An aerial view of Coast Boulevard in La Jolla heading north. PHOTO BY RYAN J. SHORT

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SAN DIEGO COMMUNITY NEWSPAPER GROUP

sdnews.com
Residents have mixed views on Slow Streets program in Pacific Beach

**By Dave Schwab**

Some Pacific Beach neighbors want the brakes put on the Slow Streets pilot program on Diamond Street from Mission Boulevard to Haines Street, claiming it is adversely impacting their neighborhood and is no longer needed.

The Slow Streets pilot program was introduced by former Mayor Kevin Faulconer to make it safer during COVID for San Diegans to walk and bike by creating more space for physical distancing and reducing congested foot traffic at parks, beaches, and outdoor trails. The program involved the City closing select streets to through traffic to optimize pedestrian and cyclist use to prioritize cost-effective transportation for essential workers during a time of economic strain and decreased transit service. This included erecting temporary barriers and signage, allowing residents to move about safely during a time of economic strain and decreased transit service.

But some PB residents, like Jennifer Sprofera on Diamond Street, argue instead that slow streets are less safe and have diminished residents’ safety, privacy and quality of life.

“In spite of it saying ‘not a high-traffic street,’ it made no sense to take that from us. It was the east-west route with protected four-way stops at each intersection and a light to cross Ingraham. Now drivers using other streets must worry about being T-boned. And on Diamond, when crossing north to south, you must worry about crashing into a bike, scooter, skater or pedestrian in the middle of the road.”

“Slow streets are a way to encourage walking, biking, skating and other people-powered transportation by creating spaces where driving isn’t prioritized,” said Slow Streets supporter and PB resident Katie Machete. “We hope our Slow Street in Pacific Beach can become a model for other neighborhoods as we rethink the best ways to share our roadway space.”

Neighbor Cindy Van Voorhis agreed with Sprofera.

“Making our streets safer and building on a sense of community are excellent motives, but this closure does not achieve these goals, and the City is putting our citizens’ lives and property at risk for this pet project with no merit,” she claimed. “Our streets are not made safer by creating a complex driving pattern with a myriad of new accident-prone opportunities in a community that ranks both fourth and fifth as the most dangerous driving zone in the city with a demographic of densely-populated highest-risk drivers and drivers.”

Added Van Voorhis: “Diamond Street residents are not safer from criminal behavior or public nuisance because (Slow Streets) creates an increased demand on our already-challenged public and traffic safety resources. This is not eco-friendly because it will cause increased congestion.

“Our City has not performed due diligence or good-faith efforts to explore the wide-ranging impacts this will have on our community. If this precedent is established, not one resident homeowner in this entire City will be protected from this method of haphazard unilateral drastic remapping of our communities.”

Proponents on the other hand continue to tout Slow Streets as an effective way to make streets safer and more equitable for all users. They argue that Slow Streets is a way to encourage walking, biking, skating and other people-powered transportation by creating spaces where driving isn’t prioritized.

“Slow Streets offer even more benefits than just safety: over and over we hear how much people love having extra space to exercise, enjoy the outdoors, and connect with their neighbors,” continued Machete. “We hope our Slow Street in Pacific Beach can become a model for other neighborhoods as we rethink the best ways to share our roadway space.”

Many of you probably already know Heather Rabe Worms. Worms is in-charge of the Jr Lifeguard program, is currently on the Site Co-Coordinator Committee at PB Middle, is the past chair of the MB Cluster Board as well as served 5 years on the PB Elementary PTO board as well as its past president. In her “free time” she is involved with PYSL and helps with the Blast soccer club and still manages to be a dental hygienist a couple half a days a week. Heather lives in North PB with her husband Rob and two kids.

Heather moved here from the Sacramento area to attend UCSD in the early 90’s and never left. Her tenure with the lifeguard department started in 1996 when she was a summer lifeguard while attending UCSD. In 1998 she became an instructor for the Jr. Lifeguard program and last year after the then person in charge retired, she was selected to run the show. Some of her accomplishments include helping found the Jr. Lifeguard Autism Camp in association with Autism Tree, helping start the Grommets program and last year being able to add in this past summer and a couple half a days a week.

