Mayor directs broad changes in addressing homeless encampments

Mayor Todd Gloria has announced a number of significant changes to policies governing how the City handles homeless encampments and unhoused people’s belongings.

According to Gloria, all policies affecting unhoused residents will be based on dignity and compassion. They are aimed at providing transparency and consistency to reduce negative impacts of City sidewalk-cleanup activities on people experiencing homelessness.

“All policies affecting unhoused residents will be based on dignity and compassion,” said Gloria. After San Diego’s deadly hepatitis A outbreak in 2017, the City has an obligation to ensure that its sidewalks are clean to protect against future public health threats. Other cities with large homeless populations have seen outbreaks of typhus and other infectious diseases due to unsanitary conditions in encampments.

Gloria has committed to a new compassionate approach that will keep the public right-of-way clean and provide less uncertainty for unhoused individuals. The changes, most of which are already in effect, include:

- Suspension of cleanups and enforcement during inclement weather.
- Suspension of cleanups at night.
- Easier means to retrieve personal items removed during cleanups.
- Clearer and more consistent noticing of cleanup schedules.

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READ MORE ONLINE AT sdnews.com
Monumental sculpture debuts at Jacobs Medical Center at UC San Diego

Patients, families and hospital employees at Jacobs Medical Center can already peruse lace-like sculptures in a garden, find a moment of solace near a wall of bright butterflies and ponder paintings of peaceful landscapes.

Now, a new monumental sculpture by artist Jeff Koons debuts as part of the 150-piece Healing Arts Collection at the UC San Diego Health hospital. The artwork, titled Party Hat (Orange), was purchased 15 years ago by longtime university donors Joan and Irwin Jacobs while it was still in production. The larger-than-life metallic party hat reflects the transformative power of the healing that happens on the premises, as well as the celebration of new life at the hospital’s Birth Center.

“I wish to thank Joan and Irwin Jacobs for their ongoing generosity to UC San Diego,” said Chancellor Pradeep K. Khosla. Spanning nearly five decades, their gifts have supported a broad range of initiatives, from scholarships and art commissions to health care and the top-ranked Jacobs School of Engineering.

“Jacobs Medical Center is a world-class medical destination in great part because of the creative vision and generous philanthropy of Joan and Irwin Jacobs,” said Khosla. “We are proud to be the beneficiaries of the first installed Party Hat sculpture by prominent artist Jeff Koons. This exciting addition to the Healing Arts Collection helps elevate our efforts to foster a welcoming and healing space for our patients.”

An imaginative feat of engineering Purchased in 2005 by Joan and Irwin Jacobs, Party Hat (Orange) (1994–2019) by Jeff Koons is one of five unique versions of the sculpture from the Celebration series. The series of large-scale sculptures and oil paintings memorializes the festive sentimental rituals surrounding events such as birthdays, engagements and holidays. Designed meticulously by the artist and fabricated in mirror-polished stainless steel with transparent color coating, the sculpture references a traditional party hat on a colossal scale. The artwork epitomizes Koons’s ongoing fascination with childhood experiences and childlike consciousness. By transforming a simple paper party hat into a monumental reflective form, the artist achieves a perfect tension between representation and abstraction.

“During the creation of the work, the Jacobses visited the fabricator, Arnold AG, in Germany to witness the sculpture come to life.”

“Jeff Koons’s work evokes a sense of wonder, optimism and the transformative power of art,” said Joan Jacobs. “It is to increase feelings of well-being while promoting healing,” explained Joan Jacobs. “When we saw the color of Party Hat for the first time, it was spectacular. The scale of the piece brings focus to the entire collection. It is such a jubilant, beautiful sculpture; it felt right to feature it in the hospital.”

The location of Party Hat (Orange) is ideal, situated in the main lobby of Jacobs Medical Center, where it can be viewed from multiple levels and angles. In the morning, natural light streams through the floor-to-ceiling windows, making the myriad surfaces of the sculpture appear to change throughout the course of the day. Koons was involved in choosing the best location for the work to make an impact on passersby—a particularly meaningful act given that this is the first sculpture to be displayed in the public space of the hospital (which is currently accessible only to patients and staff due to COVID-19 restrictions).

