH COMMUNITY

Pam Hunt's journey to the SCCG was serendipitous, a response to the isolation that many felt during the pandemic. What

began as a solitary plot soon flourished into two vibrant patches of green, teeming with cantaloupes, cherry tomatoes and an array of aromatic herbs. However, her harvest extends beyond the produce she reaps.

As she delved into nurturing her plants, she discovered an unexpected treasure – a community of like-minded souls. The once unfamiliar faces soon transformed into friends and companions.

Pam extended her caring touch to her fellow gardeners and the community last year when stepped up as steward for the garden's Little Free Library, further cultivating SCCG's spirit of sharing. Pam's Saturdays are now devoted to welcoming visitors, playing the role of a docent with a heart brimming with warmth. Her garden isn't just a haven for flora; it's a haven for hearts, a refuge of peace found in the company of kindred spirits, blooming flowers and curious critters.

"I love my garden neighbors and the Saturday swaps," Pam said.

"If ever I need some peace, time spent in the garden with mother nature, Peter Rabbit, gardeners, flowers, fruit and vegetables pick me right up!"

### YUMI LUNS福德: A GENERATIONAL BOND WITH NATURE

Yumi Lunsford's story is a testament to the generational power of gardening. A native of Japan, Yumi grew up spending summers with her grandparents who were rice and cattle farmers. With her son Sage by her side, she tends to the garden's roses and succulents, teaching him not only the art of gardening but also the value of community.

"All of our family is distant," said Yumi. "so it is nice to create a sense of belonging and friendships with this family of volunteers at the Garden."

Through the act of pruning roses and nurturing plants in the garden, Yumi and Sage are nurturing their bond and creating memories that will blossom alongside the flowers they tend.

### LUCIANO EMANUELE AND JAY BISCHOFF: CULTIVATING FRIENDSHIP AND BOUNTY

Luciano Emanuele and Jay Bischoff, affectionately known as the "fava bean experts," have turned their life-long joy for gardening into an opportunity to give. With their three summer plots now bursting with tomatoes, eggplants and more, their harvest is not just about sustenance for themselves—it's about building a community.

"We wanted additional space to grow more food to share with others," Luciano said. "SCCG is a great place to share experiences



From adult volunteers to youngsters, San Carlos Community Garden has a lot of visitors. The volunteers (L-R): Nan Young, Pam Hunt and Luciano Emanuele.

of gardening and develop new friendships and gives us a sense of being a part of the community and the accomplishment in helping others."

### NAN YOUNG: A NEW CHAPTER IN THE GARDEN

Nan Young's journey to the SCCG began after retiring, a testament that it's never too late to start something new.

Drawn by the allure of like-minded individuals and the chance to spend more time outdoors and get her hands dirty, Nan reached out to SCCG and offered to lend a hand as a volunteer. From weeding to becoming a garden docent, she has embraced her role as a steward of the garden's future.

"Over the summer I volunteered as Garden docent on Thursday mornings, which allowed SCCG to put on a free program for young children called, "Playtime in the Garden," Nan said. "It was great to see so many kids in the Garden get excited as they discovered new plants and bugs! Week-after-week they would hunt and count Monarch caterpillars and saw the vegetables they eat at home growing bigger."

The stories of Pam, Yumi, Luciano, Jay, and Nan remind us that San Carlos Community Garden is not just a collection of plants; it's a vibrant tapestry of compassionate, caring and kind people who live in our community and share a love for nature and for others.



Meantime, fellow volunteer Yumi Lunsford pays a visit to the rose garden with her son Sage. (Photos by Kelly Wood)

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Get With The Guidelines put the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping ensure patient care is aligned with the latest evidence - and research-based guidelines. As a participant in Get With The Guidelines programs, Alvarado Hospital qualified for the award by demonstrating its commitment to improving quality care.

