Residents fed up with sewer construction site at popular park

By DAVE SCHWAB

Some neighbors claim the City’s use of Crown Point Park as a staging area for a major sewer and water main replacement project for the next three-plus years is seriously eroding their quality of life.

The City said the staging area is essential to the ongoing Crown Point West Project, which will replace about 2.45 miles (12,887 linear feet) of existing 8-inch and 12-inch wide water mains with new 8-inch and 12-inch PVC pipeline along Riviera Drive, Buena Vista Street, La Cima Drive, Graham Street, La Palma Street, Parker Place, and Pacific Beach Drive.

The Crown Point West Project will also install and relocate approximately 3.92 miles (20,705 linear feet) of new 6-inch to 18-inch wide sewer main pipeline along Riviera Drive, La Cima Drive, La Mancha Drive, Buena Vista Street, Bayonne Drive, Promontory Street, Moorland Drive, Graham Street, La Palma Street, Parker Place, and Pacific Beach Drive.

“The construction zone has taken over a section of Crown Point Park,” said neighbor Doug Du Carme in a recent letter to the City. ‘Horrendous pollution in the form of noise, dust, and diesel fumes emanates from this area.’

CROWN POINT RESIDENT DOUG DU CARME
Surfrider seeks volunteers for beach cleanup strike teams

By DAVE SCHWAB

A local nonprofit is seeking volunteers for its elite beach cleanup strike teams. Surfrider Foundation USA focuses on water quality, beach access, and beach and surf spot preservation while sustaining marine and coastal ecosystems. Its local chapter, Surfrider Foundation San Diego, has been active recently in forming and utilizing beach cleanup strike teams along San Diego’s 70-mile coastline.

“We’re pretty volunteer-powered,” said Mitch Silverstein, Surfrider San Diego chapter manager, about those beach strike teams. He added they are “something new, a program we’re just launching for our chapter.”

Silverstein said the new program was initiated because “we lost the ability to do public beach cleanups because of COVID’s legal and health and safety protocols. So we started throwing ideas at the wall to see what sticks.”

The end result was the creation of limited-number, carefully supervised beach strike cleanup systems that lead to the ocean and beach,” Silverstein said. “For us, beach cleanups have always been the gateway for the general public to get more involved in coastal issues in their community.” Silverstein said. And beach cleanups are doubly important for battling pollution because of their location, noted Silverstein.

“All pollution, trash, plastic or other that’s on the ground, it’s all part of the storm drainage system that leads to the ocean sooner or later,” he said. “Which is why we’ve got these community-activated strike teams willing to volunteer to clean our local beaches.”

Beach cleanups typically take just two hours, mostly on weekends, to thoroughly scour a stretch of beach. Each team is supplied with a clean-up kit that includes a big grabber for picking up waste and a reacher-grabber for picking up waste and to keep volunteers from having to bend over.

The cleanups are also useful in compiling data on beach waste. “We have an app, a marine debris tracker,” noted Silverstein. “It helps us ascertain the big problems, the big cause of beach and ocean pollution.”

Noting the best way to clean the coast is “to prevent beaches from getting trashed in the first place,” Silverstein talked about the nature of the waste that turns up.

“The worst offender is single-use plastic pollution and Styrofoam from take-out, all the products we’ve come to rely on as a society, which we make use of, to use,” he said. “That’s 80% of what we find at all our beach cleanups.”

The Surfrider leader said Styrofoam is especially problematic because it’s non-biodegradable.

“It just keeps breaking down into smaller and smaller pieces over time,” he said adding it’s still washing up on beaches. “Plastic and Styrofoam pollution are skyrocketing now because of the higher percentage of take-out restaurants have had to rely on during COVID over the last year,” Silverstein said.

This brings up another objective of Surfrider’s mission: education.

“We strive to make the public literate about plastic pollution issues, and to encourage people to prevent beach pollution by adopting a more reusable lifestyle, not relying on single-use plastics, which create waste and trash the ocean and beach.” Silverstein concluded.

By DAVE SCHWAB

A Surfrider beach cleanup strike team at Sunset Cliffs.

COURTESY PHOTO
Luxuriously appointed large Spanish Modern/ Mediterranean-style home perched atop Crown Point with 360-degree panoramic views of the Pacific Ocean and city lights. RV and ample extra parking.

Mediterranean Villa twin masters complete remodel 2017 2nd home. Ocean, bay views from spacious rooftop deck.

