

Bartlett's News Briefs



NOT JUST ANYBODY

community-sponsored stories

by Pacifican Jean Bartlett, longtime Bay Area News Group writer

AT THE TABLE WITH FLOR ~ ANOTHER REASON TO LOVE PACIFICA'S SHARP PARK RESTAURANT



Flor at work, October 23, 2025. (Jean Bartlett photo.)

"You are doing a story on Flor," said longtime Pacifican and Sharp Park Restaurant regular Bob Welch. "That is great because she is one of the nicest people on the planet, and I think doing a story on such a sweet person gives everyone a lift!"

Stopping longtime Pacifican Sue Vaterlaus following her breakfast at Sharp Park Restaurant, I told her I was doing a story on Flor. "Oh, everyone is going to love that because everyone loves Flor. She is like the energizer bunny, always moving and working, while always helping everyone."

Flor Medina has worked at Sharp Park Restaurant for 20 years total. She started in 2001. How does that math work? She took some time off in there to have children. Flor and her husband Mario Perez are the

proud parents of three daughters: Melanie, 19; Ashley, 17; and Amy, 15. Her youngest two are in high school and her eldest is going to San Francisco State University.

Daly City is home to Flor and her family, but as a family they come to Pacifica quite frequently to hike, particularly along the Sharp Park berm up through the trails of Mori Point. "The view is spectacular," Flor said, but then she swept her arms up, pointing out through the windows of where she works, "and so is this."

The Sharp Park Restaurant, overlooking the Sharp Park Golf Course, looks out to bright green fairways, framed by trees and sky and just beyond, the constant flow of the blue-lit Pacific. "This is just one of the reasons to love working here."

What does Flor do at the restaurant? The first answer to that is she: takes orders; brings orders; does some food prep; runs the cash register; cleans; works breakfast, lunch and dinner, and the parties in the back room; and does a lot of walking. Her daughter put an app on her phone to count her steps.

"15,000 is my overall average amount of steps per day at work," Flor read from her phone. "But this past Saturday I had 27,000. Today, Thursday, I have 13,000."

There are a lot of events to work in the back room. The Pacifica Democrats meet there as does the Rotary Club. Additionally, sometimes the back room, and sometimes the entire restaurant, is host to anniversary parties, memorials, birthdays and tuxedoed-theater group reunions.

"But of course it is not just me doing all this work," Flor underscored. "Everybody that works here works hard, and they are all such nice people."

The second answer to what Flor does at the restaurant is she listens to people.

"I love the people. We have so many nice customers. I particularly enjoy the seniors because they remind me of my mother. They want to talk to me about their lives and they have stories to tell. I love to listen to their memories. I learn so much. Sometimes people think that if someone is older, that they are cranky. But if I can spend five minutes talking to them while I take their orders and bring them their meals, they feel comfortable and welcome, and they are smiling, and I am smiling too.

"I remember this one gentleman who used to come here. The first time he came in, he was obviously in a bad mood. I thought, well, I've got to take his order. But after a while, he and I started talking and he softened. He started coming here about five years before the pandemic and he continued to come. He struggled with dementia and while he made it through the pandemic, he died not too long after it. His caregiver brought him in one last time, and she said to me, 'Maybe he will remember you, or maybe he won't.' And he said, 'Hello, Flor.' That meant so much to me. I still think about him."

Flor works at least a 40-hour week, every week, and when she goes home, she cooks for her family. "I think my cooking is good," she laughed. "My family likes it." Besides hiking, she relaxes by playing sudoku, or doing 1,000-piece puzzles.

"Not more than 1,000 pieces because I don't have a big enough table and besides, our cat, who I call Princess, likes to stand everywhere on it or next to me while I am working. She does the same when I am cooking."

Is there anything that Flor learned when she was growing up that she still takes to heart every day?

"My mother always told me, 'You have to speak up for yourself. Nobody is going to do anything for you. You have to do it.' I take this with me in that I like to talk to people and so I choose to talk to people. It is

how I speak up. If I can help someone feel appreciated for five minutes, because I do appreciate them, it is just as nice for me as it is for them."

By the way, does Flor have a work title?

"Just, me."

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By Jean Bartlett (October 24, 2025)

Writer Jean Bartlett was recently recognized by the Board of Supervisors, County of San Mateo, for "her writing that connects community and preserves local history." She can be contacted through her website, www.bartlettbiographies.com. This story was sponsored by Pacifican Sue Digre.