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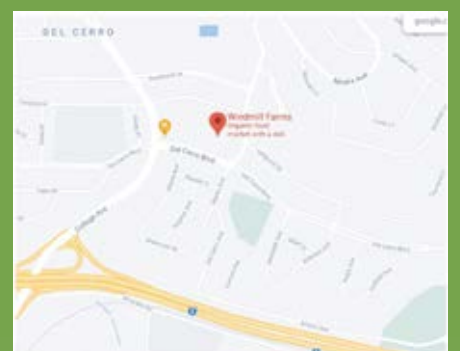
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# MTRP again participating in California Clean Air Day

  
By JENNIFER MORRISSEY

For the third consecutive year, the Mission Trails Regional Park (MTRP) Foundation is participating in California Clean Air Day (Find a link to the Clean Air Pledge at: mtrp.org.). This year, the Foundation is partnering with Davey Resource Group and SDG&E to present an educational discussion about native trees and distribute native trees and shrubs to the event's attendees. While Clean Air Day is officially Wednesday, Oct. 4, our events will take place the week before.

Rooting for Clean Air on Thursday, Sept. 28 will feature a number of presentations. To register for the evening event at the MTRP Visitor Center, visit: mtrp.org. In addition to the Rooting for Clean Air event, the MTRP Foundation will engage local youth in Clean Air Day through programming, including the teens in the park's Eco Ambassadors program. Themes relating to air quality will be the focus of the Sept. 24-25 Trail Tykes sessions for toddlers. Families can register for the free Trail Tykes sessions—which take place every second and fourth Sunday and Monday morning at the MTRP Visitor Center—through mtrp.org.



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# MOVE



# San Carlos LL 8/10's made 2023 season quite a hit

By DAVE THOMAS

With the recently concluded Little League World Series championship in Williamsport, Pa., there has been a lot of attention towards youth baseball of late.

While El Segundo (Calif.) was winning the LLWSC on the East Coast, another team of young ballplayers also had their time in the spotlight on the other side of the country.

The San Carlos LL 8/10's made it to the recent Southern California state championship game where they fell to Golden Hill. A second loss in the tourney eliminated the local team. In 2023, 443 All-Star

teams throughout Southern California took part in the 8-10 Division (All the boys selected to the San Carlos team were 10 except for one nine-year-old).

Despite not winning the gold, these young athletes accomplished something they can cherish for many years to come.

For starters, they were the first-ever team from San Carlos to have advanced to the state title game.

According to San Carlos Manager Brett Ludwick, the team's willingness to work hard with absolutely no expectations is one of the things to make them stand out.

"It was clear early on that these kids all love baseball and playing together," Ludwick commented. "They played each game as if it were a new season, never focusing on their record or the past. I would never tell anyone that we had the most talent or most experience but instead, the most passion to play together day after day. If you are able to keep kids this age engaged after playing baseball every day for two months, there is something pretty special happening."

As serious as the focus may be on playing and winning, this group of youngsters also have a lighter side to them.



From their accomplishments on the field to the traditional good luck toilet that follows them around, it was a season to remember for a number of area youth baseball players. (Courtesy photos)

In San Carlos, there is an all-Star toilet bowl, a good luck charm if you will, that gets handed down to the incoming 10u All-Star team each year from the previous year's All-Star team, according to Ludwick.

"It carries a lot of tradition and it's an honor to have," Ludwick remarked. "The toilet is painted green and yellow, San Carlos colors, and all the kids sign it. It goes to all the games and I would say it's similar to the Stanley Cup but much grimmer and weirder. The toilet was stolen out of my truck during a team dinner and created a huge buzz in the community. Turns out, our crosstown rivals had stolen it and were holding it. Everybody knew about it and it actually made for good folklore. We were reaching out pleading to get it back before a big sectional game and it turned up on the pitching mound of our Minors field the day before the game unharmed. We were able to get our good luck charm back and it worked – we won sectionals and advanced to states."

For Ludwick, the chance to be part of something special this

season is something he will not forget anytime soon.

"The biggest highlight for me personally was at the end of the state championship game," Ludwick stated. "Making it that far, breaking all of our 10u San Carlos records, and spending these moments with such great kids and families was truly the most amazing experience I could have asked for. I am so proud of these boys and all they accomplished."