Heather’s involvement with the schools and school boards here in PB has been a lot of accomplishments. As she pointed out to me, she was very lucky that when her and her co-president, Amanda Marzion took the reins of the PTO board at PB Middle, that “the people before us had done such a great job setting the stage for us to succeed and do well and we were surrounded by tons of other parent volunteers that contributed so much to the school, programs and fundraising”. Some of those accomplishments are the creation and funding of a science program, funding a continued PE program and music program, increased fundraising, much more community involvement and an overall elevation of the student’s enrichment. Her involvement at PB Middle lead to her involvement with the MB Cluster and involvement with PBMS where she has been involved with the new later school start times as well as the recent reopening of the schools.

I for one, as a parent of two kids here in PB, can say I have personally benefitted from all of her hard work and dedication to the community and I’m sure many of you have benefited as well. As she pointed out numerous times when we spoke, she didn’t do it alone and it wasn’t for all of the other amazing parents who have collaborated with, she wouldn’t have been able to accomplish what she has. So thank you Heather for making our community that much better.

If you know of someone you think has an interesting story, send me an email scott@callmrchristian.com with their info and why you think they would be a good person/business to spotlight and I will consider them for a monthly spotlight.

**SCOTT’S PB SPOTLIGHT**

This month’s feature: Heather Rabe Worms

Many of you probably already know Heather but for those of you that don’t, she is in charge of the Jr. Lifeguard program, is currently on the Site Co-Coordinator Committee at PB Middle, is the past chair of the MB Cluster Board as well as served 5 years on the PB Elementary PTO board as well as its past president. In her “free time” she is involved with PYSL and helps with the Blast soccer club and still manages to be a dental hygienist a couple half a days a week. Heather lives in North PB with her husband Rob and two kids.

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LA JOLLA Birdrock: Ocean Front Retreat
Where the Ocean is your backyard neighbor!
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SOLD!

PENDING!

NEW LISTING!
City Council approves curfews at three Pacific Beach parks

By DAVE SCHWAB

Increasing crime in parts of Pacific Beach during the evening- and early-morning hours has prompted the beach community to recommend curfews at Fannuel Park, Pacific Beach Library grounds, and Mission Bay Youth Fields.

That recommendation was approved by an April 6 full City Council vote.

“The park curfews will go into effect 30 days after the mayor signs the ordinance, and signage will go up by that time,” said Brian White, past president of Pacific Beach Town Council.

“This initiative is the result of a nearly two-year-long process, starting with a petition circulated in July 2019 that gathered 504 signatures in two months. Over the past two years, this proposal has been heard by numerous park advisory groups, commissions, and community groups. “I’m glad to see the park curfews nearing the final steps toward implementation,” White continued. “Our neighbors experience elevated levels of crime during nighttime hours, and these curfews will be an added tool for residents and police to make the areas safer.”

The following nighttime curfews are now designated: PB Library, 10 p.m.-5 a.m.; Mission Bay Youth Fields, 11 p.m.-6 a.m.; and Fannuel Park, 10 p.m. to 5 a.m.

Fannuel Park, which is heavily used during the day especially on weekends, needs further approval from the Coastal Commission, which may take longer to initiate.

“Also due to City budget shortfalls, local volunteer nonprofit Pacific Beach Town Council is paying for signage costs,” added White.

Parks and Rec on the details.

“A man of action, he enjoyed playing golf, tennis, water skiing, snow skiing and adventures along the Colorado River, especially at Lake Powell. He volunteered countless hours on the weekends with the Blind Ski Program that brought him immense joy,” White added. “He was a subtle way to help reduce crime, and help people feel safer,” Teran said.

Another PB volunteer, Marcella Teran, addressed her public support for a nighttime curfew at PB Library Park.

“Our community’s crime rates are growing each year,” Teran said. “We are experiencing increasing crime especially in certain areas of Pacific Beach during the evening and early morning hours. Three parks that are particularly impacted by criminal activity are Fannuel Park, Pacific Beach Library Park, and Mission Bay Youth Fields.

“Many people in the nearby neighborhoods have told me they are afraid to walk, jog, or walk their dogs in or close to these parks during the evening-and early-morning hours. I know this to be true. The night-time curfew is a subtle way to help reduce crime, and help people feel safer,” Teran said.