“I’m delighted to see my artwork. Party Hat (Orange), installed in the entrance hall of the Jacobs Medical Center,” said Koons. “I am very grateful to Irwin and Joan Jacobs for creating this opportunity for so many people to interact with the work. I hope it will bring a sense of optimism and wonder to all who encounter it.”

This is the first version of Party Hat to be unveiled after a rigorous 25-year production period. During the creation of the work, the Jacobses visited the fabricator, Arnold AG, in Germany to witness the sculpture come to life.

“THE GOAL OF THE HEALING ARTS COLLECTION IS TO INCREASE FEELINGS OF WELL-BEING WHILE PROMOTING HEALING,” EXPLAINED JOAN JACOBS.
Family Health Centers of San Diego is the #1 enrollment entity for Covered California in San Diego County.

For free enrollment help, call (619) 515-2363.

For 50 years, Family Health Centers of San Diego (FHCS&D) has provided caring, affordable, high-quality health care and supportive services to everyone, with a special commitment to uninsured, low-income and medically underserved persons.

With over 23 primary care clinics around San Diego County, FHCS&D provides care to over 227,000 patients each year. With a wide-range of health care services throughout the region, the organization also includes 10 behavioral health facilities, eight dental clinics, two mobile counseling centers, three mobile medical units, three vision clinics, a physical rehabilitation department, a pharmacy and an outpatient substance use treatment program. As part of their ongoing dedication to ensuring everyone who needs health care receives it, FHCS&D offers free Covered California enrollment assistance.

Covered California is a private health insurance exchange that was established through Affordable Care Act legislation for individuals and families not eligible for Medi-Cal. The program allows California residents to purchase quality health insurance plans to fit individual and family needs. The cost of each insurance plan is based on certain factors, including family size and income.

Covered California has extended its Special Enrollment Period from February 1 to May 15, 2021 without a qualifying life event.

Health Plan Benefits
All Covered California health insurance plans provide comprehensive services, including:

1. Preventive, wellness and chronic disease management services
2. Pregnancy, maternity and newborn care (both before and after birth)
3. Pediatric services, including oral and vision care
4. Mental health and substance use disorder services, including behavioral health treatment (this includes counseling and psychotherapy)
5. Rehabilitative and habilitative services and devices (services and devices to help people with injuries, disabilities, or chronic conditions gain or recover mental and physical skills)
6. Prescription drugs
7. Ambulatory and emergency services
8. Laboratory services and hospitalization (surgery and overnight stays)

For free enrollment help, call (619) 515-2363 or visit fhcsd.org/covered-california.
Founded in 2008, San Diego Gymnastics offers classes and programs to promote physical activity, including parkour, tumbling, alternative pre-school, an after school program, camps, parties, Kids’ Night Out and open gym.

All San Diego Gymnastics coaches are USAG certified, CPR and First Aid certified and background checked. Team members include California Credentialed teachers, collegiate level gymnasts, parkour coaches trained by a certified World Free-running Parkour Federation Instructor, physical and occupational therapists, kinesiology and child psychology majors.

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**Giants Dipper, Beach Blaster, and Tilt-A-Whirl reopen at Belmont Park**

By DAVE SCHWAB

Belmont Park in Mission Beach is bouncing back, reopening some of its most popular rides as San Diego County springs forward through reduced COVID tier restrictions.

“We are doing a phased reopening starting April 1,” said Steve Thomas, general manager for the historic, seven-acre beachfront amusement center, which has conducted limited operations throughout the pandemic.

“Given our staffing limitations, we are opening a few of our major rides on April 1, then progressively more in the weeks ahead. As we continue through the different color-coded tiers, we’ll be able to open up more and more things.”

According to Thomas, the popular rides being rolled out on April 1 include the iconic Giant Dipper roller coaster and Beach Blaster, as well as the Big Swing, the Tilt-A-Whirl, and the Bumper Cars rides.

“Our Go Karts, rock wall, ropes course, and mini golf course have been allowed to be open while we’ve been in the Red Tier,” noted Thomas, adding much of the park, other than restaurants, has been closed for 10 months since June 2020. “Our restaurants including a largely outdoor orientation with plenty of restaurant space, and no ‘pinch points,’ bottle necks due to limited entrances/exits.

