San Diego businesses, restaurants in particular, have been turned inside-out once again. Ongoing rising positive tests and hospitalizations from coronavirus, Gov. Gavin Newsom has ordered the statewide closure of indoor operations at a laundry list of establishments including restaurants, wineries, gyms, hair salons, worship centers, personal care services, malls, movie theaters, zoos, aquariums, family entertainment centers, and card rooms, as well as the full closure of all bars and non-critical office settings.

In response to the rollback in small-business re-openings, just recently undertaken as COVID-19 cases spiked, San Diego Mayor Kevin L. Faulconer signed an executive order on July 7. That order waives permitting and parking requirements for the use of side-walks and private parking lots as outdoor dining venues.

On July 14, the City Council approved an ordinance to encourage restaurants and makes dining safer by encouraging outdoor operations. The order, effective immediately, encourages outdoor diners to “help to keep our sidewalks clean ensuring a healthier environment for everyone.”

By DAVE SCHWAB | THE BEACON

Sunset Plaza in Ocean Beach has a large open area that restaurants can take advantage of for outdoor dining.

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Restaurant adapt to indoor ban by expanding outdoor seating

By DAVE SCHWAB | THE BEACON

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Councilmember Campbell’s short-term rentals proposal stirs up emotions

By DAVE SCHWAB | THE BEACON

District 2 Councilmember Dr. Jennifer Campbell’s compromise proposal on short-term rentals has stirred strong emotions, being condemned outright by at least one civic group, while other stakeholders have adopted a more conciliatory tone.

Campbell worked with representatives recently from Unite Here Local 30 and Expedia Group, the parent company for leading short-term rental brands Vrbo and HomeAway, to craft a compromise on short-term rentals. The parties agreed to a set of comprehensive rules to regulate San Diego’s short-term rentals industry.

As outlined in a memorandum of understanding, Campbell’s proposal would reduce the volume of whole-home short-term rentals, while creating legal inventory for short-term rentals platforms and local operators that comply with the new rules.

In a letter to San Diego Community News Group published online July 7, Pacific Beach Town Council decried Campbell’s proposal for “not consulting community town councils, planning groups, and residents.” Pacific Beach Town Council’s letter claims Campbell’s approach would “legalize short-term rentals in our neighborhoods,” while arguing that short-term rentals are “illegal under the city’s zoning code and have no place in residential zones.”

“San Diegans deserve short-term rentals regulations that protect our neighborhoods, preserve valuable housing and will stand the test of time,” said Campbell, whose district includes the Point Loma, Pacific Beach, and Mission Beach, in a released statement. “I promised my constituents I would work for them to tackle the tough issues, and that is exactly what happened here. I appreciate the willingness of Unite Here and Expedia Group to work with me in the spirit of collaboration. I look forward to discussing their proposal with my colleagues when this issue comes back to council,” said Campbell.

“Af ter several failed attempts to address the issue, it is clear that a compromise is what we have needed and a compromise is what Campbell is proposing,” said community activist and planner Scott Chipman of Pacific Beach. “After hundreds of hours of public testimony, everything that could be said has been said about what is good or bad about short-term rentals. Now we should be talking about how to get a compromise policy that protects neighborhood character and quality of life.”

Tom Coat, another community activist on the issue of the short-term rentals, concurred with Chipman.

“People are underestimating how big an accomplishment it is to get one of the major vacation rental platforms to agree to a 0.7 percent limit for short-term rentals outside of Mission Beach,” Coat said. “That is a huge step forward in dealing realistically with an issue that has eluded a San Diego solution for 13 years. Neighbors have suffered enormously because they’ve gotten little or no relief from disturbances

SEE STR, Page 3

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due to our inept enforcement system. And, all the while, the number of short-term rentals has grown considerably, which nega-
tively impacts our neighborhood character and quality of life.”

On the pro-short-term rentals industry side, Jonah Mechanic, owner of SeaBreeze Vacation Rentals in La Jolla and presi-
dent of Share San Diego, said Campbell’s proposal is a true compromise worthy of further review.

“One side is willing to compromise, and the other side tells you, ‘It’s our way or the highway and they want nothing but a complete ban.’” said Mechanic noting he was perplexed by the other side’s reaction claiming Campbell’s pro-
posal is weighted in their favor.

“The numbers in it are not great for us,” Mechanic said. “It would create the highest of permits – $1,000 to $1,500 per year – in the entire nation for whole-
home rentals. It would cap the number of short-term rentals in Mission Beach at 30 percent, which is what Mission Beach Town Council proposed.”

Added Mechanic: “This ordi-
nance would generate about $5 million every year for code compli-
ance to help alleviate noise and nuisance concerns, and the short-term rentals industry would pay for that. Plus it would place a cap of 7 percent on the number of permits they’re (City’s) issuing for short-term rentals. It cannot get any bigger than that. This should be a massive win for those guys. They’re getting everything they have claimed they have been fight-
ing for over seven years, but it appears that this is still not enough and the only thing that will make them happy is a complete ban.”

