Bored surfers ready to shred

City officials: Don’t be a kook, stay home

See page 8

The parking spaces at Windansea Beach, a popular surfing break, are taped off as the beaches remain closed through at least April 30.

Photo by Sue Balch

Local businesses helping out healthcare workers

See page 6

PBES student’s battle with leukemia continues

See page 15

Business is booming at Green Gardens Nursery

See page 7

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The parking spaces at Windansea Beach, a popular surfing break, are taped off as the beaches remain closed through at least April 30.

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See page 7
A progress report on community beautification performed by Enhance La Jolla, the community’s Maintenance Assessment District, for March 2020 has been released by district manager John Unbewust.

“Enhance La Jolla has authorized MAD vendors to continue their work in the Village, as all work performed by MAD enhances the cleanliness of the Village,” said Unbewust. “And, MAD’s vendors are complying with the governor’s executive orders and County/ City directives regarding distancing and the use of gloves and masks. Enhance La Jolla believes that these efforts provide a significant benefit to all people working and living in the Village.”

Unbewust noted “A clean environment is a worthy goal. MAD will continue to power wash sidewalks, maintain landscaping and pick up fallen limbs and other debris from trees, and provide litter control and trash collection regularly within the Village.”

Unbewust noted all trash receptacles are disinfected and lids wiped during each servicing. He said painting trash receptacles (lids and frames) continues and will be completed this month. Other anticipated activities have been placed on hold.

The Conrad Prebys Foundation challenge grant further strengthens UC San Diego Health’s position to safely care for the community during the anticipated surge due to COVID-19.

“Once conditions allow, MAD will restart its efforts to improve tree wells, paint SDG&E transformers, and recondition wood benches and a dog waste station pilot within the Village,” said Unbewust. “MAD is coordinating with one of our neighbors to remove graffiti. The results have been remarkable.”

Virtuality all of these eyesores have been removed. So, if you see any graffiti, don’t hesitate to notify MAD.”

VAPA FOUNDATION’S FUNDRAISER ONLINE

The Visual and Performing Arts Foundation serves art students within the San Diego Unified School District by providing additional funding for projects and materials that are outside of the school’s standard budget. This Saturday, April 18 at 6 p.m., the community is invited to enjoy a night of student performances and productions. Originally set to take place at The Conrad in La Jolla, the event has gone virtual and can be found at facebook.com/VAPAFoundSD.

“We are excited to host this virtual event through Facebook Live and invite you to tune in on this evening to show your support for our city’s children,” said Doreen Schonbrun, co-chair of the gala. “We will feature incredible student performances and artwork to show you why the work of the VAPA Foundation is so important and deserving of your financial support.”

Proceeds from the benefit will support enhanced arts education programs for all students at SDUSD schools. For more information, visit vapafoundation.org.

ST. JAMES MUSIC SERIES CANCELED

The annual music series of St. James by-the-sea Episcopal Church at 743 Prospect St. has suspended the rest of its current season due to the COVID-19 outbreak. A concert by the San Diego ensemble SACRA/PROFANA, will be rescheduled for next fall. All ticket sales will be honored at that time.

The final concert of the season, featuring Chanticleer, was not able to be rescheduled but the group has already been booked to appear next spring.

Ticketholders who would like to receive a refund for either of these performances can email alex@sbtos.org. Alternatively, all ticket sales will be considered tax-deductible donations to the St. James Music Series, and these proceeds will enable St. James to put together an even more robust season for next year, to be announced shortly.

For more information, visit stjamesmusicseries.com.

CONRAD PREBYS FOUNDATION AWARDS GRANT TO UCSD

The Conrad Prebys Foundation on April 1 awarded a $350,000 challenge grant to support the University of California San Diego in its COVID-19 efforts.

“The region’s only academic medical center, UC San Diego has deep experience in researching and treating significant public health threats through the efforts of some of the world’s most respected physicians and scientists,” said UC San Diego Chancellor Pradeep K. Khosla. “The Conrad Prebys Foundation has stepped up to help with our efforts in the battle against COVID-19.”

The challenge grant will double the fundraising impact: for every dollar given to the fund, a dollar will be matched by the grant, up to $350,000.

“Since UC San Diego became aware of COVID-19, UC San Diego Health made immediate efforts to secure the necessary medical and surgical supplies to protect and prepare our front line health care workers,” said Patty Maysen, CEO UC San Diego Health. “This generous matching gift further strengthens our position to safely care for the community during the anticipated surge. We are deeply grateful for this support during this worldwide health crisis.”

For more information, visit campaign.ucsd.edu/impact/coronavirus.

PLAN GROUP GOES ONLINE

Pacific Beach Planning Group, which typically meets the second Wednesday of the month in the PB Library Community Room, held its first regular group online meeting April 8.

“It went very well, No problems,” said PBPG chair Karl Rand. “We successfully reviewed the development plans for a project on Wilbur Avenue and voted unanimously and enthusiastically to approve. Also, Assemblymember Todd Gloria gave us a fairly thorough update on recent events at the state level, and he was very generous with his time when answering questions.”

Rand said PBPG meetings every second Wednesday “will be held by teleconference until further notice. Residential construction is still taking place in San Diego, and the City is still processing permit applications, so we are working to do our part to keep the permit process flowing. We will continue to hear presentations on other matters too, like Trolley Station updates and various community events.

Rand added PB Planning Group’s agendas are available a few days before each meeting at pbplanning.org.

COVID-19 IMPACT ON SAN DIEGO WORKFORCE

In its weekly email update, The San Diego Workforce Partnership has released these figures on the impact of coronavirus:

• 224 total layoffs reported to the Workforce Partnership since March 10 (up from 168 last week)

As anticipated, the region saw COVID-19 significantly impact many companies and their workforce, with layoffs effective immediately for the majority of employers.

• 32,774 total reported employees affected (up from 21,800 last week)

This includes 19,794 in the Hospitality and Restaurant & Bar industries. This is an estimate based on the notices received by the Workforce Partnership, although the full impact to employees and the region’s economy is still unknown:

• Data from the U.S. Department of Labor: In each of the past two weeks, Californians submitted over 20 times the average number of weekly unemployment claims.

“The continued increase in layoffs points to the stark shift in how businesses must function as a result of social distancing rules,” said Peter Callstrom, president/CEO of San Diego Workforce Partnership. “While the numbers are indeed intimidating, it’s impossible to know what the future trajectory will look like. Instead, it points to the current nature of our region’s reality, as well as the demand for resources to support people who are unemployed.

Workers can access information about resources and services by visiting workforce.

BRIEFS CONTINUED ON PAGE 4
LA JOLLA Bird Rock: New Construction in 2020
6bd/6ba, 7,654 sf. $5,750,000
COMING SOON! Agent: Natalie McGhie.

LA JOLLA Lower Hermosa: Rustic Mediterranean Villa
COMING SOON! 6bd/4.5ba., 4,034 sf. $3,950,000 - $4,295,000

LA JOLLA Lower Hermosa: Development opportunity w/ approved plans for a Contemporary Estate on Camino De La Costa
Agent: Natalie McGhie. $5,250,000

LA JOLLA Heights: 2 masters, quiet & serene
4bd +1 Opts / 4.5ba. 3,777 sf. $1,950,000 - $2,100,000

LA JOLLA Hidden Valley: Quaint ranch style.
REDUCED! 4bd/3ba., 2,372 sf. $1,699,000

LA JOLLA Shores: your escape from the Hustle & Bustle
3bd/3.5ba. 2,494 sf. $3,495,000

LA JOLLA Muirlands: One of the best views in La Jolla!
4bd/3.5ba. 3,401 sf. $1,950,000 - $2,100,000

LA JOLLA La Jolla Village: walk to UCSD, stores, restaurants
PENDING! 2bd/2.5ba. 1,074sf. $649,000 - $665,000
Agent: Kim Caniglia

Gregg Whitney
858-204-6161
info@billionairesrowlajolla.com
www.BillionairesRowLaJolla.com
Members of the Guardian Angels in OB, Point Loma, Pacific Beach and environs are leaving a pieces of pink and green paper at resident's doorsteps. The angels would like for all members in neighborhoods covered to adopt this common method to help neighbors through this pandemic. Place the green paper in your front window or somewhere visible near the door.

