BEACON BACK
LIGHTING THE WAY

San Diego has a new lighthouse, sort of!

The leggy iron tower that has stood beckoning ships at the lower tip of Point Loma since 1891 has undergone a full restoration. Now the old rust bucket is in good standing for another century. And just in time.

Straightening a three-degree tilt of the upper two sections and rooting out layers of lead paint and desiccation from rust-pocking was no easy feat for independent contractor, Neil Gardis of Ohana Industries, Ltd. and his team of three; Nicholas Biler, Ryan Stack, and Kevin Goodman of San Diego.

"From the start, we were more than aware of the lantern and watchroom precariousness," Gardis explains. "The upper section supports had deteriorated significantly. A three-degree list doesn't seem like much but it's a ton of trouble when you realize that's metal failure of support points holding 120,000 pounds. It's a double whammy!"

A QUICK HISTORY
Thirty-seven tons of ironwork rolled into town on rail flatcars from Trenton, N.J. in July 1890 intended for San Diego's new lighthouse. This lighthouse would supersede the operation of the little Cape Cod structure that has graced the area of Ocean Beach since 1869.

LIGHTING THE WAY
BEACON BACK
SEE Lighthouse, Page 11

CITY CLOSES
ALL BEACHES, PARKS, TRAILS

On Monday, March 23, Mayor Kevin L. Faulconer was joined by Police Chief David Nisleit, Fire-Rescue Chief Colin Stowell and Lifeguard Division Chief James Garland to announce the closure of City-run parks, beaches, trails, boardwalks and bays to further limit public gatherings and slow the spread of COVID-19.

"These are not actions we are taking lightly, but gatherings can spread this dangerous virus. The actions of a few can cost the lives of many," said Faulconer. "People can still go outdoors, but please go outdoors close to home. This is about protecting each other.

In light of reports of public gatherings over the weekend, parking lots at City-run beaches and parks were closed Sunday, Monday’s action expands on the closures, reinforcing the "Stay at Home" order issued by Faulconer last week, echoed by the state, to combat the virus by limiting public gatherings, prohibiting the operation of bars, and requiring restaurants to only serve patrons to-go or delivery orders.

"I am asking all San Diegans to take this virus seriously," said Nisleit. "Stay home and do not go out unless it is for essential goods. We must all do our part to limit its spread so that we can get through this difficult time."

San Diegans are reminded that gatherings of any size are prohibited. People must continue to maintain a six-foot distance to limit the spread of the virus in the community.

I am very proud of our personnel. We are fully staffed in all positions and ready to help San Diegans who need us but we need your help as well by staying home as much as possible," said Stowell. "If you call us, tell the dispatcher about anyone who has flu-like symptoms or is quarantined. Those details are important to our first responders and will help us be to take the necessary precautions."
Meet Your Point Loma Luxury Real Estate Professionals

Kimberly Platt
619.248.7039
DRE# 01319826

Beth Zedaker
619.602.9610
DRE# 01018470

Deanna Groark
619.822.5222
DRE# 01709714

Cristine Gee
619.980.4433
DRE# 00595492

Carter Shuffler
619.980.3441
DRE# 01965786

Michele Kitchin
619.518.7707
DRE# 00900040

Summer Crabtree
858.775.2222
DRE# 01418307

Vicki Droz
619.530.5777
DRE# 01209132

Narda Stroesser
619.850.9777
DRE# 01214482

Wendy Collins
619.804.5678
DRE# 01243237

Erin Jaszcak
619.990.9628
DRE# 01928389

Judy Kettenburg-Chayka
619.226.7800
Info@WillisAllen.com

JUST LISTED
404 San Antonio F | 3BR/2BA | $1,375,000
Cecil & Carter Shuffler | 619.980.3441, 619.884.9275 | DRE# 00541390 - DRE# 01965786

JUST LISTED
3970 Ingraham St Unit #1 | 2BR/2BA | $527,000
Erin Jaszcak | 619.990.9628 | DRE# 01928389