Third baseman and pitcher Luke Ludwick will also not forget this season anytime soon.

"One thing that made this team so special is that we all played so well together," Ludwick said. "It was so fun to break our Little League records and finish as runner-ups in the state championship. We wanted to win it all but taking second place out of 443 All-Star teams in Southern California is pretty legendary. We never gave up, we always fought hard. I loved that about our team."

Shortstop and pitcher Ryder Karlson (Only player on this year's 10u All-Star team who made the team last year as a 9-year-old)

also felt the season was special, especially due to how the kids connected as teammates and friends.

"We always picked each other up when we were down," Karlson noted. "We were out there representing not just our team, but our whole Little League family, our neighborhood, and all of San Diego. We wanted to win it for them. And we wanted to represent them in a positive way."

Alex Manolatos, who played right field, second base and pitched, said the memories of this season will last him a lifetime.

"We came so far – farther than most teams," Manolatos commented. "I'll never forget that. It was really fun. I loved playing on this team because all of us are super god, and because we all treated each other like brothers. We all put the team first. Our coaches taught us to play hard, to play together, to never give up, to always try our best – and to take souls."

For the rest of their lives, these ballplayers can always look back on the accomplishments and history they created in the summer of 2023.

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# Interest rates are the elephant in the room in the housing market

**Real Estate Update**  
By SARAH WARD



When it comes to the housing market, the elephant in the room is interest rates. Interest rates are a function of the real rate (1% base) plus the expected inflation (3%) plus risk factors, credit score adjustments, etc. Over the last couple of years we have obviously experienced inflation but the equation factors in “expected” inflation and the thinking has been that the recent inflation was temporary and that expected inflation over the next couple of years would be lower, maybe 2% to 3% going forward. This has kept mortgage rates in the 5% to 6% range recently.

Unfortunately over the last month or so, the thinking has changed, and economists are believing that expected inflation over the coming years will remain elevated. This, among other factors, has recently pushed mortgage rates into the 6% to 8% range and that clearly is starting to have an impact on the housing market. Inventory remains ridiculously low as people don’t want to sell their property and give up their 3% interest rate from a few years back. Also, homes are becoming less affordable as payments rise with interest rates. On a 30-year, \$800,000 mortgage, the monthly payment at 6% is \$4,796 and at 8% it’s \$5,870. So we have two competing forces: low inventory keeps home prices

higher and rising interest rates pushes prices lower. The result is that the median home price countywide is flat with some areas experiencing a slight increase and other areas with a light decrease. This condition is also making it difficult for first time buyers to enter the market, growing families to move up to a larger home, and empty nesters to downsize. Another issue currently at hand is up in Sacramento. ACA 13 is an assembly bill to change the state Constitution. The California Association of Realtors has been sending out “alerts” to myself and the other Realtors to review ACA 13 and to call their state representative to try and stop it, so I wanted to bring it to your attention. It’s a bill that would

weaken the ability of citizens to put certain propositions on the ballot, and make it easier for Sacramento to raise taxes, among other things. The Realtor Association is of the opinion that ACA 13 would eventually lead to a reduction or a complete elimination of the protections of Prop13, the iconic proposition that limits property tax increases in California. Feel free to research ACA 13 yourself. Over the past 40 years, the courts have slowly eroded Prop 13 and ACA 13 could lead to eliminating Prop 13 altogether. But if property taxes are eventually based on market value and the rate of taxation rises from the current 1% base, the cost of homeownership would greatly rise, forcing many to have to sell. Just something to think about.

If you are contemplating buying or selling in this marketplace, contact me.

**MARKET REPORT (Single Family):**

- **College Area (92115):** median price up 2% year over year to \$965,000 and with 22 homes sold.
- **San Carlos (92119):** median price up 11% to \$1,112,500 and with only 16 homes sold.
- **Del Cerro/Allied Gardens (92120):** median price down 7.7%, year over year to \$1,025,000 and with only 13 homes sold.

Most homes enter escrow quickly when properly priced.

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

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