Restaurants opening for dine-in customers
SEE PAGE 6

Fashion Week to hold virtual runway shows
SEE PAGE 12

Osprey nest perched above Scripps Pier
SEE PAGE 16

Pacific Beach artist Autumn Love with her latest love message at the intersection of Emerald and Bayard streets.

NEEDED NOW MORE THAN EVER
SEE PAGE 15
PB planners discuss approved Foothill and Loring roundabout

By DAVE SCHWAB

Pacific Beach Planning Group got an update in May from City engineers on the recently approved roundabout at Foothill Boulevard and Loring Street.

The City advisory group also vetted diagrams of the oval-shaped roundabout and raised splitter islands there, along with discussing drainage improvements at that intersection.

Project manager Ronak Rekani, and senior engineer Daniel Nutter, unveiled the City’s design phase for the project, now about 60% complete. They also discussed its construction schedule, including significant drainage improvements. Roundabout construction is expected to begin this fall and be completed by the end of fall 2022 at an estimated cost of $1.8 million. The project is currently only funded through the design phase.

“We’re reviewing free-flowing, fast-moving traffic through Foothill Boulevards along Loring Street now controlled by stop signs and made worse by the incline of the street,” said Rekani noting. “Also, there are no crosswalks there making it a little difficult for pedestrians to navigate.”

Besides crosswalks, Rekani said important elements of the new roundabout include raised islands, pedestrian passageways and curb extensions, ramps, and crosswalks.

“The raised islands with passageways will guide traffic and enhance the channelization of vehicles through the intersection,” said Rekani. “Improvements will include street resurfacing, concrete replacement, and installation of pedestrian crosswalks. Storm drainage improvements include 640 feet of storm drain pipeline, along with cobble within the curb extension to allow runoff to avoid flooding. That includes a biofiltration unit upstream on Loring Street.”

Tom Coat, a Foothill resident who’s lobbied for years to get the Foothill/Loring roundabout approved, wrote to PBPG that he’s “extremely appreciative” that planner and other civic groups “all have recognized that making Foothill Boulevard safer is a critical project.” He added what they’re doing “can make improvements that likely will save lives.”

Added Coat, “The overall design of the roundabout will be an important step in significantly slowing traffic speeds on Foothill Boulevard. The curbing extensions, along with the raised splitter islands, will signal to drivers that they must slow down and these improvements will slow traffic. Additionally, we critically need lighted crosswalks at several locations along Foothill Boulevard. If one of these cannot be located at the Foothill/Loring roundabout, then at least a couple should be located nearby to help pedestrians.”

But not everyone was pleased by the concept and design of the new roundabout. Judith Wesling, who lives in the 4900 block of Foothill south of Foothill/Loring, was un convinced the oval-shaped roundabout will slow traffic as intended.

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LA JOLLA Shores: your escape from the Hustle & Bustle
3bd./3.5ba. 2,494sf. $3,495,000

NEW LISTING! LA JOLLA So. Soledad:
3bd./2.5ba. 2,518sf. $1,350,000 -$1,425,000

LA JOLLA Lower Hermosa: Rustic Mediterranean Villa
NEW LISTING! 6bd./4.5ba. 4,034sf. $3,950,000 - $4,295,000

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4bd. +1 Opt./4.5ba. 3,777sf. $1,950,000 - $2,100,000

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4bd./3.5ba. 3,401sf. $1,950,000 - $2,100,000

LA JOLLA Lower Hermosa: Development opportunity w/ approved plans for a Contemporary Estate on Camino De La Costa
Agent: Natalie McGhie. $5,250,000

LA JOLLA Bird Rock: New Construction in 2020
6bd./6ba. 7,654 sf. $5,750,000
Agent: Natalie McGhie.

LA JOLLA Muirlands: One of the best views in La Jolla! !
4bd./3.5ba. 3,401sf. $1,950,000 - $2,100,000

LA JOLLA Heights: 2 masters, quiet & serene
4bd. +1 Opt./4.5ba. 3,777sf. $1,950,000 - $2,100,000

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LA JOLLA VILLAGE: in Woodlands South
2bd/1ba. 832sf. $510,000 - $520,000

PENDING!

PENDING!

PENDING!

PENDING!