“We’re very open and outdoors, and that has worked in our favor,” Thomas said.

Belmont Park and its iconic Plunge Pool’s history date back to the 1920s and wealthy sugar magnate John D. Spreckels, who was pioneering San Diego’s early development. To stimulate real estate sales and promote his electric rail line, Spreckels built the Mission Beach Amusement Center, now Belmont Park, in 1925.

Originally known as The Natatorium, the Plunge swimming pool was constructed as a centerpiece of the park. After acquiring the lease to Belmont Park in 2012, Pacifica Enterprises and the City of San Diego negotiated a new lease in 2015 and entered into a partnership to keep the quintessential San Diego theme park from ordinary to exceptional in its current form. We intend to keep the quintessential boardwalk vibe, but give it some upgraded amenities.”

Thomas said Belmont enjoys numerous advantages other than its unparalleled location including a largely outdoor orientation with plenty of restaurant space, and no “pinch points.”

**SeaWorld fireworks return**

The SeaWorld fireworks show is back. Celebrate spring with a visit to the marine amusement park and end the day watching fireworks light up the sky (beach residents know the best spots to check out the shows). Fireworks will begin at 7:45 p.m. nightly through April 11. Fireworks are subject to cancellation or change without notice. Visit seaworldsandiego.com for more information.

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PACIFIC BEACH
1851 Garnet Ave | 7AM - 2PM Daily
brokenyolkcafe.com

Beach & Bay Press / La Jolla Village News

April 15, 2021
Online: Noon
On Campus: 6pm
(Following County Safety Rules)

PACIFIC BEACH

The Tilt-A-Whirl at Belmont Park will open for riders this week.

COURTESY PHOTO
F

orty-four years ago Paul Backus started out at Green Gardens Nursery in Pacific Beach as a water boy. Now he not only owns the place, but his regional business continues to successfully serve coastal clients in the Pacific Beach and La Jolla areas.

Backus claims there’s no mystery to having a green thumb.

Instead, he insists you succeed at gardening through know-how, keeping up with the times, staying ahead of industry trends, and giving customers what they need and want. “We’re ambassadors to doing the right things in nature,” contends Backus, whose organic nursery has added a gift shop.

Of his business strategy, Backus noted: “We’re not just selling you. We want that, because fast-growing things are going to be long-term. We’re not just selling you. We’re ambassadors to having a green thumb.

The key to gardening success instead, insists Backus, lies in turning negatives into positives by using the right materials.

“Adding fertilizers because our soils are void of fungi and other things that help plants uptake nutrients,” Backus had other advice. “Certain plants are made to be together,” he said. “If you plant the right combination of plants, you ward off insects. If you attract the right beneficial insects and pollinators, like bees, you have a more productive garden.”

Timing, and temperature, are also critical. “We put these time frames on things, but it really boils down to the nighttime for them to really start taking off. The early birds don’t always catch the worm with spring planting. It all depends on the weather.”

Backus pointed out COVID. In some ways, has actually had a positive impact on his business. “People have been at home so what do they do?” asked Backus. “Number one, they notice their backyards, and they want to get their hands dirty, and all of a sudden they’re coming out of the woodwork,” he answered. “Everyone wanted to grow their own veggies, herbs, and fruit trees. It became so popular, it was hard for us to even keep inventory in.”

And the demographics of gardening have changed as well during the pandemic. “Then we got a big wave of younger people who don’t have gardens or yards. What we saw a lot of younger people with stimulus checks coming in and buying house plans. House plants have had a tremendous boom,” noted Backus.

Green Gardens Nursery has found organics work the best all-around for all concerned. “We’re all about organics, especially with soils,” concluded Backus. “The worst thing you can do is try to enrich the soil with chemical fertilizers. What happens is the plants grow real, very well, really fast. But you don’t want that, because fast-growing plants are going to be more prone to being attacked by insects and funguses. So then you have to run to the nursery to buy chemical fungicides or insecticides. And

Easy to grow a green thumb by ‘letting the soil do the work’

by DALE SCHWAB

Some tips from Backus on growing a green thumb:

- I like to purchase 4-inch pots of forage, usually the hybrid “Carmel” and plant them in a fairly sunny spot in the garden. I have found that when you purchase forage in 4-inch pots, find ones that have a small flower spike forming. For example, they have a-annual and sometimes the 6-pack plants don’t bloom the first year you plant them. I have had an occasional 4-inch plant out of 6-packs that did not bloom. They will bloom later this spring.

