

THE CORONADO NEWS

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2026 CORONADO FLOWER SHOW



Stephanie McAlister holds all her cut flowers for the 2025 Coronado Flower Show. Photo provided by Stephanie McAlister.

Enjoy the beauty of Coronado at the 2026 Coronado Flower Show

The 104th Coronado Flower Show returns to Spreckels Park on April 18 and 19

BY JULIETA SOTO
The Coronado News

Coronado resident Stephanie McAlister plans to walk around her home and cut a fresh bloom from her garden's geranium plants – with one stem and two or more attached leaves – in less than one month.

“But who knows?” says the 43-year-old homemaker. “I might not have any flowers.”

If spring comes to full bloom, McAlister will submit the specimen from her J Avenue home in the annual Coronado Flower Show returning April 18-19.

The Coronado Floral Association welcomes exhibitors throughout San Diego County to

showcase floral arrangements and plants. Established in 1922, the event is Coronado's longest running tradition presenting the largest tented flower show in the U.S.

The show will return to Spreckels Park in 2026 with its 104th year theme, “Welcome to the

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Coronado's Best April Fools' moments

BY MICHELLE ARMAS
The Coronado News

Beware! The pranksters are active around April Fools' Day. Here's a look at some of the practical jokes, gags and mishaps experienced by Coronado residents and visitors over the years.

Where's My Homework?!

“So I was a nerd in high school and I had to make sure all my assignments were on time, but for April Fools one of my buddies broke into my house early in the morning and stole all my homework. They gave it back to me when they saw me at school, but I was a mess at the time.”

— Isaac Mintz, Coronado visitor

The Volcano is Erupting!

Jamie: “The worst one at the time was when we lived in Jackson Hole, Wyoming, which is close to Yellowstone National Park. And (my husband) woke me up first thing in the morning and told me that the Yellowstone volcano was going to blow.”

Grant: “Oh, yeah, and I did. I played it off very seriously.” **Jamie:** “Like, he said we had to get our stuff, get in the car and go immediately. That's how he woke me up in the morning. So, of course, I was very confused and in panic mode and then realized that it's not true.”

— Jamie and Grant Lawson, Coronado visitors

The Dripping Desk

“So I had a chemistry teacher, and in the chemistry lab, he would rig up this water pipe from one of the sinks and bring it all the way down and underneath one of the desks and then it would just drip. Like, one little drop, every minute. And so then the students that sat there, kind of had no idea until they got up to leave and their underpants had a giant water spot.”

— Staci Takish, Coronado visitor

Legend of Zelda likes a good joke

“The Legend of Zelda came out with a trailer. They put up a trailer

» Continued on Page 5



Two joker cards. Photo by Michelle Armas.



George Galdorisi is a Coronado resident and has 15 published books. Photo provided by Galdorisi.

Retired Navy Capt. George Galdorisi on 'Fictional Intelligence' and the war in Ukraine

BY MICHELLE ARMAS
The Coronado News

This Q&A features George Galdorisi, a Coronado-based author and retired naval aviator and national security professional. Galdorisi writes “fictional intelligence” (FICINT), a genre that

uses military expertise to hypothesize global military scenarios. His answers have been lightly edited for brevity and clarity.

His novel, “Fire and Ice,” was published on March 29, 2021 — nearly one year before the Russian invasion of Ukraine on Feb.

24, 2022. While the book is a work of fiction, its portrayal of a conflict in Eastern Europe paralleled the eventual war. Galdorisi noted that while his writings pull from his decades of naval experience, they are intended to look at

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this week

4 • Saturday

The Coronado Community Center is hosting a "Breakfast with the Easter bunny" event at 9 a.m. on April 4. Families can enjoy a breakfast buffet, followed by festive activities for kids. Tickets are \$25 for adults and \$20 for kids 12 and under. Purchase tickets at coronado.ca.us.

5 • Sunday

The Coronado Ferry Landing is slated to host a free weekend concert featuring Breezn from 2 to 5 p.m.

10 • Friday

On April 10 at 1 p.m. in the Coronado Public Library, the MandoBasso duo will perform a jazz and classical concert. The performance features Gunnar Biggs on bass and Bill Bradbury on mandolin.

11 • Saturday

Landon Donovan, widely known as one of the greatest American soccer players of all time, will speak on his memoir at the Coronado Performing Arts Center at 5:30 p.m. on April 11. Tickets are \$10 for entry only, and \$29.95 for admission for one person and a copy of his memoir. Visit adventuresbythebook.com for more information.

CONTACT US

For news tips, story submissions and letters to the editor, contact Editor **Sofie Fransen** at sofie@thecoronadonews.com or 619-990-8465.

To advertise contact Ad Executive **Braeden Stegman** at braeden@numbersix.com

SOMETHING TO DO



"The Drowsy Chaperone" will run at Coronado Playhouse. Photo provided by Coronado Playhouse.

'The Drowsy Chaperone' to run at Coronado Playhouse through May

Coronado News staff

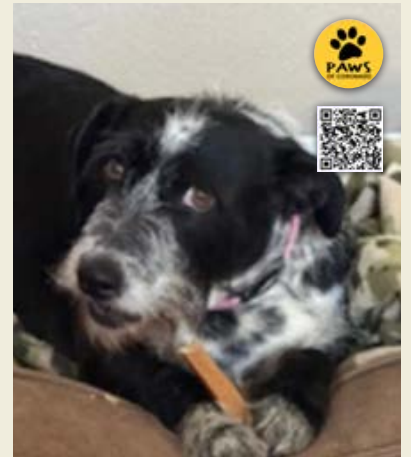
Coronado Playhouse returns "The Drowsy Chaperone," to its stage this April. The 1920s musical is an inventive and self-aware comedy that celebrates the magic of theatre (while lovingly poking fun at it).

The Tony Award-winning production follows a devoted musical theatre fan, known only as Man in Chair, who seeks comfort from life's uncertainties by playing his favorite cast album.

As the record spins, his modest apartment transforms into the setting of a lavish 1920s musical, complete with tap-dancing ensemble numbers, a starlet bride, a charming groom, mistaken identities, gangsters in disguise, and one very drowsy chaperone.

The show will run at Coronado Playhouse from April 10 to May 10, with performances on Fridays and Saturdays at 7 p.m., along with matinee performances on Saturdays and Sundays at 2 p.m. Tickets are available at CoronadoPlayhouse.org

PET OF THE WEEK



Meet Sweetheart, the pet of the week. She's at PAWS of Coronado and is looking for her forever home. See all adoptable animals: Scan the QR code with your smartphone camera, and tap on the link. Graphic/photo provided by PAWS of Coronado.

