La Jolla Community Center establishes Marilyn Nass Creative Arts Fund

The La Jolla Community Center’s new Marilyn Nass Creative Arts Fund honors the legacy of former art student Marilyn Nass, who participated in a weekly Acrylic Art Painting for Beginners class at the Center, taught by instructor Nicole Caulfield.

“She was new at painting, yet her works immediately caught my eye,” said art instructor Nicole Caulfield, “Right away, she jumped in with very little instruction and weekly produced a collection of colorful works inspired by images I provided. She had a mysterious way of knowing exactly when to set the brush down and how to interpret any image. She will be missed.”

Nass died last August and is survived by her beloved husband, Martin; a son, a daughter; and grandchildren.

“I established the fund to honor Marilyn who began to paint in her 90s and produced many beautiful works of art,” said Ruth Yansick, CEO of the Center. “She exemplified the joy that can be experienced by seniors who have never tried painting.

“Her natural gifts came through and now her lovely paintings bring joy to her family as well. I believe the fund will benefit many seniors, especially those who are isolated and who can discover their hidden talents regardless of age,” Yansick said, adding that the fund exemplifies a vital component of the Center’s mission to provide lifelong learning to adults and seniors.

“In offering a variety of art classes through the years, we understand that the benefits for seniors in creating art include increased motor skills and coordination, improved cognitive function, improved mood and mental health and social connection,” said executive director Nancy Walters. “Members would often stop by my office to share their joy and show me their paintings. The Fund will continue to make these kinds of opportunities possible.” She added that the Center’s transportation program in La Jolla can also facilitate bringing seniors to the Center when re-opened.

For more information or to donate to the Marilyn Nass fund, visit ljcommunitycenter.org/marilynnavss.
Elvin Lai

The San Diego Convention Center Corporation recently announced that hospitality executive and entrepreneur Elvin Lai will serve as chair of the 2021 officers of its board of directors. Lai is a fourth-generation owner-operator of the Ocean Park Inn hotel in Pacific Beach, which is currently being reimagined for a spring 2021 debut. “My top priority as the incoming chair is to build and execute a strategic recovery plan,” Lai said. “Knowing the vital role the San Diego Convention Center plays in our region’s economy, I am dedicated to ensuring the sustainability and success of this organization for our community’s benefit.” Lai assumes his leadership role during the COVID-19 pandemic, with SDCC continuing to serve as an emergency shelter in support of Operation Shelter to Home to assist individuals experiencing homelessness.

Lai is the immediate past president of the San Diego County Hotel-Motel Association and played a leading role in establishing the Pacific Beach Clean and Safe program. Recognized by the Asian Business Association as Outstanding Entrepreneur of the Year, Lai is a serial entrepreneur, with four businesses in three different sectors.

A graduate of the University of San Diego, Lai’s greatest passions are building relationships, supporting the growth of San Diego’s tourism industry, and working to better the community for future generations.

In addition to serving as a shelter since April 1, 2020, SDCC has supported other essential activities, including hosting a super polling location for the 2020 Presidential General Election. With the distribution of vaccines now underway, industry professionals expect convention activity to resume this year.

MISSION BAY WETLANDS

At PB Planning Group meeting, Andrew Meyer of San Diego Audubon Society said progress is being made in efforts to expand environmental protections and enlarge wetland habitats in Mission Bay. “The Regional Water Quality Control Board recently approved a project for new planning for wetland restoration in Mission Bay,” Meyer said. “The City now has funded and approved a scope of work over the next 1 ½ years for Mission Bay that includes Campland, De Anza Cove and the mouth of Rose Creek.”

During the pandemic, Meyer added SDAS has been writing a lot of grants. “We’ve also applied for two grants to do some research on the economic value of marshes,” he said. “As times change, and sea levels rise, we will be doing a cost-benefit analysis along with UC San Diego.”

PB PROTEST FALLOUT

During the latest PB Planning Group meeting, District 2 community representative Monique Tello told members of Community Collaborators, a loose-knit group of PB civic organizations, that police and government were restricted in dealing with the recent violent public protest on Mission Boulevard.

“You do not need to pull a ‘City’ permit to hold a protest,” Tello told collaborators at their January Zoom meeting. “Most times protesters are not required to notify the police department before they gather.”