If at any point you need help, or there's something that you need, then place the pink paper with your phone number written on it in the window instead.

The organization will make sure that everyone knows about this so that neighbors can watch. Share this with friends and neighbors.

LA JOLLA TOWN COUNCIL INITIATES COMMUNITY LINK

"La Jolla Link, an online resource created with CPG Design for the benefit of the La Jolla community, has been created by La Jolla Town Council in keeping with its mission to serve as a community forum and information exchange, while providing a resource for businesses to let customers know they are open and how residents can support them," said LJTC president Ann Kerr Bache. "If you are a service provider, restaurant, or any other type of business who would like to let customers know you are open and be included in La Jolla Link, send an email to ljbционlink@gmail.com.

"We plan to work with other town councils and community organizations to spread the word on behalf of our communities during this difficult time," added Kerr Bache. To stay informed of community happenings, visit ljollatowncouncil.org.

LA JOLLA COMPANY INITIATES CLINICAL TRIAL FOR COVID-19 DRUG

MediciNova, with San Diego corporate offices at 4,275 Executive Square, has announced plans to initiate a clinical trial of MN-166 (buklidast) for COVID-19. Acute Respiratory Distress Syndrome (ARDS). The study will be conducted by Yale's Advanced Therapies Group co-directed by Dr. Richard Bucala, chief, Rheumatology, Allergy and Immunology at Yale School of Medicine.

"We are very excited to partner with MediciNova to pursue this novel approach for the treatment of lethal inflammation in COVID-19 patients," said Bucala. This study is especially gratifying because MN-166's inhibition of MIF activity was discovered in Yale Pharmacology by Elias Loli, Ph.D. We believe MN-166 has the potential to reduce the mortality of COVID-19 by limiting the hyperinflammation and ARDS associated with severe cases. ARDS is a frequently lethal lung condition caused by excessive inflammation for which there are no effective therapies beyond supportive care.

ROCK ‘N’ ROLL SAN DIEGO MARATHON POSTPONED

Based on the direction and recommendations of public health agencies and local authorities toward the COVID-19 pandemic, the 2020 Rock ‘n’ Roll San Diego Marathon & ½ Marathon, originally scheduled for May 30-31 has been postponed until the fall.

The new 2020 event date, which is currently being finalized with local officials, will be communicat-ed as soon as possible. In what has been a continually evolving and challenging time globally, organizers recognize the postponement may come as a disappointment, but look forward to providing participants with an exceptional event experience in the future.

KAREEM ABDUL-JABBAR DONATES GOGGLES TO SCRIPPS CAREGIVERS

NBA legend Kareem Abdul-Jabbar recently visited Scripps Health in San Diego to donate 900 pairs of safety goggles to protect health care professionals on the front lines of fighting the COVID-19 pandemic.

Kareem regularly wore goggles on his way to becoming the NBA’s all-time leading scorer — so it’s fitting that he’s donating them in what may be one of his biggest assists yet, off the court.

He said he wants to thank all of the doctors, nurses and medical professionals for all they’re doing to help fight the coronavirus. Kareem good-naturedly added that he’d be happy wearing the goggles as he did when he played.

Kareem was motivated to give back after learning about the need for more medical equipment from his longtime lawyer Steven Anapoloff, whose brother, Dr. William Anapoloff practices at Scripps. Kareem’s longtime friend and manager for the last 25 years, Deborah Morales, is leveraging his name, image and likeness globally to help locate and secure other much-needed, high-quality medical supplies for Scripps and other hospitals in Southern California.
How to Manage Stress Through Music

(StatePoint) With routines upturned and health concerns top of mind, many people are feeling an extra amount of stress these days, too much of which can be bad for one’s mental and physical health.

However, music has many mood-boosting, stress-relieving benefits. Here are four ways to incorporate more of it into your life without even leaving the house:

• Too much time spent scrolling through social media can induce anxious feelings. Allow music to provide a healthy distraction from digital devices. Carve out a block of time each day to practice your instrument.
• Get a fun, easy and most importantly, stress-free introduction to music-making with the right tools. By connecting a Casio keyboard with lighted keys to the Chordana Play App or using the app’s keyboard, beginners can gain a better understanding of music study. The app displays the music score and piano roll notation for built-in songs and MIDI files, allowing you to select which tracks to play with your left and right hands. With the ability to slow the tempo and transpose to a key that’s easier to play, you can practice at your own pace. Plus, a scoring system lets track your progress.
• Social distancing doesn’t have to be anti-social. Connect with fellow musicians from the comfort and safety at home by hosting a virtual jam session for the added stress-relieving benefits of socializing with friends, old and new.
• Expressing yourself creatively is one of the best tools for kicking stress to the curb, and making music is no exception. Once you feel comfortable with the basics, you may feel empowered to write your own melodies or even develop them fully into songs.

In these unusual times, music can benefit your mood and mental health by serving as a valuable creative outlet, a means for practicing mindfulness and a great way to connect with others.

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Located on the Coast Walk overlooking La Jolla Cove, Casa de Mañana is truly a one-of-a-kind retirement experience. Enjoy resort-style amenities like oceanfront dining, scheduled transportation, fitness center, art studio, 24-hour wellness center, assisted living services and more. Casa offers a variety of cultural and recreational opportunities, educational classes and special events. Relax in the sparkling pool and spa or shop or dine in the nearby La Jolla Village shops and restaurants. At Casa de Mañana we take care of the housekeeping, maintenance and dining services. Casa’s friendly and attentive staff takes care of daily tasks so you can concentrate on living well and pursuing your passions. All this for one inclusive monthly fee. No entrance fees required!

Learn why Casa de Mañana has been voted La Jolla’s best retirement community year after year. Contact us at 800.959.7010 or casademana.org.

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Casa de Mañana

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SENIORS
FRIDAY · APRIL 17, 2020
BEACH & BAY PRESS / LA JOLLA VILLAGE NEWS

5
Pacific Beach, La Jolla businesses step up to help healthcare workers

by DAVE SCHWAB

C hanges can bring out the best in people, Businesses too. Which is being proven daily with the coronavirus pandemic threatening the livelihoods of local small-business owners to their employees, caregivers, hospitals and first responders.

Tron Sun’s La Jolla small-businesses – Rickaroons at 679 Turquoise St. in North PB and Single Fin Surf Grill at 3844 Mission Blvd. in Mission Beach – have been leading the way in responding to the health-care crisis.

Organic coconut energy bar entrepreneurs, the LeBeau family recently committed to helping healthcare workers.

“Hospital staffs everywhere are going to be stressed these next few months,” said company spokesperson Grant LeBeau. “Our goal is to show community support by committing to ongoing weekly donations to the staff of four local emergency rooms at some of our biggest area hospitals.”

“Although Single Fin is a for-profit business, there are no profits to be made (right now), so we have switched our business plan to focus on keeping our employees employed,” said restaurant spokesperson Michael Beltran. “We seek philanthropic-minded individuals or corporations who would like to provide specially designed package to feed 20-300 essential workers who are on the front lines of the coronavirus pandemic.”

Noting Rickaroons has also received support from Pressed Juices, La Jolla Superfood, Local Krave, Cable Moto, FATCO, Sun Burn, and Kopari. LeBeau added: “We have also offered our customers the opportunity to purchase a box of Rickaroons, which we will then match. Because of this, we have been able to add to our list of donor recipients – Rickaroons at 679 Turquoise St. in La Jolla Center.”

Continued LeBeau: “We have a place on our website, rickaroons.com, where customers have been supporting us. For every box they buy – we match them. People can really count and make a difference without having to leave their homes.”

“We will be taking orders online at singlefinfeeds.com for 20-100 people and delivering within the City of San Diego,” said Beltran. “If you can’t contribute 20 meals, then contribute a few meals that will be added to other orders and delivered.”

