Shores Association endorses outdoor dining through December

By DAVE SCHWAB

In September La Jolla Shores Association endorsed extending successful outdoor dining during COVID on Avenida de la Playa commercial strip until year’s end.

“In the interest of all the restaurants we’ve extended the permit allowing seven days per week dining through December,” said LJSA board member Phil Wise.

“The restaurants are all doing well. They’re very happy. They’ve made enough revenue to equal the revenue during the shortened summer season this year equal to summer season last year, so they should have enough to tide them over through the slow months of the winter.”

Noting the current Shores outdoor dining permit expires Dec. 30, Wise said, “The plan is, with your (board’s) approval, to reapply for another permit that special events require in October that will last through next year until COVID is resolved. So if COVID is resolved May 1, the permit ends May 1.”

Added Wise, “I and some other folks are working on a plan to eventually have the City vacate the street (Avenida), but that’s a long-range and a very expensive proposition.”

“We have gotten so many nice compliments on this (outdoor dining), and Phil has worked so hard on this, and other people too,” said LJSA president Janie Emerson. “It’s really been a group effort, and it’s really fun to see this all come together and really work.”

“All of them (restaurants) are a great asset in the Shores and the fact that we saved them this year, it’s a credit to all of us for doing that,” concluded Wise. “I really appreciate all the support you (LJSA) have given me.”

“I’ve really noticed how creative and willing they (restaurants) have been to pitch in,” said Emerson. “It’s nice to see the community come together, and work together, for all of their benefits. It’s wonderful when things work out that way.”

Regarding curbing ice cream and other commercial vendors, who’ve become problematic to some in the Shores, District 1 Council aide Steve Hadley said.

Birch Aquarium is home to more than 6,000 ocean animals. Guests are encouraged to greet some of their favorites like the Weedy Seadragons and rescued Loggerhead Sea Turtle.
La Jolla Town Council holds forum on fires, health and safety

By Dave Schwab

A new fire raged the La Jolla Town Council Sept. 10 held a public forum with police and fire officials discussing fires, health, and safety.

Local community planners also vetted ongoing problematic beach fires in La Jolla Shores and Beach-Barber Tract neighborhoods.

“Most fires happen in the fourth quarter of the year,” said LJTC trustee and forum moderator Tara Hammond, pointing out fire season typically falls in October-November due to infrequent rains, Santa Ana-driven winds, and dry conditions.

“We’ve seen those (conditions) increase over time,” said Hammond. “We’re also seeing record heat right now. This intense heat is something that can’t be ignored. Eight of the last 10 years we’ve had record heat."

Emergency calls for fire go first to San Diego Police Department and then to San Diego Fire-Rescue.

“We’re getting the first-hand information,” said San Diego Fire-Rescue Battalion Chief David Pikerton. “We have wildland, pre-fire plans in targeted areas in the City."

Noting Mount Soledad and the Highway 52 Corridor canyon are among those targeted pre-fire plans, Pikerton said, “It’s a tool that we have. It gives us analysis and awareness, and computerized technology as things evolve. If there was going to be a fire at a certain point in time, we can pretty much project where it may go, what canyon, or what finger it can travel into.”

Added Pikerton, “Fires travel up hills and fast. Our main goal is to protect life over property. This (pre-fire) plan has an evacuation plan and the route for us to take in the first six hours in an emergency on Mount Soledad. PD is going to be the first one in the event of evacuations."

Noting technology helps predict the route fires take, Pikerton said that’s good because “Our fire season is year-round. It used to be May to September or October, but this will now go all the way to January.”

Regarding illegal beach fires, San Diego Police Community Services Officer Brandon Brodous discussed police protocol on the issue.

“We currently have a task force set up to deal with this. It’s one of our top priorities,” said Brodous. “We are out there quite a bit issuing citations and giving education. What we’re finding is a lot of people starting fires on the beach. Quite a few of them are actually out of town and don’t know the regulations.”

Added Brodous, “We still use a progressive enforcement approach. What that is is that when we first initiate contact, we give education. What we’re finding is a lot of people starting fires on the beach quite a bit issuing citations and giving education. What we’re finding is a lot of people starting fires on the beach out of town.”