Obligation: Dr. John Westwood, DDS

Dr. John Westwood, DDS, passed away peacefully on March 10, 2022 surrounded by his wife and three children at Scripps Memorial Hospital from Parkinson’s complications. An adventurous, kind and generous soul, John shared his talents, time, love, friends, family and community. No one was a stranger to “Dr. John.” He grew up on the shores of Mission Beach, graduated from Mission Bay High School in 1960, attended BYU then served an LDS mission to Northern California. He transferred to SDSU majoring in Zoology where he earned a varsity letter in volleyball. Creative match making by his mother, Betty Westwood, led to a beautiful marriage of over 53 years to Darice (Tippets). In 1967, John and Darice moved to Los Angeles to attend USC Dental School. After graduation, John returned to San Diego with his young family. Initially working alongside his father, Dr. John T. Westwood, John enjoyed connecting with his patients for over 17 years. As a member of Flying Samaritans, he provided free dental care to remote villages in Baja California. In 1982, he opened a second dental practice in Pacific Beach. John continued to serve his patients and the community. He was President of the PTA at Pacific Beach Middle School. An original board member for Discover Pacific Beach, he also served as a board member of the Pacific Beach Town Council. In 2007, he retired from dentistry after being diagnosed with Parkinson’s disease. Known for wearing crazy hats, colorful jackets, with a playful character and the twinkle in his eyes, he refused to let Parkinson’s slow him down. In 2012, he was awarded the honorary Mayor of Pacific Beach, where he was instrumental in renovating the playground equipment at Kate Sessions Park. He spent weekends volunteering for Concerts on the Green at Kate Sessions Park and picking up trash wherever he went. John and Darice enjoyed many date nights as patrons of the symphony and live theater. Together they traveled extensively throughout the world. A man of action, he enjoyed playing golf, tennis, water skiing, snow skiing and adventures along the Colorado River, especially at Lake Powell. He volunteered countless hours on the weekends with the Blind Ski Program that brought him immense joy. John looked forward to any time he could yell “Hit it!” behind a boat. Grilling wheat, baking and delivering bread to countless friends and neighbors allowed him to use the wheat storage under the house and connect with others. He was devoted to his family, providing a constant comforting section to his children and grandchildren.

Time spent together as family was filled with board games, water skiing, card games, music, golfing, Dutch oven meals, tennis, pickleball and ping pong, but most of all, the laughter and love that enveloped each person in his presence. In recent years, John loved to end family events with a cacophony of noise from his firecrackers splash, emphasizing his zest for good times spent together with his family and friends.

“We are not here for a long time, we are here for a good time!”

He is survived by his beloved wife, Darice Tippets Westwood, three children Darren (Tish) Westwood, Adrian (Katartina) Westwood and Stella (Parkert) Jones; and six grandchildren: Peyton and Caprice Westwood, August Westwood, Morgan, Olivia and John Parker Jones; sister Margot Bradford and brother James Westwood.

Services will be held April 17. In lieu of flowers, please consider donating to Parkinson’s Association of San Diego or Pacific Beach Town Council.
Darrylyne and Marc Menkin migrated from the East Coast to San Diego to re-establish themselves and ended up becoming tour guides, something neither of them had ever considered.

Darrylyne Reyes Menkin was working in broadcast news and her husband Marc had been busy discovering, “quirky hidden spots” exploring the shores of North Pacific Beach and Bird Rock.

“He would come home and tell me about all the really cool places he’d found,” said Darrylyne. “Finally he said to me, ‘I think I want to do this tour guide thing.’ I said, ‘Ok, we’ll go for it. I’ll help you as much as I can.’

The couple started doing walking tours on weekends for fun and enjoyed it so much they began to figure out how to earn a living from it.

“Then a company called us asking if we’d be willing to help them put together a team-building project,” noted Darrylyne, “That’s how it started.”

Now the pair own two sister companies, Out Of The Ordinary Group Adventures for team building, and Where You Want To Be Tours covering guided walking and bicycling tours, which began in 2003.

“We offer adventures for the public and also for private groups, which are often a family, a group of friends for an outdoor birthday adventure, or meet-up groups and companies looking for a fun team building day outside,” said Darrylyne.