PENDING!
Merchants Association discusses wayfinding program

By DAVE SCHWAB

R eviving proposed installation of Village direction- al signage, La Jolla Village Merchants Association in May voted recommendations made by an Ace Parking representative.

Brad Elsass, VP of strategic initiatives for Ace, conducted a parking study a year ago for LJVMA, noted the merchant group’s executive director, Jodi Rudick.

“Our research was primarily focused on off-street park- ing utilization in the Village, which indicated that park- ing capacity is not a signific- ant barrier to visitation to La Jolla, particularly during nights, weekends, holidays, and events,” said Elsass. “The wayfinding recommendation was developed to improve sev- eral aspects including pedes- trian flow, better access to the coastline, and improvements to congestion by informing visitors where services and points of interest are located in the Village.”

Added Elsass: “When benchmarking other com- munities, such as Encinitas, which share similar challeng- es as the Village, it was not- ed that targeted wayfinding programs improve the overall visitor experience. As such, a phased approach to improv- ing signage in the Village was recommended as a potential solution.”

Elsass told Village mer- chants Phase 1 of a new wayfinding program would be focused on “static signs that would highlight points of interests such as the Children’s Pool, Whale Point, and Downtown.”

He pointed out Phase 2 of a wayfinding program “would be centered around dynamic signage to direct visitors to available parking to reduce the congestion in the Village created by visitors searching for a parking stall. Parking occupancy data can be dis- played in real-time, and sent to various mobile parking ap- plications to direct visitors to open parking, thus reducing the amount of circling the streets in search of avail- able parking.”

Concluded Elsass, “What we’re looking for is for LJVMA to lead the way in bringing this wayfinding idea around to the community groups.”

Additional estimates would cost about $3,500 to create plans for a directory and sig- nage for the Village including graphics.
The San Diego Foundation awards $250,000 for affordable child care

The San Diego Foundation announced $250,000 in grants to 11 nonprofit programs that will increase access to quality, affordable early childhood education and developmental care in San Diego County.

The grantmaking is made possible through The San Diego Foundation Early Childhood Initiative and a pilot program that focuses on responsive grants in the community.

The Covid-19 pandemic has further demonstrated just how critical child care is to the regional economy, as well as the health and well-being of San Diego children and families.

“The number of families and children in San Diego County that need quality care far outweighs the amount of child care options available in the region,” said Katie Rast, director of community impact at The San Diego Foundation. “These grants will provide relief to working parents and help bolster the regional economy now, and into the future, by closing the child care gap in our communities.”

According to research from San Diego Workforce Partnership and the San Diego Regional Chamber of Commerce, early childhood care and education is essential to the health, development and success of San Diegans and the regional economy, yet child care options are scarcer, inconvenient, unaffordable and of varying quality in the region.

The Early Childhood Initiative grants are part of a regional effort by employers, working parents, policymakers and funders, who are working together to address the child care challenges in San Diego.

The Early Childhood Initiative is supported by the Guy Clum Early Childhood Education and Development Fund at The San Diego Foundation and builds upon a regional vision that supports both immediate impact initiatives and systems-level change in early education.

San Diego’s Small Business Relief Fund to top $20 million

Continuing to take steps to provide relief to San Diegans affected by COVID-19, Mayor Kevin L. Faulconer announced that resources made available to San Diego small businesses will now top $20 million following the mayor’s decision to direct $13 million in federal CARES Act funding to help small businesses get back on their feet.

“Small businesses are the lifeblood of San Diego's economy and they need our help now more than ever,” Faulconer said. “The Small Business Relief Fund has delivered financial assistance to hundreds of businesses so far, and the work has only just begun. This new funding will go to even more businesses as they plan for the reopening of our economy.”

This week, Faulconer released a revised fiscal year 2021 budget proposal that prioritizes federal CARES Act stimulus funds for small businesses, homeless services, and childcare for frontline workers. The proposal calls for using approximately $13 million for small business relief.

Created in March by Faulconer, the City’s Small Business Relief Fund provides loan and grants to help local employers sustain operations, retain employees and address reductions in consumer demand. More than 10,000 business owners submitted applications for relief during the first few weeks, far exceeding the initial resources available. The mayor has since grown the fund as part of a broader economic relief package and announced additional private contributions from corporate donors and generous San Diegans.