JUST LISTED
4876 Academy St | 3BR/2BA | 3,017 sq. ft. | $1,369,000
Michele Kitchin | 619.518.7707 | DRE# 00900040

JUST LISTED
1805-1615 1/2 W Lewis St | 6 residential, 6 commercial units | $4,850,000
Beth Zedaker | 619.602.9610 | DRE# 01018470

JUST LISTED
1150 Anchorage Lane #216 | 3 BD | 2 BA | 1,160 Sq. Ft. | $799,000
Beth Roach | 619.300.0389 | DRE# 01516268

JUST LISTED
4444 W Point Loma #83 | 1BR | 1BA | $340,000
Wendy Collins | 619.804.5678 | DRE# 01243237

IN ESCROW
1605-1615 1/2 W Lewis St | 6 residential, 6 commercial units | $4,850,000
Beth Zedaker | 619.602.9610 | DRE# 01018470
The Peninsula Beacon asked workers and small-business owners to share what they’re doing to adjust and cope in these uncertain times.

RESIDENTS REACT

“We are reaching out to the community to inform them about our local businesses that are still offering goods and services and especially take-out food, posting the businesses on our website, but it’s a moving target,” said Denny Knox, executive director for Ocean Beach MainStreet Association.

“As the restaurants contact us, we post the information as quickly as we can, but we have limited staff time and diminished resources. We’re getting tons of information for the City, County, and state. We’re filtering it and posting it as quickly as possible and getting it out to our members.”

Added Knox: “We’re trying to remain calm but hopeful that this community will rebound when this is all over. Since just about everyone is in the same boat, people are generally really nice to each other and showing genuine concern for each other. We are swamped with stuff to do.”

• Dana Cahill and husband Donato Malavara have run F-Max Fitness at 1065 Rosecrans St. for about 18 months. Dana said they’ve shifted to offering online workouts, as well as doing one-on-one training to compensate for their gym being closed to groups.

“About 80% of our clients are choosing to stay at home, so we’re only doing private, one-on-one sessions where it’s just one trainer and one client,” she said. “That brings in some income at least. We’re keeping our doors locked and only letting in one person at a time while making everyone wash their hands before and after.”

Noting many of her clients are 65 and above, Dana added her facility is doing everything to accommodate them including hosting online, interactive workouts. But she warned, “The reality is we’re scared, because it’s a make-it-or-break-it situation.”

• Costa Rican SDSU student Madeline Norman was working for Pizza Nova in La Jolla until she got laid off due to the pandemic. She is now in a bind: Norman can’t return home because the Costa Rican border has been closed, and she’s also committed herself by giving 30–days notice to her landlord.

“I am now stuck here indefinitely with no job and soon no place to live,” Norman said. “Our particular restaurant already has a staff for taking out and delivery during normal circumstances, so they have priority for what shifts may be available at this point. We have to keep going but we’re not sure how long we can sustain this.”

5 BEERS FOR QUARANTINE

In support of the local breweries, we asked brewer and beer aficionado Megan Stone (Guiseppeca) for her recommendations for beers to enjoy while stuck at home. Stone says:

1. The Pupil by Societe.
2. Bacon and Eggs by Pizza Port.
3. Rain by Pure Project.
4. Eppig, and Burning Beard are both making great beer.
5. Eppig, and Burning Beard are both making great beer.
Preparing for the corona virus at home  
By Karen Turner

Globally over hundreds of thousands of people have been affected and thousands have died. The COVID-19 virus has skeptics ready to take precautions. We asked health care professionals, "What are the most important things we can do at home?"

Dr. Jay Fishman, director of the Transplant Infectious Disease Program at Massachusetts General Hospital and a professor at Harvard Medical School said "The most important things for people to do right now are hand-washing and avoiding spaces where sick people congregate."