I often get met with surprise when people learn that I grew up here in PB since there aren’t too many “locals” anymore. It got me thinking, there’s a lot of interesting people and businesses in our community that people may not know about if they aren’t too many “locals” anymore. It got me thinking, there’s a lot of interesting people and businesses in our community that people may not know about if they aren’t too many “locals” anymore. It got me thinking, there’s a lot of interesting people and businesses in our community that people may not know about if they aren’t too many “locals” anymore. It got me thinking, there’s a lot of interesting people and businesses in our community that people may not know about if they aren’t too many “locals” anymore. It got me thinking, there’s a lot of interesting people and businesses in our community that people may not know about if they aren’t too many “locals” anymore. 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LA JOLLA Beach & Barber Tract: on cul-de-sac w/pedestrian access to beach
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LA JOLLA Country Club: Breathtaking views of shore and ocean. Seller may carry 1st Trust Deed at 2% interest only, call for info.
5bd/5full+2half  |  6,256 s.f.  |  $5,500,000

LA JOLLA Country Club: Enjoy infinity pool & panoramic ocean views
Exquisite hillside estate with dual masters and guest quarters
4bd+optional & casita/5.5ba  |  $3,695,000

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Residents react to ‘disgusting’ Pacific Beach political protest

By Dave Schwab

Shock, anger, and disgust were the primary reactions of local leaders and residents to the culture clash that turned violent between supporters of former President Trump, white supremacists, Antifa, and police on Jan. 9 along Mission Boulevard.

“I view this as more than a culture clash,” said Pacific Beach environmental activist Karin Zirk, who witnessed the event. “We have white supremacists emboldened by President Trump trying to overthrow governments of all sorts and create a whites-only nation. This is the largest danger to our democracy since the Civil War.”

San Diego Police declared an “unlawful assembly” that Saturday around 2:30 p.m. due to acts of violence that erupted during the assembly led by supporters of former President Trump. Witnesses reported people threw rocks, glass bottles, and eggs that also hit some police officers.

“I found it disgusting that pro-Trump extremists would feel comfortable rallying in PB after pro-Trump extremists attempted to violently overthrow the government in Washington, D.C.,” she said. “Violence and racism must be confronted head-on, with honesty and accountability, whether in politics, law enforcement, or elsewhere.”

San Diego police officers separate groups on Mission Boulevard during an assembly that turned violent on Jan. 9.

PHOTO BY JOE ORELLANA

“Beach,” said Mayor Todd Gloria. “I am asking anyone who was seen committing this behavior to our city. I am asking our police officers. I ask our community to conclude: ‘The community, all of San Diego, needs to open their eyes to the very real problem we have here with neo-Nazis and domestic terrorists... San Diego can do better than this. We just need people to be aware of the severity of the issue.”

Kathy Archibald of Pacific Beach was disgusted with the protest.

“I found it disgusting that pro- Trump extremists would feel comfortable rallying in PB protests peaceful,” said Mayor Todd Gloria.

“Of the essential roles of public spaces is to allow room for public discussion on the important topics of the day,” she said. “But for that discussion to be effective, everyone must feel safe and welcome in our public spaces. People who come to our streets with the express purpose of making others feel unsafe, or silencing particular opinions, harm our community.”

Added Zirk: “As someone who was present for parts of Saturday’s events, I felt threatened by the Trump supporters waving their flags and coming into Pacific Beach as a conquering army because, make no mistake about it, the white supremacists who drank the Kool-Aid and believe the election was rigged, view what they did on Jan. 6 as successful. And they are trying to replicate it all over the country. I also felt that the police were treating the pro-democracy protesters much more harshly than the pro-Trump [protesters].”

Michelle Papalote of PB Southwest Central praised the conduct of police during the demonstration.

“The San Diego Police did outstanding work,” she said. “Their response was organized, professional, and kept PB from a potential storm of chaos.”

People who come to our streets with the express purpose of making others feel unsafe, or silencing particular opinions, harm our community.”

The Smiths claimed harsh police treatment during the assembly led by supporters of former President Trump, who was at the event with her 66-year-old mother, said they didn’t understand why our community was chosen to have this activity from outside groups. I asked our board members to not get involved if possible.”

Added Bothwell: “Our participation is like oxygen to these organizations and violence only hurts our community. Our businesses have enough to worry about keeping their livelihoods afloat and don’t need to spend time boarding up their windows. It seems that even if they (protests) start peaceful, they don’t end up peaceful. Please take your protests elsewhere.”

Katie Matchett, president of nonprofit beautifulPB, pointed out the need for keeping public protests peaceful.

“One of the essential roles of public spaces is to allow room for public discussion on the important topics of the day,” she said. “But for that discussion to be effective, everyone must feel safe and welcome in our public spaces.”

“By the First Amendment and the police department will always facilitate these events,” reacted San Diego Police Department PIO Lt. Shawn Takeuchi. “However, violence of any kind will not be tolerated.”