- I like to plant flowering plants like in different heights and then sow some seeds of flowers that will bloom in the summer months, such as cosmos, coneflowers, Mexican marigolds, or small varieties of sunflowers.

- Always plant a few plants that will attract beneficial insects to your garden. Plants with smaller flowers, such as asium, Santa Barbara daisies, and many flowering herbs will do the trick.

- Sometimes, Green Gardens and Walter Anderson’s Nursery carries Praying Mantis eggs sacks costs this time of year. Place the sack in a tree or bush, at least 3-4 feet above the ground. I like to place it in a plastic mesh bag that has holes for the baby mantis to emerge. When the weather heads up hundreds will emerge and help protect your garden from unwanted invaders. I usually have about 6-8 that come to adulthood and then put up the rest are prey when they are so small. It is very interesting to watch your garden and identify a Praying Mantis near my forage garden a few springs ago.

- Before you plant, feed your soil with organic earthworm castings and a box of some type of suitable fertilizers. I used to love to supplement my soil with soil but, with COVID, I am not sure I want to use it anymore. Having a healthy soil and using organic fertilizers makes healthy plants that can resist pest infestation. Chemical fertilizers can make plants large with lots of flowers, but the plant sometimes can become weak and susceptible to pest infestation.

- In trying to kill these bugs and funguses, you’re killing all the natural predators as well. “Then you have this bad downward spiral and you finally give up gardening because I can’t gar- den. I don’t have a green thumb.” But that’s not true at all. You’re doing the wrong thing. Let nature work for you. Let the soil do the work for you.”

GARDENING TIPS

Spring gardening tips by longtime home gardener Linda Marrone, a La Jolla Village News columnist and a La Jolla resident specializing in historical properties.

- I like to purchase 4-inch pots of forage, usually the hybrid “Carmel” and plant them in a fairly sunny spot in the garden. I have found that when you purchase forage in 4-inch pots, find ones that have a small flower spike forming. For example, they have a-annual and sometimes the 6-pack plants don’t bloom the first year you plant them. I have had an occasional 4-inch plant out of 6-packs that did not bloom. They will bloom later this spring.

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Praying Mantis near a foxglove garden. PHOTO BY LINDA MARRONE

Walter Anderson’s Nursery carries Praying Mantis egg sacks this time of year. Place the sack in a tree or bush, at least 3-4 feet above the ground. I like to place it in a plastic mesh bag that has holes for the baby mantis to emerge. When the weather heads up hundreds will emerge and help protect your garden from unwanted invaders. I usually have about 6-8 that come to adulthood and then put up the rest are prey when they are so small. It is very interesting to watch your garden and identify a Praying Mantis near my forage garden a few springs ago.

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Scuderie Italia features handmade pastas, Napoletana pizzas

By DAVE SCHWAB

Scuderie Italia is dishing out elevated cuisine at reasonable prices with a casual atmosphere showcasing its Italian race car-themed eatery in Pacific Beach.

The improved Italian bistro at 1525 Garnet Ave., previously Caffe Bella Italia, is now also serving a weekend lunch offering its full menu of flavorful Italian dishes, along with American classics, on Fridays through Sundays from noon to 4 p.m.

“Italy is a big country with a lot of different recipes and all different influences between its different regions,” noted Florence, Italy, native and restaurateur Leo Landini, who also owns Landini’s Pizzeria in Little Italy and at Liberty Public Market. “We serve Napoletana pizzas straight from Naples made in wood-fired ovens with Tuscany recipes, along with some other northern Italian influences.”

That North Italy connection is where the revamped restaurant’s car theme comes from. That region of Italy is the birthplace of Ferrari and other high-profile motorsports cars. Landini said: “I love all the (Italian) cars. So I came out with this idea of creating a restaurant, built not only around food but as a place where people can get together and see all these cool Italian cars and engines.”