Financial assistance made available through the fund ranges from $2,500 to $10,000 and will be allocated to eligible small businesses based on the availability of funds and program guidelines. The City is broadening eligibility criteria to allow more businesses to qualify. To be eligible, businesses must:

• Employ less than 100 full-time equivalent employees;
• Have a City of San Diego Business Tax Certificate.

READ MORE ONLINE AT sdnews.com
Successful opening for dine-in restaurants and stores for in-person shopping

By DAVE SCHWAB

A llowed to reopen with strict guidelines and limited seating under the County’s plan to allow dine- in customers, local restaurateurs are happy to reopen, but also fear they could lose business to those without confident, which could translate into a long slow climb back to normalcy and prosperity.

“We’re absolutely jubilant, and everyone talked to their tabs was just glad to be out again in public, they were just glowing,” said owner Mark Ouel of Pueblo Baja-inspired cuisine at 877 Hornblend St. in Pacific Beach. The restaurant reopened for dine-in just before Memorial Day weekend.

But Oliver offered this caveat. “We did maybe 50% to 60% of the sales, in about 50% of the seating, that we did last year on the same Memorial Day weekend.”

This suggested to Oliver, “There’s a very good chance that we may never get the same volume of profit, maybe for another year. It could be a negative cash flow situation for quite a while.”

“We’re open and we’re kicking,” said John Gelastopolous, owner of Broken Yolk, a local restaurant chain that started in PB at 1851 Garnet Ave.

“We reopened our dine-in on May 20 with almost 50% of our main room, with signs on every other booth saying they were closed for social distancing. We also had paper menus that are disposable.”

Though encouraged by dine-in turnouts for the first weekend of re- opening, Gelastopolous concurs with Oliver that getting back to normalcy may not happen. “It’s going to take some time for both the businesses and the customers to adjust.”

“We reopened our dine-in on Memorial Day weekend,” said John Gelastopolous, owner of Broken Yolk, a local restaurant chain that started in PB at 1851 Garnet Ave.

“We’re in the process of pur- chasing, or at least not right away. Eric Adler, a co-founder of Puesto recently announced, after 12 years in the San Diego’s restaurant landscape.

“We are excited to welcome back guests and come together as a community again. As we begin our initial recovery from the Covid-19 pandemic, our cen- ters will be equipped to provide a healthy, clean, and safe environ- ment for our guests, employees, and visitors. We are committed to ensuring the best experience possible as we prepare to open our doors.”

New Westfield center practices include:

- Increasing the frequency of cleaning measures with a fo- cus on high-touch areas such as restrooms, play areas, dining areas, and water fountains.
- Monitoring and controlling the number of guests entering the centers and crowds in dwell ar- eas and queuing lines.

“Implementing and enforcing relevant practices related to so- cial distancing, face masks, and other preventative measures. In addition, Westfield will con- tinue working with local retail and restaurant owners to facili- tate successful operations. We are in the process of pur- chasing, or at least not right away.

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Pacific Beach Training moves to new space, preparing to open

By DAVE SCHWAB

Since closing after the pandemic hit, three things have happened with Pacific Beach Training owner Junior Leoso: He’s switched locations, changed his business model, and temporarily loaned out much of his equipment to members.

“We jumped the gun starting a program renting out our equipment for free to members since we closed March 15,” noted Leoso, a volunteer member of Pacific Beach Planning Group, who has attained nationally accredited certifications, as well as multiple non-accredited courses.

“We’ve given equipment out as a way to train people.”

Added Leoso, “We’re doing online training with people we’ve loaned our kettlebells, dumbbells, and barbells to, over $40,000 worth of equipment to people in Pacific Beach so that they could keep on training anyway.”

Leoso’s got about 100 members presently after some nine years in business. “I’m the longest-standing training studio that I’m aware of in this ZIP code,” he said.

Leoso, who inhabited a space at 4440 Ingraham St. pre-pandemic, has since moved his operations to a new workout space he’s been converting.

“We’re in the midst of an upgrade, having moved into a much bigger space for a gym closer to the water next to Sliders at 909 Grand Ave,” he said. “I’ve been doing all the work necessary to get up and running in that building. We’re doubling down on everything, redoing the ceiling and flooring and upgrading all the equipment and sanitation stations. It’s going to be fun.”