Be sure to talk to your doctor about increased supplements such as a multi vitamin, vitamin c, and a probiotic to help boost immunity. Try using the neti pot or a saline rinse daily to avoid infection. The CDC recommends using hand sanitizer that contains 60% alcohol, and to avoid touching your eyes, nose, and mouth with unwashed hands. Rachael Stoltz an in home personal training senior fitness expert says "Build up a healthy body by feeding yourself alkaline foods, and leafy greens. Avoid processed sugars, and drink plenty of water to protect good gut flora. Seniors especially should exercise at home to avoid bacteria." You can log onto www.conciergepersonaltrainingsg.com to see an at home exercise routine for seniors.

"We Love, Work and Play on the Peninsula!"

"A lot of my training in the past has been in brewing has helped me with running a business. I clean small homes. Added Carter, "My passion is providing easy links to online ordering and meal delivery platforms. SanDiegoRestaurantWeek.com is now a resource for San Diegans to find local breweries. "I’ve been for a brewer and has done marketing of San Diego, who has worked as a brewer and has done marketing for local breweries. “I’ve been fortunate to be able to work at home. "A lot of my training in the past in brewing has helped me with problem-solving, hopefully, I can find ways to supplement my lost income. I’m also trying to help others find ways to supplement my lost income."

Finding new job opportunities may be very difficult. Carter, who started her successful business in 2019 cleaning a friend’s home. Added Carter, “My passion is running a business. I clean small

REALLITY  
CONTINUED FROM Page 3

all been urged to apply for unemployment, which I have done."

Pointing out she can’t pay for $1,100 monthly rent, utilities, a car payment, and car insurance, Norman lamented, “I hope my landlord is lenient about my paying $1,100 monthly rent, utilities, a car payment, and car insurance, and businesses that are open for takeout/delivery in the Ocean Beach and Point Loma areas. For updated information on businesses, visit their website, social media or call.

Azucar  
4520 Newport Ave.  
619-523-2020  
BBQ House  
5025 Newport Ave.  
619-232-4311  
Beach Sweets  
5022 Newport Ave.  
619-222-3232  
Cafe Bella  
4894 Voltaire St.  
619-226-8559  
Chris’ Liquor & Deli  
2275 Sunset Cliffs Blvd.  
619-222-0518  
Cowry  
3960 W Point Loma Blvd.  
619-780-9077  
Daybreak Island Grill  
2296 Bacon St.  
619-222-9266  
Dirty Birds  
1925 Cable St.  
619-241-2922  
Huston’s  
5100 Newport Ave.  
619-224-4623  
It’s a Rare Peach  
4991 Newport Ave.  
619-564-5427  
Litchkens Mexican Grill  
4955 Voltaire St.  
619-234-6031  
Little Chef Chinese Food  
4910 Newport Ave.  
619-222-6627  
Mad Mustache and Cheesers  
4871 Newport Ave.  
619-289-1110  
Markgustas  
4955 Newport Ave.  
619-222-3311  
Mike Taco Club  
5004 Newport Ave.  
Just stop by Mr. Misto Pizza  
1929 Cable St.  
619-981-9777  
Newport Coffee & Cafe  
1951 Abbott St.  
619-224-6666

Newport Quik Stop  
4921 Newport Ave.  
619-223-0230  
Nic’s Mexican Food  
4918 Newport Ave.  
619-223-0230  
OB Beans  
619-222-9700  
OB Noodle House Bar 1502  
4993 Magarita Ave.  
619-253-9808  
OB Vifhara Quik Stop  
4984 Voltaire St.  
619-226-8559  
Oliver Tree Deli  
4805 Narragansett Ave.  
619-224-0443  
Old Town House  
4941 Newport Ave.  
619-224-0443  
Papa’s Italian Delicatessen  
1844 Bacon St.  
619-223-3027  
Pizza Port  
1950 Bacon St.  
619-224-4700  
Paplan Public House  
1851 Bacon St.  
619-794-2304  
Sapporo  
5049 Newport Ave.  
619-222-6688  
Sundara Indian Cuisine  
1774 Sunset Cliffs Blvd.  
619-898-0369  
Sunnie’s Cafe  
4723 Point Loma Ave.  
619-693-5298  
Surf Rider Pizza  
2163 Abbott St.  
619-226-7492  
Surfside Deli  
1912 Rosencrans St.  
619-223-9021  
Taco Shack  
2232 Sunset Cliffs Blvd.  
619-663-5184  
The Coffee Method  
4993 Magarita Ave.  
619-431-0594  
The Horn  
4935 Newport Ave.  
619-223-1010  
The Tilted Stick  
4970 Voltaire St.  
619-684-0069