Artistically appointed contemporary Crown Point home, Overlooking Mission Bay. Motor court three kitchens. Superior finishes. Bay city downtown lights

Very sophisticated 2BR/2BA en suite contemporary oceanfront turnkey surfrider unit. 2 fireplaces, gourmet kitchen, vaulted ceilings and lovely beach decor.
State allows San Diego County to move into Red Tier

Restaurants, gyms, movie theaters and other businesses can open indoors

By KATIE CADIAN

The state has notified the County that it will be allowed to lift some COVID-19 restrictions starting this week, and move from the most restrictive Purple Tier into the less restrictive Red Tier. The change in tiers will allow restaurants, gyms, movie theaters and other businesses to begin moving operations indoors with capacity limits.

Restaurants and movie theaters will be allowed to resume indoor operations at 25 percent capacity, 100 people, whichever is fewer. Gyms and fitness centers will be allowed to reopen indoor operations at 10 percent of their current indoor capacity. Museums, zoos and aquariums will be able to open indoor operations at 25 percent capacity and retail and shopping centers will be able to increase their indoor operations to 50 percent capacity.

All establishments will still be required to follow social distancing and face covering guidelines for their employees and patrons.

It is because of the efforts of our community that the County is able to move back into the Red Tier after four months of Purple Tier restrictions,” said Wilma J. Wooten, M.D., M.P.H., County public health officer. “However, the relaxing of restrictions should not encourage San Diegans to let their guard down. We are urging community members to continue to do their part, get vaccinated once they are eligible and take the necessary precautions to avoid getting and spreading COVID-19.”

Vaccination Progress:

• More than 1.41 million COVID-19 vaccine doses have been delivered to the region, and over 1.27 million have been logged as administered. This number includes both County residents and those who work in San Diego County. Of those vaccinated to date, over 450,000 County residents, or 16.7% of San Diegans 16 and older, are fully immunized.

• Overall, over 722,000 County residents have received at least one shot of the two-dose vaccine. That’s 26.9% of those eligible.

• Those receiving the one-dose Johnson & Johnson vaccine are being added to the total of fully vaccinated San Diegans.

• The difference between doses delivered and those used in a vaccination represents approximately what is expected to be administered in the next seven days and doses still to be entered in the record system.

• More information about vaccine distribution can be found on the County’s vaccination dashboard. For details on

As part of his efforts to protect vulnerable San Diegans from the impacts of the pandemic, Mayor Todd Gloria on March 15 was joined by San Diego City Councilmember Vivian Moreno, San Diego Housing Commission president and CEO Richard C. Gentry, and Chicano Federation CEO Nancy Maldonado to announce the launch of the Housing Stability Assistance Program.

More than $83 million is now available through the Housing Stability Assistance Program to help qualifying low-income residential renters who live in the city of San Diego and are affected by the COVID-19 pandemic pay past-due rent, utilities, and internet service. The application period began today.

“As more San Diegans receive COVID-19 vaccinations, we’re getting closer to putting this pandemic behind us, but the financial devastation it has caused for our residents will linger until our economy has fully recovered,” Gloria said. “This financial assistance will be an enormous help in getting San Diegans renters through this incredibly difficult time.”

Qualifying households may apply for the City’s COVID-19 Housing Stability Assistance Program at covidassistance.sdchc.org. Applications are available in English, Spanish and Vietnamese. The first payments are expected to be disbursed in April.

“The economic and social disruption caused by this pandemic has been devastating, and communities within my district – like Logan Heights and San Ysidro – have been some of the hardest hit,” said Moreno, who represents District 8 and serves on the Council’s Land Use and Housing Committee. “Outreach to these disadvantaged communities is essential to us. This rental assistance will go a long way in relieving the economic pressures that many in our community are facing as a result of this pandemic. As we continue to look forward towards recovery, we need to put equity at the forefront and find permanent solutions to the systemic failures that put our communities at higher risk.”

Mayor launches program to help renters facing hardship

By KATIE CADIAN

The California Department of Public Health assesses counties on a weekly basis. The next report is scheduled for Tuesday, March 17.

Community Setting Outbreaks:

• Two new community outbreaks were reported March 15: one in a business setting and one in a daycare/pre-school/childcare setting.

• In the past seven days (March 9 through March 15), 17 community outbreaks were confirmed.

• The number of community outbreaks is below the trigger of seven or more in seven days.

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

Testing:

• 8,790 tests were reported to the County on March 15, and the percentage of new positive cases was 3%.

• The 14-day rolling average percentage of positive cases is 2.8%. Target is less than 8.0%.

