SHHELELY STANGER, formerly of La Jolla Village News, has recently launched a new podcast, Vitamin Joy, which is being recognized as a top podcast in health and wellness.

La Jolla High grad finds success online

It’s a good time to be a home seller

San Diego moves into the Red Tier

Avocado Green Mattress in La Jolla

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La Jolla GOURMET MEATS

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

COURTESY PHOTO
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-powere d,” 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 teams. Operating under strict health and safety protocols, teams are limited to 30 volunteers or less and wear face masks and gloves while physically distancing at least six feet at all times. Volunteers avoid touching any public surfaces (handrails, benches). Participants are also required to sign a liability waiver.

With those under age 18 required to get signatures from their parents/legal guardians.

Silverstein said beach strike teams are merely an extension of his group’s ongoing environmental mission.

“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, is 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 long reacher/bucket for trash, and a reacher/grubber 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 database,” 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 create waste and trash into smaller and smaller pieces.

“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.

Surfrider seeks volunteers for beach cleanup strike teams

By DAVE SCHNAV

A Surfrider beach cleanup strike team at Sunset Cliffs.
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Exquisite hillside estate with dual masters and guest quarters
4bd+optional & casita/5.5ba | $3,695,000

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Downtown high rise living one block from waterfront!
2bd/2.5ba | 1,948 s.f. | $1,698,000 - $1,748,000
State allows San Diego County to move into Red Tier
Restaurants, gyms, movie theaters and other businesses can open indoors

By KATIE CUDAHY

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 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.

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 locations, visit sdcc.ca.gov/vaccine and san-diego.gov/covid19.

State Metrics:
San Diego County’s state-calculated, adjusted case rate is currently 6.8 cases per 100,000 residents. The County is allowed to move into the Red Tier tomorrow, March 17.

Currently, the testing positivity percentage is 2.8%, placing the County in Tier 3 or the Orange Tier.

The County’s health equity metric, which looks at the testing positivity for areas with the lowest healthy conditions, is 4.2% and is also in the Orange Tier or Tier 3.

While only 25% of the three metrics qualify the County for the Orange Tier or Tier 3, the state assigns counties to the more restrictive tier.

The California Department of Public Health assesses counties on a weekly basis. The next report is scheduled for Tuesday, March 23.

Community Setting Outbreaks:
Two new community outbreaks are listed in the County on March 15: one in a business setting and one in a daycare/pre-school/daycare setting.
In the past seven days (March 9 through March 15), 17 community outbreaks were confirmed.

The number of community outbreaks in San Diego County is now 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 11,675.

Cases, Hospitalizations and ICU Admissions:
257 COVID-19 cases were reported to the County on March 15. The region’s total is now 265,906.
13,165 or 5% of all cases have required hospitalization.
1,627 or 0.6% of all cases and 12.9% of all fatalities of those who diedtest had to be admitted to an intensive care unit.

Deaths:
10 new COVID-19 deaths were reported March 15. The region’s total is 3,462.
Two women and eight men died between Dec. 31 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 covidasistance.sdhc.org website are updated around 5 p.m.

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 of San Diego 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 Diego renters through this incredibly difficult time.”

Qualifying households may apply for the City’s COVID-19 Housing Stability Assistance Program at covidassistance.sdhc.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 as City Councilmember for Ysidro – have been some of the communities within my district. Together with the City’s Housing Commission, Moreno launched the program to help our residents 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.

“This program will give qualifying families certainty that their past-due rent and utility bills will be paid and the stability of knowing they will not lose their rental

home because of the financial effects of this pandemic,” Gentry said. “The San Diego Housing Commission thanks Mayor Gloria and the City Council for their leadership and actions to make this program possible."

Chicano Federation is one of 10 community-based organizations contracting with the Housing Commission to help applicants with their applications, including households that do not have internet access.

“We are proud to once again partner with the City of San Diego and the San Diego Housing Commission to bring much-needed rental relief to some of our most impacted communities and people of color who have had to bear the burden of this pandemic,” Moreno said.

“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.”

READ MORE ONLINE AT sdnews.com
Working from home has changed the real estate market
It’s a good time to be a home seller, agents say

By DAVE SCHWAB

OW 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 it picked 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 PBL.’”

“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 years advances.

“We normally have a slow January and February,” he noted. “As we move on, inventory will still build while the demand is still there. 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 sees “a permanent change as corporate America is working remotely. That’s gone 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.”

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Gone are the days when plant-based meals tasted like bunny food. In just the past decade, vegan cooking has seen a renaissance of robust flavors achieved through remarkable sauces, tangy nut-based cheeses, and alternative proteins that rise above tofu.