Scuderie Italia’s menu features handmade Italian pastas, charcuterie, and more, all made with fresh local ingredients. Signature dishes include shrimp rabiate dishes at Scuderie Italia.

The eggplant ravioli, and spaghetti with ar名牌la, the lunch dishes is served on Mt. Soledad. We also didn’t want to deal with high-volume music. So I came up with this concept of trying to be interesting for both those [markets].”

Added Landini: “I love all the (Italian) cars. So I came out with this idea of creating a restaurant, built not only around food but as a place where people can get together and see all these cool Italian cars and engines.”

Scuderie Italia’s menu features handmade Italian pastas, charcuterie, and more, all made with fresh local ingredients. Signature dishes include shrimp with garlic; Calabrian chili and crostini; gnocchi with butternut squash puree, pine nuts, and sage; handmade ravioli filled with eggplant and topped with Parmesan and fresh basil; prosciutto Cotto and mushroom truffle pizza topped with mozzarella; mushrooms, arugula, shaved Parmesan, and truffle oil; among others.

Available for lunch-only on the menu are the mul-tigrain salad of farro, quinoa, shrimp, fennel, cucumber, tomatoes, and herbs with lemon vinaigrette; fish sandwich made with local-mu-ster cheese, lettuce, tomatoes, red onion, and remoulade sauce. Each of the lunch dishes is served with a choice of chips or salad.

Landini talked about why he picked PB for Scuderie Italia.

“We are centrally located on Garnet and I really love the energy in PB,” he said. “I also loved the (circular) shape of that building when I saw it was closed. I knew it would be a big challenge to remodel because of the shape. The first thing I did was open it up by putting in a sliding doorway. Because it was round, we had to work really hard to make the doors slide completely open.”

Landini’s business strategy is uncomplicated.

“I believe in keeping simplicity in the food, and in being honest and loyal with your employee team,” he said. “I won’t change that. Many of my employees have been with me for double-digit years. Really, my success is due to them. They’re the ones, every day, who make sure the food is served in the right way. Having a good team around you, that’s what allows you to be a success.”
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Livestream

EASTER SUNDAY, APRIL 4
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Crown Point neighbors upset with proposed mixed-use building

By DAVE SCHWAB

An infill development has touched off a land-use controversy over zoning in Pacific Beach’s Crown Point neighborhood.

At issue is a project at 4033 and 4039 Lamont St. proposing a three-story mixed-use building with 18 residential units and ground floor commercial. The project includes two affordable dwelling units.

A neighbor, Andre Desjardins, has disputed the project’s legality, claiming it is not allowed under current zoning for that site. He contends the project is also out of character with the surrounding neighborhood.

“There are no pure commercial uses located anywhere on Lamont Street, south of Grand Avenue,” said Desjardins. “This is a residential neighborhood, plain and simple. The proposed pure commercial and/or office component of the project does not solve any unmet need in the immediate area.

“One office use is already allowed in the underlying zone. Perhaps a better use of the space contained in the two commercial suites (proposed) would be some form of amenities for the larger project.”

Added Desjardins: “The project has all nearby residents very concerned about the negative implications of introducing a ‘commercial land use’ in a 100 percent residential area. I am in favor of increasing the housing stock in PB. I am not opposed to the development of new housing units.

“However, I am (and many others are) opposed to putting commercial uses in purely residential areas – community plans and zoning laws exist for a reason – and this project seeks to circumvent the PB Community Plan and existing residential zoning.”

“The reality is this is a pair of 300-foot commercial suites, and there’s not much else you can do with them other than put in professional offices,” said project architect Tim Golba. “In the RM-2-5 zone, which this site is, mixed-use is currently allowed by right. For the Paull project, we are using a development incentive not to ‘add’ commercial.

“Rather, we used an incentive to ‘expand’ the rather limited uses allowed for commercial by right in the RM2-5 zone, so that they would be more neighborhood-serving. That expansion through the incentive will allow professional offices such as accountants, artisans, massage therapists, consultation, and anything along that line, whereas the base zoning allows limited offices and instructional studios by right.”