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SOLD!
Residents clean up with new Don’t Trash Mission Beach advocacy group

By DAVE SCHWAB

For a decade, Cathy Ives has been combing Mission Beach daily picking up trash. Now she has some help.

Approached by fellow Mission Beach residents Tony and Tim Sanfelice, the trio has launched a new citizen advocacy group, Don’t Trash Mission Beach, donttrashmissionbeach.com. The new group held its first volunteer beach cleanup for South Mission Beach on Sept. 12. That cleanup saw another community first: A Beach Trash Art Exhibit - Installation crafted of disposed of items, to bring awareness of beach trash and its impact on the environment. Don’t Trash Mission Beach promotes “Pack It In and Pack It Out,” along with personal responsibility and hopes that a community-voter trash awareness campaign can precipitate change.

“The Sept. 12 Beach Art Trash Exhibit featured rescued items such as hundreds of shoes, towels, toys, and personal items. In addition, there were scores of other items like bottle caps, cigarette lighters, vaping materials, and other things carelessly left behind or purposefully left on the beach every day. Speaking from a local laundromat where she was busy doing her regular routine washing towels she’d collected from beachcombing, Ives said of the Sanfelices, “They contacted me directly after they’d started picking up trash and realized how bad it was and that it’s a global issue, not just here.”

Noting she considers herself a “rescuer,” Ives added, “I pick up the big stuff, towels, beach toys. My goal is to get as much that’s reusable and recyclable off the beach.” Ives arises before dawn at 4 a.m. to begin beachcombing. She starts in South Mission Beach and works her way up the boardwalk. Tony Sanfelice said he and Tim were inspired by Ives.

“We were blown away by her commitment to the community and decided to help out, but also to bring the experience of our brand—ing and marketing company, the Felice Agency, feliceagency.com, to amplify her voice and turn her passion into a movement. Tim and I started picking up trash on our own after seeing so much of it carelessly left by people on the sand near the shoreline, in the jetty, and in the park.”

“In the last three years, I have picked up over three tons of trash just in South Mission,” said Ives. “Fortunately, both Tim and Tony decided that a larger campaign was in order, and the three of us decided to launch Don’t Trash Mission Beach. This coincides with PB Trash Pickers and PB Street Stewards, OB Street Stewards, and other beach trash advocates. We are all sick of the trashing of our neighborhoods, and we thought we could raise awareness and advocate for change if we put our heads together.”

Tony Sanfelice said they’re also developing another cleanup program where “you can adopt a court in Mission Beach. Eventually, when we have enough sponsors and donations, we’ll be able to get people grabbers and trash bags. We also have T-shirts that you can buy now on our website to help us out.”

Tony said he and Tim daily collect about 100 pounds of trash. “Cathy probably collects 300 to 500 pounds,” he said. “Last year, she picked up 53,238 items including 8,000 cigarette butts, 570 lighters and 509 pairs of shoes, as well as Styrofoam boogie boards and single-use plastic water bottle tops that are so dangerous to the environment and kill dolphins and sea turtles.”

Asked why she’s taken it upon herself to pick up other’s trash, Ives responded, “I hate waste. I hate the fact that so many people in need could use those things, which are just thrown away by our disposable society. I donate to animal shelters that need towels and blankets to the homeless who deserve to have a warm place to sleep. I do it because it’s the right thing to do.”

Get more tips at sdge.com/safety

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Restaurants figuring out new guidelines, working to stay open

By DAVE SCHWAB

Coping. For restaurants in Pacific Beach like Bub’s at the Beach and Point Break, that’s what doing business has been all about the last six months since COVID struck.

“Some of this stuff (metrics) just doesn’t make sense,” lamented restaurateur Todd Brown, who owns Bubs at the Beach at 1030 Garnet Ave., Bub’s at the Ballpark, and The Blind Burro, as well as being co-owner of Waterbar at 4125 Ocean Blvd. “It’s hard to believe this isn’t political. The impact has just been phenomenal.”

“We need something (more),” said Mike Lee, whose family-friendly eatery Point Break, at 945 Garnet Ave., combines a bowling alley with a late-night bar and dance club. “I do not see how restaurants will not go out of business and landlords be left with empty space. They’re (government) saying you can have 25% occupancy inside, which is a joke in terms of sustainability.”