Last week we prepared over 600 meals that were delivered to many local businesses including health care workers at UCSD La Jolla’s Emergency Room and Infusion Center.

“This is our slow season, so the money we make now pays our employees,” noted Beltran. That money went away overnight. We just want to keep people employed. So we shifted our business to cater specifically to front-line workers, as well as grocers and other essential workers. We take donations for the food. We prepare each meal and deliver them to the unsung heroes of this pandemic.”

A sampling of other beach-area businesses helping out first responders and others on the front lines during the crisis include:

• Local business owners. Tony Hall and Doug Gans of Torrey Holistics, have donated more than 7,000 N95 face masks and over 10,000 hand sanitizers to various health centers, local organizations, customers and staff since mid-March. With shortages of medical supplies around the country caused by the COVID-19 international health crisis, Hall and Gans saw an opportunity to directly help their community, the medical workers on the frontlines, and those most vulnerable.

• The Torrey Holistics family and I wanted to make sure that our staff and community stay safe in these unprecedented times,” said Tony Hall, co-owner and founder of Torrey Holistics. “Through my network, I was able to get the necessary items to support the people on the front lines who are working tirelessly to serve and protect San Diego.”

Torrey Holistics has announced a portion of April sales will be donated to senior centers. For more information, visit torreyholistics.com.

• Pure Bliss Bikinis, which makes sustainable women’s swimsuits from recycled plastics, is offering their “incredible swimsuits” to healthcare workers for free.

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By DAVE SCHWAB

FRIDAY · APRIL 17, 2020

NEWS

BEACH & BAY PRESS / LA JOLLA VILLAGE NEWS

Grant LeBeau, from Rickaroons, gives nurse Rose Colangelo a care package donation at Scripps La Jolla on April 15. Rickaroons has made 16 hospital donations and has another 12 planned, though that can go on longer if they receive additional community support.

The way our budget cycle works is we produce ahead of time what we think we’ll need for four to six weeks,” said Grant LeBeau. “COVID had almost overnight, and customers started closing down. So with our relationships in the natural food industry, we put together a care package for local hospitals.”

For more information, visit pureblissbikinis.com.

• Lotus and Luna at 1552 Garnet Ave., which sells women’s jewelry and accessories from Thailand, will donate a second face mask to a healthcare worker or essential business professional for personal use for every mask purchased from them. “If you’re looking for a cloth-mask option for your essential outings, check out @shoplotusandluna’s bio at lotusandluna.com/collections/face-masks,” said Discover PB, the community’s business improvement district.

• Team Phan at 685 Turquoise St., which makes custom merchandise and branded apparel, said they’ve been “so busy helping first responders during this crisis that we have not been active on social media. Our entire team has been actively helping the men and women on the front lines supplying masks, PPE, and other items to fight this virus with products including hand sanitizers and non-branded masks. We can also prepare home-delivered gift baskets and other items for employees working remotely.”

For more information visit: teamphanum.com.

The GoFundMe campaign launched by Breakfast Republic has raised over $12,000 in an effort to provide free meals to medical workers fighting the COVID-19 pandemic. Breakfast Republic (part of Rise & Shine Hospitality with locations in Pacific Beach, Ocean Beach, and Liberty Station) has decided to make it a community objective to feed laid off workers and frontline medical workers during this pandemic.

The eatery is providing free meals to medical workers at Rady Children’s Mission Location to hosti-ality workers and later extended the free meals to anyone who has lost their job in San Diego. Being moved by the overwhelming pos-itive feedback, and what so many others were doing to help health-care workers, the restaurant expanded its efforts by delivering free meals to medical workers who are on the frontline fighting this pandemic.

Breakfast Republic committed $45,000 to do this endeavor. As of April 10, the group has donated over 3,300 meals.

• Randy Jones Foundation, a San Diego-based nonprofit, has partnered with Social Tap San Diego to provide free meals to County frontline health care workers. Donations at sis will go directly to providing much-needed meals as many hospital cafeterias are now operating at a dimin- ished capacity. Randy Jones Foundation also has the ability to choose which hospitals and units will receive the donations.

Brant Cremins, vice president of Social Tap, will be personally in charge of organizing meal services and coordination of deliveries to health care providers.

For more information, contact brant@socialtapestap.com.

• On April 13, San Diego Loyal SC announced a partnership with Rady Children’s Hospital and The Conrad Prebys Foundation to raise funds for the hospital’s fight against COVID-19, which was announced last week. Loyal asked its fans for the multi-week virtual fundrais- ing effort. SD Loyal asks fans, as well as the community, to help reach the goal of $50,000 and help Rady Children’s get one step closer to completing The Conrad Prebys Foundation COVID-19 Response Challenge.

“Like most of the world right now, we’re challenged to come up with creative ways to support our community during this unprecedented time,” said Warren Smith, president of SD Loyal. “We want to show support for our partners like Rady Children’s Hospital who has helped us and it was put on hold by the COVID-19 outbreak. Challenge winners—and donors—will be eligible to win prizes and unique experiences with the SD Loyal.”

Soccer fans are able to register to support the challenge through the team’s website Landon Donovan, Team Carrie Taylor or Team Nate Miller. Each team will embark on a social media challenge, which will be a way for the fans to show support for the front of child- hood health care for more than 65 years.

Soccer fans are able to register to support the challenge through the team’s website
Business is booming at Green Gardens Nursery in Pacific Beach

By JACK GATES

There are lines of eager customers waiting to get in. Standing six feet apart, of course. Many in protective masks. And shoppers are not allowed inside the main building.

“We are fortunate to be open,” said Green Gardens Nursery manager Skylar Eppler, “and right now we’re seeing a huge increase in feed-yourself gardening. Customers are swooping up all sorts of veggie plants, herbs, fruit trees, planter boxes, and soil.”

Many Pacific Beach businesses have shuttered their doors because of the coronavirus. But Green Gardens Nursery on Cass Street at Beryl Street is open and thriving.

“We’re in that ‘essential business’ category because of food, we’re selling vegetable plants and seeds, fruit trees of all kinds and herbs,” said Eppler. “Business has increased by 30% overall. Because many people aren’t working right now, they have time on their hands and many are turning to edible gardening. We’re selling everything from A to Z, apple trees to zucchini seeds.”

Eppler admits he and his 10 employees would rather be self-isolating like most people. But, he added, “We’re lucky to have the opportunity to work. Finding the balance is the ultimate goal, keeping ourselves safe from the virus, keeping the customers safe, yet trying to stay in business.”

In fact, Eppler pointed out he hasn’t had to let go of any of his employees. “I’ve added shifts for them because so many customers want to grow their own produce right now.”

While many racks are empty at grocery stores, there are racks and racks full of vegetables, herbs and fruit trees surrounding the Green Gardens property. Eppler explained there are five times more veggie and herb racks than a month ago.

“We used to get veggie and herb deliveries maybe twice a week. Now we’re getting deliveries every day.”

Green Gardens has been a Pacific Beach landmark since 1978, but the manager said he’s never seen such a quick boost in business. “People are looking for things to do. We have queues of customers waiting to get in on the weekends.”

There are guidelines for shoppers. Customers must wait in line with a safe distance apart. Only four customers are allowed inside at a time. Employees are wearing masks. And all sales are done at an outside table. “I’m trying to make sure both staff and customers are comfortable.”

Food gardening is nothing new during tough times. “Victory Gardens” were popular during World War II to help reduce pressure on the public food supply. They were a morale boost. Those Victory Gardens provided hope for better things to come.

Sound familiar?

Customers check out some vegetable plants at Green Gardens Nursery.

Restaurants and businesses open at Westfield UTC

Westfield UTC has closed to shoppers to combat the COVID-19 pandemic; however, some retailers that provide essential services and restaurants offering take-out and delivery are still open for the community at 4545 La Jolla Village Drive, Suite 25.