Meet Sweetheart

PAWS of Coronado

Sweetheart is available to foster-to-adopt at PAWS of Coronado.

Staff members at the non-profit, which provides adoption and rehabilitation services to animals, said that Sweetheart is a gentle dog and may need a little time to feel comfortable in a new home.

Those interested in adoption can visit www.pawsofcoronado.org. Fostering, donating and volunteering are other ways to support the organization.

All animals at PAWS are spayed/neutered, microchipped, vaccinated and up to date on flea prevention. Adoptions are by appointment only. If you are interested in adopting Sweetheart or other pets, please visit pawsofcoronado.org.



New Year, Healthier You

Are you ready to take steps toward losing weight and improving your health this year?

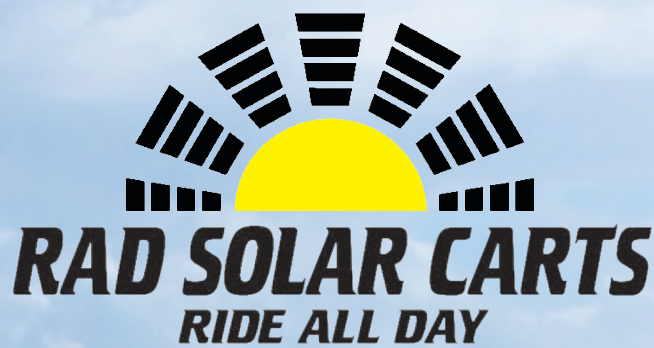
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OPINION

LETTER TO THE EDITOR

Protesting is the truest form of patriotism

Students raise the alarm to protect freedoms

BY SEAN WILBUR & ANIKA TALAVERA
Letter to the Editor

Every Friday morning at 7:30 a.m., you can find us at the corner of Orange Avenue and 3rd Street. We are high school students, on public sidewalks, holding up signs with our friends. Every week we spend a simple hour one morning to call out the crimes and atrocities being committed by our government, and in the process we bolster everyone's First Amendment right to peacefully assemble.

Many of us come from active-duty military families stationed at the various bases across San Diego, with parents who have spent their lives defending America. Some of our grandparents still carry the burdens of what they witnessed in service to the United States. Our family members fought to defend and protect the freedom of America, and we continue to protect those freedoms every time we stand together in the mornings.

Peaceful protest is the most American thing a citizen can do. The right to assemble and petition the government for a redress of grievances was a value before the Constitution even existed. The founders placed it alongside freedom of speech, freedom of religion, and freedom of the press because they understood that without the ability to gather, to speak, and to demand accountability, every other right is threatened.

The highest levels of courts have repeatedly agreed. In *Hague v. Committee for Industrial Organization* (1939), the Supreme Court established that streets and sidewalks, just like our corner of Orange and 3rd, are traditional public forums



(From left) Coronado High School students Kaia Fuhrmann, Myriam Armetta, Julia Josset, Azucena Stinson, Anika Talavera and Sean Wilbur hold signs in protest.

Photo provided by Sean Wilbur.

where First Amendment rights are at their strongest. In *Edwards v. South Carolina* (1963), the Court overturned the arrests of student protesters who had gathered peacefully on government grounds, affirming that the Constitution "does not permit a State to make criminal the peaceful expression of unpopular views."

To the unhappy neighbors who have labeled our Friday gatherings as "divisive," we call you to look into the history textbooks that students like us have been studying for years. The history of American progress is a history of people taking to the streets. The Boston Tea Party. The suffragists who marched for women's right to vote. The veterans of the civil rights movement who linked arms on bridges and marched through hostility to demand equality under the law. Were they divisive?

Perhaps in the moment. But history has judged them as patriots, and the changes they made as crucial. We know that history will judge us the same way.

Dissent is democracy in action. A government that goes unchallenged is not a democracy, but a cult of sheep and shepherds. The men and women in our families who deployed to foreign conflicts did not do so to protect a country where citizens are forced to blindly accept the decisions of those in power.

They fought for a nation where everyday citizens have the freedom, and the responsibility, to speak up, and be loud about it. We have been grateful for the media coverage our gatherings have received.

We want Coronado, and the wider community, to see us clearly. We are not agitators. We are attentive

and aware students. We are teenagers who read the news, who study history, who understand that rights not exercised are rights at risk. We gather every Friday with love for the country our parents and grandparents served, and out of concern for the country we hope to soon inherit. Love and concern is what has driven dozens of our classmates to join us for one week, or for many, and we hope you are compelled with love and concern as well.

We hope that when you see us, that you will see something powerful. Something American. Something absolutely, fundamentally necessary. We'll be at Orange and 3rd again next Friday at 7:30 a.m. We hope to see you there.

Sean Wilbur and Anika Talavera are seniors at Coronado High School.

How to be a part of The Coronado News:

- Submit a news tip
- Capture a cool photo of Coronado and send it in for publication consideration
- Respond to an editorial or a news story by writing a letter to the editor

All submissions can be sent to newsroom@thecoronadonews.com

LISA BENSON



JACK OHMAN

CORONADO



Arash Kohan, pharmacist and manager at Crown Coast Pharmacy, says the business will host a ribbon-cutting in mid-April. Staff photo by Julieta Soto.

Crown Coast Pharmacy is officially open

The pharmacy has been months in the making and is now serving the community and visitors in Coronado

BY JULIETA SOTO
The Coronado News

Crown Coast Pharmacy at 928 Orange Ave. is now open to the public with special services for new and returning customers.

In late March, Crown Coast Pharmacy Manager Arash Kohan said the store would begin accepting insurances on April 1.

The pharmacy will hold a ribbon-cutting ceremony on April 15 at 4 p.m., welcoming Coronado Mayor John Duncan and Council Member Mark Fleming.

After working as a pharmacist at Rite Aid for 15 years, Kohan told The Coronado News about his plans to transform the storefront into an independent, locally owned pharmacy dedicated to restoring convenient access and personalized service after the Rite Aid in Coronado closed last

August.

According to Kohan, Crown Coast Pharmacy had a soft opening phase beginning in February, allowing staff to set-up customer profiles. Kohan is joined by members of his previous team including pharmacy technicians Elsie Molenaar, Ryan Hylton and Dania Famania.

Apart from integrating technology to aid with transferring, compounding and sorting prescriptions, Kohan highlights that Crown Coast Pharmacy offers direct customer communication, free delivery service and affordable medications.

"I'm just trying to make sure people are taken care of," said Kohan about his philosophy. "The community kind of put me here. I felt like I was getting supported and everything to get to this finish line. So, it's my way of making sure that I give back as best as I can."