FIND TAKEOUT NEAR YOU  
Many restaurants remain open with reduced staff and increased health protocols to serve the community and to weather these very challenging times. To aid in the communication of dynamic changes in the industry, SanDieGoRestaurantWeek.com is now a resource for San Diegans to find restaurants that are currently still open and offering food for pick-up and or delivery.

The site is searchable by neighborhood, food type and average meal price and provides easy links to online ordering and meal delivery platforms.

UNEMPLOYMENT INFORMATION  
If you have lost work or have had your hours reduced, you may apply for Employment Development Department unemployment insurance. Gov. Gavin Newsom has waived the one-week waiting period for benefits and is looking at expanding unemployment insurance claim offerings. Visit edd.ca.gov to file for unemployment insurance.
Meet Your Point Loma and Ocean Beach Agents

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Patty Haynsworth
619.804.1972
patty.haynsworth@compass.com
DRE 01329684

“We love, work and play on the Peninsula!”

— Jack Krenek & Patty Haynsworth
For your child, are you seeking
1.) small class sizes?
2.) academics that are accelerated, challenging and developmentally appropriate?
3.) enrichment through art, music, drama, library, technology, physical education and foreign language?
4.) a character education curriculum?
5.) a School with 87+ years of longevity and proven experience?

We are currently accepting applications for the ’20-21 school year!

Infants-8th Grade with campuses in Point Loma, Mission Valley & La Mesa

Now accepting applications!

www.warren-walker.com/admissions

Questions? 619-223-3663

We are more than a School!

The latest Ocean Beach and Point Loma community news will be delivered to your email daily at 6 a.m.

To receive daily news updates from sdnews.com, visit sdnews.com/dailynews.

RESOURCES

For information on where to shop, eat, takeout and delivery options, please visit sdnews.com/sdjoy.

The Energy Coalition: Participate in classes remotely from home using Zoom. Participate in classes remotely from home using Zoom.

COURTESY PHOTO

CECILIA HELPS OUT STAFF

Giuseppe Capasso, Niccolò Angius, and Giuseppe Scognamiglio, owners of Cesaria at 4161 Voltaire St., are committed to supporting their staff. As of last week, ownership pledged to provide 100% of the profits during this time to their working staff alongside their hourly wages. Cesaria is operating on a pick-up and delivery model for their daily dinner menu. To order, call 619-226-6222.

Serving the community for Over 30 Years
• Reasonable Rates • Highest Quality

2615 Camino del Rio South Ste. 101
(619) 221-0279
Richardfmcentyre.com

ATTORNEY

Trusts/Wills/Probate
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• House Call Available
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REALITY

CONTINUED FROM Page 4

restaurants, offices and vacation rentals. Ideally, I would like to go into all these offices that are (now) closed.”

“My pet sitter Allison Shea of Allison Shea’s Lucky Dogs in OB, who handles just about every pet (except spiders), is also grappling with holding the line on securing work and holding her own.

“We’re all in the same boat,” she said. “I’m just trying to stay calm and not be overwhelmed. But this is my livelihood. I’ve been doing it for five or six years.”

Shea, who has won the Peninsula Beacon’s annual “Best Of” award for pet-sitters, noted she’s not in bad shape financially. “I’m a good saver. I’m just trying to stay calm and not be overwhelmed. But this is my livelihood. I’ve been doing it for five or six years.”