Westfield UTC’s $600 million makeover has been completed and has welcomed prevalent brands such as Apple, Ted Baker, Indochino, Rayban, Hermès, Kate Spade, Design within Reach, Lorna Jane, Under Armour, Jo Malone London, Kendra Scott, Marine Layer, Rodd & Gunn, Saje Natural Wellness, Superdry, and UNTUCKit. Alo Yoga and other first-to-market brands are coming soon.

The property’s health-and-wellness offering, including an expanded 24-Hour Fitness Super Sport Club, has also welcomed San Diego’s first SoulCycle and Peloton as well as One Medical and Forward.

Available UTC restaurants offering take-out and delivery:

• Corner Bakery Café: Open 8 a.m.-3 p.m. daily for takeout and delivery only.

• Din Tai Fung: Open 11 a.m.-8 p.m. daily for takeout and delivery only.

• Elixir: Open 5 a.m.-4 p.m. daily for takeout and delivery only.

• Noodles & Company: Open 11 a.m.-7 p.m. daily for takeout and delivery only.

• Queenstown Bistro: Open Mondays-Saturdays 11 a.m.-7 p.m., Sundays noon-6 p.m. for takeout and delivery only.

• Red Robin Gourmet Burgers & Brews: Open 11 a.m.-8 p.m. daily for takeout and delivery only.

• Seasons 52: Open 11 a.m.-8 p.m. daily. Delivery available until 7 p.m. Curbside and take-out access til 8 p.m.

• Shake Shack: Open 11 a.m.-8 p.m. daily for takeout and delivery only.

• Tender Greens: Open 11 a.m.-8 p.m. for takeout and delivery only.

• Veggie Grill: Open 11 a.m.-9 p.m. daily for takeout and delivery only.

• Wells Fargo: Open Mondays-Fridays 9:30 a.m.-4 p.m. Saturdays 9 a.m.-noon, closed Sundays.

City, major companies launch new fund for small businesses

Continuing to take aggressive steps to deliver relief to San Diegans affected by COVID-19, Mayor Kevin L. Faulconer and Council President Pro Tem Barbara Bry announced on April 11 over $300,000 in private donations to kick start a new partnership that will expand the City’s Small Business Relief Fund and encourage more community support for small businesses as the demand for economic relief rises.

“Small businesses are the backbone of our local economy, and these businesses need our support more than ever,” Faulconer said. “With the help of generous corporate partners and San Diegans alike, we are expanding our Small Business Relief Fund to keep more businesses afloat during these turbulent times.”

Cal Coast Credit Union, GoFundMe and Qualcomm each contributed $100,000 to launch a new initiative between the City, Cal Coast Cares Foundation and San Diego Grantmakers to encourage corporate partners and individual San Diegans to donate to the Small Business Relief Fund. The fund was created at Faulconer’s urging to provide grants and micro loans to small businesses impacted by the COVID-19 pandemic.

“Cal Coast is honored to partner with the City of San Diego to help local small businesses that are struggling with the fallout from the pandemic,” said Todd lane, president and CEO of California Coast Credit Union. “Our community thrives when small businesses thrive. As the longest serving financial institution in San Diego and the City’s financial partner, this relief fund is another way for us to continue giving back to the people, businesses and communities we serve.”

The announcement comes less than two weeks after thousands of business owners flood the City’s website to apply for economic assistance made possible through the Small Business Relief Fund.

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Frustrated surfers want to paddle out but beaches remain closed

By THOMAS MEELVILLE

In early February, surfers, sunbathers, and sightseers swarmed Ocean Beach on a glorious 75-and-sunny weekday that melted the winter weather with the promise of a summer California bear hug. On the beach, the annual OB Surf Classic contestants lounged and cheered on their pros as they took on the waves. Surfers stopped their strolls and took in the competition from above the waves.

Less than two months later, everything changed.

On March 23, Mayor Kevin Faulconer closed all City beaches, parks, and trials until at least April 30 to further limit public gatherings and slow the spread of COVID-19. “People can still go outdoors, but please go outdoors close to home,” Faulconer said. “This is about protecting each other.”

While abiding by the six-foot social distancing rules, residents can still take walks, ride bicycles, and run around in their neighborhoods to keep active. But for surfers, who surf for their daily exercise and meditation, they have nowhere to go.

“Surfing is social distancing,” said Skyley Scharf, a surfer who resides in North Pacific Beach. “Surfing is like a mini vacation on the beach – we just want to surf and go home.”

Scharf, who learned to surf in PB after moving from Arizona in 1996, says the surfers in his neighborhood don’t think it’s fair they’re banned from their daily activity. “It’s depressing – it’s our passion, our fulfillment – it’s more than just exercise.”

Scharf suggests revising the rules of the beach closures to allow for surfing from sunrise to 11 a.m. and 4 p.m. to sunset. “I’m not against the stay-at-home order – that has really helped – I just want a tweak to the rules to allow surfers. If the police and lifeguards can enforce the emptying of the whole beach, then they can figure out how to monitor a few surfers.”

Lifeguard Chief James Gartland, who is also a surfer, says lifeguard stations are fully staffed and ready to help any surfer in need. “You can count on us; we want to count on you as well,” he said. “Everyone has an important part to play in flattening the curve of this virus. Please stay home.”

One of the main arguments from surfers is that other allowed activities like cycling and running (especially on the narrow San Diego sidewalks) are more problematic than surfing. They have a point.

Kim Prather, a leading atmospheric chemist at the Scripps Institution of Oceanography, wrote in a recent Facebook post that her concern about cyclists, runners, and surfers has to do with the air they breathe while exercising and how serious this is, but surfing is a form of exercise. “I feel exercise was banned that’s one thing, but when there are hundreds of people walking and bicycling along Sunset Cliffs Boulevard every day it’s frustrating,” Young said.

District 2 Councilmember Dr. Jennifer Campbell says COVID-19 is the most contagious virus she has seen in 40 years as a physician or learned about while studying the history of medicine, and it’s spread has led to an unprecedented response that can be overwhelming and scary.

“From surfers to dog park visitors, soccer players to beach lovers, COVID-19 has had a major impact on the San Diego way of life. For those who love nothing more than to paddle out, there is nowhere to paddle out,” Campbell said. “While I certainly understand the frustration of staying at home, the enforcement of the County’s Cloth requirements of District 2 are a sign of a community coming together to protect each other.”

Scharf, who’s seen a lot in his 50 years, hopes a compromise with surfers could be worked out. “I know how government works – it’s hard to get them to listen to the little guy. I don’t expect to change anything – but if the ban goes on – something is going to happen.”

May’s most sage advice comes from San Diego surfing legend Skip Frye. “As you all know, I love surfing and have been surfing in San Diego my entire life,” he said. “We have to protect each other, our lifeguards and our communities by staying home. That’s the best way to ensure that we can get out back in the ocean as soon as possible. I’m asking the surfing community please take a break from surfing and do our part to beat this virus together. If I can do it, you can do it.”

Positives and challenges as school district’s online learning plan begins

By DAVE SCHWAB

ow that all California schools have been closed for the remainder of the academic year due to COVID-19, San Diego Unified School District’s approximately 6,000 teachers and more than 121,000 students have been forced to more quickly adapt to online education.

SDUSD had a soft opening for its new online system involving numerous teaching platforms on April 6. The district is going completely online following completion of student and staff instruction on Monday, April 27.

“We’ve been transitioning into the virtual distance learning online platform making sure students have their devices (computer, tablets, or phones),” said Ernie Remillard, Mission Bay High School principal. “Many teachers have used online learning to a degree before. This seems to have been more about enhancing the capabilities of teachers on my staff. We’re in the soft launch of distance learning. We’re looking at how best to do everything being done by kids right now is being graded. It will be starting the 29th.”

MHHS English and social sciences instructor John Keast, who teaches ninth and 12th grades, is one of many teachers getting enhanced instruction on the Canvas and other online learning systems. He claims it was an idea whose time was coming, even before now. “Canvas is used in community colleges, state universities, the UC system, and nation- and world-wide,” said Keast. “I’ve actually been beating the drum on this for the last two years, putting all my work online as a practical matter.”

