Seniors in La Jolla step up their game

Outdoor playgrounds have reopened

San Diego County stays in red tier

The scenic hiking trails at Torrey Pines State Natural Reserve reopened on Sept. 24. The trails had been closed since April due to the pandemic. Visitors should wear face coverings, maintain six feet of distance from others, and bring their own hand sanitizer. The park’s water fountains will remain off, the visitor center is still closed, and there are no guided hikes.

Franz Huster, La Jolla Village News
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PB CHASE BANK PLANS TO REDEVELOP

Plans by Chase Bank on Mission Bay Drive in Pacific Beach to demolish their existing bank branch building and replace it with a mixed-use development have run into opposition from an architectural preservation group.

“Chase has applied for a demolition permit in conjunction with its construction permit,” said Karl Rand of Pacific Beach Planning Group. “They plan to continue to own the land and have a much smaller branch office there. They also will build a fast-food place and will rent it out. The permit will eventually come before the planning group.”

Save Our Heritage Organisation, a nonprofit which, since 1969, has advocated for preservation of the region’s architectural and cultural heritage, has objected to the proposed project citing the historical significance of the Mission Boulevard Chase branch.

“SOHO learned about the intended demolition of the Millard Sheets-designed Home Savings and Loan building, now Chase Bank, early this summer,” said SOHO in a release. “The bank wants to build a new branch on the site and accommodate a generic fast-food restaurant with drive-thru service. But these plans do not adhere to the community’s 2019 approved Balboa Avenue Station Area’s Specific Plan.”

Added SOHO: “Exceptional mosaic murrays by Sheets, a nationally renowned California artist and designer on the building’s exterior and interior are of historic and aesthetic value, and some are charming scenes of San Diego. But the endangered New Formalist-style building itself has received less public attention. Trying to ensure a holistic historic review process of the art and architecture, in early July SOHO collaborated with Sheets’ expert and professor Dr. Adam Arenson in asking the City of San Diego to review the entire building under the California Environmental Quality Act.”

SOHO put out a call for action on the project urging those wishing to save the building and preserve its murals to voice their objections to project manager Martha Blake at mblake@sandiego. gov, or to the District 1 Council office at JenniferCampbell@sandiego.gov.

OUTDOOR PLAYGROUPS OPEN

The state has released guidelines for the reopening of outdoor playgrounds in parks, campgrounds and other publicly accessible locations. The County local health order will be updated to reflect the new guidelines that went into effect locally Sept. 30.

They include:
• Use of face coverings for everyone 2 years and older; children must be accompanied by a caregiver.
• Physical distance must be maintained, and children must be from the same household.
• No eating or drinking in playground, to ensure face masks are worn.
• Wash or sanitize hands before and after using the playground.
• Limit visit to 30 minutes per day when others are present.

CRIME WALK IN PB

A crime walk through Pacific Beach sponsored by the nonprofit San Diego Guardian Angels titled “Unite Pacific Beach” is scheduled for 4 p.m. on Saturday, Oct. 3 starting at Fanuel Street Park, 4000 Fanuel St. Posters and leaflets advertising the event say, “One year since our original crime walk.”

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LA JOLLA Country Club: Breathtaking views of shore and ocean. Seller may carry 1st Trust Deed at 2% interest only, call for info. 5bd/5full+2half | 6,246 s.f. | $5,500,000

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LA JOLLA WindanSea: Impeccable Nantucket Cottage 3bd+1optional/3.5ba | 1,875 s.f. | $2,200,000

LA JOLLA WindanSea: Approved plans for new construction 3bd/3ba | 1,875 s.f. | $1,600,000-$1,750,000

LA JOLLA Ridgegate: Eastward vistas, on a private cul-de-sac 3bd+1optional/2.5ba | 2,786 s.f. | $1,387,500

LA JOLLA village: Recently renovated in the heart of LJ Equipped with elevator and solar power 3bd/3.5ba | 2,188 s.f. | LP $1,350,000

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LA JOLLA WindanSea: Approved plans for new construction 3bd/3ba | 1,875 s.f. | $1,600,000-$1,750,000

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PB Town Council and volunteers cleaning up community

By DAVE SCHWAB

With the health and economic crises brought on by the pandemic, Pacific Beach civic groups and individuals are stepping in to fill gaps in voluntarily cleaning and maintaining the community’s sidewalks, trails, and landscaping.