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“My pet si...
Serving Seniors works to bring food to seniors in isolation

By KENDRA SITTON | THE BEACON

With seniors being asked to self-isolate because they are most at risk of dying from COVID-19, grocery shopping has become a risky trek. While there are grocery delivery options, many are not capacity. For low-income seniors, there are options are more limited, making the work of local nonprofit Serving Seniors more necessary than ever while how they operate is more limited than ever.

In a matter of days, Serving Seniors had to close all of its senior center sites where they served meals and transition to meal delivery. At the same time, they had to scale up to bring food to thousands of more seniors than usual during the novel coronavirus pandemic. The local nonprofit went from delivering 800 meals a day to over 4,000 by March 20 when they cut off requests for meals because they were overwhelmed. By April 1, they are hoping to raise enough money to expand by another 2,000-3,000 meals per day.

Serving Seniors needs to raise an additional $50,000 for the next few months. It costs 50 cents to deliver each meal, so donating half a dollar gets food in the hands of a senior in isolation. The easiest way to donate is at servingseniors.org.

“This is akin to building an airplane in flight. We had a number of contingency plans over every potential scenario we could think of. We have a nice thick binder with all sorts of contingency plans, but none of them applied to this,” said Paul Downey, Serving Seniors CEO for 25 years.

The contingency plans included what to do if a site burned down or the kitchen was out of action. “But never a contingency for having all 15 of our senior centers shut down overnight and trying to retool to home-delivered operation and add capacity all at the same time,” he explained.

The organization went through 9/11 and the recession of 2008, both of which required them to operate in an uncertain environment. However, nothing has been remotely close to this, especially with the ‘big wildcard’ of how long the quarantine will last.

The scramble to address the situation began on Thursday, March 12 when the county called at 4:30 p.m. to let them know they could not operate their congregate dining centers the next day. The team worked overtime to make the meals-to-go so seniors could pick them up and leave. In the next few days, they switched to full delivery service except at the Gary and Mary West Senior Wellness Center in Downtown where they have kept the pick-up option because so many homeless seniors depend on it.

Serving Seniors is working with local physicians to figure out the safest way to deliver meals to help fund the fight against COVID-19. The staff, sometimes with a volunteer to help load, deliver 140 meals per day. In comparison, volunteers in a Meals on Wheels program generally make around five deliveries.

For more information, visit servingseniors.org.

To help out and/or donate, visit stayhomesd.com and follow the donate link or visit stayhomesd.com.

Serving Seniors works to bring food to seniors in isolation

With seniors being asked to self-isolate because they are most at risk of dying from COVID-19, grocery shopping has become a risky trek. While there are grocery delivery options, many are not capacity. For low-income seniors, there are options are more limited, making the work of local nonprofit Serving Seniors more necessary than ever while how they operate is more limited than ever.

In a matter of days, Serving Seniors had to close all of its senior center sites where they served meals and transition to meal delivery. At the same time, they had to scale up to bring food to thousands of more seniors than usual during the novel coronavirus pandemic. The local nonprofit went from delivering 800 meals a day to over 4,000 by March 20 when they cut off requests for meals because they were overwhelmed. By April 1, they are hoping to raise enough money to expand by another 2,000-3,000 meals per day.

Serving Seniors needs to raise an additional $50,000 for the next few months. It costs 50 cents to deliver each meal, so donating half a dollar gets food in the hands of a senior in isolation. The easiest way to donate is at servingseniors.org.

“This is akin to building an airplane in flight. We had a number of contingency plans over every potential scenario we could think of. We have a nice thick binder with all sorts of contingency plans, but none of them applied to this,” said Paul Downey, Serving Seniors CEO for 25 years.

The contingency plans included what to do if a site burned down or the kitchen was out of action. “But never a contingency for having all 15 of our senior centers shut down overnight and trying to retool to home-delivered operation and add capacity all at the same time,” he explained.

The organization went through 9/11 and the recession of 2008, both of which required them to operate in an uncertain environment. However, nothing has been remotely close to this, especially with the ‘big wildcard’ of how long the quarantine will last.