Proof of this evolution resides at the new El Avocado Plant-Based Food on Prospect Street.

The stylish indoor-outdoor eatery opened in January with a menu flaunting some of the most inventive flavor and textural combinations I’ve encountered at vegan eateries in a while.

Take something as familiar as nachos. El Avocado captures the normally sinful elements of the shareable dish with wholesome elements such as rich cashew-based cheese sauce and meaty walnut soyrizo, both made in-house. The hefty stacking of delicate tortilla chips is further exemplified by re-fried pinto beans, diced tomatoes, green onions, cubed avocado, and lots of fresh cilantro. These are nachos that not only accurately mirror traditional versions, but rival them.

Ditto for the top-selling Philly cheesesteak, which uses shaved seitan as a convincing replacement to classic rib eye. Tucked into an airy toasted wheat bread is used for the veggie sandwich.

He last worked as a chef for a lodge in Alaska.

“We are so blessed to have him,” said Claydon, citing a few of his house-made contributions, which include hummus, pickled veggies, the Philly cheesesteak, and the “walnutrizo” for nachos.

The menu extends to scratch-made soups, sprightly salads, gourmet wraps, wraps, and sandwiches. Or if you’re looking to score a smoothie made with seasonal produce or gelato made with oat milk, you’ve come to the right place. A line of vegan pastries from Split Bakehouse are also available.

In addition to the nachos and cheesesteak, I tried the soup du jour, a Turkish-style chorba recipe stocked with veggies, rice and alluring spices. It was outstanding.

From the selection of wraps, the “chakra” brimmed colorfully with quinoa, red peppers, avocado, spinach, and hummus. The hearty medley of produce took on a lovely depth of flavor from turmeric-tahini sauce contained inside.

El Avocado is distinguished by a modern, warmly designed atmosphere replete with an epoxy counter-top bar, high tables, potted succulents, and a very cool wall near the entrance fronted by wicker-basket chairs and neon signage that reads “Don’t Kale My Vibe.”

The inviting environment was conceived by Ana Morales of Plush Environment and executed by Jairo Diaz of D & K Builders—both locally based.

Aside from its healthy and flavorful meals, which even die-hard carnivores readily embrace, El Avocado devotes 10 percent of its profits to animal sanctuaries and humanitarian organizations. They include the Farm Animal Refuge, the Humane League, Chabad, and Father Joe’s Village.

Meals can be enjoyed on the premises or taken to go.

“Our market is not only for vegans. It’s for anyone who wants to take better care of themselves—and this is a good way to do it,” Claydon added.

Vegan cuisine perfected

By FRANK SABATINI JR.

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PB Middle students lobby to rename park in memory of Black educators

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. “Renaming 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. Join us with your (black) help, we can finally give them their rightful recognition as we continue to uncover the history of San Diego.”

Pointing out the drive to rename the joint-use field “is a symbolic gesture that does not remove racism,” Woods noted it was an honorable gesture in “citing two community educators who bravely weave the dark racist side of the 20th century. We have a petition with 3,000 signatures already for renaming the park, and we hope to get more.”

The IB program focuses on fostering critical thinking and building problem-solving skills while encouraging diversity, international mindedness, curiosity, and a healthy appetite for learning and excellence. IB offers high-quality, challenging educational programs to students ages 3 to 19.

PB Middle School IB coordinator Ashley Hensen said the program encourages “international-mindedness in teaching our kids to think beyond their bubble and to be good neighbors. We talk a lot about community service, with sixth-graders doing 10 hours, seventh-graders doing 15 hours and eighth-graders doing 20 hours.”

Woldeyes was pleased with her choice of community service projects. “I feel 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 recreational space’s continuing public-renaming effort.

William Payne started his 35-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.
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Avocado Green Mattress offers ecoconscious 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 GOLS 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 sustainable 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, Jay Decker, Dan D’Andrea, and Mark Abrals founded Avocado Green Mattress to bring sustainable ability 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 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.”

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.”

Added Karuna: “There are no chemicals in our mattresses, no memory foam, no glues. All the materials are sourced from firms we have a relationship with, rubber-tree farms, cotton and wool from sheep farms, etc. It’s essential to the integrity of the supply chain to be able to certify these materials are in fact all-natural and high-performance. We enjoy making a great product that people love.”

“We really feel great that an ecologically conscious product can really perform extremely well,” said Karuna noting the La Jolla showroom is unique.

“It has an interesting facade that is really inviting and lets in lots of light and has really interesting design elements, including a handmade sign out front.” he said. “One of those design elements is a maritime rope that pays homage to San Diego’s maritime roots.”