Pacific Beach Town Council is presently removing gum and doing deep cleaning of years-old grime from Garnet Avenue sidewalks in the community’s business district and removing overgrown weeds from medians. “I’ve never seen a reaction like we’ve seen over the past month or two on these sidewalk-cleaning projects,” said Pacific Beach Town Council president Brian White. “People love this stuff. They are so appreciative and are all pitching in to do more. It’s a work in progress, but as we make these initial cleanings, we’re looking to maintain a higher standard for clean sidewalks moving forward.”

Individuals have also been busy contributing to the community clean-up effort like Laurie Carlock, a volunteer with Friends of Rose Creek, an environmental and racial justice advocacy group. A Community volunteer, Carlock has placed trash cans along the Rose Creek bike path and is emptying them herself. “The retired schoolteacher and caregiver said of her clean-up task: “There are places where the water is so filthy and not moving that it’s really a health hazard. I decided to do trash and invasive plants. Quite a big job. From people that use the bike paths, trash is just all over the place. Nowadays, people just open up candy bars and throw the wrappers. Food, they just leave in their pockets and let them blow onto the creek.”

Added Carlock: “The creek is so beautiful. The more I’ve worked the past four years, the more I’ve learned about it and want to promote it. The bike path is so close to the creek, all that trash is just going to blow into the creek.”

PBTC also regularly hosts weekend events trimming back over-growing vegetation from medians at gateways and roadways within the beach community. “We started out removing weeds on a few medians on Garnet Avenue with only a couple people, and in recent months, the efforts have grown into large-scale volunteer events.” White. “We’ve been averaging 30 volunteers per event on recent efforts to clean up large sections of Mission Bay Drive and Soledad Mountain Road. Coming up in October, we’ll be tackling the north end of Mission Bay Drive by the I-5 north on-ramp.”

For more information on that program, visit pbtowncouncil.org/ weed-removal.

Mary Watson will be deeply missed by family and friends of Mary Watson, who grew up in Los Angeles, California and moved to San Diego in 1941 at the age of 9 with her younger sister Diane and parents John and Virginia Chisholm to move into a new house that their Grandfather was building for them in Pacific Beach.

Mary attended PB Elementary, Pacific Beach Junior High, and graduated from La Jolla High School class of 1949. She attended San Diego State graduating with a teaching credential which she put to use immediately at Lincoln High School and moving to Clairemont High School when it opened in 1958 teaching PE as a Coach.

Mary met Charlie Watson at South Mission Beach and dated for two years, and married two months later on August 11, 1956. They had two sons, Tom & John who were born 12 months and 12 days apart, and they enjoyed living in the Pacific Beach neighborhood next to Clairemont.

Mary retired in 1990 from Coaching Girls Tennis and J.V. Softball at Pont Loma High School and continued a long history of volunteering with a long roster of community events along with gardening with Charlie Beach Historical Society Meetings, and meeting with her old school-faculty members for lunch and alumni classmates from La Jolla High School. Last year was LHS Class 70th class reunion with a big turnout at the San Diego Yacht Club. Mary is preceded by her husband Charlie, son John, daughter-in-law Kristina, brother-in-law Jim Watson and Gary Smerdon.

Mary is survived by her son Tom (grandchildren Sean, Kory & Addi- son) and John’s wife Heidi (grand- children Emily & C.J) and her sister Diane Smerdon and niece Julie (Steve Young) and nephew Doug Smerdon (Cindy).

Mary Watson will be deeply missed by family and friends after being 88 years old. She died August 6, 2020 at the age of 88 years old. She was predeceased by her husband Charlie Watson.

Friends of Rose Creek is also the primary program is: Use Venmo to send them $15, and you’ll get a bucket and picker. Fill your bucket and post a picture on social media: they’ll send you $5. Do that twice more, and you’ve earned yourself a free bucket and picker to keep and use forever.

- Street Stewards has a Facebook page and encourages community members to adopt a nearby block or several blocks. Their online map shows adopted streets in green. The only obligation is to walk an adopted area once a week and pick up trash on the streets and sidewalks. Numerous PB residents have adopted blocks, but many important areas still need to be adopted. Visit the Street Stewards at streetstewards.com or their Facebook page for more info and to sign up.

For more information, visit saverosecreek.org or pbtowncouncil.org.