Crown Coast Pharmacy is open Monday to Friday from 9 a.m. to 6 p.m. and Saturday from 10 a.m. to 2 p.m.

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Coronado Unified candidate: Addressing academics and artificial intelligence

Planning for the future is among Peggy Duncan's priorities if elected as trustee

BY JULIETA SOTO
The Coronado News

Margaret Mary Duncan, better known as Peggy, said she wants to bring new ideas and perspectives to Coronado public schools based on her yearslong experiences centering on youth.

"I'm not here to fight for a particular issue," said Duncan. "I'm just here to listen to all sides and come at it with an analytic mind and make decisions that make sense for now and for the future."

Three seats on the board of the Coronado Unified School District, currently held by trustees Alexia Palacios-Peters, Malachy Sandie and Dr. Scot Youngblood, are up for election this fall.

As of March 27, Duncan is the only candidate listed in a campaign finance disclosure portal maintained by the San Diego County Registrar of Voters. Duncan said the actual filing for the ballot is in July.

The deadline to register to vote in the Nov. 3 general election is Oct. 19. According to the Registrar, certified results will be available on Dec. 3 after the official canvass is completed.

In March, Palacios-Peters and Sandie said they would seek re-election. Youngblood did not respond by the time of publication.

Duncan, wife of Coronado Mayor John Duncan, said she filed preliminary paperwork to move forward with her campaign.

"This has nothing to do with my husband, except for the fact that I'm inspired by his public service and he works harder than anybody I know and that inspires me as well," said Duncan about her candidacy.

From now through November, Duncan said she plans to meet with district staff, trustees, teachers and people in the community.

"I'm here to just really connect and learn," she added. "I've enjoyed the meetings I've had so far."

Serving youth

Duncan graduated with degrees in journalism and Spanish from the University of New Mexico. She went on to receive her law degree from the University of San Diego.

An online biography says Duncan has worked as an attorney specializing in health care law, and as a judge pro tem in San Diego County Juvenile Court, handling delinquency matters.

"That kind of led me to a really focused effort on volunteering once the rest of my kids were born," said Duncan. "And I worked for several different nonprofits that had to do with volunteering and helping kids."

Duncan, 53, is not currently practicing as an attorney. She is president of Friends of Children United Society (FOCUS), a nonprofit in Coronado that raises money and supports other nonprofit organizations that help at-risk children.

Duncan said two years ago she started an internship at Coronado High School through FOCUS that teaches students how to run a nonprofit organization, offering volunteer opportunities such as serving dinner for homeless teens.

"We're building that kind of empathy and compassion in the context of teaching what it's like to actually do the work behind the scenes on a board," said Duncan. "It just makes me want to get even more involved."

Duncan said her oldest son's current two-year role teaching special education in a bilingual charter



Peggy Duncan is running for the Coronado Unified School Board this year. Staff photo by Julieta Soto.

school through Teach for America in Philadelphia also motivates her.

"What he's doing in that role inspires me so much and I have such respect for teachers in general," said Duncan. "Just observing him and having conversations with him got me even more dedicated to helping any way I can both kids and the teachers..."

Duncan said the family has lived in Coronado for the past 20 years. She has four children, all of whom graduated from Francis Parker School, a private school in San Diego, where she serves on the Board of Trustees.

"Now that they're up in college, both my husband and I are really dedicated to service here in the Coronado community," said Duncan.

Additionally, she considers her perspective as a trustee at Francis Parker will benefit the district.

"A lot of boards and education boards in particular have come around to the knowledge that it's very helpful to have someone who is not in the system come to your governing board," said Duncan. "It brings a level of experience and also perspective that is super helpful in good governance."

Duncan said Coronado Unified staff asked her to join a committee on revising the cell-phone policy due to her prior experience as a Francis Parker trustee and implementing the school's bell-to-bell cell phone ban.

"I'm not saying everything we do there is going to fit here, it's not, but we need to have that kind of creative thinking," said Duncan.

Duncan's priorities

Duncan said her priorities for Coronado schools include safety, mental health and wellbeing, and academic excellence.

Duncan said she is in the middle of a certificate program from the University of San Diego that specializes in artificial intelligence in education, which she believes will help with addressing technology issues in local schools.

"Francis Parker has been what I consider to be really on the forefront cutting edge of dealing with artificial intelligence and education," said Duncan. "And we need policies to help guide and contain that. ... I feel like I can definitely be a huge help on that."

Duncan said her focus on the board will also be supporting students' mental health at the middle school by prioritizing reduced class sizes and addressing the nationwide teacher shortage locally by exploring ways to attract and retain educators.

"I'm here to offer a top-down view and see ways that we can improve and make everything better for our students and our teachers. And then even more importantly, look to the future," said Duncan.

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Coronado's Best April Fools' moments

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for a real life action movie with a proper cast, CGI for a movie that never happened. As soon as I realized the timing for it, I realized it's April Fools."

— Gerardo Nuno, *Coronado tour guide, on a prank an entertainment company, IGN, pulled on fans in 2008.*

Playing dead

"Well, on April Fool's, I played dead on my kitchen floor. I even spilled ice on the ground like I dropped the cup. My mom came out and gasped. I actually felt terrible because I actually scared her really bad. And she took a wooden spoon, like, to see if I was alive. I'm alive! I'm alive. And I got in trouble."

— Sandra Wharton, *Coronado visitor*

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CORONADO

Coronado High's Young Dems club joins the 'No Kings' protests

As the country continues to see changes with the new administration, another "No Kings" rally brings Coronado high school students and residents to protest

BY MADELINE YANG
The Coronado News

Coronado High School senior Sean Wilbur waved a protest sign and surveyed the sea of demonstrators in downtown San Diego on March 28, immersing himself in a "No Kings" rally, rather than just reading about civic events in a classroom.

A woman with a megaphone began leading a chant. "No justice!" she cried. And the throngs around her shouted back, "No peace!"

"The point of today is to come together as a community," said Wilbur, one of the leads for Coronado High's Young Dems club. "That's what is so appealing about this to me, is we have a squad that's coming here, but we also have groups coming from across San Diego and we're all working together."

Thousands gathered at Waterfront Park to exercise the right to protest against President Donald Trump's administration and its actions.

Wilbur and two classmates were among the Coronado residents who ferried across San Diego Bay to merge with the spirited crowd.

Kisha Semenuk, a Coronado resident, compared the rally to a heart-beat of world events. "How do you live in this country right now and not have a finger on the pulse?" she asked.