“We can’t say anything is bad because the policy is not really written yet,” said Chipman of Campbell’s short-term rentals

\[\text{compromise. “We can say what we must think to be included to achieve the two desired goals: to protect neighborhood character and quality of life.”} \]

\[\text{Chipman said those points in-} \]

\[\text{clude the immediate establish-
ment of a moratorium on new short-
term rentals; disqualifying LLCs as qualified applicants; re-} \]

\[\text{quire more reasonable distance separations for short-term rent-
als often concentrated in just a few blocks; require property in-
} \]

\[\text{spections to root out illegal con-
} \]

\[\text{struction, and requiring enforce-
ment to respond to complaints in real-time.} \]

\[\text{District 2 Councilmember Dr. Jennifer} \]

\[\text{Campbell’s compromise short-term rentals plan may say so:} \]

\[\text{• Establish four tiers of STRs in the City of San Diego, ranging from home-sharing to whole-home rentals.} \]

\[\text{• Cap whole-home STRs at 0.7 percent of the City’s housing stock (based on SANDAG’s annual Demographic and Socioeconomic Housing estimates), which would equate to 3,750 permits today – reducing whole-home STRs by 70 percent or more based on the City} \]

\[\text{Auditor’s estimation that 16,000 STRs exist today.} \]

\[\text{• Establish two-night minimum stays for most whole-home rentals.} \]

\[\text{• Allow residents a maximum of one per-} \]

\[\text{son, per permit.} \]

\[\text{• Adopt the Mission Beach Town Council’s recommendation to permit up to 30% of the housing units in the community to be used as whole-home STRs (1,086), which will be in addition to the city-wide cap.} \]

\[\text{• Allow all residents to home-share.} \]

\[\text{• Allow part-time STR operators to obtain a permit at lower annual fees to accommodate high visitor events such as Comic-Con, Pride or December Nights.} \]

\[\text{• Create a detailed Good Neighbor Policy with strict enforcement guidelines, a fine structure for violations, and a permit revocation standard for repeated violations.} \]
San Diego Unified to start school year online only

San Diego Unified School District announced on July 13 that the new school year will start online only. Instruction will resume on Aug. 11 in San Diego, as previously scheduled. The district will continue planning for a return to in-person learning during the 2020-21 academic year, as soon as public health conditions allow.

On March 13, four months ago, San Diego Unified School District made the decision to close schools to prevent the spread of the coronavirus. Much has changed since that time. New research is available, additional information on school safety experiences from around the world, and updated health guidelines from state and county leaders.

Unfortunately, much of the research is incomplete and many of the guidelines are vague and contradictory, according to San Diego Unified. “One fact is clear: the federal government must provide schools with the resources we need to reopen in a responsible manner.”

In the past four months, San Diego Unified and Los Angeles Unified school districts have provided more than 47 million meals to families, distributed more than 250,000 computers to students and trained more than 35,000 educators in online learning.

• The school year will resume on schedule.
• Teachers will receive expanded training in online education to better meet the needs of students.
• Students will receive additional training at the start of the year to become better online learners.
• Online supports for parents will be increased to make it easier for them to participate in the education of their students.
• Principals will continue customized planning for the safest possible reopening this fall.
• Free meals will continue to be provided at the current distribution stations.

On July 10, the American Academy of Pediatrics reversed course and said it was no longer confident that opening schools in the middle of a public health crisis is the best option for children. That reversal contextualizes the speed with which schools continue to receive vague and conflicting information from the medical and scientific communities.

San Diego Unified will provide a public assessment on Aug. 10 of how soon (after the first week of school) a physical return to class would be possible. That assessment will be based on local measures of whether the virus is sufficiently under control, as well as progress on testing and federal action on funding. On Aug. 10, San Diego Unified will also outline the physical measures planned for each school to guard against the pandemic and detail the online learning program for the 2020-21 academic year.

San Diego County launches Small Business Stimulus Program

COVID-19 UPDATE: MORE YOUNG PEOPLE GETTING SICK

By TRACY DEFORE

Local small businesses and restaurants suffering financial losses due to COVID-19 can now apply for a grant from the County of San Diego. The Board of Supervisors approved a new Small Business Stimulus Program on July 7 during a board meeting that also included a report on the behavioral health aspects of COVID-19.

For-profit and nonprofit businesses can apply for grant money if they can show losses and costs are a direct result of the pandemic.

To qualify businesses must have:
• 100 or fewer employees;
• Headquarters in San Diego County;
• A minimum 1-year operating history as of Feb. 14;
• Documentation of financial hardship because of COVID-19.