Added Golba: “My clients are a family who loves Crown Point, not some Vegas developer or a local entrepreneur. We could have done 21 units by right, but we chose to do 18, which fits more with the property and the proposed design on the site. We’re not reusing the property, it’s already allowed by right.

“All we’re trying to do is provide a viable alternative. The PB Planning Group picked up on that. They said, ‘This is a great idea. Someone could rent there, use the commercial suite downstairs, and never even need a car, which is what the City is pushing.’

“Desjardins disputes Golba’s take on allowable commercial uses for the Lamont Street infill site. He claims the project opens the door for a plethora of possible uses.

“The only ‘by right’ allowed commercial and/or office component of the project is retail sales, eating and drinking establishments, financial institutions, maintenance and repair facilities.

READ MORE ONLINE AT sdnews.com
CITY PROPOSES WATER AND SEWER RATE INCREASES

The City of San Diego is looking to increase wastewater rates, by 5%, starting in January 2022. In addition, the City’s Public Utilities Department (PUD), which provides water and sewer services to customers, is proposing to pass through regional water cost increases to its customers. The rate increases for sewer services will help the City continue to upgrade core infrastructure by replacing aging pipes and sewer mains; and fund future investments like Pure Water, a water recycling project.

PUD is one of the nation’s largest water and sewer utilities serving over 2.2 million customers in the region. The department maintains over 3,400 miles of water lines and 3,000 miles of sewer mains, also serving 24 cities and water districts throughout the region. While the costs of purchasing water from CWA have risen over the past several years, the City is now proposing to pass on a rate adjustment for the first time in two years of approximately 2% starting in 2022. Water and sewer rates in San Diego are comprised of base fees and usage charges for various customer classes. More information is available from the City at wastenowater.org.

BEACH CLEANUP AND RALLY FOR GREEN ENERGY

On Saturday, April 3, San Diego 350 will hold Build Back Fossil Free – an event that includes an “oil spill” art installation that will hold Build Back Fossil Free – an event that includes an “oil spill” art installation that will

RALLY FOR GREEN ENERGY

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FANS TO RETURN TO DEL MAR RACETRACK

With improving trends in public health data, growth in vaccination rates and the gradual relaxation of limits on attendance at sporting and performance venues in the state, Del Mar Thoroughbred Club officials are looking forward to a return of fans to the seaside track when it opens for its 82nd summer season on Friday, July 16, track officials said.

Track personnel are planning for spectators on site when the racetrack kicks off a 31-day season that will feature major stakes, a substantial increase in purses and a return to the sun and fun vibe that has been part of its culture since it first opened its gates in 1937.

With its traditional opening day feature – the Runhappy Oceanside Stakes – topping the bill on Friday.

READ MORE ONLINE AT sdnnews.com
PB Middle student collects sports equipment for foster children

By DAVE SCHWAB

A Pacific Beach Middle School student has collected sports equipment that she has donated to benefit local foster-care families.

As part of a school community service project, Mary Reger and her friend, Vanessa Gardner, developed a Powerpoint presentation to solicit donations of used and unused sports equipment. They then contacted various agencies to garner their support, as well as setting up a collection site.

“I feel like kids in foster care don’t get enough appreciation, or do as many fun activities as other kids do,” said Mary, discussing the motivation behind her sports-equipment drive. “We got a whole bunch of baseball bats, new soccer balls and basketballs, and some other equipment that other people have used, but not really that much.”

“Then we got out a Google form to all my eighth-grade friends in my classes that people filled out and signed. Then I set up a collection site in front of my house, and all the neighbors who wanted to donate things.”

“Mary was an absolute joy and her and Vanessa’s hard work was on display with all of the items they collected,” said Missy Bell, church and community engagement associate with the San Diego chapter of Olive Crest, a leader in the prevention and treatment of child abuse, serving nearly 5,300 children and families throughout the Pacific Northwest. “These items will encourage the foster kids and foster families that Olive Crest serves.”

Mary dropped off donated sports items on March 26 at Olive Crest, noting her offering was well received. “They were super appreciative and very forthcoming and very nice about us bringing things,” she said adding, “We’re hoping to promote money donations and get the word out to help support foster children and the families that house them. We love children, and we want to help children have all the love and support they can get.”