Wilbur explained that some of the signs were made by other students who



Coronado High School senior and Young Dems club leader Sean Wilbur marching in the "No Kings" protest in Downtown San Diego on March 28.

Staff photo by Madeline Yang.

wanted to support the club or rally, but weren't allowed to by their parents.

The Coronado News reached out to Coronado High's Christian Conservative club for a countervailing perspective on the demonstrations, but did not hear back.

Last year was the first "No Kings" rally, in protest of Trump's second term. The event's name reflects demonstrators' belief that the president is behaving like a monarch.

This year, signs raised by the students and others criticized the war with Iran, use of Immigration and Customs Enforcement (ICE) agents at airports, the Save Act that would restrict voting and other Trump administration policies or practices.

Coronado resident Donna Stachowicz joined the rally with her daughter, Jillian, who is part of the Young Dems club. Stachowicz, carrying a sign with the message, "Fight ignorance, not immigrants," said most high schoolers don't spend weekends doing anything school related, much less attending a protest.

But, in addition to the "No Kings" protests, Jillian and other club mem-

bers are part of a group of demonstrators rallying for democracy every Friday at 7 a.m. on one of the busiest intersections on Coronado.

"I'm proud of her for making her thoughts known and being hopeful and not being afraid," Stachowicz said as she stood next to her daughter. "I know I wasn't as brave at her age."

Stachowicz, a nurse and Navy veteran, said she is advocating for health-care in the United States.

"What I have noticed is, things like immunizations, things that we've protected and fought for, they're being eroded by MAHA," Stachowicz explained.

(MAHA is the acronym for Make America Healthy Again, a movement created by the U.S. Secretary of Health and Human Services, Robert F. Kennedy Jr., appointed by Trump.)

She also voiced opposition to the war with Iran.

"(Trump) wants to be the mightiest. He's quick to want to send people to war. But those are decisions that impact people for generations," Stachowicz said. "So that worries me because I'm not just a veteran. I'm a military

spouse."

Wilbur said he joined protesters because he was let down by Democrat and Republican leaders who have failed to stand up to the president.

"We're seeing it across the board, where different checks and balances are just bowing down to whatever Trump is asking for, whatever Trump is demanding," Wilbur said. "I'm really disappointed."

He said the recent deployment of ICE agents to airports during the government shutdown – in support of overwhelmed TSA workers – has been particularly upsetting.

"What makes them qualified to be going into our airports to go solve the issue that is being created by a Republican led shutdown?" Wilbur asked rhetorically.

Donovan Peters, a sophomore at Coronado High School with a sign declaring, "Nobody's free when others are oppressed," said he joined the rally so his voice could be heard.

"It just helps add to the numbers and show that there (are) people that want to make a change," he added. "It's not just one person. If there's this many people, that shows something's wrong and there needs to be a change."

As the students and Coronado residents marched with the crowd, thousands of bodies followed suit, shuffling on the streets in the heart of San Diego where Coronado is just an artery, and those from Coronado protesting are one of the heart beats thumping loud in the cacophony of other pulses reverberating throughout the nation and world.

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CORONADO

How Coronado residents can skip the line for NASCAR tickets

BY MADELINE YANG
The Coronado News

Coronado locals have a chance to hit the race-track early: There are 1,000 tickets exclusively available to Coronado residents for the first NASCAR race of the three-day race weekend on June 19-21.

And registration is now open.

The tickets will be distributed through a random lottery process, but whether you own or

rent on the island, residents have until April 10 to try to win their luck.

Coronadans can go to CivicRec, create an account and sign up for the NASCAR community day program. Each household is only allowed one entry and can request two or four tickets.

The city's website has a step-by-step registration guide.

The 1,000 chosen will have to verify their residency through a current property tax bill or a

lease agreement and will receive their tickets through Ticketmaster sometime around mid-May.

Active-duty military residents will be able to get tickets through a separate distribution process managed by the Navy.

Service members stationed in Coronado will receive ticket access through a separate distribution process managed by the Navy.

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Enjoy the beauty of Coronado at the 2026 Coronado Flower Show

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Jungle,” inviting exhibitors of all ages and skills to participate in a variety of divisions and categories.

Last year, McAlister received several ribbons, including a first place ribbon for a geranium entry.

In April, McAlister will be among contestants striving for awards for a roundtable design display.

Show information

The show will be open to the public from 1p.m. to 5 p.m. on April 18 and 10 a.m. to 4 p.m. on April 19.

McAlister, who serves as vice president on the association’s board, said people can enter different sections in the show.

“Some you have to sign up for in order to be judged because there’s only a specific number of spots that we have to fill, mostly because of space within the tents,” explained McAlister.

McAlister encourages people to visit the show’s online website to learn about available categories, deadlines and rules.

According to the schedule, all entries will be judged in accordance with National Garden Clubs (NGC) standards.

“When the flower show opens and the public goes through then you’ll see names on the displays,” said McAlister.

The schedule says all entries must be picked up on Sunday, April 19 at 4 p.m., except for roses and cut flowers, which will be sold.

McAlister said she hopes to make people happy with her design and other potential entries.

“It’s really just bringing joy,” said McAlister.

Brainstorming inspiration

In late March, McAlister brainstorms ideas for her “Eye of the Ti-



ABOVE: Stephanie McAlister (left) speaks with Katie Iwashita (right) about the 2026 Coronado Floral Association Home Front Judging. Staff photo by Julieta Soto.



LEFT: Stephanie McAlister's table design two years ago. Photo provided by McAlister.

ger” entry, a table designs entry classified as functional.

The NGC handbook for flower shows says functional table designs include a completed floral design with accessories according to the

type of service.

For this year’s table, cocktails for two, McAlister is drawn to vibrant jungle colors for her selection of flowers, glassware and table runner.

“I’m definitely drawn to the reds and the greens and the oranges,” said McAlister.

After browsing online for inspiration, McAlister plans to buy fresh flowers closer to the show and borrow or buy other accessories.

“I have an idea what I want, so I’m always looking,” said McAlister. “In my arrangement, I will have all real flowers and real greens.”

McAlister said she will bring her

floral arrangement and set up her table on April 17, and will not touch it again until after the show.

At the same time McAlister also plans to submit cut flowers if they bloom as she desires. In the past she has submitted many such as the camellia, bird of paradise and roses.

For McAlister, her garden pride is the roses decorating her yard. Last year, she got a blue ribbon in the homefront judging, which she proudly displays on a window facing the street.

“It’s like my therapy,” she said of gardening. “I love it.”

“I’m learning as I go. I certainly do not know everything. It brings me joy and it makes me happy,” said McAlister.