“Our team-building company was actually started in 1996, and as time has gone on we’ve gotten more companies doing it such as Qualcomm, Kaiser, and Sharp,” noted Marc, adding both their companies are under one umbrella, “They go hand in hand,” he said adding, “We do scavenger hunts, one of our best sellers, in Balboa Park and elsewhere. We also do team Olympics, a cooking ‘iron chef’ as well as teaching outrigger canoeing.

“We do scavenger hunts, adding, “We do scavenger hunts, as well as teaching outrigger canoeing and bicycling tours, which began in 2003.

“Our clientele is diverse,” noted Marc. “We get very excited about being with families in town,” noted Darlynne. “People want to bond, as well 15 to 20 different experiences for Where You Want To Be.”

“During this COVID time, outside tours are best,” noted Marc. “We’ve gotten good feedback on our secret beaches and canyons tours. We show people where they can go to take a walk or bike ride.”

“We get very excited about being able to show these places to local people, or when they have their families in town,” noted Darrylyne. “We get jazzed about empowering them.”

“They don’t want canned tours,” she said. “They want something that really speaks to them, allows them to have some fun with their families, something that is different and unique – a new experience.”

“We’re ourselves,” noted Darrylyne of their success adding, “We also donate our time a lot to the military and faith-based groups.”

“Right now we’re planning for adventures in the hospitality industry, encouraging people to participate who’ve been in the hard-hit hotel and hospitality industry,” noted Marc. “The couple feeds off the reactions of guests on their guided tours. “We enjoy being in the moment, observing what people are learning,” Marc concluded.
Most rides, exhibits, events, and shows open at SeaWorld

EMPEROR ROLLER COASTER SCHEDULED TO OPEN IN 2021

By TAY SCHWAB

Having relaunched its rides on April 12, SeaWorld has fully reopened its theme park with limited capacity featuring animal exhibits, presentations, and other entertainment experiences.

“We’re delighted to bring back some of the best thrill and family rides that San Diego has to offer,” said park president Mark Heinriches. “Our guests have been eager for SeaWorld to reopen rides, and we are looking forward to providing these exciting experiences to our guests.”

“We reopened in August 2020 then again in early February as an accredited zoo and aquarium with changes to almost every aspect of our park operations to enable our already strict health and safety standards – from food service to live animal presentations,” noted Tracy Spahr, SeaWorld spokesperson. “Now with guidelines available from the state, SeaWorld San Diego is operating as a theme park.

Guests can enjoy our indoor exhibits and see penguins, sharks, belugas and our new northern sea otters; learn about dolphins and sea lions at live educational presentations, and sip and savor around the world at the Seven Seas Food Festival event on weekends.”

Added Spahr: “Meet the Sesame Street characters at the Sesame Street Bay of Play. Watch a new live animal presentation called R is for Rescue, an exclusive show to our park that highlights rescued animals with some added fun from Elmo and Abby Cadabby, plus all the park’s rides.”

Spahr noted SeaWorld employees, during the park’s closures, were present to properly care for animals. “In addition, our SeaWorld Rescue Team continued to be on call 24/7/365, partnering with multiple government agencies to rescue and help animals in need of our care during the pandemic, giving them a second chance at life,” she said. “Last year, we rescued 819 animals, 463 of those were while we were closed due to COVID.”

What can park guests expect from the reopened SeaWorld? “We’ve added plexiglass to the rides and extra-distancing measures. In addition, hand sanitizer stations are available at the entrance and exit of all rides and throughout the park, and we have increased the frequency of cleaning and sanitizing and all rides are kept to a limited capacity,” replied Spahr.

What to expect:

PARK RIDES

Open: The roller coaster Electric Eel – where riders drop from heights of 150 feet while getting boosted 60 mph forwards and backwards through looping twists – is now open at SeaWorld.

SeaWorld fireworks reignite noise complaints from coastal residents

By DAVE SCHWAB

The resumption of fireworks this spring at the recently reopened SeaWorld has resurrected long-time opposition to the pyrotechnic display, which opponents insist can be harmful to both animals (especially dogs) and people.

SeaWorld, which reopened most rides and exhibits on April 12, restarted nightly fireworks on March 26 through April 11. The fireworks show, which had been on a long hiatus, will continue on Fridays, Saturdays, and Sundays through May 30.