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.”
**CHANGING OF THE GUARD AT LJVMA**

Due to changing circumstances, Brett Murphy, president of La Jolla Village Merchants Association, stepped down from his post as president at the merchant group’s March meeting. Murphy nominated Cody Decker, owner of Decker’s Dog + Cat. LJVMA board vice president, as his replacement. Decker accepted and was named LJVMA’s new president.

**ENHANCE LA JOLLA DAY**

Celebrate the first day of spring with some hands-on community service as La Jolla Village Merchants Association joins other community groups to beautify the village. Stop by the information booths at 7777 Girard Ave. on Saturday, March 20 from 7 to 11 a.m. to learn more about Village happenings from Enhance La Jolla, La Jolla Town Council and the La Jolla Community Foundation.

The public event will include a little painting and adding decorative stones to tree wells. Due to COVID guidelines, if you’d like to add a helping hand, please contact us in advance at info@lajollalythsea.com, subject line: Enhance La Jolla Day.

**TASTE-OUT OF THE VILLAGE**

Enjoy a four-course curated take-out menu from La Jolla Village’s top eateries during Take-Out Taste of the Village March 22-25 from 4-7 p.m. Participants will receive an insulated re-usable bag, and will visit four restaurants on the evening of their choice, picking up one course of a meal at each location to enjoy at home or at a favorite picnic spot.

Support the restaurants and the important work of the La Jolla Village Merchants Association with your ticket purchase. Twenty percent of each ticket will go back to the restaurants who have been struggling during the past year of COVID-19 closures. Any gratuities added by ticket purchasers also support the restaurants.

All COVID-19 related health and sanitation protocols are in place for the four night event, with limited tickets to prevent queuing at restaurants, facial coverings required, and enhanced cleaning. The La Jolla Village Merchant Association is a nonprofit organization that supports the businesses in La Jolla Village, and engages in neighborhood beautification projects, holiday decor and events, public relations for the district and more.

**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 ownership and 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.

“As San Diego recovers from the pandemic and our economy builds back, we’re doing everything we can to ensure that it happens equitably — and that includes promoting equity and eliminating barriers for entry into the regulated cannabis industry,” said Gloria. “This survey will help assess how effective our current efforts are and help us design a regulatory program that creates social equity in the growing local legal cannabis sector.”

READ MORE ONLINE AT sdnnews.com

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**FEATURED BUSINESS: La Jolla Mailbox Rentals**

For years locals of Bird Rock have relied on the services of the La Jolla Mailbox Rentals and its owner, Anita Wood.

Anita acquired the business February 1987. Anita credits her success to her ability to interact well with her customers.

Anita says “I have personal interests in all the people; I take the time to service people individually. My customers know that they can send anything anywhere around the world and it will arrive safe and sound.

La Jolla Mailbox Rentals offers customers 24-hour access to mail and postal deliveries. When you have a mailbox at their convenient location, you receive not only a private mailing address, access to delivery of large packages and 24-hour access to your mailbox, but also peace of mind.

In addition to mailboxes they also offer complete postal services, copies, scanning, and shredding.

La Jolla Mailbox Rentals also offers DHL, UPS, and Fed Ex services. They truly are your one stop postal shop.

You can rest assured your in good hands—La Jolla Mailbox is a consistent winner of the ‘Best Shipping’ award in La Jolla.

For further information:

**Anita Wood**

La Jolla Mailbox Rentals

858-456-2216

Open Mon. - Fri. 9:00am - 5:00pm
A local journalist has found a new calling in the developing field of podcasting. Shelby Stanger, formerly of La Jolla Village News, has made 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.”

Stanger said she started Vitamin Joy because “I wanted to create 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 outdoor action sports. Stanger noted “I’ve always viewed the health back around – from going vegan and eating only raw foods to fasting, saunas, and breathing work. Laughter has been some of 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 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 breathing work. Laughter has been some of the best medicine I’ve used.”

Having been involved with health and wellness.

Stanger’s new podcast Vitamin Joy is a top podcast in health and wellness.

Shelby Stanger’s new podcast Vitamin Joy is a top podcast in health and wellness. 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 fantastic projections on the screen. The finale showed off evening fashions from Macy’s. After the show viewers 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 sandiego.org.

UPCOMING EVENT
April 22 – FWSD21 Spring Showcase from 6-9 p.m. More information found here. FashionWeekSD.com.

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.
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.

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THINKING OF SELLING?
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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 recounts 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 I exercise via Zoom. The motivation to leave my chair is lacking; the more I sit, the more I want to sit. As a result of my world having 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 meeting via Zoom; I actually felt my blood pressure rising.

On the other hand, surprising to me, 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 since they are working from home. My daughter calls almost every night; 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 of 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.
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