To learn more about the Coronado Flower Show, visit: <https://www.coronadoflowershow.com/>.

Contact: julieta@thecoronadonews.com

Retired Navy Capt. George Galdorisi on ‘Fictional Intelligence’ and the war in Ukraine

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potential scenarios rather than serve as a literal prediction.

Q: Okay, tell me about yourself.

George: So, I grew up in New York City and went to a great high school. Dozens of classmates were going to MIT, Caltech, Rensselaer, you know, top engineering schools. The “map” was that you do that, you come back to New York City, work for an engineering firm, and you’re set until you’re 65 and move to Florida. But I said “that doesn’t sound so good.” I went to the Naval Academy because I was looking for adventure. I found it in the Navy. I did that for 30 years as a helicopter aviator. I graduated from the Academy in 1970. I stayed for 30 years because I was enjoying it. I worked in the private sector for a couple of years, then serendipitously wound up at Naval Information Warfare Center Pacific, right down the road from Point Loma Nazarene. I worked there for 25 years and just finished up last September. Now I have more time for grandkids and the writing I’m doing here.

Q: And when did you start writing?

George: I had my first article in a professional journal in 1978. That’s because I had a commanding officer who said, “This is your profession. Like a doctor or a lawyer, you should write to talk about your profession.” So, that’s what I did. You know the old saying, “You make plans, but God laughs?” I had no intention of writing books. One thing led to another, I had a high school friend who was a hugely successful screenwriter, Bill Bleich, and he encouraged me to do novels. Then I did nonfiction. I’ve done about 400 articles and 17 books.

And this book (“Fire and Ice”) is the one that so many friends say was prescient, (they said) that “you predicted this Ukraine War.” I write about things that worry me in the military and intelligence communities. They say “write what you know.” This is the third book in a (fiction) series. The first, “The Coronado Conspiracy,” was set on the USS Coronado and was about drug ops. The second, “For Duty and Honor,” was about a carrier strike group in the gulf playing “cat and mouse” games with Iran.

Q: And was it (“Fire and Ice”) al-

ways meant to be predictive? Like a warning?

George: Not so much predictive, other than highlighting that these are ongoing problems. It was stuff I lived; I didn’t have to look anything up. I remember the “Russian Bear” and the “duck and cover” drills under school desks. Then the Soviet Union imploded. But Putin is worse. People call Russia an autocratic regime. It’s a totalitarian regime. I’ve been watching Putin for about 20 years. Russia’s economy is smaller than Italy’s, smaller than Texas, and the demographics are awful — infant mortality and people dying young of alcoholism. So what do you do when people are suffering? Putin called the breakup of the Soviet Union the biggest political disaster of all time. He wants the empire back. I didn’t pick Ukraine for the book because everyone has been “invading” Ukraine in fiction for 10 years. I wanted a new story, so I picked Belarus as a proxy.

Q: So what does Putin want?

George: He wants to ship (the oil) to Western Europe. Until recently, Russia was the main supplier of oil and natural gas to western Europe, and those pipelines run through Ukraine and Belarus. As this story (“Fire and Ice”) evolves, Putin invades because the Belarusian people are agitating against their own government. Just like the people of Iran. Just like the people of Russia.

Q: And that actually happened?

George: Yes, the Belarusian and Ukrainian people have protested against things Russia has been doing. There was a huge underwater pipeline from Russia to Germany that was sabotaged by people who didn’t want Europe dependent on Russian oil. Then there was another one (pipeline from Russia to Europe) that was being built with U.S. help, called the Nord Stream 2.

To put this in context, I’ve worked in the Pentagon. For the longest time, the attitude was “we know what we need to do. We know what might happen.” But two fellows I worked with, Peter Singer and August Cole, came up with a discipline called FICINT — Fictional Intelligence. It’s military thrillers based on real, often declassified intelligence. I joined their group, FICINT, to help institutions like the

Air Force Academy imagine “what if” scenarios to look 20 years downstream.

Q: So was Russia’s motive the resources, or the need to distract from domestic suffering?

George: Definitely the distraction. You study warfare and you see it throughout history: When things are bad at home, you unite the country against a foe. Russian propaganda can turn anything into “they are trying to kill our country.”

I constrain my writing to what is possible. Ian Fleming said of James Bond: “My stories may not be probable, but they are possible.” I’ve never written a military thriller where it couldn’t happen. In “For Duty and Honor,” I wrote about the pressure on an admiral because I spent five years on an aircraft carrier in the Persian Gulf for five different admirals. They were all leaders, they were all gentlemen, they were all smart, but I saw the pressures they were under. I watched 25-year-old lieutenants changing cruise missile missions in real-time. There is so much pressure on an admiral because he’s so far away from anyone else who can make the call. In the Army, you can always call the general and ask, but in the Navy, you can’t look the guy in the eye and ask for permission. You have to decide. That’s what jazzes me. That’s what makes me get up in the morning and write.

Q: You spent time in Washington, but did you ever spend time in Russia or Ukraine?

George: Not in Russia itself. But in the military, I was on ships off the coast of Russia “listening” to things — I won’t use the word spying. In the final years of my career, I led the U.S. delegation for military-to-military negotiations with the Chinese Navy in Beijing, Qingdao, and Shanghai. I saw another totalitarian government operate. After we did negotiations in Beijing, we’d go out and have some beers and we were followed. Not to make it cloak and dagger, but it’s very analogous to Russia. My friend in the Navy, (retired four-star Adm. Jim Stavridis (the former Supreme Allied Commander Europe), and I still talk frequently. I’ve learned a lot about Russia through that association.

Q: So, regarding your “predictions” coming true — Russia is still bombing

Ukraine. What is the plan now?

George: We have just passed the fourth anniversary of the invasion. In the recent New York Times paper, there’s a full two-page article on the war in Ukraine. Russia’s motive now is pride. Putin wants to be remembered as equal to Stalin. In his heart of hearts, other than deflecting the Russian people from their miserable lives, he wants the Russian Empire back together, and Ukraine is the “Jewel in the Crown.” This war is going to drag on for years.

Q: What about the U.S. role? How much more aid does Ukraine need, and does the U.S. even want to give it?

George: In my opinion, if the U.S. and the EU had flowed the best weapons into Ukraine before the invasion while Russia was massing on the border, I don’t think Putin would have invaded. Currently, the U.S. has scaled back aid while the EU is stepping up. Without oversimplifying, it’s all about weaponry now. The Ukrainians are fierce fighters, heart surgeons in their 40s are enlisting to defend their country, and the entire country is mobilized.

Q: What is the biggest conversation citizens should be having with their representatives?