That action has prompted a new petition drive launched by a San Diego resident on Change.org. The petition, which was started a couple of weeks ago and has 3,105 signatures as of April 14, states: “The fireworks at SeaWorld constitute animal cruelty. Dogs, cats, and other companion animals don’t understand that the terrifying loud bangs are a celebration. SeaWorld claims to be an organization based on animal conservation and education, yet it launches nightly fireworks terrifying and tormenting tens of thousands of animals in the San Diego area.”

“Dogs, cats, and all animals live in terror every night for miles around,” continues the petition.

“Can you imagine what the terrifying booming does to its own animals directly under the thunderous sounds in small tanks reverberating the noises? It is beyond irresponsible for an animal conservation group to be inflicting such pain and trauma to animals. SeaWorld is notorious for its abuse and neglect of its own animals. It’s not surprising they are completely ignorant to this as well. It’s a disgusting display of ignorance and a complete disregard to animal welfare.”

Reacting to the petition’s allegations, SeaWorld spokesperson Tracy Spahr answered: “We have always conducted our fireworks, which have been a San Diego spring and summer tradition for more than 25 years, in accordance with City of San Diego noise ordinance (San Diego policy 500-06) that regulates such demonstrations. We try to be mindful of our neighbors and their pets by making sure the program is concluded by 9 or 10 p.m., and always communicate the dates and times of our firework presentations.

“We do understand that atmospheric conditions can cause sound to travel farther distances,” continued SeaWorld’s response. “But we have no way of telling if those conditions have been different now than from previous years. We’ve also used the same fireworks shells for the past decade and as part of our policy, we don’t use any fireworks shells for the sole purpose of making noise (these are called salutes), but limit the shells to the smaller version...
Birch Aquarium Summer Learning Adventure Camp

This summer Birch Aquarium at Scripps Institution of Oceanography is offering both in-person and virtual summer camps for children entering grades K-5. Campers explore underwater worlds and meet amazing ocean creatures in these fun and safe week-long camps.

Led by Birch Aquarium’s professional staff, campers will play games, create fun crafts, engage in science activities, and of course, get up close with aquarium animals, live or virtually.

Winter Wildlife and Water Worlds Camps
Sessions: April 12 - August 27
Ages: 5-10
Cost: $375
Description: Explore the wonderful world of Performing Arts! Campers will participate in acting, singing, dancing, and make props for the camp musical. It’s an interactive camp that allows campers to create a show and make the story line. There will be6 weeks of fun and learning. The final show will be put on at San Diego’s most beautiful venue. Learn how to make music and design costumes for the show while exposing campers to the performing arts.

LEGO MANIA

A cool mix of sports, math, and science, Trick Shot Mania camp is designed to not only test the athletic ability of the camper, but demand creativity and precision to complete outrageous sports tasks.

TRICK SHOT MANIA (GRADES 3-7)

The camp is a fast growing sport, due to its simple game play and loads of fun. Pickleball is a mix of badminton, ping pong, and tennis. Campers will learn how to play this cool game and complete the camp with the very first BAC Open championship.

Pickleball is a fast growing sport, due to its simple game play and loads of fun. Pickleball is a mix of badminton, ping pong, and tennis. Campers will learn how to play this cool game and complete the camp with the very first BAC Open championship.

PICKLEBALL (GRADES K-3)

A cool mix of sports, math, and science, Trick Shot Mania camp is designed to not only test the athletic ability of the camper, but demand creativity and precision to complete outrageous sports tasks.

Activities Are Subject To Change.

REGISTRATION

rockacademy.org/camp

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Office: (619) 764-5200
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Join Junior Theatre virtually — this summer and experience the wonderful world of Performing Arts!

Camps will participate in acting, dance, singing, and specialty classes during week-long online sessions all summer. Musical Theatre and Advanced Acting conservatory camps are also available. To register or for a list of camp dates, descriptions & pricing visit juniortheatre.com or email registration@juniortheatre.com.
By DAVE SCHWAB

Nationally renowned physical therapist joins Life Time La Jolla

One of the most sought-after physical therapists for star athletes has set up shop in La Jolla Village.

Derek Samuel is now officially affiliated with Life Time La Jolla at 10155 Wall St., Suite 102, La Plaza La Jolla.