• The 7-day daily average of tests is 11,670.

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M O R E  T H A N  1 . 4 1  m i l l i o n getting and spreading COVID-19.”

necessary precautions to avoid getting and spreading COVID-19.”

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10 new COVID-19 deaths were reported March 15. The region’s total is 3,462.

Two women and eight men died between March 12 and March 15. Three people who died were 80 years or older, five were in their 70s and two were in their 60s.

All had underlying medical conditions.

More Information:

The more detailed data summaries found on the County’s coronavirus-sd.com website are updated around 5 p.m. daily.

The 14-day rolling average percentage of positive cases is 2.8%. Target is less than 8.0%.

THE MARKET IS RED HOT • THE MARKET IS RED HOT
Working from home has changed the real estate market
It’s a good time to be a home seller, agents say

By DAVID SCHWAB

Low inventory is the new normal for the local coastal real estate market today and for the foreseeable future. One thing is for certain right now in coastal real estate: It’s a seller’s market. Statistics show San Diego County median home prices have risen 14.4 percent since last year due to low mortgage rates over the past year. Demand remains at an all-time high while inventory is at a low making it a seller’s market. In fact, the average home is only on the market for 51 days before being sold.

Andy Nelson, CEO of Willis Allen Real Estate in La Jolla, and Scott Booth of Compass Real Estate in Pacific Beach talked about the state of real estate in 2021. Noting real estate sales were “decimated” in April and May 2020 at the start of the pandemic, Nelson said that was followed by an “attitude change” as people began spending more time at home.

“A lot of people said, ‘You know what, I’m going to need more outside space if I’m going to work from home, or I need this or that,’” Nelson said adding, “We were already short of listings of inventory.”

“After the initial shock when COVID hit there was a slowdown, then a pickup back up again pretty quickly,” said Booth of the post-pandemic market. “Now, with employees working from home indefinitely, if not permanently, we have clients from out of state who bought a second home here who are saying, ‘We’re just going to stay at our beach house now.’”

Nelson said the demographics of buyers have changed somewhat during COVID. “We have an active buyer base that is a younger group, 35 to 55 years old,” he said. “They want instant gratification, a house that is ready to move into.”

Booth thinks people working remotely more now will gradually transform the local real estate market.

“For so long people have lived near where they worked with a few who would commute,” he said. “Now more people are choosing to live where they want, now that they can work from home. A lot of people also hit the reset button on priorities in their lives. I have some clients now saying, ‘We’re going to buy a second home that is a quick flight or drive to where we work so we can have a place to enjoy in P.B.’”

“It’s a good time to be a home seller, noted Nelson. “Homes are being gobbled up within 48 hours if they’re priced appropriately,” he said warning, “But if you’re greedy, it’s not going to happen. Buyers are smart. They’ve looked through the inventory in advance. People know more about the properties available.”

Booth talked about the advice he’s giving buyers these days. “We’re telling them you need to be patient,” he said. “We’re also advising our buyers to get pre-approved with lenders. Then they can get aggressive with timelines, do home inspections in two or three days instead of seven to 10 days, and close escrow within 14 to 21 days instead of 30.”

Nelson expects the real estate market to pick up the pace as the year advances.

“We normally have a slow January and February,” he noted. “As we move on, inventory will still be on the market. What will happen as we open up is people will bring new homes to the market as they move out of quarantine. They’ll be saying, ‘We’ve been living in 5,000 square feet, and maybe we just need 1,000 square feet.’ Maybe those homes will come on the market, and those sellers will become buyers of other things.”

Looking ahead, Booth foresees “a permanent change as corporate America is working remotely. That’s going to have a long-lasting impact on housing values. The forecast for 2021 is for homes to have just under a 9% appreciation in value. In 2020 that appreciation was about 5%.”

Nelson discussed the advice he’s giving clients. “I’m telling them, ‘If you’re going to wait 12 to 18 months until the market softens, you’re making a big mistake,’” he said. “We don’t know what the market will be like in six months or next year. Seize the day. Seize the moment.”

“I’m telling sellers they’re in the driver’s seat, they really get to dictate the (transaction) terms,” said Booth of his advice to clients. “And we’re telling them, ‘By all means, list your property on the Multiple Listing Service, the exposure is much larger.’ Let the market tell us what it’s going to bear for your property.”
They’re dumping the dirt in a huge lot down in Otay Mesa, which is being prepared for some other type of commercial use,” said Marshall after following trucks to their new destination. “They are not using the dirt for the purpose they said. It’s an abuse, a mess.”