Board supervisors had approved using $17 million in CARES Act Coronavirus Relief Fund funds in May to help restaurants and small businesses. On Tuesday, July 7, the supervisors approved the implementation of the program. Businesses are urged to apply early. Applications are available now through Oct. 16—subject to available funding. For more information and the application, visit the sandiego county.gov/stimulusgrant.

YOUNG PEOPLE GETTING SICK

The number of younger San Diegans getting infected with the novel coronavirus has been increasing in recent weeks, and more of them are landing in the hospital, the County Health and Human Services Agency (HHSA) announced on July 15.

Of the nearly 21,500 COVID-19 cases reported in the region, San Diegans between 20 and 39 years of age represent nearly 44% of all cases.

A closer look at the HHSA data shows that after restaurants, bars, wineries, breweries, hotels and other businesses reopened, the number of people between 20 and 39 years of age getting sick with COVID-19 began to rise rapidly. During the second week of June, 510 San Diegans in that age bracket got sick with COVID-19. Another 1,144 got sick the following week, and during the last week of June the number jumped to 1,595. The figures began to decrease again when indoor activities at those same venues were closed again. The total was down to 1,028 by the week ending July 11.

Read more online at sdnews.com
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**PLHS valedictorian headed to Ivy League**

**BY SCOTT HOPKINS | THE BEACON**

The next “B” grade Retta Karpinski receives in a class will be her first.

The personable young lady, who earned a grade point average of 4.83 during her four years at Point Loma High School, earned the title of class valedictorian.

Karpinski wasn’t phased when the current coronavirus crisis prevented the Class of 2020 from holding its traditional commencement exercise in the school’s stadium. With the help of neighbors, she gave her graduation speech, in shimmering white cap and gown, to a group of neighbors and friends while standing on the roof of her family’s Mission Hills home.

The event raised $1,200 for “Feed San Diego” and was covered by local television news.

Karpinski, the daughter of Becca and Eric Karpinski of Mission Hills, went to Grant Elementary (K-8) before her time at PLHS. She will be heading cross-country to Rhode Island to enter Brown University – but not until January.

The Ivy League school decided to postpone the entry of its incoming freshman class, with the second semester to be held in the summer of 2021. Karpinski is in agreement with the schedule change because “all their decisions are made after tons of research.”

So, while she awaits her departure for Brown, Karpinski is taking emergency medical technician (EMT) classes at National University. “I’m doing it as something to fall back on because of COVID,” she said.

“I’m undecided as to what I’ll be studying. I’m hoping to study everything, which is what I really loved about Brown. I don’t have to pick one thing. I can study a whole bunch of things. I love math, literature and the philosophy of physics, and whatever classes sound interesting once I get there.”

“Lots of the teachers I had at PLHS were really good,” Karpinski said, singling out history teacher Glenn Richard (“I’m still in touch with him”) and film arts teacher Brian Compagnone as two that really made a difference.

Characterizing her Class of 2020 peers, Karpinski said, “During my senior year I came to realize our class was a lot more well-rounded and was impressed with our performance.”

While at PLHS Karpinski found-ed the Pointer Press, the school’s online newspaper. She was also a member of the varsity tennis team and varsity track and field team where she ran hurdles and high jumped. She plans to join the ultimate Frisbee team at Brown.

“Pointer pride was something I experienced here (when I wore my Point Loma clothing) and that sense of community is really nice,” Karpinski said. “You don’t get that everywhere else.”

Her advice to incoming freshmen: “Be resilient and flexible with this new (COVID) time. But just enjoy it! Don’t get so wrapped up in your grades. And always think ‘What am I going to do to take care of myself?’ Every day in high school lots of teenagers were really tired and bad with their sleep schedules.”

She praised the school district’s decision moving PLHS’s starting time back to 8:45 a.m. for the coming school year.

Karpinski staged her own graduation speech, enlisting a classmate as a camera operator and former principal Hans Becker as the only audience member. She stood at a podium in the school stadium with Becker vigorously applauding her words. The speech can be seen at youtube.com/watch?v=q27AibtFNbI&t=170s.

**Retta Karpinski**

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Kelly Lowry named principal at Point Loma High School

BY SCOTT HOPKINS | THE BEACON

Following a lengthy round of applications and interviews, vice principal Kelly Lowry has been named to succeed Hans Becker as Point Loma High School’s next principal.

Lowry’s first day on the job was July 1 and he has begun preparing for the currently planned first day of online classes on Aug. 31.

The announcement of Lowry’s promotion was made in a June 30 letter to the community and school staff by Dr. Sofia Roditti, chief of leadership and learning for the San Diego Unified School District (SDUSD).

All interviews were conducted via Zoom, and they included panels of community members, parents, students, area supervisors from SDUSD, and Superintendent Cindy Marten.

Lowry came to PLHS in 2015, replacing the late vice principal Kevin Gormly.

“He (Lowry) has played a key role in strengthening the access and instruction of students with disabilities, developing a student master schedule, and promoted a positive school culture and climate,” Roditti said.