“Otherwise, we will never get past this.”

Marcella Bothwell, MD, president of the Pacific Beach Town Council and development chair for PB Planning Group, said: “I don’t understand why our community was chosen to have this activity from outside groups. I asked our board members to not get involved if possible.”

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Peaceful protests are protected by the First Amendment and the police department will always facilitate these events,” reacted San Diego Police Department PIO Lt. Shawn Takeuchi. “However, violence of any kind will not be tolerated.”

“We need to be openly and proudly anti-racist, and we need to hold our law enforcement accountable,” Smith added. “They are here to serve us and protect us.”
Recurring flooding issue at Mission Bay High is a ditch

By DAVE SCHWAB

When it rains significantly, the parking lot at Mission Bay High School gets flooded due to sediment-filled concrete drainage ditches nearby.

It’s a vexing and recurring problem that Pacific Beach Planning Group board member Scott Chipman has been working for years to try and resolve.

“The issue of regular flooding at MBHS goes back at least 15 years, maybe even longer,” Chipman told PBPG during a recent presentation. “So far, the area ditches have been cleaned out twice. And it’s taken a borderline act of Congress to get them cleaned out each time. To me, the goal is not only to get these ditches cleaned out now but to have a permanent solution.”

But, it turns out, there’s a “catch” to finding a permanent solution to cleaning out MBHS drainage ditches. Under current environmental law, filled-in ditches are considered to be wetlands, which means cleaning them out comes at a price.

“City land-use planners told me, the way the law is written, cleaning out the ditches requires mitigation,” said Chipman. “That means, you have to buy land or have some land set aside, whenever you take away vegetation from the ditch. And it (vegetation) is regenerating every time we don’t clean it.”

Pointed out Chipman, “What happens when the ditches are not kept clean is vegetation starts to grow and debris collects and that slows the water down, so when you get a quarter-inch of rain, the parking lot and the road and undergrounding, it also doesn’t help that the City has a stormwater priorities waiting list. "They only clean about 10 ditches per year," he said, adding the waiting list can exceed 100 ditches.

“MBHS is grateful for the City’s attention to the storm drain on the west side of our campus,” said principal Ernest S. Remillard. "During my time as principal, the City has come out a few times to address the overgrowth causing the flooding issue. When the appropriate care is given to the drain, we see fewer bugs around campus, no impacts on parking and campus access, as well as less homeless encampments in the overgrowth.”

The long-term solution Chipman has proposed includes:

– Continuing to pursue drainage ditch cleanout ASAP.
– After cleaning create a volunteer cleaning crew of PB Town Council/residents so the concrete ditch cannot be considered freshwater.
– Ask for assistance from the Pacific Beach Town Council and Friends of Pacific Beach Secondary Schools for a community plan to keep the concrete ditch clean.
– Request assistance from District 2 Councilmember Jen Campbell’s office to pursue PB Drive realignment and drainage undergrounding.

Chipman contends cleaning out the ditch, realigning the road and undergrounding, drainage would resolve the problem.

"It would eliminate flooding of MBHS and significantly reduce mosquito problems while providing a grade-separated bike/pedestrian path for two blocks," he concluded.
County expands COVID-19 vaccination availability to ages 75 and up

By JOSÉ A. ÁLVAREZ

Due to a slowing of appointments at COVID-19 vaccination sites, the County of San Diego on Jan. 18 expanded the category of those eligible to include those aged 75 and up.

“We took this action today to add individuals 75 years of age and older because they are at the greatest risk,” said Wilma J. Wooten, M.D., M.P.H., County public health officer. “It remains our intention to expand vaccines to those 65 and older the week of Jan. 25, contingent of vaccine availability.”

These new requirements apply to the Petco Park Vaccination Super Station and other Point of Distribution sites providing County vaccine. More information is at coronavirus-sd.com/vaccine and reservations can be made at vaccinationsuperstations.com.

Only Health Care Workers (Phase 1A, All Tiers) and those 75 and older (Phase 1B, Tier 1) can visit vaccination sites.

1. Health care workers are encouraged to first contact their doctor or healthcare providers to request the vaccine, but if none are available, then they should make an appointment for a County site.

2. Appointments are required: walk-ups and drive-ups without appointments will be turned away.

3. Do not schedule an appointment if you have COVID-19, or are sick. Please follow CDC guidance for those situations.

4. Medical professionals administering the vaccine will be wearing personal protective equipment.

5. Wear a mask.

6. Acceptable forms of proof to be presented at the County’s Vaccine Super Station:

   a. Employee ID badge with photo
   b. Professional license and a photo ID
   c. Armed forces photo ID
   d. Employer on facility letterhead and a photo ID, or a payment stub or timesheet from their healthcare employer or in-home supportive services with a photo ID.