Keast added numerous of his students were taking week-long sports breaks from their studies, which necessitated his putting their assignments online “I told them, ‘It’s your job to check what you missed,’” he said.

The district’s online education soft launch has thus far focused on familiarizing teachers with online delivery for their lesson plans, and engaging students in a meaningful way before graded instruction resumes April 27. All classes are designed to help teachers navigate the wide range of online tools available.

Roughly 30 different instructional classes have been offered daily to assist teachers in operating their new online classrooms, drilling down into programs including SeeSaw, Canvas, and Google Classroom.

The district-wide effort is being led by resource teachers from the Instructional Technology Department, as well as 20 classroom teachers. This “teachers-training-teachers” approach allows for efficient instruction and sharing of best practices in a more familiar setting.

A parent of two Mission Bay High students, a junior and a freshman, who did not want to be named, said the homeschooling experience “has been probably more hands-off than others. One of my kids is on Zoom most mornings and some afternoons, and when he isn’t, he is pretty inundated with schoolwork, as he usually is.”

The parent said it hasn’t been too tough of a transition for her eldest boy, for whom, “Life has just continued from home instead of physically in the classroom.” But for her youngest son, “It is a different story. He has had a bit of work from some teachers via the Canvas/Google Classroom. School apps and others. But he has had to supplement on his own due to next-to-no communication.”

“It has been frustrating as there are days where he doesn’t have much at all. Hopefully that will change in the coming days as the teachers get up to speed. This is a new experience for all of us, and all hands certainly seem to be happy and adapting.”

Keast pointed out distance learning has other plusses. “Bringing that an advantage because when you have class time, a lot of students get left behind, they just can’t keep up,” he said. “Another main advantage is that I can riddle my online assignments with hyperlinks to make sure they understand things. It’s a much more comprehensive way to address skill-building activities because nothing gets left out.”

Added Keast of online instruction: “I really miss having a database of online learning resources, which are subject-specific, is a way to increase the amount of teaching time – and decrease paper. “You don’t have to haul around 60-pound backpacks full of books and binders. That’s unsustainable – and it’s very error on the side of caution. Go out and exercise, but keep your distance.”

Brooke Young, a recent Point Loma High grad who has been competing on the WSL Qualifying Series, hasn’t been in the ocean for three weeks and is going to be a bit stir crazy. “I completely understand the situation and how serious this is, but surfing is a form of exercise. If all exercise was banned that’s one thing, but when there are hundreds of people walking and bicycling along Sunset Cliffs Boulevard every day it’s frustrating,” Young said.

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Surfers head down the beach at sunset in Pacific Beach. (PHOTO BY THOMAS MEELVILLE)
An Open Letter from the Metropolitan Water District of Southern California and Your Water Providers

To the communities we serve,

These are difficult times, carrying great uncertainty and many challenges. However, the Metropolitan Water District of Southern California and its 26 member public agencies continue to deliver safe, high-quality and reliable water supplies to homes and businesses, just as we have done for nearly a century.

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Metropolitan and your local water agencies are working together, combining our vast resources and talents, to maintain critical services to the communities we serve.

Sincerely,

Gloria D. Gray, Chairwoman

mwdh2o.com
San Diego Hunger Coalition leads collaborative action to feed children during coronavirus

In response to currently escalating food insecurity, precipitated by the COVID-19 pandemic, San Diego Hunger Coalition has created the Hunger Free Kids COVID-19 Response Team to address the immediate needs of school districts throughout San Diego County as they work to keep our children nourished during the current crisis. The Hunger Coalition has joined forces with the San Diego County Childhood Obesity Initiative (led by UC San Diego’s Center for Community Health), the Chronic Disease and Health Equity Unit of the County of San Diego’s Public Health Department, and Community Health Improvement Partners (CHIP), which leads the San Diego Farm to School Task Force.

The San Diego Foundation has asked San Diego Hunger Coalition to assume a leadership role in utilizing funds donated to the $8 million COVID-19 Community Response Fund that have been earmarked for child nutrition assistance. The Hunger Coalition is responsible for identifying needs, soliciting requests, and awarding grants to school districts from a $300,000 fund provided by The San Diego Foundation. Multiple small grants ranging from $5,000 to $20,000, administered by the Hunger Coalition, will help meal programs obtain the equipment, supplies, and safety standards required to will help school districts safely feed as many low-income children as they can reach.

SAN DIEGO SCHOOLS’ ROLE IN HUNGER RELIEF

One of the biggest sources of food assistance for low-income families is the federal Free and Reduced Price Meal Program. According to a 2019 San Diego Hunger Coalition food assistance landscape assessment, federal youth meal programs account for 23% of all food assistance in San Diego County. This is double the output of all of the region’s food banks and pantries. With school closures, this vital flow of nutritious meals has slowed to a mere trickle.

“We have seen incredible courage and innovation on the part of school district nutrition service directors countywide,” says Anahid Brakke, executive director of the San Diego Hunger Coalition. “They have sprung into action and are now distributing pre-bagged meals, drive-thru style to parents in their cars, with no additional funding or guidance from the state and federal government.”

The Hunger Coalition says the money is there for food, however, school districts are facing incredible challenges in getting these available meals to families who need them because they don’t have the funding for the new equipment and supplies needed to transition from lunchroom to curb-side meal service. The San Diego Foundation’s funds, stewarded by San Diego Hunger Coalition, will address these needs and jump-start the flow of federally funded school meals back into San Diego’s hunger relief system.
La Jolla Village Merchants Association holds remote meeting

By DAVE SCHWAB

La Jolla Village Merchants Association president Brett Murphy started out the business improvement district’s first remote meeting on April 8 with a message to members. “These past four weeks have been pretty terrible for a lot of people, and we don’t have a date when we will be getting back to work,” said Murphy. “We’ve been strategizing with our fellow merchants. We want – and we need – to do everything to help businesses recover during this uncertain time. On the bright side, I can be helpful to a lot of you.”

Murphy, co-owner of La Jolla Sports Club, pointed out he was forced to close March 16. “I’m living the same life you are,” he said. “I had to close my club down and layoff 60 employees, and since then we’ve been busy establishing a food bank for them.” The fitness facility operator said he’s applied for all possible small-business loans being offered at local, state and federal levels, and urged other LJVMA members to follow suit. “Go through your existing lender,” Murphy urged. “Fraud is really rampant right now. We (LJVMA) will help you navigate through all that.”

Concluded Murphy, “Know that COVID-19 will change our world forever. We, together, can determine what that looks – and feels – like.”

Mayoral candidate, District 1 Councilmember and Council President pro tem Barbara Bry joined the April 8 merchants’ meeting. “I’d like to thank you (LJVMA) for being proactive and not letting the health emergency stand in the way of your meeting, figuring out how to use technology and social media to engage the community and support small businesses,” said Bry.

Addressing homelessness in La Jolla, Bry said she visits the Village every other day to do personal business and has noticed homeless, particularly on Girard, have a higher profile now on the less-busy streets.

“I’ve asked for Porta-potties to be set up at the rec center and in the library parking lot,” Bry said, adding she has also appealed to San Diego Police Department’s Homeless Outreach Team for help.

“When giving the HOT Team to be proactive in La Jolla,” she said. “If you need to send the HOT team to deal with someone let Steve Hadley (aide) know.”