Roditti also cited Lowry’s ability to walk into classrooms and quickly assess teaching skills. She complimented his ability to work collaboratively with staff to develop a clear vision, rally the staff, and keep the community informed.

Additionally, Roditti praised Lowry’s ability to work with teachers in a trusting manner to build skills by increasing their effectiveness and “toolbox” of classroom skills to meet the needs of each student.

“Being a principal is now really about being the instructional leader of their site,” Lowry said. “There are other roles such as operational, ceremonial obligations, political and others, but it is really about what is going on in the classrooms.”

One of Lowry’s first challenges in these unusual times is preparing for a continuation of online learning Aug. 31.

“There are a lot of questions to be answered,” Lowry noted. “Before students can safely return to campus, online or on-campus PLHS will continue to do what it’s done for 95 years and that is to be sure kids are safe and are learning.”

“Our main focus will always be to continue our academic excellence and continue to improve the practices that have made PLHS a leader in the district forever.”

It is those traditions, Lowry believes, that have made PLHS unique.

“There are few schools where families choose to send their kids, their grandkids and great-grandkids to the same school. We see fourth-generation Pointers all the time,” he noted. “That’s because they know PLHS is a special place and they get a great educational experience along with an alumni group that will support them all of their lives.”

But it’s more than just the education Lowry hopes to nurture.

“It is important that everyone’s voice is heard, that we learn each other’s stories and that leads to knowing more about each other and loving each other,” Lowry noted. “We strive for PLHS being a safe place for every single student. Vice principal Dana Tomoeo has helped build such a culture, working with the Anti-Defamation League to have PLHS designated a ‘Place for Hate’ school.”

The school will continue to work around construction projects.

The new three-story classroom/Media Center building fronting Chatsworth Blvd. is due for completion in January 2021 along with the renovation of classrooms in the 200 building. The 300 building is also currently undergoing renovation. After completion, most future work will be on the athletic fields and gymnasium.

“Everything the district has planned so far has been top-notch,” Lowry observed. “Something not only the school but the community can be proud of!”

Lowry expects his replacement to be named by late July or early August.

Before coming to PLHS, Lowry spent a decade as a special education program resource teacher for SDUSD and an education specialist at Mission Bay High School.

DIAZ JR. NAMED PLHS ATHLETIC DIRECTOR

Manuel Diaz Jr. has been named athletic director at Point Loma High School in an announcement from new principal Kelly Lowry.

Diaz Jr., who was an assistant football coach at the school last year, is the son of Manuel Diaz, a popular football and soccer coach who has now retired.

Besides his AD duties at PLHS, Diaz Jr. will teach several periods of Spanish.

Diaz Jr. comes to PLHS from Clairemont High School where he is a former head football coach and Spanish teacher. He replaces previous AD Alex Van Heuren who stepped down to spend more time with his family. Van Heuren is a PLHS teacher and head track and field coach.

Lowry’s own childhood included schooling in his hometown of Fontana, Calif., where he earned his degree in psychology from UCLA in 2002. He completed his master’s degree in special education recently at National University.

Lowry said he has a 3-year-old daughter and 9-month-old son who, he points out, will also attend SDUSD schools.

MEASURE ON BALLOT TO CHANGE SCHOOL BOARD ELECTIONS

By DAVE SCHWAB | THE BEACON

Among the proposals on the San Diego School Board’s November ballot is a measure to change the way elections for the state’s second-largest school district are conducted.

A majority vote will be required to pass the San Diego ballot measure Nov. 3.

The City Council unanimously approved the SDUSD ballot measure July 7. Proponents claim the measure if passed, would lead to a more diverse candidate pool in elections for the state’s second-largest school district.

“I am thrilled that this City Council is allowing voters to decide on district-only elections for the San Diego Unified School Board,” said District 4 Councilmember Monica Montgomery, who is African American. “From day one, I have been a firm supporter of this effort. It is crucial that the people most impacted select the person who represents their communities and their interests.”

Presently SDUSD’s board has three White board members, one Black and one Latino board member.

Demographically, 24 percent of SDUSD’s approximately 102,000 students are White, 44 percent are Hispanic or Latino, 7 percent Black and 10 percent are Asian. There are also Filipinos, American Indian, or multiracial students in the district.

Dr. Michael McQuary, SDUSD trustee representing District C, which includes schools in Council Districts 1 and 2 with students in Black and La Jolla and Mission and Pacific Beaches, discussed the proposed school district election change.

“The current election of SDUSD board members is both a ‘district only’ and an ‘at-large’ system, which requires all candidates running for a school board position to live in the sub-district they seek to represent,” said McQuary. “During the ‘district only’ primary, only the voters registered in that sub-district can vote for the candidates, who seek to represent the sub-district in which they live.”