“The project is only 9 percent complete, still pretty much in its infancy,” City engineer Jaime Fong told the Pacific Beach Planning Group on March 10. “Design on the project was started in 2016 and completed in 2019. Construction is slated to last until early 2025.”

“The purpose of the staging area is to eliminate any storage of materials or equipment from parking in the street,” Yoelha Ghiliamichael, field engineer for the City’s Public Works Department, said to PB planners. “An outreach was made to secure that site. The contractor using that staging area is required to remove that at the end of project construction and restore the site to the same or better condition.”

“Will that construction last year-round?” asked PB Planning Group on March 10. “Unfortunately, you can’t replace both the water and sewer mains at the same time,” replied Ghiliamichael. “We have to do the deeper sewer lines first, then go back and replace the water mains before doing street restoration. There are a lot of different tasks for this project. That’s why it takes so long, as well as having a (summer) moratorium, which limits us to what we can do,” Ghiliamichael added.

The City has more than 3,250 miles of water pipeline and 3,000 miles of wastewater pipeline providing service to thousands of businesses and residences daily. Some of these lines are more than 100 years old. Many of the City’s aging pipelines are being replaced or rehabilitated. The new pipelines will bring the existing sewer and water pipeline system up to modern standards, accommodate community growth and reduce maintenance costs while helping prevent deterioration, breaks, and blockages.

Crown Point resident Du Carme sent a letter to District 2 Councilmember Dr. Jennifer Campbell’s office asking what could be done to halt Crown Point Park’s use as a staging area?

Campbell’s office’s reply: “The decision on this matter was not taken lightly. The request came from public utilities and was reviewed by multiple levels, including our parks director as well as other Mission Bay Park stakeholders.”
Two Pacific Beach Middle School students have chosen to promote the renaming of PB Middle Joint Use Field in honor of two pioneering Black educators for their eighth-grade International Baccalaureate community-service project.

Students Nuhamin Woldeyes and Juliniel Woods spoke March 9 before the San Diego Unified School District asking the board to endorse renaming the green space on the corner of Gresham and Felspar streets in Pacific Beach as Fannie and William Payne Community Park.

“PB Middle Joint Use Field is not a real name,” Woods told the school board. “Renames it after Fannie and William Payne will be giving it some love and care in an actual community park.”

“In 1945, 1,900 PB residents signed a petition to have William Payne, a Black educator, removed from PB Junior High, now PB Middle School, because they felt only Black teachers should teach Black students,” said Woldeyes, who added the purpose in renaming the field is “to show how the Paynes broke down (racial) barriers, learn with your (board’s) help, we can finally get them their rightful recognition as we continue to uncover the history of San Diego.”

Painting out the drive to rename the joint-use field “is a symbolic gesture that does not remove racism,” Woods noted it with other people, “This is all of us following us in the community to keep his legacy for others in the next generation.”

Fannie J. Payne arrived with her husband from Talladega College in Alabama in the post-war years, they both became pioneers teaching in San Diego.

“IT feels a sense of pride in getting the information about the Paynes and sharing it with other people,” she said. “This is allowing us in the community to keep his legacy for others in the next generation.”

Woods was pleasantly surprised by the positive reaction their service project has received. “When I first started doing it (promoting Payne Park), I didn’t think it would get this big,” she admitted. “I was really surprised this many people commented on it. It made me feel really good that people cared this much.”

“This is the dream for students to become part of something like this,” concluded IB coordinator Hensen. “This is a little bit of history. And these girls are part of it. We’re just proud of them.”

Several months ago, San Diego State University administrator Paige Hernandez, and PB resident Regina Sinsky-Crosby, teamed to create a petition drive seeking 1,900 signatures for renaming the recreational space for the Paynes. Their signature drive launched the renaming effort.

“William Payne started his 25-year career in public schools at Pacific Beach Junior High in 1945 and retired at San Diego High. He was a lecturer and admissions director at SDSU’s College of Education, where he worked from 1970 to 1976. He died in 1986.

Fannie J. Payne arrived with her husband in San Diego in 1942 with a degree from Talladega College in Alabama. In the post-war years, they both became pioneering public school teachers. In 1964, she earned her master’s degree from SDSU.