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French Gourmet delivering entrees to Mother of Confidence parishioners

By DAVE SCHWAB

The French Gourmet in North PB has found a new way to reach out to patrons during the pandemic: delivering delicious entrees prepared daily, blast chilled and ready to be reheated.

“We’ve got a lot of home bound people, and I got the idea of delivering food to them from a church parking lot, then have volunteers take [the meal] the last 500 yards,” said restaurant owner Michel Malecot, who’s working with the Knights of Columbus, a global Catholic fraternal service order, delivering food to Mother of Confidence parishioners in UC.

“I started doing it March 16 every night and on Sundays at noon. We take from two to three as many as 10 orders.”

Added Malecot: “I do it at a fixed time and people simply come and get their pre-ordered goods, which are bagged here come and get their pre-ordered goods, which are bagged here getting their pre-ordered goods, which are bagged here.

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Thinking about Mexican tonight?

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Short-term vacation rental operators hoping for rebound this summer

By DAVE SCHWAB

ike a ship trapped in the dol-

drums at sea, the Covid-19

pandemic has temporarily taken the wind out of the sails of local short-term vacation rental owners and operators. The ongoing pandemic has changed the “typical” tourist, said industry spokesperson Jonah Mechanic, owner of SeaBreeze Vacation Rentals in La Jolla and president of Share San Diego, Airbnb’s San Diego arm. “The client now is not your typi-
cal tourist who comes here to go to the beach and see all of San Diego’s attractions like the zoo, Balboa Park and SeaWorld, which are all closed,” Mechanic said. “People are now staying here for more extended periods of time. For example, many people living outside San Diego, who have family here, are coming and renting for a month or multiple weeks, so they can stay in the house and quarantine together. It’s something we haven’t seen before.”

With kids, and sometimes par-
etual, when they’re here, they’re finding their space has “shrunk,” which Mechanic said is causing some to consider taking on a short-term rental “to have a larger house and maybe some outside space with a yard to help with the kids while quarantining together.”

With all of this, it gives you a chance ever get back to normal for short-term rentals!

The Advanced Health Care Directive

By: Dick McEntyre and Chris von der Lieth, Attorneys at Law

In the year 2000, the State of California adopted an Advanced Health Care Directive form, by which, a person may set out his or her directions concerning health care, end-of-life decisions, and related concerns.

This form is comprised of three main components:

First, it contains a power of attorney for health care, by which you may designate a person (and “back-up[s]”), called your “agent,” to make health care decisions on your behalf, should you be unable (for example, be in a coma).

Second, it gives you the choice to direct that your health care provider provide, withhold, or withdraw health treatment for yourself under circumstances where your physicians expect you to die within a relatively short period of time.

Third, the form enables you to offer to donate upon your death, your organs, tissues, and other body parts, subject to any limitations your may impose.

In addition, the form enables you to make known any of your related wishes, such as, for example, burial/cremation instructions.

The Advanced Health Care Directive is an important document, typically prepared at the time you prepare your estate planning documents. Hospitals and physicians do rely on this document. While a completed form does not automatically termi-

nate after a given period of time, it is best that it be done afresh or “re-validated” at least every five years, so that third par-
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Some Mission Beach residents concerned about short-term vacation rentals ramping up

By DAVID SCHWAB

With short-term rentals presently hobbled by a lack of tourism during the pandemic, the question of whether or not they're over saturating the beachfront is resurfacing.

With the Covid-19 lockdown two months old, and Gov. Gavin Newsom's decree that STRs cannot be rented to non-essential tenants, STR operators admit rentals are way down. They're also noting the market's demographics have changed. With airport traffic cratering, San Diego, at least temporarily, has become a drive-to destination.

The Beach & Bay Press and La Jolla Village News spoke with two residents – Greg Knight and Gary Wonacott of Mission Beach, the coastal community acknowledged as having the largest proportion of STRs – to get their take on what the present short-term rental situation may bode for the future.

“We are seeing a decline in the amount of STRs that are being rented and many of the responsible owners and property managers have stopped renting all together with the stay-at-home order in place,” said Knight, a small-business owner and member of Mission Beach Town Council. “However, many property managers are seeing their businesses losing money, which means they are doing anything and everything to get a unit rented.”