The before and after power washing of the south sidewalk in the 1000 block of Garnet Avenue.
Paid parking on Garnet Avenue proposed again

By DAVE SCHWAB

The Pacific Beach Parking Advisory Committee has proposed a one-year pilot program for paid street parking in the densest, prime-parking area of the Garnet Avenue commercial district.

PB Parking Advisory Committee’s roster is drawn from PB Planning Group, PB Town Council, beautifulPB, and at-large community members.

“Councilmember Jen Campbell’s (District 2) office came to us late last year and asked us what was going on with parking meters in PB, and we said it’s been an on-going battle,” said Sara Berns, executive director of Discover PB, the community’s business improvement district. “They suggested a pilot program. We took that back to the Parking Advisory Committee, and they came up with a one-year pilot program for only the western portion of Garnet from the ocean to Fanuel.”

According to the plan, the advisory committee would measure the effects of paid parking and re-evaluate results monthly. The pilot program would be limited to commercial parking zones with two-hour and fewer time limits. Pricing could be flexed to accommodate higher and lower demand.

A total of 352 on-street, two-hour and fewer time limits. Pricing could be flexed to accommodate higher and lower demand. A total of 20% of funds would go to the City’s administrative cost for maintenance and operations. The remaining 80% would then be split with 45% going to the Community Parking District and 55% going to the City, which may allocate all, or a portion of management-related revenues, to the CPD on a case-by-case basis.

CPD-funded pilot program monies could be used to improve the effectiveness of parking.

READ MORE ONLINE AT sdnews.com

Funds from the metered parking pilot are proposed to be distributed back to the community via the Parking Advisory Board. The proposed PB parking pilot project was endorsed by one local merchant’s representative.

“It’s my professional opinion that limited paid parking will be a great addition and be a help, not only for local businesses but to the community at large,” said Chris Cox, COO of OMG Hospitality Group, which includes Waterbar, Backyard Kitchen & Tap, Pacific Beach Alehouse, Fish Shop and Sandbar Sports Bar & Grill in Mission and Pacific beaches. “It will increase the turnover rate on the major thoroughfare in front of local businesses. This will, in turn, offer more people the opportunity to support our businesses on an increased frequency.”

Added Cox: “It also will help deter the campers who park their vehicles for hours and days at a time. I know change is difficult, but paid hourly street parking in Pacific Beach will help the local community quite dramatically.”

Want to know more? The PB Community Parking District is holding a Zoom informational meeting on the pilot paid parking program on Wednesday, Oct. 7 at 3:30 p.m. Email pacificbeachcpd@gmail.com to register.
Women with hair loss can have thick and healthy hair and look years younger!

Volume is the most requested service of all clients. Thick, healthy hair is never out of style! Even with all the excellent professional volumizing products available, nothing compares with the real thing: thick, healthy human hair!

The unique patented process used at Judy’s salon attaches a protein bond of real human hair to a small section of your own hair. If you are changing the color of your hair, the bonds are so discreet you can style your hair anyway you choose. Once this application process has been applied, you will be amazed at the transformation that occurs, not only in your hair, but also in your outlook!

How do you match to a clients existing color? If you are blending colors, choose extensions that are the same level of color as the clients own hair. If you are changing the level of the client’s hair, choose a shade that works well with the skin tone.

What type of hair extensions do you use? Judy uses Great Lengths® all-natural hair extensions and prefers these extensions because they are created from 100% human hair and use a unique, application process that attaches a bond of protein the same molecular structure as your hair. This is an extremely high tech method of bonding the hair strand to your own hair. Whether creating a new look, following fashion or with a special occasion on the horizon, Judy’s hair extensions have over 55 colors to choose from and blend with your own hair for perfect color matches. Can hair extensions damage my hair? No, they will not. Actually, even very fine and damaged hair can become healthier if you’re wearing hair extensions because they will protect your hair from things that could damage it like curling irons, blow dryers, styling heat and environmental damage. Because of the unique application bonding system, the extensions can be easily removed.

How do I maintain my extensions? Judy is fully trained on how to educate her clients to professionally take care of their hair extensions at home. Judy will recommend hair care products, brushes, combs and appliances for use at home. Hair styling is very similar to how you style your hair without extensions.