In 2020, more San Diegans dying because of meth

By JOSÉ A. ÁLVAREZ

Record numbers of San Diegans are dying because of meth, according to new figures that show the highly addictive drug’s increasingly harmful impact on the region. A total of 546 San Diegans died from meth last year, 63 more than the previous record of 483 set in 2018. This is the key finding in the San Diego County Methamphetamine Strike Force’s latest report, which was recently released outside the County Administration Center.

The 2020 report card shows the leading indicators of meth problems in the region.

According to the Medical Examiner’s Office, the people most impacted by meth are those 45 years of age and older, which represented 319 of the total meth-related deaths. The reason is that people in this age bracket tend to have had chronic cardiovascular disease, which itself could have resulted from long-time methamphetamine abuse.

The 2020 Meth Report Card also shows:

- There were 11,020 emergency room visits due to methamphetamine in 2018 compared to 12,926 in 2017. Data from 2019 won’t be available until 2021.
- A total of 6,591 people were admitted to County-funded treatment programs due to meth abuse last year, vs. 6,906 in 2018.
- 99% of adult arrestees tested positive for meth in 2019, compared to 57% the previous year.
- 11% of juvenile arrestees tested positive for meth in 2019, compared to 10% in 2018.
- Meth arrests for selling and possession of meth increased to 11,313 in 2019 vs. 10,156 the year before.

San Diego County has had a long history with meth and the problems that come along with it. While the region is no longer considered the “Meth Capital of the World,” little meth is produced locally, there is more meth available, and it is more potent and cheaper than ever.

The highly addictive and deadly drug is being manufactured and smuggled across the border by Mexican drug cartels. Today, most of the methamphetamine in San Diego County is coming from Mexico.

According to the Drug Enforcement Administration, methamphetamine seizures at U.S.-Mexico ports of entry nearly doubled in 2019. More than 34,000 kilograms were seized in 2019 compared to more than 19,000 kilograms the year before.

Guerrero gets four life terms plus 143 years for four murders

By NEAL PUTNAM

Four consecutive terms of life in prison were handed down Tuesday to Jon David Guerrero who killed three homeless men in Ocean Beach, Mission Bay, and downtown plus a woman in North Park.

The sentencing of Guerrero, now 43, ends the nearly five-year case involving attacks upon mostly homeless people that occurred in 2016.

“You took a piece of my heart that I’ll never get back,” said Linda Gramlick, the mother of Shawn Longley, to Guerrero, whom she referred to as “a monster.”

Gramlick spoke via a computer feed from her Florida home and appeared on a video screen before San Diego Superior Court Judge Kenneth So.

Longley, 41, was found dead on July 4, 2016, near the Robb Athletic Field tennis courts in Ocean Beach. He was attacked while asleep by Guerrero who hammered a railroad spike into his head.

So ordered the life terms to run without the possibility of parole. He also imposed an additional sentence of 143 years.

Guerrero pleaded guilty in January 2020 to four counts of first-degree murder as well as two arson counts in which victims had been set on fire. He also pleaded guilty to eight counts of attempted murder and assault of other homeless people.

The motive for all of the attacks was a hatred of homeless people. Deputy District Attorney Makemzie Harvey told the judge that one surviving victim who asked Guerrero why he assaulted him said Guerrero answered “because you’re a bum.”

The sentencing was delayed because of the coronavirus outbreak. Other delays occurred when Guerrero was found mentally incompetent to stand trial and was sent to a state mental hospital for treatment.
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Bike shops in La Jolla and Pacific Beach rolling along despite shortages

By DAVE SCHWAB

Bicycle retail and repair shops in La Jolla and Pacific Beach are faring better than most during the pandemic. But now there’s a new problem: supply.

“It’s kind of a double-edged sword,” said Jason Millard, manager of California Bicycle, a 45-year-old bike shop at 7462 La Jolla Blvd. “We’re extremely busy. But at the same time, there’s a huge lack of inventory across the nation. That has put quite a few bicycle stores out of business.”

“In March 2020 when the lockdown happened, we were slow,” confided Greg Heath, general manager of Bicycle Discovery at 742 Felspar St. in PB. “I was sure we were going to have trouble finding enough business. But as we went into about the one-month mark (mid-April), people started pouring in the shop, looking to get back on bikes and get outside.”

Millard of California Bicycle put the current bicycle supply shortage into perspective.