Fannie Payne retired from teaching in 1979. She received several honors for her exceptional service, including a Woman of Dedication recognition by the Salvation Army. She died in 2008.
PB TROLLEY UPDATE

Pacific Beach Planning Group was updated on the progress of the Mid-Coast Trolley Extension project by the San Diego Association of Governments, the region’s transportation planning agency, at the group’s March 10 Zoom meeting. “Construction for the project is over 85% complete,” SANDAG senior engineer John Dorow told planners. “We’re continuing to install landscaping and irrigation, as well as the system that will supply power to the trolley, at all of the stations. We expect testing for the new alignment. The project remains within budget and on schedule to begin service in late 2021.”

The Mid-Coast Trolley 11-mile Blue Line Trolley service extension with nine new stations will go from Santa Fe Depot in Downtown San Diego to the University of California San Diego, and University Town Centre. Construction on the trolley extension began in fall 2016. “We have been asking for two years to rename the site as the Balboa Avenue/Pacific Beach Trolley Station,” said PB planner Eve Anderson asking. “How is that going?”

“You will need to talk to the Metropolitan Transit System about that,” answered Gia Ballash, SANDAG’s public outreach officer. “MTS is the one that designates station names.”

“This agenda item has been borderline ignored by the City,” said PB Planner Scott Chipman, who successfully moved that the item be placed on the plan group’s next agenda in April to get a City representative to explain why Pacific Beach is not going to be listed as the new trolley stop’s name, if that is the case.

CANNABIS EQUITY PROGRAM

In keeping with Mayor Todd Gloria’s promise to create more equity around City services, the City of San Diego plans to develop a program to promote employment opportunities in the legal cannabis industry. Recently, the City was awarded a $75,000 grant that will help fund a cannabis equity assessment and support the development of a first-ever cannabis equity program.

READ MORE ONLINE AT sdnews.com
Avocado Green Mattress offers eco-conscious experience in La Jolla

By DAVE SCHWAB

Joining the growing list of companies providing eco-sustainable and socially conscious products is Avocado Green Mattress in La Jolla. Open since Labor Day weekend 2020 at 7646 Girard Ave., the mattress company’s retail “experience” showroom is something to see.

“La Jolla is a perfect community for our brand,” said Kris Karuna, Avocado’s vice president of business development. “We love the mixture of creative arts, health and wellness, and home goods intermingling in a really authentic way.”

Noting Avocado is “concerned about its social impact and the role it plays in our society,” Karuna added, “We really want to engage the community with an authentic brand as part of our big nationwide rollout.”

A Certified B Corporation and makers of green and eco-conscious mattresses and bedding, Avocado’s materials include GOTS organic certified latex, GOTS organic certified wool, GOTS organic certified cotton, and GOTS organic certified kapok fiber.

Their mattresses and bedding products are Greenguard Gold certified by UL Environment for low emissions and are made in California. As a Carbonfree Partner, they offset the emissions from their factory and product shipping on an annual basis via carbon offsets purchased from Carbonfund.

Avocado’s mission is to provide a healthy sleep environment while promoting sustainability and social responsibility. One percent of all revenues are donated to environmental nonprofits per the company’s membership in the 1% For The Planet organization.

In 2016, Jeff D’Andrea, Dan D’Andrea, and Mark Abrials founded Avocado Green Mattress to bring sustainability to an industry that was largely stuck in the past.

“They were looking for a mattress for their children and they could not find a company that was forthright about the materials that were in their mattresses,” noted Karuna. “They got connected to someone who actually stuck in the past. They were looking for a mattress, they see a big difference.”

Added Karuna: “There are no chemicals in our mattresses, no memory foam, no glues. All the materials are sourced from farms that people love.”

Karuna pointed out non-stressful sleep is one of the “pillars” of good health. “People have really supported the brand as they’ve safely stayed home,” he said. “When people really invest in sleep with an essential tool such as a mattress, they see a big difference.”

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“They were looking for a mattress for their children and they could not find a company that was forthright about the materials that were in their mattresses,” noted Karuna. “They got connected to someone who actually made mattresses, and they found a way to make all-natural, organic mattresses that were truly transparent to customers so they would really know what they’re sleeping on.”

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Concluded Karuna of Avocado’s La Jolla showroom: “It’s not really a mattress store. It’s a brand experience. The hope is that we can engage with the community on a more regular basis. We’re excited about getting on the other side of this pandemic, with things opening up more, and really being a part of that reopening.”

This mid century modern masterpiece features 2 bedrooms, 2 baths, and gorgeous views of Pacific Beach. We were able to maximize the the value of the property with staging thanks to the power of Compass Concierge and get our client top dollar for the home.