Bell said Mary approached their foster organization telling them about her school project.

“She shared that she had collected sports equipment and knick-knacks for foster kids and asked if we would accept them,” Missy said, adding she was impressed that someone so young would be so socially conscious. “Not many eighth-graders are that interested in foster care.”

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Are you a St. Bernard, an owl, a lion, or a chameleon? Read to find out.

By Natasha Josefowitz, Ph.D.

As we are reentering groups of people in our communities following a year in isolation, we have the opportunity to observe ourselves in how we relate to others. Isolation has changed us; for some in perceptible ways, for others in imperceptible ones. We are all different from who we were a year ago. We each have an interpersonal style. Has this style changed? To this end I have observed ourselves in how we relate to others.

Most people don’t fit into just one category, but use a combination of different behaviors under various situations. I can think of other styles of relating to others such as the kitten, used by people trying to be childlike and playful; this can be acceptable in some situations or seen as seductive. I also thought of the laughing hyena: people who relate to others by making everything into a joke, which can become irksome. Then there is the lone wolf – the person who stays out of the conversation, not engaged nor engaging, and ends up being overlooked and dismissed.

As you read this, do you identify yourself more with one style of relating than another? Do you get a gut reaction “yes, that’s me”? Your initial reaction is probably the right one because as one ponders, it is easy to rationalize and put oneself in a different category while we see ourselves in a better light. Before the pandemic, I admit to being a lion and a St. Bernard, but will till more to the St. Bernard as I re-enter my community.

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

The Lawrence Family Jewish Community Center Jacobs Family Campus offers beginner, intermediate, and youth pickleball clinics open to the community. Pickleball is growing in popularity. The sport—a mix of tennis, badminton, and ping pong—is now becoming even more popular as an outdoor, socially distanced sport. Beginners can learn easily, and advanced players can enjoy the fast-paced, competitive game. To learn more about pickleball, visit usapickleball.org.

The JCC encourages players to bring their own pickleball paddle to the court. The level of intensity is a player’s preference and JCC offers different clinics based on experience:

• Beginner Clinics – overview of court and game, basic rules, scoring, proper grip and body placement, and groundstrokes.
• Intermediate Clinics – serve and return techniques, improve consistency, develop strategies, drop shots, and point play.
• Adult beginner clinic will be from 9:30–11 a.m. on Sunday, April 18. Intermediate clinics will be April 25, also from 9:30–11 a.m. Instructors are advanced pickleball players, as well as experienced coaches and teachers. Beginner and intermediate clinics are $24 per session, or $20 for JCC members. For JCC members only private, semi-private, and group clinics are available. For more information on pickleball clinics or pricing, visit jffcc.org/qualcomm/tennis.

The JCC follows all county and state COVID-19 protocol and the procedures implemented to reduce the virus spreading.

READ MORE ONLINE AT sdnews.com

CURRENT COASTAL LISTINGS

BY HELEN SPEAR

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ATTENTION PB RESIDENTS!

There will be 200 Easter Eggs with candy and small prizes "hidden" on the streets between Diamond and Turquoise & Cass and Haines, as well as at Kate Sessions Park. There will also be 10 JUMBO GOLDEN EGGS hidden with even more prizes in them!

Check out our Instagram and Facebook pages to find HINTS for where the GOLDEN EGGS will be hidden!

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Your egg might include a gift card to one of the following:

- Taco Surf
- Baked Bear
- Java Earth
- Donut Bar
- Mr Frostie
- Yogurt on the Rocks

Take a picture with the eggs you find, and tag our Instagram or Facebook pages for a chance to win one of the following BIGGER PRIZES:

- $200 gift certificate to Soul Grind
- 25” Surfskate skateboard by G&S skateboards
- Custom reclaimed wood sign by Reclaimed By M. Spangler
- $100 gift card to Southcoast Surf Shop

Fun Fact:
The holiday was named after the Anglo-Saxon goddess Eostre. Scholars believe that Easter was named after a festival celebrating Eostre and the coming of spring. Her sacred symbols are thought to have been the hare and the egg.