“The supply train has been broken in the industry as a whole,” he concluded. “Last year in April, May and June, we sold more bikes than we traditionally sell in a year. After all the beaches and gyms closed down, people had nowhere to go but outside and do sports like cycling.”

Heath of Bicycle Discovery has had similar supply and delivery issues, though not nearly as severe.

“Since the gyms and other sources of exercise were not available, we saw a huge volume of new bike riders coming in,” he said. “Over the next few months we had a hard time even getting bikes built fast enough for all the customers we had. My team worked really hard to keep up with the demand. But by the time we got to July, we had a hard time getting more product in.”

Heath talked about how Bicycle Discovery coped.

“We started adapting how we ordered everything just to try our best to keep all our customers riding, and get as many new bikes in as possible,” he said. “As production started back up, we started getting more bikes in. Although, there are some types of bikes that are still difficult for everyone to get. The whole cycling industry got a large boost, but the sudden growth in sales means the more complicated bike builds (high-end road bikes/mountain bikes) have long lead times and people are usually buying in advance to make sure they get what they want.”

Millard too, is coping as best he can with the shortage situation.

“As of right now my company is still not able to deliver a lot of bikes and we probably won’t see them until August of this year,” he said adding, “It affects all of us in the industry. Nobody’s immune. It’s the vendors being out of product, which produces a trickle down effect. If they don’t have it – we don’t have it.”

Heath sees better times ahead, though the road seems a bit uncertain.

“Never in my years as a manager have I had so many bikes that were on order, but that’s the new way we are running things to make sure we have enough for everyone who comes in,” he said. “We remained steady all last year and going into the new year. We are now making sure we are doing whatever we can to keep the shop full so customers can get what they want. Cycling is a hit right now because it’s outdoors and COVID-safe.”

“So much every bike manufacturer was sold out of every bike they make by mid-year last year,” continued Heath. “Now the real strain is getting things in, and how to adjust your business to keep customers happy. There will be challenges for this next year. But overall, the industry is strong and we are happy to see so many people riding bikes.”
**Find latest devices and accessories at new Spectrum store in La Jolla**

**By DAVE SCHWAB**

*Spectrum recently opened a one-stop-shop in La Jolla serving consumers’ multifaceted electronic needs. This is an experience store where people can come in and really look at all our devices and try them out,” said Pam Collazo, Spectrum’s senior manager for communications, about the new La Jolla store at 8843 Villa La Jolla Drive, Suite 201. “Our Spectrum store’s team is here to help our local customers who need support in getting and staying connected during these uncertain times,” said Pattie Eliason, Spectrum senior vice president. “They are working to make our new store in La Jolla a safe, convenient environment to add or manage services, shop for devices and accessories, or make payments while ensuring we adhere to current local and state health and safety guidelines.

The Spectrum store gives consumers in the La Jolla area a convenient option for adding or managing their Spectrum Internet, TV, mobile, or voice services. It offers the latest devices and accessories compatible with Spectrum Mobile, which is designed to provide customers the highest quality experience at great value, including access to next-generation 5G service where available. To help protect the safety of customers and employees, and in accordance with CDC guidelines and state and local orders, social distancing is required in the La Jolla Spectrum, with occupancy of the store managed by employees. Spectrum stores are cleaned and disinfected regularly, with frequent cleaning of high-touch areas and hand sanitizers available storewide.

Collazo noted that Spectrum and Time Warner Cable merged about five years ago. She said Spectrum now serves the county north of Interstate 8, while Cox Communications serves the county south of Interstate 8 and in East County. She added La Jolla’s new Spectrum store is ideally situated in the Shops at La Jolla Village Mall, which includes a Whole Foods. “It’s near the Paper Source on the CVS side of the mall with plenty of parking,” Collazo said. She added: “Customers can go in the store and sign up for all our services, Spectrum Mobile, TV, internet, and phone. There’s a kiosk where they can pay their bills using credit cards, checks, or cash.”

Two new product offerings at Spectrum include:

- Call Guard, a feature for both Spectrum Voice and Spectrum Business Voice customers that automatically blocks malicious robocalls and sends caller ID alerts for other suspicious telemarketing calls. Through their voice portal, customers have the ability to view which numbers have been blocked, add additional blocked numbers, add allowed numbers to ensure important calls are delivered, or turn off the Call Guard feature.

- Spectrum Mobile now offers Samsung’s new lineup of 5 phones, the Galaxy S21, Galaxy S21+, and Galaxy S21 Ultra. The Galaxy S21 and S21+ feature a new design, a pro-grade camera, and the most advanced processor ever in a Galaxy device. Additionally, Spectrum Mobile’s nationwide 5G service now reaches 230 million people and combines low-band coverage with high-band, ultra-fast millimeter wave service available in 61 cities and counting.