McQuary noted the two candidates receiving the highest number of votes in the “district only” primary then face off in an ‘at-large’ general election, meaning that all of the registered voters across all five districts can vote for either of the two candidates in the general election.

“Toolbox” of classroom skills to meet the needs of each student. As requested by PLHS parents and community members, SDUSD is building a wall along Chatsworth Boulevard that will feature art similar to those that gave the original campus its beautiful appearance.

Workers are currently refurbishing older classrooms in several other PLHS buildings to bring them up to the highest standards of lighting, comfort, acoustics, air quality, and technology. The district cites showing safe, comfortable, and inspiring schools show students and staff they are respected and education is a critical component of our schools.

Also set for future phases are additions to the school’s Pete Ross Stadium. These include stands for approximately 500 visitors on the north side along with restroom and concession facilities. On the home side, a press box is due to be constructed atop the bleachers as well as an ADA-required elevator.

This work, already in the design and approval phase, is targeted to be complete in time for the school’s 100th anniversary in 2025.

Future improvements on the site’s several phases of construction is a makeover of the school’s venerable gymnasium which was under construction and built about 1949. Already outfitted with new plastic maroon-colored bleachers, the large facility will now have new locking doors and team rooms as well as coaches’ offices all at a cost of “more than $10 million.” This phase is scheduled for the 2020-21 school year.

Totaling $7 billion, SDUSD issues bonds for Props. S and Z about every two years as needed. The district is repairing, renovating and modernizing its approximately 203 sites on a schedule that goes until about 2030. The district serves over 135,000 students.

New classroom building taking shape at Point Loma High

BY SCOTT HOPKINS | THE BEACON

A new three-story classroom building is taking shape on the campus of Point Loma High School as other projects await future phases.

The academic edifice, costing “more than $10 million” according to the San Diego Unified School District facilities project website, is part of an overall site modernization project at PLHS buildings to bring them up to code from Props. S and 2, passed by voters in 2008 and 2012 respectively.

The new structure has a scheduled completion date of January 2021.

Fronting Chatsworth Boulevard, students will have 20 new state-of-the-art classrooms, a spacious new media center, restrooms, and the electronic brains of the school to include an already functioning “Voice Over Internet Protocol” telephone system, computer mainframes and connections along with electrical power equipment.

A new media center will include artwork and other features re-purposed with wood saved from the beloved Torrey Pines trees that were removed to make room for the new structure.

A new student quad with landscaping and decorative concrete will become a centerpiece to the campus.

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Totaling $7 billion, SDUSD issues bonds for Props. S and Z about every two years as needed. The district is repairing, renovating and modernizing its approximately 203 sites on a schedule that goes until about 2030. The district serves over 135,000 students.
“OBMA has spoken with most of the restaurants that are rolling out sidewalk cafes to ensure they understand the public right-of-way guidelines,” Keltner said. “Although the mayor has waived permit fees, it’s our understanding that most of the PROW guidelines must be adhered to.”

Added Keltner, “OBMA will have an outdoor dining link on our website, oceanbeachsandiego.com, within the next few days. This link will include restaurants utilizing sidewalks and creating outdoor patios in private parking lots, along with restaurants who have existing outdoor space.”

The Peninsula Beacon spoke with three local restaurants — OB Surf Lodge, Raglan Public House, and Harbor Town Pub in Point Loma Village — to find out how they’re coping with the new indoor dining prohibition the second time around.

Turns out how eateries are faring with the new statewide regulations has a lot to do with what the mayor just addressed in his executive order: how much outdoor dining space they do — or don’t — have.

Josh Guidi, a manager at OB Surf Lodge at 5083 Santa Monica Ave., was busy Saturday, July 11 coordinating outdoor dining at the lodge. He admitted the restaurant is in better shape than most.

“We’re lucky to have this huge open-air venue where everyone can space themselves six feet from each other on the plaza,” Guidi said, adding, “There are no tables inside. We pulled all our tables outside to this plaza area. We’re blessed to have the venue that we have, and the team behind us.”

Guidi’s job description has been changed by the pandemic.

“My job has become more police officer and baby sitter to the general public than it has been,” he quipped. “This is a hard time. It’s an adjustment. You don’t know what to expect day-to-day.”

Chad Cline, owner of Harbor Town Pub at 1125 Rosecrans St., has fared with the new statewide regulations better than OB Surf Lodge.

“We’re coping the best we can, trying our best not to sink as fast,” Cline said. “Outdoor dining really isn’t a fix to the major issue associated with lease rates on building (space) we’re prohibited from using.”

Cline gave an analogy to describe the situation restaurants find themselves in now that indoor dining has been temporarily disallowed.

“The government singling us out is like being drafted in a war, and they’re using our businesses as soldiers to fight the coronavirus,” he said. “They’re basically taking our businesses as a defense against the spread. They’re using our businesses, but they’re not giving any protection so the soldiers can come back from it (war) alive.”