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San Diego County’s new adjusted case rate dropped from 6.9 to 6.7 cases per 100,000 residents and the region will remain in the “red” tier, or tier two, of the state’s COVID-19 risk levels, the California Department of Public Health announced on Sept. 29.

Reacting to state officials recently stopping just shy of ordering the County from the “red” tier into the more restrictive “purple” tier for economic reopening, residents and business owners from Pacific Beach to La Jolla sounded off on the latest COVID developments.

“Leadership is what we need most during a crisis like a pandemic,” said Chris Olson, a PB resident and community activist. “The lack of leadership at the national level is the cause of a lot of unnecessary morbidities, mortality, suffering, and economic hardship. We can criticize the state and local policies, but at least we have thoughtful leadership to guide us during this difficult time.”

“There’s something more ominous going on and maybe we’ll find out what it really is,” said Henish Pulicak, a parent and PB resident. “This has been going on for six-plus months and the amount of information that can and can’t be trusted is enormous. What’s fact and what’s fiction?”

Added Pulicak: “I think this comes down to personal responsibility. Do your own research. If you think that you could get sick and potentially die, you should stay home, wear a mask, etc. If you aren’t worried about it, the government should let us live our lives.

Our local hospitals are not overloaded. Why are schools closed? We did this whole color scheme with the ‘terrorism’ threat level 20 years ago and it’s not helpful to anyone.”

“Glad there are guidelines and willing to follow them for the greater good but think simplified uniform requirements, wear a mask when within 10 feet of others outside your household, except for when eating, and wash your hands every waking hour, for all sectors would encourage conformity and avoid social stigma,” said landscape architect Jim Neri, whose office is in PB.

“I would rather the government not get involved with business,” said Brett Murphy, co-owner of La Jolla Sports Club. “They can set health guidelines and safety restrictions according to the situation. Closing down businesses is wrong in my eyes, especially since once we follow the rules and guidelines, I am a firm believer that if you make a law or rule, you should enforce it, and if you don’t enforce it, then you hurt the individuals that consistently do the right thing.”

“This is a tough time and balancing act for the decision makers,” said Mark Oliver, owner of Pueblo in Pacific Beach. “As the weeks go by we are learning more about managing this pandemic from every angle, and I think that we cannot harbor a grudge against some of the early efforts to organize a defense against the spread of the COVID-19 virus. Now we have measurable criteria and set goals, like them or not, we at least understand as a community where we are relative to where we want to be.”

“Personally, I believe that the regulations for restaurants are about right except for the stipulation to limit indoor seating to 25% of occupancy. The required six feet of distance between tables seems limiting enough, which for most restaurants means less than 45% of their normal seating is available,” Oliver said.

STATE METRICS

The decrease in the region’s case rate means that indoor dining and other operations can continue under the tier two guidelines they currently need to follow. Reopening tiers are based on a county’s case rate and testing positivity percentage.

The County’s positivity percentage, now 3.5%, has been below the 4.9% that qualifies it for the “orange” tier or tier three, since the state adopted the new ranking system. However, the state goes with the more restrictive measure to assign tiers. The County cannot move into the “orange” tier until its case rate is below 3.9 cases per every 100,000 residents for two consecutive weeks. That would require the region to report an average of 131 or fewer cases each day.

COMMUNITY OUTBREAKS

• Three new community outbreaks were confirmed on Sept. 28: one a business setting, one in a recreation center and one in a hotel/resort/spa setting.

• In the past seven days (Sept. 21 through Sept. 28), 20 community outbreaks were confirmed.

• The number of community outbreaks remains above the trigger of seven or more in seven days.

• A community setting outbreak is defined as three or more COVID-19 cases in a setting and in people of different households over the past 14 days.

TESTING

• 8,997 tests were reported to the County on Sept. 28 and the percentage of new laboratory-confirmed cases was 3%.

READ MORE ONLINE AT sdnews.com
New beach boutique Lavender Cove opens in Pacific Beach

By DAVE SCHWAB

ew women’s beach boutique Lavender Cove is named for the operator’s pet rabbit. “He (bunny) is the inspiration,” said Lily Vilchis, a recent high school graduate from Ontario, Calif., who has opened the boho beach chic boutique at 1484 Garnet Ave. with the aid of her grandmother, Nancy Knox. The pair said it was “both” their idea to do retail.

“We talked about doing a little thrift store or something and then we said, ‘No, let’s just do a regular women’s boutique,’” said Knox. “We said, ‘Let’s just do it. Why not?’”