Pointing out he’s done parklets to survive, Brown of Bub’s noted he’s had to deal with blowback from outside parking spots he’s had to displace. He said people would be surprised by what sometimes goes down in PB parking spaces near restaurants.

“In front of Waterbar we lost 12 parking spaces, which did not have time requirements,” Brown said. “Eight of those spaces, the same people parked there every day, and they didn’t move all day. We had a guy practically living in the parking space who used to get a campfire going there. There was another guy in a van who used the parking space four or five days a week as a mobile barbershop cutting hair. The (loss of) parking space is very unmanageable.

Lee questioned many of the mandated pandemic restrictions.

“These arbitrary rules are just damaging to the restaurants and they are just creating liability in so many ways,” he said, adding that doesn’t even begin to address the cost of compliance to restaurateurs like himself.

“Putting together outdoor dining isn’t cheap,” Lee said. “We’re basically building a restaurant (outside) every week. We’ve had to buy tables, chairs, umbrellas, tents, and Astroturf. It costs you $10,000 before you even make a nickel back. The last thing you need is that out-of-pocket expense.”

READ MORE ONLINE AT sdnews.com
La Jolla Village Merchants Association discusses its annual report

By DAVE SCHWAB

In September, La Jolla Village Merchants Association detailed how it is coping with COVID-19 while continuing to promote the Village in its annual report. The merchant group also previewed its annual October board election.

“Together we were able to get parking lots turned into expanded dining areas, and made sure merchants had access to the most reliable information about everything from protests to funding, as well as promoting the Village in visible, engaging ways with print, digital and social media,” said LJVMA executive director Jodi Rudick.

Among accomplishments listed in LJVMA’s strategic plan: used media assets to connect merchants to resources, funding opportunities, programs; created a 501(c)(3) to qualify for grants, donations; brought on policy intern to navigate changes; prepared draft 2021-22 budget based on 30% decrease in BID revenue; increased attendance at monthly meetings; developed webinar education specific to La Jolla Village merchant needs;

created virtual outreach program; drafted Parking Communication and Wayfinding Program; assisted with Soft Streets City Plan for a street closure, and communicated design ideas to assist with social distancing.

Added Rudick, “We were able to bring people to the Village with to-go and curbside pickup for retail. We had to update the strategic plan to incorporate two major aspects this year: crisis management for COVID, and how to implement our diversity initiative for LJVMA. Also, the key was working with other City business improvement districts and communities to get streetlets and make sure permitting was in place to do business in unusual times.”

Rudick noted the intern LJVMA hired helped out logging 580 volunteer hours. “We also brought on a social media intern to make sure we were listening to more diverse voices and hearing from people who can report those voices,” she said.

Rudick added real progress was also made in implementing street banners and in laying the groundwork to initiate a comprehensive Village wayfinding program, as well as implementing some parking solutions that included running a merchant discount parking program.

Concerning upcoming LJVMA board elections, the 1,256 businesses comprising the LJVMA are eligible to cast one vote each for nine open board seats. Votes can be cast between now and election day on Oct. 9, with results to be reported at the next LJVMA board meeting Oct. 14.

READ MORE ONLINE AT sdnews.com
Spiro’s Mediterranean Cuisine opening in La Jolla

By DAVID SCHWAB

A retired orthodontist, Spiro Chiconas never contemplated one day successfully owning a 22-year-old Greek restaurant. Now he has two.

Chiconas purchased his new Spiro’s Mediterranean Cuisine opening in La Jolla eatery site in December and has been remodeling it ever since. He is hosting a grand opening for Spiro’s Mediterranean Cuisine in La Jolla on Wednesday, Sept. 23, from 6 to 8 p.m. The opening will feature Greek Mezes, small plates of savory snacks, along with sips and sweets.

“We’re going to emphasize Mediterranean cuisine in La Jolla,” said Chaconas. “Mediterranean is the key word for healthy foods nowadays. We use a lot of olive oil, the healthiest oil there is. We’re also going to serve seafood items like salmon, halibut, and sea bass. We have organically grown products that come directly from Sparta, Greece, that we use in our foods and also sell as a product.”