George: China is the biggest threat because they have both military and economic power. Reagan wrecked the Soviet economy by outspending them on defense. Russia didn’t have the economy to keep up. That’s not the case with China; they are the second-biggest economy in the world. They can build and build just like we can. It’s a different scenario.

Look at what happened in Iraq, that was Soviet supplied and Soviet trained military, how long did they last, a week?

Meanwhile, Russia is under immense stress. Their tanks and planes are being destroyed. They are keeping up, but they’re spending a much bigger percentage on their gross domestic product. They are also purposely drafting people from the eastern provinces — minorities — so the families in Moscow and St. Petersburg don’t feel the “pain” of the body bags coming home. It’s very totalitarian.

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MILITARY

FAA investigating close call between a passenger plane and military helicopter

Associated Press

A United Airlines flight came within a few hundred feet of a military helicopter near John Wayne Airport in Southern California earlier this week, triggering an alarm directing the airline pilots to change course.

The Federal Aviation Administration said on March 27 that it is investigating the incident that happened around 8:40 p.m. Tuesday when a military Black Hawk helicopter returning from a training mission crossed into the plane's path. The pilots of the passenger plane carrying 162 passengers and six crew members stopped their descent and leveled off to avoid a collision.

This close call comes just over a year after an American Airlines jet collided with an Army Black Hawk helicopter near Washington, D.C., killing 67 people in the deadliest crash on U.S. soil in more than two decades. The crash increased scrutiny of flight paths and regulations in place to avoid near misses between aircraft.

Earlier this month, the FAA changed policy as a result of that 2025 crash, requiring air traffic controllers to actively use radar to direct helicopters and planes around airports nationwide, rather than relying on pilots to see and avoid each other. Before the Washington crash, the air traffic controller asked the helicopter pilots whether they had seen the plane and approved letting them avoid it.

In a short statement about the close call in Santa Ana, California, the FAA said it will investigate whether the new rule was applied.



FILE - A Federal Aviation Administration logo is displayed in the tower at John F. Kennedy International Airport in New York, March 16, 2017. AP Photo/Seth Wenig, File.

“During final approach to John Wayne Airport in Orange County, pilots on United flight 589 were advised by air traffic control to watch for a military helicopter flying near the airport. They saw the helicopter, and also received a traffic alert, which they responded to by leveling the aircraft.”

- United Airlines

United Airlines issued a brief statement confirming the details of the Tuesday incident.

“During final approach to John Wayne Airport in Orange County, pilots on United flight 589 were ad-

vised by air traffic control to watch for a military helicopter flying near the airport. They saw the helicopter, and also received a traffic alert, which they responded to by leveling the aircraft,” the statement read.

The United plane came within 525 feet of the helicopter vertically and 1,422 feet laterally at their closest point before leveling off after the airline pilots received a collision avoidance alarm, according to data from FlightRadar24.

Archive recordings of the traffic control tower at John Wayne Airport, accessed via LiveATC.net, show a traffic controller asking moments after the close call whether the plane's pilot had received any reference to the helicopter or been told to restrict his altitude. The pilot responded that he received a “resolution advisory,” the most serious collision avoidance alarm issued as an in-cockpit alert from the plane's anti-collision software.

“We're going to be addressing that, because that was not good,” the air traffic controller responded.

A California National Guard spokesperson sent a short statement confirming that the helicopter, based at Joint Forces Training Base Los Alamitos, had been conducting routine training and was returning to base, “at an assigned altitude while in communication with air traffic control.”

It was unclear whether any temporary restrictions on flight paths or training routes were in place after the Tuesday close call.

An airport spokeswoman said since the incident occurred in the air and not at the airport, she could not provide any information.

This latest close call happened two days after an Air Canada jet collided with a fire truck on a runway at New York's LaGuardia Airport, killing both pilots.

The PROSTITUTION MYTH

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The UGLY TRUTH

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SCAN ME



SPORTS

CHS ROUNDUP

Islander sporting events this week

BY CADE MICHAELSON

The Coronado News

This week at Coronado High is highlighted by three home games for varsity baseball and a boys' volleyball game on Wednesday. To close out the week, varsity softball plays at home on Saturday against Otay Ranch.

7 • Tuesday

Islanders tennis heads to Canyon Hills for a match starting at 3:30 p.m.

Girls' beach volleyball plays its first game of the week at home against San Diego. The game starts at 3:30 p.m.

Coronado swim goes up against rival Point Loma. The meet is hosted at Brian Bent Memorial Aquatics Complex. The meet starts at 3:30 p.m.

Varsity and JV baseball both play against Otay Ranch, with varsity at home and JV on the road. First pitch for both games is 4 p.m.

The freshman baseball team also plays against Point Loma at Bill Cleator Park. First pitch is at 4:30 p.m.

Girls' lacrosse hits the road for a game at La Jolla High. JV and varsity play at 5:30 and 7 p.m., respectively.

8 • Wednesday

Varsity golf plays against La Jolla at La Jolla Country Club, teeing off at 3 p.m.

Beach volleyball plays its second home game in as many days, this time against Point Loma. The game starts at 3:30 p.m.

Varsity baseball is at home for the second day in a row, and JV is on the road. Both teams are playing against Steele Canyon. First pitch is at 4 p.m.

Islanders boys' volleyball plays its first game of the week at home against Patrick Henry. Games are at 4:30 and 6 p.m.

9 • Thursday

Varsity golf starts the day off for the Islanders, as they head to Balboa for a match against Mission Bay. Tee times start at 3 p.m.

Coronado swim is at home for a meet against Point Loma, starting at 3:30 p.m.

Islanders beach volleyball plays for the third day in a row, this time on the road at Clairemont. The game starts at 3:30 p.m.

Varsity and JV softball both play against Grossmont, with JV at home and varsity on the road. First pitch is at 4 p.m.

Coronado track and field has its third league meet of the season, this one hosted at Morse. Events start at 4 p.m.

Boys' lacrosse closes the night for the Islanders with a home game against Santana. JV and varsity start at 5 and 7 p.m., respectively.

10 • Friday

Varsity and JV baseball play their final games of the week against Olympian, and for the third time in a row, varsity is at home while JV is on the road. Games start at 4 p.m.

Varsity softball is at home to face Torrey Pines. The game starts at 4 p.m.

Islanders boys' volleyball heads to High Tech High SD for its last game of the week. Games start at 4:30 and 6 p.m.

Coronado girls' lacrosse closes its week with a home game against New Trier. Games start at 5:30 and 7 p.m.