The idea was consummated at Mr. Frosties, which is in the same strip mall as Lavender Cove, when both women peeked around the corner and noticed there was a for-rent sign causing them to exclaim, “There’s a cute little shop.”

The mother-granddaughter duo then launched into remodeling their new retail space to make it look and feel more like a home than a business. They repainted the black-and-gold interior converting it to orange and turquoise while adding a dressing room.

Open a little over a month, Lavender Cove is gradually building its clientele and reputation. The boutique is about to begin restocking for fall.

Lavender Cove has a quaint, nostalgic allure. Trademark incense is sold as well as a slew of ladies’ jewelry including earrings, necklaces, bracelets, hair ties, candles, flowing dresses and skirts, yoga mat bags, swimwear, scent, and gift bags, suits, scarves, masks, beach towels, sunscreen and sunglasses, and sundresses and sunhats.

Of the inventory in her bohemian boutique, Lily said, “It’s quite a mix. We do have a lot of wild prints and some people really like that, while other people will just buy a plain tank top. It really all just depends. We have a good variety of customers.”

Where does Lavender Cove’s inventory come from?


Pointing out she and Lily both window shop in L.A. Garment District just like their own customers do in their shop, Nancy added, “We are well priced.”

Of her new business, Lily said, “I love the whole fashion part of it, getting to pick out and decorate everything. But I never thought I would be in retail. That wasn’t what I thought my future would look like. But I’m glad I’m here now.”

Asked what she’s learned already, Lily replied, “Finance, because I never knew anything about that before and now that’s obviously a big part of my day today. And a lot of this has to do with technology, logging into things online, and research. I’m kind of a grandma with that stuff, but I’ve been learning.”

“This was a good option,” noted Nancy.

Newly minted entrepreneur Lily is trying lots of new things, including taking ukulele lessons.

“She sings so it will accompany her signing,” said Nancy.

“It became really popular during my freshman year of high school, everyone walked around with a ukulele,” said Lily of how she became acquainted with the instrument. “It’s small. You can take it anywhere.”

Will there be ukuleles in Lavender Cove?

“Maybe someday,” said Lily.

Nancy noted it’s not always the big-ticket stuff that draws people into the boutique to browse.

“The little stuff, gifty things, people like more,” she concluded.

LA JOLLA BIKE PATH CLEANUP

On Saturday, Oct. 24, La Jolla Parks and Beaches, Inc. is partnering with La Jolla Kiwanis to support the efforts of volunteers to spend a day cleaning up the Fay Avenue Extension bike path and surrounding designated open space. Last year’s rainy season has resulted in an abundance of weeds and dry brush that need to be removed to keep the path free of obstacles and to deter any potential fire hazards.

Individuals are encouraged to join the volunteer effort from 8 a.m. to 3 p.m. by signing up at ljbird45@gmail.com.

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Please complete at least 40% of the ballot

Vote online at: https://forms.gle/xd8Wfis881ijBxi36
One ballot per person.

Ballots must be submitted online by October 9, 2020

Vote online at lajollavillagenews.com
Campland on the Bay recently unveiled a new open-air study hall amenity at the family-friendly waterfront RV resort. Open weekdays from 7:30 a.m.-6 p.m. throughout the school year, the spacious, shaded area offers a quiet place for kids to attend school virtually and complete assignments during a midweek family getaway.

“During this unprecedented time where remote learning and working has become the norm, many parents are realizing that they don’t have to wait for the weekend to go somewhere fun – as long as they have WiFi,” said Ahmed Ait-Lahcen, general manager of Campland on the Bay. “We wanted to provide a quiet and comfortable space for parents and kids to complete their work while staying with us so they can spend more time creating cherished family memories.”

Centrally located among a grassy clearing just steps from any campsite, the study area features thoughtfully spaced tables equipped with power supply and wireless internet access. On a first-come, first-served basis, family groups can utilize a private table during their stay for the duration of their child’s distance-learning hours.

Parental supervision is required to use the open-air study hall. Headphones must be used when sound is needed. Masks covering the nose and mouth are required at all times and guests must maintain at least six feet of physical distance from other family groups. Cleaning supplies are provided for guests to wipe down their area before and after use.