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Here we go again – businesses adjust to second round of closures

COUNTY CLOSES INDOOR OPERATIONS OF GYMS, WORSHIP CENTERS, HAIR SALONS

By DAVE SCHWAB | The Beacon

The second “wave” of business closures due to rising COVID-19 cases in San Diego, had local business owners experiencing a range of feelings from fear to hope, stress, and worry, with the overall sense of being overburdened, singled-out and unfairly treated.

Effective midnight July 13, Gov. Gavin Newsom ordered counties on the watch list to shut down numerous industries, unless, they can be modified to operate outside or by pick-up, for a second time. Those include fitness centers, worship services, protests, offices for non-essential sectors, personal care services like nail salons, body waxing and tattoo practitioners, zoos and museums, and card games.

Outdoors are well received at dine-in restaurants, wineries and tasting rooms, movie theaters, family entertainment centers, zoos and museums, and card rooms.

Additionally, bars, brewpubs, breweries, and pubs statewide had to close all operations both indoor and outdoor. We have been seeing an increasing number of cases and we need to take further action now,” said Wilma Wooten, M.D., M.P.H., County public health officer. “We’re following the spread of COVID-19.”

Outdoor operations can occur under a tent, canopy or other sun shelter but only if the sides are not closed and there is sufficient outdoor air movement.

“We were doing everything right and as far as we know not one of our guests or employees have been exposed to the coronavirus,” said Barbara Iacometti of Details SalonSpa at 4993 Niagara Ave. “This is a hard hit for us. We have already been closed down for three months. And now how long will it be this time? People have been afraid to come out so shutting us down again may be the answer. But we need more relief funding if the small businesses are able to stay in business.”

Darin Wright owner of OB Barbershop at 1917 Cable St. said he felt like he’d been “kicked in the gut.”

“What a heart breaker,” Wright lamented. “We were just barely starting to climb out this hole we got in during the first lockdown.”

Noting he was closed the first time around for 10 weeks, Wright said his business bounced back for a week or two after reopening, then died. “June was pretty brutal,” he said. “We were busy the first week or two, but then it just stopped. I guess people still are really scared of catching this thing. That’s holding a lot of people back.”

Wright said he’s begun noticing a lot of his regulars are wearing their hair longer these days than they used to.

“It stinks,” said Kyle Jaworski of Raglan Public House at 1830 Bacon St. about the re-closures.

“We’ve done our best to get back to normal. We’re operating with the highest standards possible. We’ve found ways to pivot, but it’s not easy. Every time you reopen you’re spending money to restock and hire your employees back. It’s a burden.”

At Point Loma Sports Club at 2751 Roosevelt Road, owner Gary Rubin said: “Our top priority has, and always will be, keeping our members and staff safe and healthy. We also have to face the economic realities of trying to maintain a viable business during a once-in-a-hundred-years pandemic. Fortunately, we feel like we are uniquely positioned to achieve both of those goals simultaneously. With a ton of motivation and member support, we just completed an ambitious plan to move 60,000 pounds of equipment from our indoor areas to our new outdoor venue. The member appreciation and take common-sense action and make ends meet during this pandemic,” Virissimo said.

“It hurts my heart to think of the small-business owners in Point Loma and how much stress they’re under,” said Sarah Moga Alemany, a Peninsula Community Planning Board member. “I’m also crushed for the children who will not be going back to school. It’s truly heartbreaking to think of everything children are missing out on. I hope we can get cases down enough to keep people safe and reopen safely in the near future.”

“With a ton of motivation and member support, we just completed an ambitious plan to move 60,000 pounds of equipment from our indoor areas to our new outdoor venue,” Rubin said: “Our top priority has, and always will be, keeping our members and staff safe and healthy, the small businesses are able to stay in business.”

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Point Loma attorney David Dick took issue with the second state shutdown.

“This resurgence is a problem that is caused by a minority of businesses and fellow citizens who fail or refuse to follow guidance and take common-sense measures to keep themselves and those they come into contact with safe and healthy,” he said. “The problem cannot be laid at the feet of the population as a whole. And it is not susceptible to one-size-fits-all solutions. But by reinstating his draconian shutdown orders, Gov. Newsom punishes everyone. But we need more relief funding if the small businesses are able to stay in business.”

“In short, Newsom is again trying to perform an operation with a hammer that should be done with a scalpel and simply hoping it works.”

Point Loma community planner and activist Margaret Virissimo sensed the second closure coming.

“We all pretty much had a strange feeling the time would come when all would close up again with the Fourth of July beach openings here in San Diego and the continued protests throughout San Diego,” she said.

“It seems a bit unfair that local businesses, who have worked extremely hard to abide by all the proposed opening guidelines and are enforcing all sanitizing and social-distance requirements, have to now close again losing many employees that they just recently hired back only to send them all back to the unemployment lines. Hopefully, this closure will not last long in our community because our mom-and-pop shops are struggling big time to keep doors open and make ends meet during this costly pandemic,” Virissimo said.