To learn more about how you can utilize Compass Concierge to maximize the value of your home visit: rachaelkaiser.com/concierge
A local journalist has found a new calling in the world of podcasting.

Shelby Stanger, formerly of La Jolla Village News, has found a successful career in podcasting. She recently launched a new podcast, Vitamin Joy, which is being recognized as a top podcast in health and wellness.

Podcasting is old school storytelling in its most pure form,” said Stanger, now a full-time podcaster. “I can talk directly to you, or you can have it play through your car or a speaker. I’ve loved writing stories, and in-between I’ve been a marketing consultant for sports companies like Nike and Prana.”

The Bird Rock local started her first podcast, Wild Ideas Worth Living, in 2016. It features people who have taken a wild idea, from running across the country to climbing mountains, and made it a reality.

Guests have included everyone from “Wild” author Cheryl Strayed to Alex Honnold, who free soloed El Capitan in Yosemite National Park and won an Oscar, to the world’s first outdoor drag queen. Even other La Jolla High grads, like food sensation Samin Nosrat, photographer Eric Wolfinger and Surf Diva owner Izzy Tihanyi, have been featured in her podcasts.

Shelby sold Wild Ideas to megastar outdoor retailer REI Co-op in January of 2020, and they’ve kept her on as host. Of her more recent podcasting ventures, Stanger said: “I started Vitamin Joy because I wanted to talk about health with humor.

I’ve personally tried almost every health hack around – from going vegan and eating only raw foods to fasting, saunas, and breathwork. Laughter has been some of the best medicine I’ve used.”

Having been involved in outdoor action sports, Stanger noted “I’ve always viewed the world through the lens and language of sports.” She added that when she started podcasting, “I’d had a lot of marketing and journalism experience but not much business experience. But I knew how to talk about the things I’m interested in.”

Stanger added Vitamin Joy “presents health information in a way that’s easy to access. Like taking a vitamin, it makes you feel a little better through listening expressing the concerns and joys of mental health and what that means.”

In looking for new podcasting opportunities, Stanger said she “doesn’t play the woman card.” She added: “I think brands are really exciting. I just happen to be a woman who not only understands marketing and journalism but is really athletic and fitness-oriented. I don’t want to cater to women. Turns out, half my listeners are men.

“I’m making a living doing what I love: podcasting,” Stanger said. “It’s helped empower me to quit my job, go on adventures.”

Of her podcasting future, Stanger said, “I want to create more positive content that’s also honest, real, and authentic.”

**Soroptimist International of San Diego holds Women with Vision event**

Soroptimist International of San Diego held their Women with Vision event on March 2. This was an encore event for the event were Rory Devine of NIB San Diego and TV personality Geni Cavitt. This amazing event highlighted different Soroptimist Live Your Dream award recipients by awarding cash grants. This event gave a total of $25,000 in awards to eight different female heads of household. These recipients receive education and training awards providing them with financial support for their families. This gives them resources to improve their education, skills, and employment prospects so that they can live their dreams. This year, recipients were Amida Tovar, Audriana Ramirez, Johntia Gipson, Marie Brown, Mckayla McGreely, Misty Todd, Paislee Davis, and the first-place winner was Colleen Murphy.

A live streamed fashion show began after the awards show. This theatrical fashion show was produced by Gretchen Productions, which incorporated dancing and singing with the latest fashion trends on the runway for a terrific afternoon of entertainment.

Some of the fashion were from local boutiques including Macy’s Department Store. The first segment began with exotic prints such as leopard and zebra. Models all dressed in white came out with gold masks featuring hand bags by Grazia Bella Handbags. Be Boutique hit the runway with black and white fashions. The Wild Women section showed off fashions by Icons.

**Additional boutiques participating were Glamour Girlz, Satori, and Jacqueline B Clothing.**

Three past Live Your Dream recipients were given the opportunity to model in the fashion show. Gretchen always adds a wonderful selection of music and the back drop for the runway had fantastical projections on the screen. The finale showed off evening fashions from Macy’s. After the show view- ers were able to do some fun shopping with participating boutique vendors.

Soroptimist International of San Diego was founded in 1931 and is one of the oldest service clubs. This organization empowers women and girls by providing access to education and training for career opportunities. One of the projects includes the annual educational grants for women which was awarded at this event. Other projects include support for female residents of a local sober-living home, public awareness in the fight against human trafficking and maintaining a carpet school in Turkey for impoverished women and Syrian refugees. For more information about this organization, visit si-san diego.org.