Now through Nov. 13, guests receive a third night free when they book a two-night, midweek stay Sunday through Thursday. For more information about Campland on the Bay, visit Campland.com.
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Dentist celebrates improving smiles in Pacific Beach for 30 years

By DAVE SCHWAB

Dr. Janelle Bacino came to Pacific Beach fresh out of dental school and liked it so much she never left.

Thirty years later, she’s celebrating the 30th anniversary of her office at 4747 Mission Blvd.

After having graduated the previous year from Loma Linda School of Dentistry, Bacino started out wondering where to begin her dental career. After finding her PB location, she started advertising in the Reader and on Vons’ receipts (back then PB had two).

“I opened my doors 30 years ago this month without a patient, I just hung a shingle out,” said Bacino.

“I just fell in love with PB and never wanted to leave. I offered a deal on cleaning on the backs of Vons’ receipts to get people in the door. I have some patients now that have been with me for 28 years. I have people who travel from all over, Italy, Japan, to see me.”

Eventually, Janelle married Dr. John Joseph Bacino, a La Mesa dentist today, who started out as her employee and they have two children, Sophia and Dominic.

In the intervening years, she has built her clientele up to a busy full-time office with seven employees.

Bacino said her dental philosophy is simple.

“I just try to help you,” she said. “I treat people the way I would want to be treated. People tell me, ‘I don’t floss as much as I should.’ I tell them, ‘Flossing is for your benefit.’ I’ve had patients I’ve had to tell they’re in danger of having gum disease, and they have trouble accepting it. Then I tell them, ‘But we can get you back (out of danger).’”

The PB dentist really enjoys the diversity of her work and clientele.

“I have clients from 4 years old to 95 years old,” she said.

What Bacino likes most about dentistry is “improving smiles.” She added she’s not hesitant about referring some work, like root canals, out to specialists.

Bacino planned a big celebration in the newly remodeled office and courtyard of her office building, even bigger and better than her 10-year celebration, which was catered back then by Sammy at Taco Surf. She was planning on acknowledging many of the patients that have been with her over 25 years. However, the pandemic interfered.

“We may try a 31-year anniversary,” she joked.

Dr. Janelle Bacino, with her staff, is celebrating 30 years in Pacific Beach. COURTESY PHOTO

READ MORE ONLINE AT sdnnews.com
Results come in for annual Coastal Cleanup Day in San Diego

Close to home, socially distanced, and armed with personal protective equipment and cleanup supplies, San Diego County’s volunteers are registered to cleanup in their town this Saturday. San Diego County’s volunteers are expected to exceed expectations with Coastal Cleanup Day. I’m so proud of the volunteers and how they showed up in a tough year – it’s truly phenomenal.

Since Coastal Cleanup Day’s inception, over 970,000 volunteers have helped clear over 16 million pounds of litter and debris from the region.

There were 7,823 registered volunteers for Coastal Cleanup Day.

I’m so proud of the volunteers and...
Live event promoters’ businesses suffering due to COVID cancellations

Laurie McFarlane is spending her son’s college money next year to keep her household afloat. Sandi Cottrell has had to cancel the ArtWalk she’s promoted at Liberty Station the past 16 years, praying her business will survive to do it next year.

Michelle Metter’s husband’s business has been devastated by COVID, and her efforts to hold her young family together she described as “dire.”

All three women have joined with other live event promoters in a local movement. The San Diego Events Coalition, that is part of a national movement at liveeventscoalition.org.

The three event promoters have a message to deliver: Live events in San Diego are barely alive, and won’t be for much longer without immediate governmental aid and federal financial assistance. McFarlane, of McFarlane Promotions mcfarlanepromotions.com, who usually promotes about 70 San Diego events a year, is down to only five virtual events this year due to COVID. She characterized her present circumstances, and those of the rest of San Diego’s small-business event industry, as “brutal” and “catastrophic.”

“Promoting a live event takes 100 to 500 people – stagehands, bar staff, graphics designers, lighting crew, insurance reps – the list goes on and on,” McFarlane said. “Everyone is suffering. We’re the only industry that has zero things open.”

Cottrell, of ArtWalk San Diego artwalksandiego.org, “We held out hope as long as we could that we could reschedule the art walk in August that has 200 fine artists, live music, wine and beer pavilion, art for kids and art displays for November. We tried to come up with something the county would accept with a very different format: no music, no kids, no wine, and beer, just sale of art. We’d gotten some very positive feedback but our timing was terrible, (it was) back in July when the big (COVID) spike happened. The writing was on the wall.”