“Gov. Newsom punishes everyone,” Virissimo said. “It hurts my heart to think of the small-business owners in Point Loma and how much stress they’re under,” said Sarah Moga Alemany, a Peninsula Community Planning Board member. “I’m also crushed for the children who will not be going back to school. It’s truly heartbreaking to think of everything children are missing out on. I hope we can get cases down enough to keep people safe and reopen safely in the near future.”

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Meditation Supply Store opens in Ocean Beach

By DAVID SCHWAB | THE BEACON

Ocean Beach resident David Gilbert wasn’t fulfilled doing braiding and marketing, so he switched instead after having an epiphany to meditation supply. Pointing to a book, “Becoming Supernatural,” on the shelf of his newly opened business, Meditations and Manifestations Supply Store, Meditation Supply Store for short at 4799 ½ Voltaire St., Gilbert said, “That’s the book that gave me the idea for opening. It just came to me one night, the full idea for my logo in the front window and this location. I had to jump out of bed and write it down.”

Gilbert noted “Becoming Supernatural” is about “learning the potential to change your inner state and attract things into your life.”

MSS is a one-stop shop combining mindfulness practices, meditation, and technology all under one roof. The store’s mission is to provide a place for the community to cultivate the power of the mind by deepening and expanding mindfulness practices.

Gilbert defined mindfulness as awareness. “Being in the moment, expanding your self-awareness and just the internal journey to understand yourself better, change things mentally, and bring in positive thinking.”

And he picked the right spot to set up shop, given OBceans have always valued yoga, meditation and mindfulness, which are proven pieces of the health and well-being puzzle which many desire.

Gilbert believes regular mindfulness or meditation practice helps to:

• Better express your thoughts and feelings;
• Reduce emotional reactions and the intensity of triggers;
• Quiet internal chatter so you can gain more focus and clarity;
• Redirect self-limiting or negative beliefs (and learn how to recognize them when they appear);
• Access your deeper thoughts in both the conscious and subconscious mind;
• Use mindset and the power of intention to create new opportunities in your life.

The Meditation Supply Store also offers meditation and mindfulness classes, workshops, and courses: rentable technology on which users can track their results and progress; and meditation supplies such as cushions, books, journals, and smudge oils.

MSS carries meditation materials for all ages, even the very young.

“People are starting to be interested for their kids, which is really cool to see,” said Gilbert, a parent himself. “I’ve got some illustrated books for children that tell a story about meditation and mindfulness. One talks about simple breathing, breathing like a bear, and bunny breathes.”

Discussing his meditation shop’s message, Gilbert noted “We’re not hear to push any dogma or any traditional aspect. We’re really here to help people who really want to cultivate more positive, internal feelings. Whether you’re new, or have been meditating a long time, we’re just here to help you expand and deepen your practice.”

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WHATS YOUR PLAN? So many people think about buying or selling a home, but don’t have a clear plan. Just because we have all sorts of instant and online resources at our fingertips doesn’t manage the process for you, nor make it any less confusing. In fact, the sheer amount of information thrown at you creates a fog of tune and complexity. So if you know that a purchase or sale is in your future, why not start planning now?

“Planning is bringing the future into the present so that you can have a clear plan. That’s why you have to manage what you want,” said Alan Lakin.

SELLERS:: HAVE A PLAN: It’s not just about setting a seller’s reason for selling and the net gain they seek. Once clear, we can work through the time and budget it may take to prepare a property for sale and whether or not they need assistance in the preparation such as handy men, construction, painters, styling etc. From there we can set a realistic timeframe to get the property on the market and at what price. All these steps take time, it’s a realistic approach, and planning. If you don’t plan, you risk a property sitting on the market longer than anticipated, carrying the associated costs, and possibly losing the seller’s ability to move forward. Here are a few questions I start with when talking to potential sellers:

1. What’s your motivation for selling?
2. Calculate a potential net gain based on possible sales price. Is this gain what you require (need) or (hope) scenario?
3. Does your property need improvements? Do you have a budget? If not, do you need one? Do you need resources?

BUYERS:: HAVE A PLAN: One of the biggest mistakes I see buyers make is to start searching without a plan or understanding the process. The search is not the first 10%. It is also shiny, fun, exciting, then becomes time consuming and often overwhelming. In fact, according to a survey by Homes.com, “about 40% [of buyers], say buying a new home is the most stressful event in modern life.”

In addition, buying a home in a coastal area like San Diego can be very competitive so you need your ducks in a row so you can jump on an opportunity when it presents itself. I have buyers that have been looking for years for just the right property. And it’s always worth the wait because they 1) didn’t want from their plan and 2) were in position to purchase the property when they found it. As you can imagine, a plan can greatly increase the chances of a successful and smooth transaction and less stress overall.