*Inside the new La Jolla store at 8843 Villa La Jolla Drive.*

**Public Input Needed!**

The Trolley extension from Old Town to UTC opens this fall. Join us at a LIVE VIRTUAL MEETING to discuss proposed changes to bus routes, providing new connections to the Trolley from adjacent communities of Clairemont, Kearny Mesa, University City and the beach areas.

**Wednesday, February 10**

12 p.m. to 1 p.m.

**Tuesday, February 16**

4 p.m. to 5 p.m.

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KAYAK CLEANUP
Any kayakers out there want to do some good? The San Diego River Park Foundation is looking for people with kayaks to help remove trash from sensitive habitat at the San Diego River Estuary at a “B.Y.O.-Kayak Cleanup” on Saturday, Jan. 30. Kayaks will be sent out in three shifts: 8:15 a.m.-9:15 a.m., 9 a.m.-10 a.m., or 9:45 a.m.-10:45 a.m. Please indicate which shift you would prefer when you RSVP. For more information and to RSVP, email volunteer@sandiegoriver.org.

Space is limited and volunteers must bring their own kayak. SDRPF staff will be enforcing COVID-19 health and safety measures to provide a safe volunteer experience for participants. If you have questions or concerns, email volunteer@sandiegoriver.org.

MICKELSON JOINS FARMERS OPEN
San Diego native and three-time Farmers Insurance Open winner Phil Mickelson has committed to compete in the 2021 tournament, set for Jan. 28-31 at Torrey Pines Golf Course. Mickelson joins a field that currently includes 16 of the top 50 players in the Official World Golf Rankings and 16 players among the top 30 in the 2020-21 FedExCup points standings. There are also five past Farmers Insurance Open winners committed, as well as six players who have accounted for 14 major championship victories.

Other San Diego products committed to the Farmers Insurance Open include Rickie Fowler, Charley Hoffman, Jamie Lovemark, Kyle Mendoza, Pat Perez, Xander Schauffele and J.J. Spaun. The field is not final until the commitment deadline on Friday, Jan. 22 shortly after conclusion of play in that week’s tournament.

LA JOLLA SYMPHONY
With the COVID-19 pandemic impacting everyday life, the La Jolla Symphony and Chorus has once again re-imagined its 2020-2021 season. Titled “Stay Home With Us,” the reimaged program will combine some of the lively conversation, fascinating ideas and extraordinary music. The six-part monthly series will prepare a lively menu of musical encounters featuring interviews, solo performances and selected pre-recorded works from the La Jolla Symphony and Chorus archives. Join from your living room, or maybe from the kitchen, as you prepare a meal and enjoy a glass of wine or listen as you walk on the beach or on the trails. Productions will also be aired Feb. 19, March 19, April 16, May 14, and June 18. Series subscriptions or individual event tickets can be purchased by visiting lajollasymphony.com, by phoning the Box Office at 858-534-4637.

PB LIBRARY OPEN
“We’re still offering contactless book holds and pickups,” PB head librarian Christina Wainwright told the PB Planning Group, adding that the library is not yet open inside for patrons. “If you want to use library services inside you have to go to the La Jolla or Point Loma libraries,” she said. Wainwright added the PB library continues to host its “Books Like Us Winter Reading Challenge,” which rewards prizes for people of all ages keeping logs of hours they’ve spent reading books. For more information about the reading program and other available services visit sandiego.gov.
La Jolla filmmaker documents COVID fight in America's hardest hit city

By JEFF CLEMENTSON

Like a lot of filmmakers, La Jolla resident Adam Raby’s film projects in 2020 were put on hold. But on Dec. 31, Raby was offered a chance to be at ground zero in the fight against the COVID-19 pandemic.

“Empowering a Billion Women contacted me and said, ‘Hey, we know you’re from California and we got this opportunity to do some filming in El Centro, are you interested?’”

Empowering a Billion Women (EBW) is an organization that promotes national and international events to inspire you and finished by mentioning that you should always push yourself. Ornosh loves Yo-Yo’s, which are called Suffolk Puffs in England. She was given two yo-yo quilts, which were made by three generations during WWll. Taking one quilt and turning this into a yo-yo dress and then placing the second yo-yo quilt with a header behind the model. The dress has a three-dimensional collar and was accented with an oversized flower.

Each month she spends hours looking through magazines for ideas. She said to let history inspire you and finished by mentioning that you should always push yourself.