The scramble to address the situation began on Thursday, March 12 when the county called at 4:30 p.m. to let them know they could not operate their congregate dining centers the next day. The team worked overtime to make the meals-to-go so seniors could pick them up and leave. In the next few days, they switched to full delivery service except at the Gary and Mary West Senior Wellness Center in Downtown where they have kept the pick-up option because so many homeless seniors depend on it.

Serving Seniors is working with local physicians to figure out the safest way to deliver meals to help fund the fight against COVID-19. The staff, sometimes with a volunteer to help load, deliver 140 meals per day. In comparison, volunteers in a Meals on Wheels program generally make around five deliveries.

For more information, visit servingseniors.org.

To help out and/or donate, visit stayhomesd.com and follow the donate link or visit stayhomesd.com.
Real estate market pauses, but a return to normalcy will occur

By DAVE SCHWINN I THE BEACON

Gazing into their crystal balls, local Realtors foresee clouded globs. But not to worry. It’s going to take some time to sort through the COVID-19 pandemic and its myriad consequences, agree agents Gregg Whitney and Scott Booth.

“It’s almost premature to say anything that’s going to give much insight as they’re pretty much barred real estate agents from working for the next two weeks,” said Whitney of La Jolla. “They’ve shut down everything right now.”

“It’s definitely been slow the last couple weeks,” noted Booth, who sells real estate in both Pacific Beach and La Jolla. “We had some deals that were in escrow that got canceled. Not a lot, but a few. Some of it was coronavirus fear. Some were (shortage of) cash to close with the stock market being down. Some at such a huge discount to buy a house. They’re just holding off for now.”

Whitney, however, feels this market “is a good thing.”

“Everything is slow right now,” he noted. “But we’re still selling property, though it’s a little bit more of a trying time.”

“The world is going to change after all this,” predicted Booth. “As far as real estate goes, I see a little dip, temporarily. As long as this all passes, there’s still a lot of demand – and not a lot of inventory here at the coast.”

Booth suggested we may have to wait until July to get a good read on what’s really happening now with San Diego coastal real estate.

“It’s hard to really gauge the market right now,” he said. “Hopefully, this virus will peak out by July, and then we may end up seeing interest rates come down considerably in the latter part of this year. The feds are doing everything they can for the market on the commercial banking side with the $500 billion stimulus they did last week. They want to keep printing money as quickly as possible.”

Booth concurs that what impact the virus is likely to have on the housing market could “hinge on what the banks do with interest rates. ‘If those rates creep up, and there’s still a lot of demand, there still won’t be a lot of inventory,’” he said. “But I really don’t see that being the case here. It’s just people being cautious.”

Added Booth, “In the short term, I see a huge slowdown in real estate sales and pricing. As long as people have jobs though, I think it will be good.”

Whitney pointed out he’s optimistic that “once we get through this, we’ll see real estate sales and pricing. As long as people have jobs though, I think it will be good.”

“People need to buy and sell homes, though they may be downsizing and staying closer to home, which bodes well for us agents,” Noted Whitney. “I think it will be a vibrant market for first-time buyers because interest rates are really good, and there are opportunities for first-time buyers. Unless unemployment spikes up, it could be the best opportunity for first-time buyers in a decade or more.”

On the high end of the real estate market, Whitney noted that buyers may be persuaded to “just take this price right now. I don’t think they’re controlled as much with stock. They’re pretty well insulated. They can sit on their property if they want to.”

Added Whitney, “In past market places, it’s typical for people on the high end to stay put, because they have insecurities with the market. So they’ll just rent it (property) out until the stock market clears up, then, a year from now, put their property back on the market.”

Whitney suggested there may be a new “dynamic” at work. Should interest rates fall below 3% the latter part of this year.