Added Chaconas, “We’ve always been known for having top-quality gyro meat, and that we use in our foods and also sell as a product.”

Chaconas said his new La Jolla menu will be similar to his old Coronado menu. “We’ll have a few other Greek delicacies like stuffed tomatoes and peppers, as well as (flaming Greek cheese) Saganaki that you pour brandy over,” he said.

Both becoming a restaurateur and expanding into the Jewel, are fascinating stories, as told by Chaconas. He actually has his son Michael, a Point Loma Nazarene graduate with a business major, to thank for his new La Jolla address.

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Scripps expert urges early flu shot before the season intensifies

Vaccination is critical during COVID-19 pandemic to reduce illness, strain on hospitals

Being vaccinated against influenza is a smart thing to do every year, but getting the flu shot this year is especially important because the illness will be circulating alongside coronavirus, which could strain health care resources across the country.

“If you normally get the flu shot each year, then now is the time to make arrangements for your vaccination, and if you rarely or never get a shot, then this is the year to start doing it,” said Siu Ming Geary, M.D., an internal medicine physician and vice president of primary care for Scripps Clinic Medical Group.

Symptoms for flu, such as fever, coughing, headache and fatigue, are very similar to those for COVID-19, the illness caused by the coronavirus, and both viruses attack the respiratory system. It remains unclear how the two viruses might interact or affect overall sickness when infecting the same person.

“We don’t yet know how bad this year’s flu season will be, but it is possible to get both the coronavirus and the flu at the same time,” Geary said. “Both can result in severe illness and complications, including hospitalization and death. While there is not a readily available vaccine for coronavirus, we do know that being vaccinated for influenza is the best thing you can do to protect yourself from getting the flu.”

Beyond the physical discomfort and schedule disruptions that a routine case of influenza can bring, the virus also can be deadly. Last year, 395 people died from the flu in San Diego County, while the virus killed as many as 62,000 nationwide. The 2017-2018 season was even worse with 343 deaths in San Diego County and 79,000 nationwide.

“While some experts may disagree about the optimum timing to receive the flu shot, most, including those at the Centers for Disease Control and Prevention (CDC), recommend getting the shot by the end of October,” Geary said. “As for this year, with the coronavirus pandemic still in full swing, it is not too early to get the flu shot right now.”

While flu vaccine supplies have sometimes run thin in the past, that shouldn’t be the case this year. Pharmaceutical companies have produced up to 198 million doses of the vaccine for the U.S. market, a record-setting amount that tops last year’s supply by an additional 20 million.

Flu vaccine is now available widely across San Diego County, including at most Scripps Clinic and Scripps Coastal primary care sites, which are open by appointment to all Scripps patients.

Drive-through vaccination is also available at selected sites by appointment. As has been the case throughout the pandemic, everyone is required to wear face masks while at Scripps facilities, including for the drive-through appointments.

**READ MORE ONLINE AT sdnnews.com**
Birch Aquarium at Scripps Institution of Oceanography, UC San Diego has reopened to the public this week.

The aquarium, which closed March 12, and reopened briefly in July, will open with new pathways and new procedures to keep guests and staff healthy. Capacity will be limited, so advanced reservations are required for all guests, including members. Timed tickets must be purchased online in advance.

“We are confident that we have created a safe and healthy environment for our guests as well as our staff and we look forward to reconnecting with our members and welcoming back our members and guests,” said executive director Harry Helling.

In order to reduce facing quarantines for all staff and guests ages 2 and up, Birch Aquarium has implemented safety screenings for team members to encourage social distancing; increased the number of handwashing and sanitizing stations; and upgraded its HVAC systems. Birch Aquarium staff will also be completing daily symptom screenings, as well as frequent COVID-19 testing.

Birch Aquarium is home to more than 6,000 ocean animals. Guests are encouraged to greet some of their favorites like the Weedy Seadragons and rescued Loggerhead Turtles. They can also discover new species like the Ornate Boxfish, a unique fish that made a splash on social media during the aquarium's closure.

During this initial reopening phase, activities where large numbers of people typically gather, such as drop-in and feeding tours, have been canceled. High-touch exhibit elements such as the water tables, playground, and touch screens have also been removed; though many exhibits have newly-created QR codes to allow guests to engage in new ways from the safety of their cell phones.