Ornosh loves Yo-Yo’s, which are called Suffolk Puffs in England. She was given two yo-yo quilts, which were made by three generations during WWll. Taking one quilt and turning this into a yo-yo dress and then placing the second yo-yo quilt with a header behind the model. The dress has a three-dimensional collar and was accented with an oversized flower.

She received Best of Show for this piece “Form Not Function” at the Carnegie Center for Art and History in New Albany, Ind., 2020. She has a list of additional awards for her unique work and also received Best of Show at the Mid-Atlantic Quilt Festival, Wearable art, Hampton, Va., 2019. Mancuso Show Management is a company that promotes national and international events in the quilt, wearable and textile arts genre. MSM was started by two brothers David and Peter Mancuso with offices in New York, Pa. For the next QuiltFest, visit quiltfest.com. To contact Marty-O, visit martyr-o.com.

Upcoming Events
March 6 – Sorosoptimist International of San Diego will feature “Women With Vision.” This is a live virtual fashion show produced by Gretchen Productions. The afternoon also features the “Live Your Dreams” awards. For info, call 619-670-9880.

Diana Cavagnaro is an internationally renowned Couture Milliner based in San Diego. Learn more about our hat designers, teacher, and blogger at DianaCavagnaro.com.
Pacific Beach student band grows up into talented musicians

By DAVE SCHWAB

Pacifc Beach Elementary School teacher and parent David Sandler was an aspiring musician in his youth who only took his calling so far. Now, as informal manager of his son Evan’s up-and-coming band, Go Heads, Sandler hopes to see them all go where he never went before.

“I grew up playing piano and 30 years ago I was in a band named Cool Beans where we wrote all-original music and played at the Coaster Saloon and the Beachcomber,” said Sandler. “But we never did anything with it.”

Thirty years later, I was teaching my son and his friends, whose band literally just started from a little backyard shed and he had a band, Sandler pointed out Evan Sandler, Kory Watson, Noah Kapchinske, Drew Tolley and singer Brianna Eckenrod.

The five young people are all serious about their music, say figures prominently in their future plans.

“We started off pretty much as a classroom band in third- or fourth-grade,” noted Tolley, who’s been into bluegrass stuff lately. “I originally didn’t know what I was going to play, but my dad said, ‘Play the drums.’ My dad had a little backyard shed and he had a drum set out there and he taught me all the basic moves.”

“Our sound has matured since then,” said Kapchinske, adding he’s been playing guitar since age 8 and has studied under popular, high-profile local blues guitarist Robin Henkel. “I was first inspired to pursue music from hearing Johnny Cash and old country and rockabilly music. Then I got turned on to roots, jazz and blues. I really appreciate a lot of genres. I’ve been into bluegrass stuff lately. “Almost all of us were in Pacific Beach Elementary’s band,” pointed out Evan Sandler, discussing his musical taste. “Blues music is huge with all these amazing influences that really blends well with our style.”

Of what her singing means to her, Eckenrod said: “It’s this great form, experience, it’s something that comes from you. It’s your voice that’s inside of you, just a way to express yourself. When I was little I would zone out and start singing, I guess I didn’t sound too bad.”

 “[Brianna] sang a capella in our Pacific Beach Elementary variety show,” David Sandler said, adding he was impressed. “I said, ‘She needs to be in these kids’ band.’ She was 9 or 10 years old.”

“I started playing guitar in second grade,” said Watson, noting David Sandler “asked me if I wanted to play bass. I said, ‘Sure.’ That’s how it happened.”

 “[Watson’s] also a great sax player and plays with the Preservationists,” added David Sandler. Of his guitar student, Kapchinske, blues-guitarist Henkel said: “Noah is talented, humble and enthusiastic. He’s polite and considerate. That, combined with his strong aptitude for music, is probably why he’s doing so well.”

Henkel added Noah, as a guitarist, “gets it.”

“When we explore the intersection of various scales and harmonic devices I’ll ask him to compose something using those ideas,” Henkel added. “Each week he shows me a new tune in music notation with a demo-recorded version. He’s not just a guy in a band moving up quickly. He’s becoming a composer and arranger.”

David Sandler’s more than a manager to his son’s band. He added he’s not living vicariously through them, but rather delighting in guiding them down their own musical path.

“These kids are such a part of me,” he said. “They save my life in a way. I felt so empty after my era ended. I was going to school and getting my teaching credentials and master’s degree and starting a family. That just seemed to disappear for me. These kids just brought it back for me. It just fills my whole life to have them in my life.”