**UPCOMING EVENT**


**Diana Cavagnaro is an internationally renowned Couture Milliner based in the San Diego. Learn more about our hat designer, teacher and blogger at DianaCavagnaro.com.**
Elderly woman
at a table reading a document.
ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO. 21-CU-PT-991594 (ESE) SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, STREET ADDRESS: 555 PATTON STREET, ROOM 1205; SUI TECHNER, MARIA Title of Officer, if Limited Liability Company/Corporation Title of Signor. THE COURT ORDERS that all persons interested in this matter shall appear before the court at the time and place specified, or cause to be served upon them, notice of the hearing, and that no business shall be transacted unless the persons interested in the matter shall make appearance or cause to be served upon the court notice of their desire to be heard. The court may continue the hearing in its discretion. The court will revoke the name filed of the dat specified in the Order to Show Cause. If you are a judgment creditor, you may file a statement of claim with the court. If you have any questions or concerns, please contact the court at (619) 813-7275.

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO. 21-CU-PT-991594 (ESE) SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, STREET ADDRESS: 555 PATTON STREET, ROOM 1205; SUI TECHNER, MARIA Title of Officer, if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 8, 2021. ISSUE DATES MARCH 19, 26, APRIL 2 & 9

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San Diego Unified School District preparing for students in April

San Diego Unified School District and educator representatives announced the next steps to prepare for a classroom reopening the week of April 12. They outlined options to allow for students to safely return to campus full-time, while providing continued robust online instruction for families that do not feel safe returning to campus at this time.

As the district continues to review reopening preference surveys sent to all families, it will begin working with principals to help set specific models for each school community. Families will receive details from their schools on March 22, asking them to select a specific model when classrooms reopen the week of April 12.

Every family will have the opportunity to choose either an in-person/online hybrid or an online-only model. Those remaining online will continue to receive a robust online experience, while those choosing the hybrid model will see their live instruction time increase.

Both elementary and secondary students will have the opportunity to be on campus for a six-hour school day. The default school site model is four days per week of in-person instruction with precise schedules to be set based on the number of students who wish to attend in person, available space, and existing health and safety guidelines.

Educators and school leaders also agreed on steps which will make hybrid learning unnecessary in the fall, committing to no layoffs and the creation of a specialized instruction model for students who do not want to return to campus.

IN ESCROW!

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Represented Seller

2605 Ocean Front Walk
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$2,830,000
Represented Buyer

818 Capistrano Pl
Sold 2/9/2021
$2,305,000
Represented Seller & Buyer

3930 Bayside Walk
Sold 12/23/2020
$1,650,000
Represented Seller & Buyer

2990 Bayside Walk
Sold 12/21/2020
$1,360,000
Represented Seller & Buyer

3663 Ocean Front Walk
Sold 8/29/2020
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721-723 & 725-727 San Fernando
Sold 6/23/2020
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Ways I have changed, both good and bad, after a year in isolation

By Natasha Josefowitz, Ph.D.

For more than a year I have not left my apartment except for a couple of medical appointments; also, no one has come to visit. Newspapers recount more frequent instances of depression, anxiety and suicide due to the pandemic’s mandates to shelter at home. Teenagers and seniors seem to suffer the most from this lack of contact — for teenagers it is with peers, while for seniors it is with family. Recent research has shown that part of the brain that fires up when hungry for food is exactly in the same area as that which lights up when hungry for human contact.

Living in a retirement community, prior to COVID, I used to have opportunities for multiple contacts throughout the day — meals with friends, small and large meetings, interactions with others. What I miss the most are family and friends visiting. To have opportunities for multiple contacts throughout the day — meals with friends, small and large meetings, interactions with others, my daily life has shrunk. I find myself getting more upset at minor glitches. I have become more irritable, especially with technology when it is not responding as it should, which of course happens a lot. Just this morning I could not figure out how to log into a Zoom. The motivation to leave my chair is lacking; the more I sit, the more I want to sit.

As a result of all the above, I have noticed that I am slowing down physically. I walk slower and sit too long, thus losing muscle mass even though I exercise via Zoom. The motivation to leave my chair is lacking; the more I sit, the more I want to sit.

Many male friends are happy to spend more time with their wives and children because they are working from home. My daughter calls almost every evening: it is a treat to share our daily activities or what we had just read or thought. My grandchildren have Face Timed and Zoomed with me more frequently than before the pandemic so I have become privy to the babies’ first steps and first words. I have five great-grandsons and see them often in their various stages of development. “Say hi to your great-grandma.” I get a smile and a wave via Zoom. “Hi grandpa!”