In October, Birch Aquarium is planning to launch an outdoor Halloween-themed celebration that will continue even if the indoor areas of the aquarium have to close to meet state and local COVID-19 guidelines.

With the Halloween celebration, we are working to create a fun and engaging seasonal ‘something for everyone’ experience in our aquarium.”

The aquarium will begin with a focus on the community's goals.

Details about the Halloween celebration will be announced soon.

During the temporary closure, the aquarium was offered a series of virtual programs including virtual summer camps, which were so successful that the aquarium is now launching a suite of new virtual programs. Birch Aquarium and Youth School Group Programs will be available now to groups of students, including schools, homeschool groups, after school programs, and scout groups. A Virtual After School Series will be offered in the fall, winter, and spring and is available in individual sessions or grades. Registration for the after school series begins Sept. 14. More details on Birch Aquarium’s virtual offerings will be available. For more information, guests should visit the aquarium’s Facebook page.

**LEGALS**

CONT. FROM PG. 10

AUGUST 11, 2020. ISSUE DATES: SEPTEMBER 4, 11, 18 & 25

**TO ORDER SHOW CAUSE FORMS**

NAME OF COUNTY: SAN DIEGO

NAME OF COURT: FAMILY COURT OF COMPTON COUNTY

NAME OF CASE: AMANDA JEAN PETERSON, ON BEHALF OF A MINOR CHILD, AMY HELLING

**TO ADVANCE THE PROCEEDING**

Name: AMANDA JEAN PETERSON, ON BEHALF OF A MINOR CHILD, AMY HELLING

**TO REQUEST NOT TO ADJOURN THE PROCEEDING**

Name: AMANDA JEAN PETERSON, ON BEHALF OF A MINOR CHILD, AMY HELLING

**TO SHOW CAUSE**

Name: AMANDA JEAN PETERSON, ON BEHALF OF A MINOR CHILD, AMY HELLING

The court during the hearing in this Equity Proceeding for the change of name of the minor child Amaya Helling, the explaining party, will review the documents filed as of the date specified on the statement served along with the Petition and Order to Show Cause.

A RESPONDENT OBJECTION TO THE NAME CHANGE, YOU MUST have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing patent, and proof of service to the court before the date specified on the statement served along with the Petition and Order to Show Cause.

If no written objection is timely filed, the Court will review the documents filed as of the date specified on the statement served along with the Petition and Order to Show Cause. In all cases, the court will not set for hearing on the petition in the following newspapers of general circulation, printed in this county (specifically named). LA JOLLA LIGHT, BEACH & BAY PRESS / LA JOLLA VILLAGE NEWS, AND PENINSULA BEACON. Date: AUGUST 20, 2020.

**NOTICE OF HEARING**

A hearing on the Court’s decision to grant or deny the petition will be held at the Courts of Justice Building, 330 W Broadway, Court Room 302, San Diego, CA 92101 on: SEPTEMBER 5, 2020.

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Moonlight Lace virtual runway show to feature glowing bridal dress

Fashion Week San Diego is gearing up for a virtual runway show on Oct. 17. Leading up to this event will be an additional virtual fashion show on Sept. 18 with Kelly Leanne who is one of the eight designers showing this year. She will be presenting three pieces that were in her first launch collection called Moonlight Lace.

They consist of two wedding dresses and one evening dress that was all made with fiber optics. One garment even has lace made with fiber optics. Two other individual pieces will be shown. One is a knitwear dress and the other is a metal corset. The corset is an upcycled piece, welded together from an aluminum shed and a water heater.

Look for these on the virtual fashion show on Sept. 18 at 2 p.m. by tuning in to @fashionweeksd IGTV, Fashion Week San Diego Youtube, or Fashionweeksd.com. Previously, Leanne was part of a project with FWSD that partnered with the Art Renewal Center and Sotheby’s and was called “Art and Beauty Behind Fashion.” Eight emerging designers were given a choice of eight fine art paintings that were part of the 14th ARC Salon Competition to inspire them to create an original couture outfit that would be one of their 10 looks for the FWSD Runway Show.