Metter, of Fast Forward Events fastforwardevents.com, annualy promotes the week-long San Diego Bay Wine + Food Festival featuring dozens of events and hundreds of domestic and international wineries with a Grand Tasting Finale in November at Embarcadero Marina Park North. Metter said her “overriding frustration” is with inconsistencies in which businesses are allowed to operate, and which are not.

“Swap meets and farmers markets are being allowed to reopen,” Metter pointed out. “Yet they won’t allow functions to be held by professional event organizers with professional management companies who have been doing so within the City for many years.

Added Metter, “This impacts not just the City from the loss of economic drivers from events, but the personal toll taken on the live events workforce, which is now largely unemployed.”

READ MORE ONLINE AT sdnnews.com
By Natasha Josefowitz, Ph.D.

Here we are with a lot of time on our hands. This is probably a new experience for a lot of people; it certainly is for me. So in what way can we use this time and think about things we don’t normally cogitate on?

Human Good, the umbrella organization of our retirement community, aware of our changing needs at this time, started a Zoom book club focusing on connecting residents. We were sent the book “The Gifts of Imperfection” written by Brené Brown.

Reading this book made me think about who I really am: I have not thought about that question since college. Also, why do I choose to do the things I do? What reactions do I expect from others? Do I care what others think of me? Do I want or need to be liked, respected, sought after, even loved? What, if anything, do I do in order to earn any of those? Or do I? What others think of me? Do I want or need to expect from others? Do I care what others think of me? How much do we need to protect ourselves and how much vulnerability are we willing to expose ourselves to? In my writings, my research, my teachings, and my consulting, I have noticed that if I am willing to share doubts, confusion, questions, the wish to be right, and the need for approval, most people may recognize the same feelings in themselves. In other words, the willingness to share one’s vulnerabilities usually resonates with others. This is where we all live—mostly in hiding.

It is this divulgence of our hidden parts of ourselves which allows us to connect in meaningful ways; this takes courage. Our survival requires human connection. Authenticity is the key to the discovery, not only of ourselves, but also of others. We need to be compassionate to others as well as ourselves.

Natalia Josefowitz is the author of 21 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2020. Natasha Josefowitz. All rights reserved.
JUST LISTED

818 Capistrano Place
South Mission Beach
Single Family Home

4BR | 3.5BA 2,561 sqft
$2,295,000

This charming 4 bed, 3.5 bath South Mission Beach home lies just steps from the sparkling bay and ocean. Custom built from the ground up in 2009! Beautiful modern kitchen with state-of-the-art appliances, multiple levels with two living areas, decks and patio. A/C in every room and two fireplaces. Luxury master suite spans the entire 3rd floor! Elevator makes for great accessibility for anybody. Oversized 2 car garage plus 3rd parking space.

Heather Long
858-232-5638
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858-232-5638
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A New PATH presented the 16th annual “Strut for Sobriety!” on Sept. 26. They celebrated recovery from addictive illness as a live-streamed virtual event: “Strut to Save Lives!”

For those who are not familiar, A New PATH is a nonprofit organization that stands for Parents and Addiction Treatment and Healing. This fashion show provided entertainment and shopping opportunities along with clips from the past 15 years.

Many notables, such as former professional baseball player Steve Garvey, singer-songwriter Chuck Negron, and actress Annette Bening have been honorary chairs and speakers. The co-chairs this year were Liz Crocker and Colleen Ruis Ince and the honorary chair was Connie Conard in honor of her mother Virginia Napierskie.

September is National Alcohol & Drug Addiction Recovery Month and this event coincides with more than 900 events throughout the country to end discrimination against individuals with addictive illnesses.

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September is National Alcohol & Drug Addiction Recovery Month and this event coincides with more than 900 events throughout the country to end discrimination against individuals with addictive illnesses and celebrate recovery. Online shopping has been set up with local businesses and a portion of the proceeds benefit A New PATH.

Viewers can shop from Sept. 26-30 with these local boutiques who are giving 15% back to A New PATH. The boutiques participating are Satori Designs, Jacqueline B Clothing, Be Boutique, Shanah Boutique, Icara Clothing Boutique, Amended, Twofold Textiles, and Glamour Girl Boutique. Viewers who donated $50 were eligible to win a beautiful purse by Gifts That Give Back and a two-strand Pearl Necklace from Diamond Boutique.