The results from my blood pressure rising. On the other hand, surprisingly, I am finding a new way of living, a new way of being, I have worn the same few comfortable outfits the entire year. What I use in my kitchen is also revelatory. I have several knives hanging from a magnetic strip, but I use the same favorite knife for everything. I also use the same dish, fork and spoon. My routine does not change from day to day; it feels comfortable in its predictability. So the lesson I am learning is how little I need in terms of material goods. I am aware of having lived in a consumer society and having responded to the urge to buy. The catalogs still come in the mail, but I have no need to look through them.

Many male friends are happy to spend more time with their wives and children because they are working from home. My daughter calls almost every evening: it is a treat to share our daily activities or what we had just read or thought. My grandchildren have Face Timed and Zoomed with me more frequently than before the pandemic so I have become privy to the babies’ first steps and first words. I have five great-grandsons and see them often in their various stages of development. “Say hi to your great-grandma.” I get a smile and a wave via Face Time. There is also more social media contact with far away friends and extended family members than previously. I enjoy capturing the minutiae of other people’s lives through emails flying back and forth throughout the day. I have scheduled weekly Zoom meetings with a few friends to try to stay in touch and share our thoughts and concerns. Still it is not the same; I miss the in-person contact, the hug, the hand on the shoulder, the closeness of sitting together. The question is how much of my old self will I return to? Will I stay in alignment with the lessons learned during the pandemic? The push to return to the former normal may be inexorable at first, but I am aware of having become a different person — more introspective, more reflective, quieter. I always thought of myself as an extravert — out there, visible — but I have found an introvert within myself, content with the silence. I like this new part of myself that has emerged, and I want to keep it around, even once my old self gets the chance to get back out into the world.

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

La Jolla Institute team wins prize for COVID-19 screening test

A team of scientists at La Jolla Institute for Immunology (LJI) has won the XPRIZE Rapid COVID Testing competition. The team developed and successfully implemented a fast, inexpensive, saliva-based COVID-19 test that allowed the Institute’s laboratories to reopen safely in 2020. The team will receive $500,000 in guaranteed winnings and is eligible to receive $1 million total as they take steps to make their screening protocol widely available.

The LJI team was led by Suzanne Alarcon, manager of the LJI Next Generation Sequencing Core. Her team members were Hannah Dose, Arturo Hernandez, Kyle Tanguay and Rosalinda Diaz. “Winning the XPRIZE is validating to the whole team, who have worked extremely hard throughout this entire process,” says Alarcon.

Alarcon and her team took on the project before any COVID-19 saliva-based tests had been approved. She says the approach was a gamble, but LJI needed a COVID-19 screen that would be easier to administer than a blood test or deep nasal swab. A saliva-based screen was the best option.

Once employees submit their saliva samples, the LJI team screens the saliva for very tiny pieces of SARS-CoV-2 virus. The researchers found that looking for the viral particles, as opposed to looking for other signs of infection (such as antibodies), can be much easier to administer than a blood test or deep nasal swab. A saliva-based screen was the best option. To accomplish this, Alarcon’s team performs a one-step RT-qPCR assay to detect genetic material from SARS-CoV-2. The researchers found that looking for the viral particles, as opposed to looking for other signs of infection (such as antibodies), can be much easier to administer than a blood test or deep nasal swab. A saliva-based screen was the best option.

To accomplish this, Alarcon’s team performs a one-step RT-qPCR assay to detect genetic material from SARS-CoV-2.
One of the longest and most interesting topics of debate in PB is how you pronounce the street name Chalcedony. Well, opinions vary on this topic and yes it is a stone that is pronounced a certain way BUT, having grown up on Chalcedony we always pronounced it Chal-sud-ney. Now, some pronounce it Cal-ce-dony, others Chal-ce-dony but take it from someone who has spent over 40 years on that street in some capacity, we pronounce it Chal-sud-ney.

**PB Fun Fact:**

**ATTENTION PB RESIDENTS!**

We will be hiding 210 eggs throughout North PB on Easter morning filled with candy and prizes! 10 of these eggs will be **JUMBO GOLDEN EGGS** with even bigger prizes. All are welcome to join in on the fun. Tune in to our Facebook and Instagram pages for more details!

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**745 DOVER CT.**

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**796 NEPTUNE AVE.**

2 BD | 1BA | 1,147 sq.ft. Asking Price of $3,888,450

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**IN ESCROW**

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