Known for traveling on the PGA Tour as the physical therapist and strength coach for four-time major champion Brooks Koepka, Samuel has treated numerous professional athletes. His client list has included NFL Pro-Bowlers Carson Palmer, LaDainian Tomlinson, Vincent Jackson, and Melvin Gordon.

“I joined Life Time La Jolla because it aligns with the culture of my practice,” said Samuel. “Life Time made a commitment to being the best health club San Diego has to offer, and it is. We take a holistic approach to fitness and health. It’s a year-round job to be a professional athlete. I work to find an approach that works specifically for them with their own special needs.”

“A lot of athletes these days are involved in off-season programs to help them become bigger, stronger, and healthier,” continued Samuel. “Each athlete has their own ‘secret sauce,’ in terms of working out, diet and nutrition, what they do for recovery.”

Samuel noted you treat an elite athlete who has to perform physically at a high level differently than an average person just trying to remain healthy. “We work with athletes to restore them to a high proficiency level of function,” he said. “And we try to augment that by helping them get a little stronger and more mobile, get them to invest in their bodies a little more to improve their health and wellness.”

The elite physical therapist discussed outcomes for his clients. “It depends on their goals,” he said. “I like to make athletes bigger, stronger, faster, but most importantly, healthier. I want them to be able to sustain their careers well into their 30s. Results are why [therapists] do what we do. To see results — it’s really amazing. It’s a wonderful thing to be part of that.”

Life Time La Jolla features world-class amenities and signature programs designed to provide members with individualized experiences to help them achieve their wellness and fitness goals. Set within a newly renovated 46,000-square foot space, the athletic club includes five separate group fitness studios (barre, yoga, cycle, Pilates, and group fitness), a LifeSpa that features a full-service salon and six treatment rooms, and a LifeCafe — a nutrition-focused fast-casual restaurant featuring a full menu and grab and go options.

For more information about Samuel, visit dereksamuelpmt.com. Find out more about Life Time La Jolla at my.lifetime.life/clubs/ca/la-jolla.html.

Samuel has been practicing as a licensed physical therapist and human performance expert since 1997.

He said he always knew he wanted to go into physical therapy and strength conditioning, focusing especially on the musculoskeletal system. “Then I started working with high-performance athletes, some of the big names in football and baseball, and it was very inspirational,” he said. “I started out rehabbing all sorts of players and guys considering being athletes.”

Samuel talked about the performance-enhancing and rehabilitative aspects of his sports therapy practice.

“I’ve helped athletes rehab all of their ACL [injuries], dislocated shoulders, and rolled ankles, as well as helping them enhance their performance,” he said adding, “It’s a year-round job to be a professional athlete. I work to find an approach that works specifically for them with their own special needs.”

“A lot of athletes these days are involved in off-season programs to help them become bigger, stronger, and healthier,” continued Samuel. “Each athlete has their own ‘secret sauce,’ in terms of working out, diet and nutrition, what they do for recovery.”

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Camen Eye Care offers Senaptec Sensory Technology to improve vision

Dr. Jesse A. Camen’s La Jolla optometry practice is unconventional in that its focus is on enhancing the eye’s ability to perceive and adjust to movement.

“Recently we extended our service to include total performance vision enhancement with applications in the world of sports and for the young and old alike treating everyone from elite athletes, to clumsy children, to people with early dementia, brain injuries or strokes,” said Jesse Camen of Camen Eye Care, which is affiliated with Be Seen Optics in Bird Rock at 5702 La Jolla Blvd. “We optimize the way your eyes work together as a team. We like to say vision is more than just seeing 20/20. We assess deficiencies, then create an entirely customized and individualized treatment plan to help your eyes work together better.”

Camen noted traditional eye exams establish your eye prescriptions and check for disease, adding performance vision exams do all this as well as assess foundational binocular (both eyes) and sensory motor vision skills that have the potential to impede children’s performance at school or athlete’s performance in sports. She pointed out 80 percent of learning is accomplished through vision, noting that one in 10 school-aged children has an undetected vision problem that can interfere with their learning.

“Children can be having some issues in the classroom because their eyes are not working together,” Camen said. “And athletes can gain that competitive edge with performance vision assessment. It’s important for athletes to get training the eyes, getting them to have better hand-eye co-ordination, improving their dynamic vision on the move. That is a different vision on the move than you’re sitting in a chair just reading a chart.”