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R
cently I have noticed that I get more upset than I used to at people with political opinions that differ from mine. Not only do I react negatively to their opinion, I react negatively to the person expressing it. This never used to be the case; I was always open-minded, even accepting differences as a positive encounter. What has changed? It does not occur to me to be disapproving about someone’s taste in art or music. I like classical music and post-impressionist paintings and they prefer rap and minimalist art, it is not an issue. Tastes and values evolve over time for both individuals and cultures. In 1913, people threw things at the orchestra during the premiere of Stravinsky’s The Rite of Spring; today it is considered a classic. An exhibition in Paris of early impressionists in the early 1900s was panned: today their artwork sells for millions. Some beliefs that were common a generation ago are no longer acceptable, and so is it with economics, psychology, even literature. What used to be considered mainstream is objectionable. The banned books of a century ago are now in school libraries. Child labor was common then too; today it is illegal. It was only in 1920 that women got the right to vote in the United States. What I may call avant-garde today might be old hat tomorrow. What do we reject now that will be seen as mainstream in a few dozen years? Political decisions can affect my life, whereas people’s tastes in the arts do not. So I take politics to heart, irrespective of the political and cultural trends of the past or what may be seen as acceptable in the future. It is the “now” that matters. It is what is impacting me today that I care about. It is not only others’ individual political beliefs that I am beginning to disdain; I find I have a new rigidity about which newscast to follow and which newspapers to read, because they each express a political stance, which I will agree or disagree with.

I have begun to wonder about this sententiousness, because I am not the only one reacting. I see my friends becoming quite belligerent when confronting people with an opposing perspective. I wonder why there is such antagonism. Perhaps it is because we live today with an uncertain future. The world’s tendency towards electing leaders to the far right or far left, the looming climate change that will impact our lives and those of our descendants, predictions of severe droughts, floods, fires, the extinction of entire species, the increasing inequality of the standards of living throughout the world—all these make us uneasy and even frightened. When our environment appears to be dangerous, it makes us feel vulnerable. Feeling unsafe, we tend to retreat into safety; safety is being with others like us. We are more secure within our group, where there is support and agreement.

This is a return to tribalism. The need to belong is more important than the need to agree with all the moral and ethical stances our tribe has embraced. So we bend our belief systems to the group’s positions, whether we share those beliefs or not. As groups form, they formulate an identity, which can become rigid: “This is us” and “That is them”—them being first seen as different, then wrong, and eventually threatening. This is when the group can become inflexible, unwilling to compromise, believing “ours is the only way.” This contributes to attitudes that may promote clashes with those outside the tribe. I have to admit here that these are my own rambling thoughts not based on research, so perhaps it is best taken with a grain of salt. This is a return to tribalism. I wish I could understand my own recent negative reactions to others’ political beliefs. I had always prided myself in being completely open-minded, and tolerant of different-minded people. I am appalled when I not only dislike what I hear, but have an argument with the person formulating these beliefs.

Perhaps adhering to the oft-repeated admonishment: “Don’t kill the messenger” is especially relevant today. I know I need to separate the message from the messenger, the content from the person. Instead of being unhappy at the utterances of people I am fond of, I will appreciate them for who they are, for what they do, for their actions, not for their opinions or partisan affiliations. This may be food for thought for you, my readers, too.

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PB self-help groups impacted by COVID-19

By DAVID SCHWAB

Like most other organizations, two local self-help groups, North Shores Alano Club and God’s Garage in Pacific Beach, have both gone virtual with their 12-step meetings.

“We are closed to the public right now, though the club is usually open to paid members who can come in and hang out,” said an anonymous spokesperson for the Alano Club at 4861 Cass St. “We can no longer have in-person meetings, but we just have one big room, and we are observing social-distancing requirements.”

Added the North Shores Alano Club spokesperson, “We are now providing virtual meetings with a Zoom platform.”

Pastor David Nagler of Christ Lutheran Church, which oversees God’s Garage at 4811 Cass St., said 12-step, self-help groups meet there including Alcoholics Anonymous, Narcotics Anonymous and Heroin Anonymous. One of the well-known groups meeting there is the Dawn Patrol, which meets at 7:30 a.m.

“Those groups are not meeting right now in-person,” said Nagler. “We were very concerned because we wanted people to be out of their meetings. So we left it to the leaders of each group to decide if they would meet if they could provide practical, safe social distancing, though most of the groups now are meeting online.”

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Strong emotional responses toward those with conflicting opinions

By Natasha Josefowitz, Ph.D.

While we must grudgingly accept the new normal within our community for at least the next few weeks, we are determined to make the best of it. So, please be aware that San Diego Community Newspaper Group will maintain our commitment to providing you with news and information to help you see the good news of the world. We plan to continue our normal publication schedule.

We ask that you also keep us posted on the good news in your neighborhood by sending it to tom@sdnews.com. Knowledge is power for us all, and as we spend less time in face-to-face dialogue with each other, publications like ours can help maintain the sense of community we share.

We need to share the good news with each other so that we can still be uplifted by our continued joys and successes. The COVID-19 pandemic is the biggest event of our time. We encourage you to do what good journalists do and go to the primary sources of information as directly as possible.

For more information on the State of California “Stay At Home” order, including what’s closed, what’s open and which industries are exempted by the state can be found on the California Covid-19 response website.

For information regarding COVID-19 cases and directives – go to CDC.gov. A final word...

For more information on the California Covid-19 response, visit sandiego.com and SDNews.

We hope you find this content helpful. More information about COVID-19 – symptoms, preventative measures and recommendations – go to CDC.gov.

A final word...

Tomorrow will belong to those who make the best use of their time today. Change, even unwelcome change, brings opportunity. New ways of doing things will present themselves. Those who use this uncomfortable time to observe the changes and prepare for their effects will be far more likely to find prosperity on the other side. Stay healthy, stay vigilant, and never allow complacency to set in.

We wish good health to all our readers and advertisers and we look forward to the day we can shake hands with you again and begin to seize the new opportunities awaiting us on the other side of this crisis.

The San Diego Community Newspaper Group team.

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Pacific Beach Elementary student’s courageous battle with leukemia continues

By SAMANTHA WEBSTER

A few months ago, we introduced you to Ace Pringle, the first-grader from Pacific Beach Elementary who is battling Multiple Phenotype Acute Leukemia. Since then, Ace has been going through chemotherapy treatments and hoping for remission.

Recently, Ace’s doctors recommended that he get a bone marrow transplant.

With a bone marrow transplant, the Pringle family has a few different options to get a donation. They could sign up for the national registry, look into stem cell research, or find a donor. Just this Tuesday, the Pringle family found out that Ace’s 3-year-old brother, Crue, is a perfect match.

“These next steps are going to be difficult, but the fact that Crue’s a match is huge,” says Ace and Crue’s mother, Amber Pringle. “As I look at this rambunctious 3-year-old, he has no idea what’s to come for him.”

While Ace has been going through chemotherapy, COVID-19 has swept across the world; but the Pringle family did not need to change their lifestyle as the city shut down. “When COVID-19 came, we were already living on lockdown. We were already wearing masks to the store,” says Amber. “It’s interesting that everything has caught up with us. It’s so surreal.”

Additionally, the virus has brought a silver lining to Ace’s battle with leukemia. “Ace has been able to join his first grade class at PB Elementary with distance learning,” says Ace’s father, John Pringle.

Ace was homeschooled before the San Diego Unified School District stopped in-person classes due to COVID-19. Now, because of the shift to online learning, Ace has been able to rejoin his first-grade class on Zoom.

“It’s been nice for Ace to join his classmates,” says John Pringle. “He enjoys connecting with all his classmates all on one screen.”

“Never would I have imagined that all the kids would have this opportunity to do online learning,” adds Amber Pringle.

Although the COVID-19 pandemic has allowed Ace to learn with the rest of his class, the virus has had an adverse effect on his parents. John and Amber, both small business owners who put their careers on hold to care for Ace, were just getting back to work before the virus reached the city.

Over the past few months, the Pringle family has received assistance from family and friends. “We’ve really had a lot of support and we’re extremely thankful to everyone who has helped out,” says John Pringle.

Like the rest of the city and the nation, the Pringle family are staying home and keeping safe. Additionally, they are celebrating the fact that Crue will play a crucial role in helping his brother. For now, the family hopes that Ace will soon be in remission so that they can go ahead with the bone marrow transplant.