Concluded David Sandler: “Their music is such a part of me now I could never have imagined. They just went above and beyond. They’re so talented, so smart, so articulate. You always want your kids to be better than you. These kids are far better than I ever was.”

View a clip of the Go Heads performing at youtu.be/ FNHfTmdXZIL.

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**Ask Me About Real Estate!**
Two students from Barnard Mandarin Magnet Elementary School advanced to the county-wide competition level for the National PTA's Reflections Art Program. Fifth-grader Alarycia C. and fourth-grader Aaron C. both submitted artwork in the visual arts category in a school-wide competition, which earned their pieces "Awards of Excellence" from the Barnard PTA. Their artwork again received "Awards of Excellence" from the San Diego Unified Council of PTAs and advanced to the Ninth District PTA competition, where they competed with artwork from throughout the county in December.

Reflections is the largest and oldest arts education program of its kind, and more than 300,000 pre-K through grade 12 students nationwide create original works of art each year in response to a student-selected theme. This year’s theme was “I Matter Because...” and Barnard’s students produced an array of introspective, imaginative, and thoughtful pieces.

For information on Barnard Mandarin Magnet Elementary School or to find out about the District’s School Choice program, visit barnard.san diego unified.org.
Enjoy panoramic ocean and coastline views from this waterfront condo in North Pacific Beach’s premier building, The Capri by the Sea. Well maintained direct waterfront 1BR home features a kitchen with breakfast bar that opens to your living and dining room with juliet balcony. Comes with 1 parking space in secure garage. Incredibly rare highrise building with CC&R’s that permit vacation rentals with a minimum 3 night stay. Bldg has 24/7 security, elevators, pool/spa, sauna, and rooftop deck with BBQs. Offered at $859,000

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A sabbatical leave which turned into a permanent relocation to California

By Natasha Josefowitz, Ph.D.

In 1979, Herman was due for a sabbatical leave. My friend, Alice Sargeant, Dean of a Catholic college in Washington, D.C., where I taught on weekends, told us about her house in La Jolla, a village in Southern California. She did not have any renters that winter and would let us have it at a reasonable price. We accepted the offer having no idea what was in store for us, but we were ready for a warmer winter. It turned out to be a lovely house right on the beach. Herman swam in the ocean all winter long saying it was right at our doorstep. The best medical care in the world was at our doorstep. The theater’s concert halls, museums, and three universities was a center of medical research. We discovered that the best medical care in the world was right at our doorstep. The academic life suited us, giving us the free time to write, travel, and spend time with friends. We were happy.

At a dinner party in La Jolla, I happened to be sitting next to Jonas Salk. When he found out that I was born in Paris, France, he jumped up from his seat, took me by the hand and led me to a quiet room. He picked up the phone and called his wife Françoise Gilot who was in Paris. No matter that it was three o’clock in the morning in France, she woke her up and said he wanted to introduce her to his dinner partner and handed me the phone. I apologized for the hour. We talked in French. I suggested we continue our conversation when she returned home a few days later. We met for lunch. She is a fascinating woman; she had written a book My Life with Picasso and had two children by him and is a painter in her own right.

I shared some of my poems with her, which I was planning to send to a publisher. She loved them and offered to illustrate the book, and so she did. Our book Is This Where I Was Going? (published by Warner Books in 1983) was very successful with many printings. We gave several lectures together. It was wonderful to have a friend with whom I could speak French. It is strange how speaking in a different language can stimulate a different way of thinking and perceiving the world.

Today Françoise is living in New York, still paints, and exhibits her work. Herman and I became good friends with Jonas and Françoise. Jonas came as a guest lecturer to both our classes. He was interested in the topic of creativity and invited some of the most creative individuals in the U.S. for a week-long seminar at the Salk Institute. He asked me to facilitate that program; it was the highlight of my year.

One of my more rewarding teaching experiences was being asked to lead the first day of classes each year at UCSD Graduate School of International and Pacific Studies, teaching foreign students about how women were being marginalized and discriminated against, which many of them had not been exposed to in their countries. This made a difference in how women in the classroom were perceived and treated for the rest of the semester. I was grateful to be given the opportunity to teach a favorite subject — gender equality as a human right.

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.
Kate Sessions Park was originally a 2 acre park named Color Park that was founded by Kate O. Sessions but was never completed before her death in 1940. Her brother Frank proposed to the City to rename the park Kate O. Sessions Color Park to commemorate the 100 year anniversary of her birth. The City did better and donated 79 acres of Pueblo Lot 1785 naming it Kate O. Sessions Park in her honor.

PB Fun Fact:
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