Over the past year, Camen said COVID offered a chance at Be Seen Optics to “really concentrate on creating a clinic featuring Senaptec Sensory Technology. Such technology can help train the brain to process the field of vision and visual stimuli more efficiently, aiding athletic training and rehabilitation, while promoting preventative health.”

“It’s really a leader in the forefront of sports and performance vision,” Camen said. “It’s meant to improve the way you see things, process it, and the way you react, promoting quicker and more efficient reaction time. A lot of sports teams out there are employing this. It’s also great for school-aged children or the elderly.”

Improving eye performance translates into enhancing a person’s ability to switch back and forth from far to near vision, as well as improving their ability to track an object in motion, said Camen. She added there are 11 different visual skills measured in the vision performance testing assessment.

Performance testing is about more than vision.

“The goal is to basically improve your quality of life,” Camen concluded.
Mayor Gloria signs short-term vacation rental ordinance into law

Four months into his administration, Mayor Todd Gloria on April 14 put to rest an issue that had been unnecessarily difficult for City leaders to solve as he signed into law an ordinance regulating short-term vacation rentals.

“These regulations should have been put in place long ago,” Gloria said. “Thanks to the leadership of Council President Jennifer Campbell, who worked closely with me to get the job done, San Diego finally has a clear set of rules governing short-term vacation rentals. Now, the work turns to thoughtful implementation, faithful enforcement and careful monitoring to enhance the quality of life in our neighborhoods.”

As he signed the ordinance at City Hall, he was joined by Campbell, who shepherded the ordinance to a pair of 8-1 Council votes on Feb. 23 and April 6. The ordinance puts regulations on the books that seek to protect neighborhoods while providing San Diegans with opportunities to rent out their homes, should they choose to do so.

“I’m grateful to the mayor for signing this ordinance, which will end the uncontrolled growth of short-term rentals, return homes back to San Diego’s housing market and bring peace and tranquility back to our neighborhoods,” said Campbell.

Now that the ordinance has been signed into law, City staff will work toward proposing for City Council approval sensible rental license fees and a lottery process for an initial allocation of limited licenses. Staff is also working to establish the systems, personnel and protocol needed to effectively enforce the new regulations.
Driver pleads not guilty to two counts of gross vehicular manslaughter

By NEAL PUTNAM

An alleged drunk driver who is accused of causing the deaths of two passengers in La Jolla pleaded not guilty Monday to two counts of gross vehicular manslaughter while intoxicated.

Peter John Meno, 27, appeared before San Diego Superior Court Judge Joseph Brannigan via a computer program as the courts are partially closed due to the coronavirus outbreak.

Meno is accused in the Nov. 22, 2020, deaths of Jayden Rowley, 22, of Oceanside, and Matthew Cate, 19, of Vista.

Meno was driving his Nissan Altima on Torrey Pines Road around 3:15 a.m. when he made a left turn onto Girard Avenue and lost control of his car.

The vehicle struck a tree. Meno was hospitalized for injuries in the incident.

Brannigan allowed Meno to remain free on $100,000 bond which he posted earlier. After he was released from the hospital, he was in jail for a day or two before posting the $10,000 premium to a bail bond agency, according to court records.

A preliminary hearing is set for May 20.

Meno is also charged with two counts of DUI with injury in making an unsafe turning movement.

SLOW » CONT. FROM PG. 2

inappropriately with zero input from the community,” said Jessica Moore, adding, “We’re just worried somebody is going to get hurt.”

“Slow Streets has been in effect for 11 months,” pointed out Mike Moore. “The initial note was that this would be temporary due to an increase in pedestrian and biking activity when the boardwalk was shut down. Diverting traffic to other streets has completely disrupted the natural flow of traffic in PB.”

Mike Moore added: “Local residents on these streets are not happy with the closure of Diamond. [Prior to Slow Streets] we had issues with drivers speeding down our street. There were two dog deaths, a skateboarder hit and numerous car accidents. Five years ago, I worked with the City to designate four-way stops at Missouri and Famael and Missouri and Gresham. All other Slow Streets have been canceled throughout the city, except the Diamond closure.”