A PATH to Recovery award was presented to Pattie McCarthy, executive director of Faces and Voices of Recovery. Emcees for the afternoon were TV personality Geni Cavitt; NBC SD's Rory Devine; and radio and TV personality Joe Bauer. Tommy Sablan from KUSI was a guest speaker. Watch parties with social distancing were encouraged in private homes.

The live fashion show began with Gretchen Burns kicking off the first scene. The show included entertainment with singers and dancers showing off the latest fashions included the biggest accessory, a mask. One segment included guest models in recovery from addictive illness as a live-streamed virtual event: “Strut to Save Lives!”

This event benefits A New PATH, which reduces the stigma associated with substance use disorders in order to increase access to quality treatment services. A New PATH provides lifesaving overdose prevention training and Narcan distribution. The number of lives reported saved through their Narcan distribution program for opioid overdose jumped from 556 to 1,106 from May to September this year. They also provide Narcan kits to at-risk individuals returning from jail, through partnerships with the Sheriff and Probation Department. For more information, visit anewpath.org.

**UPCOMING EVENT**
Oct. 17 - Fashion Week San Diego 2020 now has passes on sale for their virtual runway show with 9 Designers. Purchase your virtual front-row pass at fashion-weeksd.com.

Diana Cavagnaro is an internationally renowned Couture Milliner based in San Diego. Learn more about our hat designer, teacher, and blogger at DianaCavagnaro.com.
Iconic surf and skate company, Gordon and Smith/G&S was started by Larry Gordon and Floyd Smith here in PB in the 1950’s. Larry grew up on Monmouth and as a young man started Gordon and Smith out of a garage where he and Floyd would shape surfboards. The Surf Rider complex features a gym for owners in addition to a large, elevated patio with in-ground spa and two large gas grills. This unit lives large and has potential to expand.

JUST LISTED!

860 TURQUOISE ST #220
2 BD | 2 BA | 850 SQ. FT.
PACIFIC BEACH
Rarely available unit in desirable Pacific Shores!
This 2nd floor La Jolla school district unit features one of the only extra large 13x12 patios in the complex and a separate attached storage room that can be used as a home office, home gym, storage space, reading area or whatever creative space suits your needs!
Just blocks from the beach and a short walk to shops and restaurants, this perfect beach condo is calling your name!
Asking price of $699,000

JUST LISTED!

3443 OCEAN FRONT WALK UNIT L.
2 BD | 2BA | 675 sq.ft.
Asking Price of $1,149,000
Enjoy sweeping Ocean views from the living room and master in this 2nd floor unit. Perfect for vacation rentals or a 2nd home with a strong vacation rental history and great common amenities. You will love the golden white quartzite flooring, granite counter tops, stainless appliances, wood cabinets and travertine showers. The Surf Rider complex features a gym for owners in addition to a large, elevated patio with in-ground spa and two large gas grills. This unit lives large and has potential to expand.

JUST LISTED!

3696 BAYSIDE WALK #G
3 BD | 2 BA | 1,173 sq.ft.
Asking Price of $1,299,000
Enjoy amazing views of Mission Bay from your living room in this ground floor condo. This 3 bed, 2 bath property is located right in the heart of Mission Beach and is just steps from Mission Bay, the ocean, shops and restaurants. The open floor plan is great for entertaining at the beach and has plenty of room to sleep at least 8. No stairs required to step right out your front door and onto the sand.

We have a buyer looking for:
2 bed, 2 bath (or larger) condo on the oceanfront or bayfront with at least 1,200 sq ft.
The complex must have an elevator, and the unit must have water views.
Call me now if you’re looking to sell a property like this!

PB Fun Fact:
Iconic surf and skate company, Gordon and Smith/G&S was started by Larry Gordon and Floyd Smith here in PB in the 1950’s. Larry grew up on Monmouth and as a young man started Gordon and Smith out of a garage where he and Floyd would shape surfboards. Before he passed away, Larry was a daily regular at Tourmaline with his buddies, the Pump House Crew, who had been surfing together since the 90’s and earlier. The Gordon and Smith legacy is still going strong as a family run business and is run by two of his kids, Debbie and Eric. www.gordonandsmith.com