Contact: cade@thecoronadonews.com



Runners Nathan Ayan (left) and Vincent Russo (right) competed in the 800-meter race. Photos provided by George Green.

Coronado track and field takes smaller group to Mt. Carmel Invite

BY CADE MICHAELSON

The Coronado News

On March 28, the Islanders' track and field team members with the best marks competed in the Mt. Carmel Invite, where there were more than 85 schools and 2,500 athletes participating.

In the boys' 800-meter run, Nathan Ayan and Vincent Russo led the way for the Islanders. Ayan ran a time of 1:57.73 and Russo wasn't far behind, clocking a 1:58.88. Russo's time was a personal best

(PB).

Noah Jones was a standout for the Islanders as well, as he turned in a 20-foot-10-inch leap in the long jump.

Two Islander girls ran in the 400-meter dash, Maya Wilson and Micaela Gistaro, who posted times of 59.91 and 60.17, respectively.

The Islanders' next meet is the Track Classic at University City on April 4. Events start at 10 a.m.

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Islanders swim fares well in meet against The Bishops School

BY CADE MICHAELSON

The Coronado News

Coronado hosted The Bishops School for their first home swim meet of the 2026 campaign. The girls beat the Knights handily, 92-65. The boys, however, lost by 12, 79-91.

For the girls, there were three individual first-place finishes from Jillian Stachowicz, Mirren Fallon and Baleri Garces. A relay team of Stachowicz, Fallon, Isabella Kenny and Kailyn Cornell also notched two victories in the meet.

The boys' showing was highlighted by Gage Everitt, Cedrick Tolentino and Devin Ertekin. Everitt took first in the 200 freestyle and 100 butterfly, Tolentino won the 500 freestyle and Ertekin took first in the 100 backstroke.



The 2026 Coronado Islanders swim team. Photo sent in by Leigh Everitt.

The Islanders' next meet is on April 7 at 6:30 p.m. It's hosted at Brian Bent Memorial Aquatics Complex, and they'll be facing rival

Point Loma.

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LA28 unveils a bold, superbloom-inspired look for Olympics

Associated Press

The 2028 Los Angeles Olympics has announced its official look, and it's a blast of bold colors.

The graphic patterns and color palettes will be used to identify everything from credentials to staff uniforms to signage to competition venues and the athletes village.

The concept announced on March 23 is based on a California superbloom, a phenomenon that occurs every 10-15 years in the spring and results in a vibrant explosion of wildflowers across hills, valleys and deserts.

The LA28 design team studied past Olympic and Paralympic Games, including the 1984 Los Angeles Games, to inspire the look.

The orange Bird of Paradise, the city's official flower, inspired the



A person takes pictures of wildflowers during a superbloom, Saturday, March 7, 2026, in Death Valley National Park, Calif.

AP Photo/John Locher.

primary colors used in the concept as well as the 13 blooms that make up the full Superbloom. Graphics were built on a precise grid, with visual density reduced closest to fields of play to keep athlete focus unimpeded.

"We wanted the look to feel like

Los Angeles itself," Geoff Engelhardt, LA28 head of brand design, said in a statement. "LA is a city of incredible creativity, sitting at the intersection of sport and entertainment, and the Games will bring the world together here in 2028."

SPORTS

5-time Gold Glove winner Jason Heyward announces retirement

Associated Press

Jason Heyward, who launched his 16-year major league career with the Atlanta Braves in 2010 and won a World Series title with the Chicago Cubs in 2016, announced his retirement on March 27.

Heyward played in 34 games with San Diego in 2025, hitting .176.

For his career, Heyward hit .255 with 186 home runs with six teams. He also played for St. Louis, Houston and the Los Angeles Dodgers. The outfielder won five Gold Gloves, including four straight seasons from 2014 through 2017.

Heyward, whose nickname is "J Hey," played his first five seasons



San Diego Padres left fielder Jason Heyward (22) in the fourth inning of a baseball game, May 10, 2025, in Denver.

AP Photo/David Zalubowski, File.

with the Braves and set career highs with 27 homers and 82 RBIs for Atlanta in 2012. He was drafted by the Braves in 2007 from Henry County

High School in suburban Atlanta.

Heyward played for the Cubs for seven seasons, from 2016 through 2022. He said he plans to focus on his

Jason Heyward Baseball Academy, a youth development program based in Chicago.

"I wanted to reach this moment and know without a doubt that it was time to walk away, and I do," Heyward said in a statement. "No second-guessing, no looking back, just gratitude."

Heyward said playing 16 years in the major leagues "gave me everything, and now I get to give some of that back. Through the Jason Heyward Baseball Academy, I get to mentor the next generation, keep my hands in the game, and make sure kids in my community have the opportunities and the space to dream the same way I did."

Padres GM Preller says Yu Darvish went on restricted list to rehab from surgery at his own pace

Associated Press

Yu Darvish is beginning the season on the San Diego Padres' restricted list because the veteran right-hander wants to proceed deliberately in his recovery from elbow surgery while he contemplates his future, general manager A.J. Preller said.

Preller praised Darvish's decision for its benefits to the team and its fans on March 26 while he spoke in the dugout before opening day at Petco Park. But the GM also indicated the move doesn't necessarily mean he'll have more money to pursue another pitcher for the Padres' seemingly thin rotation.

"Yu Darvish is a very special person, a very special player," Preller said. "He's very unique. This situation is unique. Somebody that's thinking about the good of the organization, the team, the fan base. Wanting to get back, but you can't put your heart into it, it would be very easy for him just to say, 'You know what? I'm going to sit on the IL,' and what that means for him from a compensation standpoint. He's not doing that. He knows that his heart's not quite into it, but he's going to continue with the rehab process, and maybe we get to next year and he's feeling in a different place and he wants to come back."

Preller said the Padres had planned for this unusual move throughout the offseason, and it was finalized over the past several weeks in conversation with the commissioner's office



FILE - San Diego Padres' Yu Darvish throws during the first inning of Game 3 of a National League wild card baseball game against the Chicago Cubs, Oct. 2, 2025, in Chicago. AP Photo/Nam Huh, File.

and the players' union.

While on the restricted list, the 39-year-old Darvish doesn't receive his salary — a condition that few major leaguers would accept voluntarily.

Darvish was owed \$43 million for the final three seasons of a \$108 million, six-year contract: \$15 million in 2026 and \$14 million each in 2027 and 2028.

But Preller said the five-time All-Star from Japan cared more about being able to spend extra time with his family instead of participating in the daily grind of rehab work in San Diego.

Darvish isn't definitely ready to re-

tire, but he also isn't quite certain he wants to go through the lengthy rehab grind required by a second major elbow surgery. He had Tommy John surgery in 2015.