“There’s a strong possibility that the City is in violation of California Codes 830/835,” contended Van Voorhis. “Our tax dollars are at stake in this irresponsible behavior because if an accident occurs during this closure, the City will be held liable in a court of law.”

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The new dilemmas we face as we reassess our post-pandemic lives

By Natasha Josefowitz, Ph.D.

As we emerge from a year in isolation, we are suddenly thrust into situations we used to take for granted: proximity to others and opportunities to mingle, participate, contribute, to hear and be heard. But we have changed; we are not the same people as of a year ago. The changes in ourselves can be psychological, mental, physical, or fear-related. We must choose whether to accept this and reconcile our new selves to our old identity or to recover who we were.

Let’s start with the psychological dilemmas. Should I push myself to attend theaters, concerts, museums, and movies when they resume? I used to go to these events with pleasure and anticipation. Or should I stay home? That is what I have been doing. This is not depression, one is home, happy. So the dilemma is whether to fight the tendency to be a casanier (French word derived from the word casa, meaning a happy, stay-at-home person) or to indulge myself and honor my increasing years and my aging body with its less available energy (I’m in my mid-nineties), and to reward my decades of activity with the well-earned right to rest.

The physical dilemma is whether to exercise or take a walk versus staying comfortably in my recliner. This time the push is critical for my health. When the motivation is low, I still exercise and walk, although not as much as previously. I feel there is no real choice as the consequence of not doing it may be a wheelchair in my future.

The third dilemma has to do with mental health. Should I seek out brain-stimulating opportunities: listen to a Ted Talk, attend classes, be a committee or board member, belong to a book club? Again, I prefer to stay put, but I make myself get involved. I have always lived on a learning curve, and still have the curiosity to learn more—yet it is with difficulty that I pull myself out of my chair and accept invitations.

The last dilemma may only be transitory. It is about fear: not going anywhere due to the possibility of encountering a new variant of COVID-19 or being next to an unvaccinated person. Friends have asked me to join them going to a restaurant or to a dinner party: so far, I have refused. At what point will I feel safe? We will have to wait and see. I have 60- and 70-year-old friends who say they are going through the same phenomenon: reassessing their lives and wishing for less activity and fewer demands.

The above may hold true for the older segment of the population, but there is also the younger generation who cannot wait to get out, to be with others in close proximity without masks, and start living again. They are less prone to the fear factor. Having been cooped up for a year, they are bursting with unused energy and eager to get out and go.

It is interesting that having lived a year in isolation has given some people the experience of pleasure and contentment of doing less while others have experienced anxiety and depression. For adolescents what is missing is socializing with peers, an important factor in identity formation and gaining independence from parents. For older people what is missing is seeing family members, which increases feelings of loneliness and contributes to health problems.

The trend of people preferring to work at home will impact construction, commuting, office rentals, restaurants, stores, travel, and countless other factors that we have taken for granted. It will be a new way of living.

We have to all stick around to see what happens next. I will be sure to write about it.

Natasha Josefowitz is the author of 21 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2021. Natasha Josefowitz. All rights reserved.

COVID-19 vaccine now open to everyone 16 and older

By JOSE Á. ÁLVAREZ

Starting April 15, everyone 16 and older is now able to get vaccinated against COVID-19. “Every San Diegan who qualifies for the vaccine can now get vaccinated,” said Wilma Wooten, M.D., M.P.H., County public health officer. “The vaccine is the best protection we have against COVID-19. Get your shot as soon as you can.”

Currently, only the Pfizer and Moderna vaccines are available in the region. Use of the Johnson & Johnson vaccine has been paused while it is reviewed following recent safety concerns.

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Currently, only the Pfizer and Moderna vaccines are available in the region. Use of the Johnson & Johnson vaccine has been paused while it is reviewed following recent safety concerns.

New Guidance for Gatherings

Also going into effect April 15 is new guidance on gatherings, private and indoor live events, and performances.

In the Orange Tier, which the County is currently in, outdoor activities of up to 50 people are now permitted. Indoor gatherings are strongly discouraged but are allowed with modifications and if they do not exceed 25 people.

Private outdoor events are permitted for up to 100 people: 300 persons if all guests show proof of a recent COVID-19 test or full vaccination.

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