We hope this article was useful in your real estate education. If you or anyone you know has questions or needs to plan, please reach out. We are proud to be a knowledgeable resource.

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Meditation Supply Store opens in Ocean Beach

As a small business in Ocean Beach, the past seven years, I have committed my time, my education, and continued training to the salon industry,” Hartman said. “We are regulated by the Board of Cosmetology, which sets the standards for sanitation and disinfection. I have exhausted all funds to safely reopen our licensed establishment.”

“Clients and stylists are equipped with disposable masks, we allow for disinfection time between clients, and we are working at limited capacity to ensure proper distance during. As a licensed professional by the State of California, I do not see the reasoning, nor have I seen any facts about hair salons passing this virus to other people.”

Read more online at sdnews.com
New hours to begin at Cabrillo National Monument

Cabrillo National Monument will now be open from 9 a.m. until 8 p.m. on Fridays, Saturdays, and Sundays. The tidelapse area will be open from 8 a.m. to 5 p.m. on Fridays, Saturdays, and Sundays.

Cabrillo National Monument is opening in phases. In the current phase, all outdoor areas, trails, and restrooms are open. Indoor areas, including the monument's visitor center, theater, and the Old Point Loma Lighthouse, are temporarily closed to comply with guidance from the Centers for Disease Control and Prevention, and state and local public health authorities.

Junior Ranger books and badges, maps, and visitor information are available at an outdoor station located next to the Visitor Center. A ranger is on duty every day from 11 a.m. to 3 p.m. to offer the Junior Ranger program.

While outdoor areas are accessible for visitors to enjoy, a return to full operations will continue to be phased and services may be limited. When recreating, the public should follow local area health orders to keep six feet away from people who are not members of your household.

Read more online at sdnews.com
Like just about everything else, even requests for proposals for redeveloping City property are going virtual these days. Such is the case with the long-anticipated proposed redevelopment of the 48-acre Sports Arena area at 3500 Sports Arena Blvd. in the Midway District.

The City on July 10 opened an online virtual open house tour at sandiego.gov/SportsArenaOpenHouse, showing the public competing proposals on the arena’s redevelopment and asking residents to weigh-in on them. The virtual open house will continue until Monday, July 20.

“This is an opportunity to redevelop and reshape the Sports Arena area for the next generation, and we want to hear what San Diegans think of the proposals under consideration,” said Mayor Kevin L. Faulconer. “Reactivating the Sports Arena is key to our future growth as a City and ensures that it remains one of San Diego’s most popular destinations for decades to come.”

Recently, the City issued a request for proposals seeking to redevelop, rehabilitate and operate the 48-acre site. Currently home to the Pechanga Arena, retail businesses, Koby’s Swap Meet and a parking lot, the six-parcel site is in the heart of the Midway-Pacific Highway Community Plan area. The area includes a large industrial warehouse district, a commercial strip and affordable housing expected to add about 10,000 more units over the next 30 years.

Under the terms of the request for proposals, the City accepted plans from qualified organizations, with bidders proposing renovating and rebuilding the existing Pechanga Arena with new commercial retail, office and residential space offerings. The ultimate objective of the proposal is to transform the Sports Arena area into a vibrant pedestrian and transit-oriented entertainment space for everyone to enjoy.

The interactive virtual open house features redevelopment design concepts for the public to review. Participants will be able to:

• Watch the welcome video.
• View each design concept.
• Provide feedback based on their priorities.

Participants can share their input on housing, open space/parks/trails and paths, transit-oriented development, retail and entertainment, parking and traffic elements for the redevelopment project.

The open house is one of several scoring factors outlined in the request for proposals.

San Diego residents and business owners are eligible to participate in the virtual open house.

Midways-Pacific Highway Community Plan Group held presentations from the two developers, Midways Sports and Entertainment District and Brookfield + ASM Global Development, for 30 minutes each, for information and discussion, at the advisory group’s Zoom meeting this week.

A separate ballot measure, asking to remove the 30-foot height limit for the area to allow more leeway for redevelopment, has also made it on this year’s Nov. 3 election ballot.

The Sports Arena was built in 1966 by Robert Beirdbard, a local football hero who played for Hoover High School and San Diego State, for $6.4 million. The arena seats 12,000 for indoor football, 12,920 for ice hockey and box lacrosse.

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14,500 for basketball and tennis, 5,450 for amphitheater concerts and stage shows, 8,900–14,800 for arena concerts. 13,000 for ice shows and the circus, and 16,100 for boxing and mixed martial arts.

The most notable sporting event to take place in the arena was the 1973 Ken Norton–Muhammad Ali fight in which, by split decision, San Diego local Norton won. The arena has hosted several major league and minor league professional sports franchises over the years. The venue hosted the 1971 NBA All-Star Game and the 1975 NCAA men’s basketball Final Four, where UCLA was victorious in John Wooden’s final game.
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