Woodstock’s PB, operated by Laura and Jeff Ambrose, is still open for curbside pick-up and free delivery. The Ambrozes said they’ve managed to avoid layoffs so far, primarily by asking their college-age employees with family financial support to give their hours to employees who are solely dependent on their wages from Woodstock’s. For more information, visit restaurantji.com/ca/san-diego/woodstocks-pizza-pacific-beach/.

**BRIEFS**

**WODSTOCK’S PIZZA DOUGH-NATION**

Located at 1221 Garnet Ave., Woodstock’s Pizza Pacific Beach has launched a fundraiser called Double Your Dough-Nation to provide free pizzas to the neediest, in partnership with The Salvation Army.

Woodstock’s is matching every gift to feed those who are sick/quarantined, health care workers on the front lines, people who have lost their jobs and the homeless.

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**SAN DIEGO HUMANE SOCIETY RECEIVES BIG GIFT**

SDHS has received a $50,000 matching gift from Charles and Carol Baum, which will double donations made to the organization during April. The gift was made in memory of the Baums’ beloved pets Chelsea, Winston, Sullivan and Jordan.

The gift will provide critical support for SDHS during this time of need. As the community responds to COVID-19, animals are still entering SDHS’s care daily.

Donations will ensure that the organization is able to continue providing shelter, lifesaving medical care, wildlife rescue and rehabilitation, animal-cruelty investigations and more.

**READ MORE ONLINE AT sdnews.com**
FROM MY GARDEN - In troubled times, gardens are good for the soul

By LINDA MARRONE

These days, just like most of us, I am spending a lot more time at home and for me that gives me more time to spend in the garden. Plants and nature nourish my body and soul and they help me reflect on all the positive aspects of nature and not just the scary ones.

Recently I called Green Gardens Nursery in Pacific Beach (4910 Cass St., 858-481-7746) to see if they were open and much to my heart’s delight, they are! I love it when I can help local businesses, especially during these trying times. The Nursery is usually open from 8 a.m. to 5 p.m. daily but you may want to check on times before you go, just in the event that things change.

If you can’t make it in, they are offering free local deliveries on orders $50 or more or you can call in your order and pick it up at the curbside. To respect public distancing, they are allowing only four people at a time inside, to keep everyone safe. My delivery included a variety of pansies, violas and spring flowers, along with a bunch of assorted lettuce es, 4-inch pots of thyme, oregano and of course, my favorite fairy tale flower, foxgloves.

Spring is the perfect time to plant and even a small pot of flowers, herbs or a house plant can lift your spirits. A small rectangular box that I keep on the patio outside my kitchen was filled with lettuces and arugula in late winter (thanks to Chryx at Green Gardens who planted them for me) and it yielded greens to add to salads for months since most leaf lettuces will continue to produce leaves as you snip off their outer ones.

Lettuces enjoy the cooler weather, so there is still time to pick up small lettuce packets in 6-packs at the Nursery and plant them in containers or in your garden before it gets too hot. Containers filled with herbs are always a welcome addition to both your outdoor garden and a sunny windowsill.

I have a small basil plant growing on my kitchen windowsill and it has thrived for months. The freshly torn leaves were a welcome addition to pastas, and many other dishes for most of the winter and they added just the right zesty touch to a homemade pizza Margarita last week – well semi-homemade since I used frozen puff pastry as the crust.

I planted my panies and violas in containers and all around the garden, along with the foxgloves (Digitalis purpurea). In February, I also planted a few 6-packs of the hybrid foxglove, “Foxy” and they are just beginning to show signs of sending up their enchanting flower spikes.

Foxy has a smaller flower spike than most foxgloves, which grows to about 2 to 3 feet in height. I find this type of foxglove perfectly suited for container gardening.

My recent purchase of the foxglove “Excelsior” came in 4-inch pots and it is a hybrid I am not as familiar with that Lake at the Nursery suggested. “Excelsior” will have flower spikes that will grow up to 6 feet in height and they come in the usual shades of white, pink and lavender. All foxgloves love well-drained soil and mine grow in areas with morning sun and partial shade. I water them as they begin to dry out and as they are done with them I will donate either Eleanor’s V-F 11 Plant Food or with fish emulsion a few times. They can also be planted in the fall after the first frost but will require frequent watering, even after they establish.

As their flower spikes grow, secure them with bamboo stakes, so that they don’t break. Hummingbirds and bees flock to foxgloves, but if you have children or pets that might nibble on leaves, do not plant them in your garden because their leaves are toxic. Keep the area around your foxgloves baited for slugs and snails with non-toxic snail bait, such as Sluggo, since the slimy little creatures love to eat their leaves and unfortu nately they don’t seem to affect them at all.

As I was getting ready for spring earlier this year, I updated the virtual tour of my year-round gardening area, which has been my passion for over 30 years. Since our local garden tours have been put on hold for now, you can take a tour of my garden on LindaMarrone.com. Enjoy, I hope it lifts your spirits and gives you hope for brighter days ahead.

The truth about masks and how to make them at home

From MY GARDEN

The first one I made was from 100% quilts cotton and a felt piece in the center as the filter. Quilter’s cotton is usually best with a thread count of 180 or more. If you don’t know what it is then you can hold the material up and if you can see light coming through then it is not a tight enough weave. It is recommended that you double the material which will filter out more particles but it can make it harder to breathe. I made one for myself that went over my ears and one for my husband that had adjustable elastic in the back of the head.

The next one I made had 3-4 pleats on both sides. It is the easiest one to make but it is not as air tight. You can add a filter to this but that makes the pleats harder to sew. It is better to insert a slit in the back for the filter and then you can throw it away after each use.

After each use, you want to wash the mask in hot water. It could also be made with ties or elastic. I tried making one using hair ties that go over the ears and that one was very comfortable for my face shape. When I used elastic, I prefered to make it adjustable. I also liked the pattern where you can leave each side open and insert the filter there.

The other consideration is the nose. I tried using pipe cleaners, floral wire, and also took off the metal part on those old painter’s masks I had around. The elastic had gone bad so I reused the metal piece for the nose on my masks. All three of these gave shape to the nose to help make it air tight.

I tried one by Dr. Ryan Southworth a board-certified emergency medicine physician who recommends using HEPA vacuum cleaner bags. The company 3M, which also makes N95 masks, says that these cleaner bags contain glass microfibers that will be harmful to the lungs. I called Hoover Vacuum headquarters to see what they would say. The Customer Service said that they don’t recommend using this product for anything other than what it was intended: A vacuum cleaner bag.

There is a company EnviroCare Technologies who said they have vacuum cleaner bags that are not made with fiberglass. For a filter, you want something dense to keep the microns out. A great option would be a non-woven product like non-fusible interfacing, felt or Pellon. A charcoal re-useable washable filter can be used also.

I asked around to see what other people are doing to help with masks. Fiveleaves twofish said they are making a total of 1,500 masks for Easiest Knit, a local knitting store, where they are collecting donations to donate where they are needed. If you are interested in helping, email Yolanda Salcido at sewcovid19masks@gmail.com.

If you need to leave the house and you don’t have a mask, then the CDC has simple face-covering directions to make on their web site. One mask is made with a piece of cotton fabric or part of a T-shirt and the other is a no-sew method with a bandana. They recommend using a coffee filter or a paper coffee filter. Check it out along with all their other recommendations at CDC.gov.

If you would like to share your face covering creation, email me at aheadinc@cox.net.

Next, I talked with Ashley Neil Tipton who is a season 14 winner of “Project Runway.” She is making 1,000 masks with fabric donated by Judipatuti and using felt for the filter. They are donating 70% of them to hospitals, old age homes, and missions. A group of students from local community colleges and adult education classes is forming a group to sew masks to donate where they are needed. If you are interested in helping, email Yolanda Salcido at sewcovid19masks@gmail.com.

The truth about masks and how to make them at home.

Designer, Teacher & Blogger at DianaCavagnaro.com

UPCOMING EVENTS

Due to the coronavirus, most events have been canceled until further notice.