"He's been very straight-up throughout the offseason, after the surgery," Preller said. "Just ultimately, he's not really in a place to work at the level and ability that he wants to work at and he's accustomed to working at. He wants to kind of do it at his pace. ... Just a great deal of respect for what he's trying to do. I think he's been very clear that if he can't do things at the level from a preparation standpoint that he's used to doing, he

wants to make sure that he's giving back to the team and the fan base."

Darvish won't pitch at all in 2026, but Preller couldn't definitively say how long Darvish will spend on the restricted list.

Preller appeared to gently discourage the notion among Padres fans that the move could clear up payroll room for San Diego to sign one of the top remaining free-agent starting pitchers on the market, saying he had been aware of the likelihood of this move "throughout the whole offseason."

"In terms of the planning for it, it doesn't really change anything from our end," Preller added.

Opening day starter Nick Pivetta and Michael King top the Padres' rotation, but Joe Musgrove is starting the season on the injured list with right elbow inflammation after his own return from Tommy John surgery went slower than hoped.

"Not really putting a time frame on it," Preller said of Musgrove's return. "He's just starting to play catch today. I know talking to him (Wednesday), he said he's feeling great. It's not like he's been down for six to eight weeks, so hopefully he can get going here. But we're not going to know until he gets through days like today. ... We'll know a lot more in the next week to 10 days."

The rest of San Diego's rotation currently appears to be spring signees Walker Buehler and Germán Márquez alongside Randy Vásquez.

Expansion may be coming to the NBA. Here's some of what you may want to know

Associated Press

The NBA is now officially looking at expansion, with Seattle and Las Vegas the two targeted cities.

A vote Wednesday by the league's board of governors — part of a two-day series of meetings in New York — cleared the way for formal talks between potential ownership groups in those two cities and NBA officials to take place, a process that likely will start before too long.

Commissioner Adam Silver wants the league to know by the end of 2026 if expansion will happen.

The league said investment bank PJT Partners has been brought on "as a strategic adviser to evaluate prospective markets, ownership groups, arena infrastructure, and the broader economic implications of expansion."

Paul Taubman, the bank's chairman and CEO, has worked with the NBA on a number of matters in the past — and when former NBA Commissioner David Stern stepped down more than a decade ago to allow for the start of Silver's time as commissioner, Taubman even brought Stern on as an adviser.

What are the next steps?

Silver said the league hasn't struck any deals yet, which means the bidding is wide open at this point.

"If you are interested, and I'll say that now to people who may be listening or watching this, if you're interested, call the league office, call PJT Partners directly in New York," Silver said at a news conference Wednesday. "I just want to make sure everybody understands there's been no handshakes on the side. There's been no commitments. There's no promises to anyone. This is a completely transparent process."

PJT Partners and the league will vet candidates, find the best plans, then start the process of actually seeing if a deal can be struck. Given the expected expansion fee — \$6 billion or more — it won't be a quick process.

"I do expect there will be multiple bidders," Silver said.

Are Las Vegas' and Seattle's chances tied to each other?

Put simply, no.

There are no guarantees that the league will expand, first of all. And while it would create some interesting schedule scenarios if an odd number of teams were in the league — 31 instead of the current 30 — there have been unbalanced conference



Cleveland Cavaliers center Thomas Bryant (3) shouts after dunking over Orlando Magic center Goga Bitadze (35) in the first half of an NBA basketball game in Cleveland, Tuesday, March 24, 2026. AP Photo/Sue Ogrcocki.

lineups before.

They could add both cities. They could add just one. They could add none.

What's the timeline for adding teams, if it happens?

Another unknown, but it won't be next season. And probably not the one after that, either.

The commonly held theory is that it would take at least 18 months if not longer to get a new team up and running.

That would suggest 2028-29 would

be the earliest season in which new teams could be added.

"Our goal was in 2026 to resolve this issue one way or the other," Silver said. "So, my timeline — we weren't so specific with the board — is that we need to know by the end of this calendar year what it is we're doing. It may not be that every 'I' is dotted, but that would be our goal, this year."


How will the entry fee be determined?

If the league decides to expand, it'll be selling equity in the current product.

And business in the NBA is booming, with franchise values soaring — the Boston Celtics recently sold with a valuation of just over \$6 billion and the Los Angeles Lakers' valuation was \$10 billion.

"The only discussion in the room was understanding the math around dilution in terms of projections and what's the direct reduction in existing revenues to teams if we were expanding beginning in '28-29," Silver said. "We did not discuss franchise value per se in these meetings. Of course, certainly with our bankers, we have a sense of where we think that value exists, but at the end of the day, the marketplace will determine that."

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Hang Up.
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We Bring Good Energy.



SPORTS

United States forward Catarina Macario returns home to the San Diego Wave from Chelsea

Associated Press

The San Diego Wave have acquired U.S. national team forward Catarina Macario from English club Chelsea.

Macario was signed through the 2030 season, the National Women's Soccer League club announced Friday. Her deal with the Wave is worth \$8 million, according to published reports, making it among the biggest total contracts in league history.

To sign Macario, the Wave utilized the High Impact Player rule, which allows teams to exceed the salary cap for players that meet certain criteria.

Macario was born in Brazil but moved to San Diego when she was 12 and played for the San Diego Surf youth club. She went on to Stanford, where she won two national championships and was twice awarded the MAC Hermann Trophy as the nation's best soccer player.

"This city has played such an important role in my journey, and the opportunity to come back and represent it means a lot to me," Macario said in a statement. "From my first conversations with the Club, I felt the ambition and the vision for what we can accomplish together, including bringing trophies to this city."

The Wave planned a news conference on March 27 to introduce Macario, who has played in Europe since 2021.

"Cat is a world-class player who has consistently performed at the highest levels of the game," said Camille Ashton, the Wave's sporting director and general manager. "She is an intelligent, technical and creative attacker with exceptional vision and composure in the final third. Her



FILE - United States' Catarina Macario in action during the first half of an international friendly soccer match against Jamaica, on June 3, 2025, in St. Louis. AP Photo/Jeff Roberson, File.

ability to unlock defenses and influence matches in multiple ways will further strengthen an already strong foundation as we continue building toward championship success."

Macario decided to forgo her se-

nior season at Stanford and turn pro, signing with Lyon. She played two seasons for the French club before she was acquired by Chelsea. Over the course of her professional career, she's scored 44 goals in 105 appear-

ances.

Macario, who became a U.S. citizen in 2020, has 16 goals in 29 appearances with the national team. She had eight goals in 10 matches for the United States last year.

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