“They’ll get a good value,” he said adding, “We may have to go eight to 12 months, with a coronavirus vaccine on the horizon, to get a good valuation in this market. Lower interest rates may drive people back into the market. It’s just really hard to see exactly what will happen after just four months. It may take some time before we see some clarity in the market.”

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Alive Wellness CBD opens in Ocean Beach

Kerry Ann Gooden got her start in the CBD business in Ocean Beach as a patient.

One of several reasons why she swears by its new occupation as a small-business owner marketing the chemical compound.

CBD is the medical abbreviation for cannabidiol, one of the primary active compounds, or cannabinoids, found in Cannabis sativa plants such as marijuana and industrial hemp.

Discovered in 1940, CBD is one of 113 identified cannabinoids in cannabis plants and accounts for up to 40% of the plant’s extract. The chemical is used to aid in treating a number of medical conditions including anxiety, cognition, movement disorders, and pain.

A native Jamaican and a veteran, Gooden joined the military after migrating to the States. She was deployed twice overseas during the 2000s.

“When I got out I had a lot of ailments, bodily injuries and PTSD accrued from the military,” Gooden said. “My first experience with CBD was after I got out in 2018 in a wellness store looking for something for my migraines. I was looking for natural remedies because I was sick of taking opioids and being tired, angry, depressed and sleepwalking.”

So Gooden tried CBD. “Nothing really happened right away,” she said. “But I kept on using it every day. After two or three weeks, I had the best sleep of my life. I was getting all these good reactions to it.”

It was at that time that marijuana was becoming legal, which led Gooden to begin learning everything she could about cannabis and CBD. “I felt like, if I was going to be using it, I needed to know everything about it,” she said adding, as she became more experienced, “Cannabis became a lifestyle, and then a life-changer.”

 Originally, Gooden wanted to access to some services at the business center (scanning, copying, faxing and black and white printing) and unlimited coffee, tea, water and snacks.

The new space also offers a podcast room that is available to rent. “In the back of the building, we have an office that we sound-treat,” Pereygo said. “We have some microphones and recording software and chairs. Anyone can save the recording with a flash drive and take it with them.”

A week into social distancing practices due to the COVID-19 pandemic, Pereygo said launching a new business is “certainly scary,” but “at the end of the day it’s all about the cleanliness of the space.”

Ultimately, Pereygo said he wants this to be more than just a co-working space. He and his wife envision it being for business during the day and the community at night.

“We want to turn it into a space for family and community functions too,” he said. “We are thinking about family craft nights or even a Bob Ross painting night for adults.”
Tips on staying fit and active while staying at home

By LYNN WALSH | The Beacon

Last week, San Diego County ordered all gyms in the county to close. On March 23, the City of San Diego closed beaches, parks, and trails. People can still walk and run outdoors in their neighborhoods, but must not be in groups and need to practice social distancing.

Going to the gym or a favorite workout class is part of a daily routine for many people. Luckily, just because facilities are closed it doesn’t mean that routine has to end. Below are some ideas to stay active while practicing social distancing.

SOCIAL MEDIA

Many local and national gyms are taking their classes to Instagram, Facebook and YouTube. In many cases, these live-streamed classes are available to members and non-members alike and streamed publicly. In some cases, you may have to join a private group on Facebook or an email list to see the content. Some local studios taking this approach include Performance 360, Fortis & YOGALUX and the November Project San Diego.

Individual instructors from studios are also hosting live classes through social platforms and video conferencing tools like Zoom. Some local instructors include Lauren with Hello Heart Space, Alexa Dorazio and Natalya with Bridal Bootcamp San Diego.

MOBILE APPS

Some fitness apps, like Peloton and DownDog, are extending their trial periods or making their apps free for a few weeks. Through an app called Studio Sweat, the San Diego County YMCA is providing free access to a variety of workouts, including TRX, pilates, cycling and strength classes.

While some classes do require equipment there are so many options that just require showing up and pressing play. To see a full list of digital resources available, visit https://bit.ly/2UwRv1z.

BACK TO BASICS

While access to the gym can make working out easier, don’t forget about the basics. You will want to make sure to still practice social distancing though.