Diana Cavagnaro is an internationally renowned Couture Milliner based in San Diego. Learn more about her Hat Designer, Teacher & Blogger at DianaCavagnaro.com
Mission Bay High School alumna Katie MacFarlane, 36, a 2001 graduate, died Tuesday, April 7 from a sudden illness that may have involved complications of COVID-19. “Although it has been said she passed due to the pandemic, that remains unknown,” said MacFarlane’s sister, Tracye Cerwick. “She passed so quickly that at this time we are still looking for answers ourselves.”

Added Cerwick: “But, even if corona is not the cause, I believe it did play a role in her death. The isolation itself allowed her illness to go undetected, and by the time she was in the ICU it was too late, her organs were completely shut down.”

“It is with a heavy heart sharing that a beloved graduate of MBHS, Katie MacFarlane, has died,” posted Mission Bay Music on its Facebook page. “She was an amazing actor, vocalist and dancer, performing multiple times at the San Diego Junior Theatre, Sacramento Jazz Jubilee and school drama productions.”

“She was a bright light who always had a smile on her face. She cared deeply for her friends and family. Our community is at a loss without her in it. She is missed by us all.

During her time at MBHS, MacFarlane performed with the Jazz Band and Drama Department. Noted John-Paul Balmat, MBHS music director. “We were good friends at MBHS. She graduated 2001 and I graduated 2002. We performed together in the Jazz Band and Swing Choir under the direction of Rey Vinole and Everett Crouse.” MacFarlane graduated from San Diego State University with a degree in hospitality and business management. Her older brother, Andy Walraven, said Katie was the kind of person “who could light up a room. She was a performer, singing at an early age, and sang with the jazz ensemble at MBHS.”

“She was a bundle of energy,” added Walraven, which he said adds to the mystery of “why she went literally within 24 hours. The doctor had no explanation for her rapid decline. She took a COVID-19 test but it proved inconclusive.”

Walraven said he regrets that the virus “will not allow a family get-together during a tragedy like this. It’s a terrible feeling. My heart goes out, not only to the people who’ve passed from COVID-19, but to everyone else who has died naturally, and their families have to go through this as well.”

Survivors include Katie’s mother, Jeanne MacFarlane of San Diego; a brother, Andy Walraven of Los Angeles; sister Trayce Walraven Cerwick of San Antonio, Texas; and a nephew, Justin Cerwick of San Antonio.

Katie was predeceased by her father, Dr. Robert D. MacFarlane, whom she loved and was known in San Diego for his work in addiction medicine.

In honor of COVID-19 victims and in solidarity with other parts of the nation that have suffered the heaviest loss of life, Mayor Kevin L. Faulconer has directed all City-operated buildings and facilities to fly flags at half-staff to pay tribute to every person who has lost their life to the coronavirus.

“The City of San Diego is flying flags at half-staff in tribute to every American, Californian and San Diegan who has fallen to COVID-19 and in solidarity with our brothers and sisters in hard-hit places like New York,” Faulconer said. “The sudden passing of so many fellow Americans from a pandemic disease is unparalleled in modern history. It is with a heavy heart that we mourn the continued loss of life and I ask that you join me by keeping the departed in your thoughts and prayers.”

Over the weekend, the United States passed the grim milestone of 20,000 deaths from the illness. New York, in particular, has been the heaviest hit, recording more than 9,000 fatalities so far – the most of any state. Last week, New York Gov. Andrew Cuomo described the impact as worse than the terrorist attacks of Sept. 11, 2001, and lowered the state’s flags to half-staff.

Recent reports have indicated San Diego’s early and aggressive action to slow the spread of the coronavirus may be helping to “flatten the curve” of local COVID-19 cases. While Faulconer has begun to express cautious optimism, he continues to urge vigilance, echoing warnings from public health officials that a premature easing of orders that mandate physical distancing might contribute to a second wave of infections.

For updates on City of San Diego services, programs, links to helpful information and steps the public can take to help reduce the spread of the disease, please visit sandiego.gov/coronavirus.

For information regarding COVID-19 cases and directives from County of San Diego public health officials, please visit it corona-virus-sd.com. Text “COSD COVID19” to 468-311 for text alert updates.

A statewide “Stay-at-Home” order is in effect until April 30. For more information on the order, including what’s closed, what’s open and which industries are exempted by the state, please visit COVID19.ca.gov.
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Ideally located far west on Garnet Avenue in Pacific Beach’s famous shopping and dining district, these three units are productive assets in a location that will never go out of style. Situated on an approx. 6,250 SqFt lot, the property is currently configured as three leasable units of similar size, each with storefronts on Garnet Avenue. At least 7 private parking spaces are available behind with alley access and gated parking lot. Units are currently occupied with longterm and month to month leases.

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Office & Retail Spaces for Rent

4645 Cass St. (Corner of Emerald)
Suite 102B: Perfect one or two person office. Furnished. Includes electric. Flexible lease terms. $750/month; non-NNN

Suite 105: Approx. 450 SF open floor plan, double front glass doors-great retail space, ground floor. Bright, skylight and coffee counter with sink. $1,575/month; non-NNN.

Very desirable high-traffic location. SE corner of Emerald & Cass St., across from PB Post Office, Very secure, private and bright.

Contact David Mannis at (858) 750-5631 or david@sdcnn.com
Real estate agents are still showing and selling homes, but moving forward remotely to observe mandated COVID-19 social-distancing requirements.

VIRTUAL HOME TOURS

Real estate agents are using internet tools, applications like FaceTime, Zoom, and Matterport, to not only conduct meetings but transact business.

“Open houses are going virtual at least for now because we’re not allowed to have an open house,” said Ocean Beach resident Catrina Russell, of Coldwell Banker West. “So you’re going to be seeing different open-house virtual tours where people can actually log in, and we can walk them through the entire house answering any questions.”

Point Loma’s Rosamaria Acuna, of Berkshire Hathaway, said her top priority has been to “educate clients on what’s happening and how everyone involved needs to be safe.”

“We give the buyers all the information up-front with photos, emails, and everything online,” said Acuna. “Then, if they’re really interested, we would schedule an appointment for (home) access.”

ADJUSTING AND ADAPTING

When home tours are scheduled, often after a bid is actually made by the buyers, social distancing is observed under Realtors’ close control and scrutiny.

“The switch from in-person to high-tech in real estate was taking place before the health crisis, noted Russell.

“We were already heading with a lot of this in that direction anyway,” she said. “I’m using these tools (internet) too. If people (Realtors) don’t adjust – they’re going to be gone.”

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2. Matterport 3D Virtual Tour: Buyers from all over the world can virtually walk through your home any day, any time.

3. Aerial Photography: A bird’s eye view will sell your home’s location and lot size, as well as unique factors such as proximity to the Ocean or Bay.

4. Enhanced 3D Staging: Virtually staging your home allows buyers to envision the space as their own, and shows the property in the best light possible.

5. Virtual Floor Plans: No need to stop by for measurements! A user-friendly, simple floor plan with room measurements will allow buyers to plan their furniture placements and understand the flow of the home.

6. Virtual Broker Tour: Allow us to pitch your home to the top local agents via our weekly online meeting.

7. Virtual Open Houses: Without leaving their home, a buyer can be walked through a home digitally by our team, as if they were touring the home traditionally at a weekend Open House.

8. Virtual Neighborhood Walks: Allowing buyers the ability to envision if a surrounding neighborhood is the right option for them.

9. Video Home Inspections: Possibility to join your home inspection virtually, if you are unable to attend, with video content focusing on each inspection area.

10. Electronic Signatures: Sign offers and transaction documents from home by phone, tablet or computer. It’s that easy.

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Growing up in Carlsbad, Greg Cummings worked for several years as a buyer’s broker before launching his own business. A lifelong resident of North County, Greg is passionate about his community and is a volunteer for the Carlsbad Boys and Girls Club, Boys & Girls Clubs of America, and the North County Community Church.

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My family has lived in PB since 1941 and in that time, PB has weathered many storms and has come through it stronger. When this storm passes, I look forward to the deeper roots our amazing community will have grown.

"Storms make trees take deeper roots."
- Dolly Parton