Originally, all eight designers were to fly out to New York for the exhibition where their designs would be on display next to their inspirational painting throughout July. They ended up doing a photoshoot here because of the pandemic. There was online voting and the winner will be revealed during the FWSD Runway Show. Leanne chose the painting “Moonlight Muse” by the Haitian artist, Philippe Attie and constructed the cape from a parachute.

Leanne is a graduate of San Diego Mesa College with an AA in fashion design. She went on to receive a bachelor’s in business from SDSU. She launched her first collection in 2018 and began a business named Kelly Leanne Apparel Designs.

Look for her spring-summer 2021 collection with 10 looks on the FWSD Runway. The designs will have clean lines featuring her signature look incorporating the princess line which consists of long panels in the place of darts to shape the body. Each piece will be unique, upcycled, or incorporate fiber optics. The theme will embrace diversity.

I asked Leanne what was in the future for her and she said that she plans to design two collections a year. For more information, visit kellyleanneapparel.com

To purchase tickets for the FWSD Runway collection on Oct. 17, visit fashionweeksd.com.
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As we sit in our homes by ourselves month after month without in-person social interactions, we become acutely, even overly, aware of ourselves. Because we have only ourselves and our own responses, we have a tendency to become self-centered by default. And since there is no one to interact with, all of our ideas, thoughts, and feelings are experienced without feedback. This is where self-reflection can become dysfunctional. Like cows ruminating their cud, we can become obsessive and compulsive, reexamining the same thing over and over, driving ourselves nuts. Without another person to assess and appraise the conclusions we come to, we may leave reality behind.

Facing no one but ourselves all day, we also tend to exaggerate every little glitch. We tend to overreact because there is nothing and no one to mitigate these feelings. Whether one feels bored or overwhelmed, it is all too easy to get off track and lose sight of what is important, as well as find it difficult to stay focused and recalibrate.

David Brooks, a columnist for The New York Times, once made a list of the six basic needs humans have in order to live a meaningful life. They are certainty, variety, significance, connection, growth, and contribution. As I look at these, I realize that all six needs may be missing while we are isolated due to the ongoing pandemic. We lack certainty in the political climate we are living in. I have a pervasive feeling of low-grade anxiety whenever I read the paper or watch the news on TV. Everything seems to be up for grabs these days. Variety is lacking in our daily lives; our days merge into one another with unavoidable sameness. Significance has to do with membership in a group in which we have a role to play, but many of those groups and roles are defunct. Connection to others, family and friends, is difficult to sustain when face-to-face interaction is not possible. Growth is the opportunity to learn, to become wiser; that is actually doable to some extent with Zoom, on-line classes, and reading. Finally, contribution is the possibility to be of service. This is challenging without the option of being around others, but it is possible to be helpful by reaching out.

How can we help ourselves in these times of being isolated? My suggestion is to connect with at least one other person not only on a daily basis, but even several times a day. This is to get away from an emphasis on one’s own life and become involved with someone else’s life, someone else’s thoughts and feelings. This can be done through phone calls, texts, emails, FaceTime, or Zoom—whatever is feasible for you and your friends and family. The frequency is important because we are then aware of the minutiae of someone else’s life.

How can we help ourselves to learn, to become wiser; that is actually doable to some extent with Zoom, on-line classes, and reading. Finally, contribution is the possibility to be of service. This is challenging without the option of being around others, but it is possible to be helpful by reaching out. I hope this column will help you, my readers, stay engaged with the perspectives of others in these very difficult times. It is a challenge we all face every day.

Natasha Josefowitz is the author of 21 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2020. Natasha Josefowitz. All rights reserved.
Iconic surf and skate company, Gordon and Smith/G&S was started by Larry Gordon and Floyd Smith here in PB in the 1950’s. Larry grew up on Monmouth and as a young man started Gordon and Smith out of a garage where he and Floyd would shape surfboards. Before he passed away, Larry was a daily regular at Tourmaline with his buddies, the Pump House Crew, who had been surfing together since the 90’s and earlier. The Gordon and Smith legacy is still going strong as a family run business and is run by two of his kids, Debbie and Eric. www.gordonandsmith.com

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

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