• Walking and running. Get reacquainted with your neighborhood by walking or running around the block – say hello to neighbors from a safe distance.
• Bodyweight exercises. From pushups to squats, there are a lot of exercises you can do without any equipment. Try committing to doing 100 sit-ups, push-ups and squats a few times a week. Or hold a plan for 100 seconds. And don’t forget about jumping rope.
 • Point Loma hills. If you need a quick burn, just head up one of the many hills leading from Ocean Beach to Point Loma. It’s guaranteed to get your heart pumping.
• Bike rides. Don’t forget about riding your bike. There are plenty of roads – now with less traffic – to cruise around.

Resources were compiled by Lynn Walsh for sdnews.com and last updated on March 18.
Point Loma since 1855. The station would be re-established at a lower elevation where the fog and low clouds were less likely to obscure its light.

Point Loma Lighthouse was commissioned on March 23, 1891, and has since been the operational beacon at San Diego. Automation in the early 1970s replaced the need for on-site personnel, and thereby, the tower’s deterioration began in earnest. Other forced priorities overtook regular maintenance. Alas, the future of the iron skeleton remained sorrowfully uncertain.

**TO THE RESCUE: U.S. COAST GUARD FINANCE OFFICE**

It seems when lighthouse properties are sold into private or non-profit ventures that those monies are used to rehabilitate other U.S. lights. In June 2017, San Diego’s leaning tower was awarded a contract for restoration because of its historic significance and location at the southwestern-most point of the continental United States.

Initial Coast Guard (hereafter, USCG) condition assessment of the lighthouse had called for abrasive blast cleaning of the entire tower, and removal and replacement of cast iron components showing greatest deterioration.

In September 2017, multi-level scaffolding was constructed around the lighthouse, which for many months was wrapped in plastic sheeting. Abrasive blast cleaning removed rust and layers of paint (some, lead-based). This prepared surfaces for new coatings, although at this point, a sacrificial generic paint was given to avoid ‘flash rust’. Ultimately, at least three coatings were applied to everything.

As the Gardis team’s disassembly of the upper lighthouse sections began, it became evident that the condition was far beyond USCG anticipation. Gardis sent a quantitative report with delivery of castings beyond USCG anticipation. Gardis says, “A multitude on a platform behind the national lighthouse sent the first signal to sea, again.”

**LIGHTING THE WAY AGAIN**

During restoration work, the functioning Vega beacon was taken from the railing and attached with the sound signal to sea, again.

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NEW TO THE MARKET!

Point Loma Heights • $1,795,000
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WWW.4362SANTAMONICA.COM

Point Loma • $765,000
This hidden gem harkens back to a simpler time. A large 1BR cottage, it was rumored to be a hunting/fishing cabin & an artist’s retreat for the PL Theosophical Society at different times. It boasts wood beamed vaulted ceilings, wood paneling, cute kitchen w/high-end appliances, large view windows, tranquil pond, FP, extra office & entertaining decks. Tucked behind the 1-1/2 car garage, you’ll never know you are on Talbot St. The best adjectives to describe it: lush, adorable, rustic & sweet. A rare gem.

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Home sweet home in coveted Loma Portal! This sweet Craftsman offers 2BRs + extra optional BR/office. Tons of character w/box beam ceilings, built-ins, stained glass, HW floors & FP. But updates galore w/gourmet kitchen, dual-panel windows, HVAC, newer roof, updated bathrooms & laundry room. Huge 2 car garage, spacious backyard & peek views of City from front yard. Special neighborhood where kids walk to school, Liberty station & open concept living. Plus large front deck, private backyard & 1-car garage. The sweet backyard is a zen-like sanctuary. Blocks to the sand, restaurants & cafes.

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Point Loma • $795,000
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**Point Loma**

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Real estate transactions absolutely can and are still taking place; they just may be handled a bit differently. Working responsibly and smarter in this current environment enables transactions to go forward.

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