Added Knight: “This means lowering the prices and going after the people that are not taking this situation as serious. An STR on my court actually rented to a group recently that were just here for the (lockdown) protest in PB.”

“Grocery stores limit the number of shoppers, but we do not put a limit on the number of visitors coming into our residential areas. This seems insane,” said Gary Wonacott, a former MBTC member who resigned recently, and has advocated for stricter STR regulations.

Meanwhile, Wonacott said the pandemic has brought some changes to MB, that some residents are not displeased with. “Mission Beach last summer was inundated by STRs, scooters, and airport noise,” he said. “It was horrendous ... Since the coronavirus showed up, virtually all of the scooters have disappeared. STRs, until recently, have been very quiet. And airplane noise is almost non-existent over MB.”

Nearly a year ago in June, MBTC sought to “broker” a compromise over STRs in the community. The MBTC room vote then was 94-34 in favor of an MBTC committee's recommendations, with at least one critic arguing it was a largely pro-rental partisan crowd, not the sentiment of long-term residents.

No action was subsequently taken by the City over MBTC’s short-term rental recommendations.

Those recommendations included non-transferable rental permits; annual per-unit $950 permit fee; primary rental occupants must be age 25-plus with a three-night minimum; two-person per bedroom occupancy; required “good neighbor policy” posting; prompt nuisance complaint response; complaint log required showing responses; escalating fines from $1,000 to $4,500 with permit revocation, and an appeals process, for repeat offenders; and an ultimate goal of limiting short-term rentals in MB to 30 percent of total units.

Since then, the STR issue has since largely been back-burnered with the upcoming mayoral election and the ongoing pandemic.

There is now a new concern over short-term rentals besides lack of enforcement. “Many people are coming in and do not know what the rules and regulations are during this virus,” Knight said. “Many aren’t wearing masks. When you just show up in town and find that you are limited to no boardwalk, no restaurants, very limited supplies, and not knowing where to find sources of information, it makes it next to impossible for renters to figure out what to do and where they can go.”

Added Knight, “MB is a very tight community geographically with a lot of units right on top of each other and many doors that open within six feet of one another. MB also has a lot of senior citizens living in close proximity to college-age and mid-20s people, many of whom don’t take this situation very seriously. We are concerned that if the virus were to come to MB, it has the potential to spread like a wildfire with severe consequences for some. If vacation rentals are allowed to come back in with no consequences, our population in Mission Beach could increase by 400-plus percent, which could be deadly.”

Wonacott’s longstanding view that MB is oversaturated with short-term rentals remains unchanged. And he doubts the present “pandemic pause” will have much long-term effect.

“The percent of STRs in PB has been around 7 percent of total dwellings compared to over 50 percent in MB,” he said. “I doubt there are many communities in California that compare with MB, which is why we are so concerned about a sudden increase in coronavirus here brought in from STR visitors... I do expect the percent of STRs in MB to drop substantially this summer in MB, although it appears that most STR owners/investors are staying the course for now. I don’t see a dramatic decrease in STRs in the long term due to the virus.”

Reacting to the contention that short-term tenants aren’t aware of local pandemic restrictions, rental industry spokesperson Jonah Mechanic said: “From direct interaction with our guests, that is simply not true. Virtually every guest that calls or emails our office looking to come to San Diego always asks what the rules are so that they are prepared. They ask about the beach closures, restaurant availability (dine-in versus take-out), masks, and social distancing. These are responsible people who are in need of accommodations so that they too can responsibly shelter-in-place.”

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I t’s hard to say if the legal cannabis industry has “escaped” the economic downturn from Covid-19, or risen above it.

In any event, local legal marihuana dispensaries, which were designated by the state as essential businesses, have remained open and have fared better than many other small-businesses during this two-month pandemic pause. Beach & Bay Press and La Jolla Village News caught up with two dispensaries in the area above it.

URBN LEAF: “Initially yes,” said Kendall Barquist, store manager at Urbn Leaf, which has three San Diego dispensaries and covers coastal and other areas of the City and County. “Especially once we put in the new policy for following lockdown protocols, social distancing and mandated facemasks.”

COLUMBIA CARE: “That was exactly our experience,” said Carolyn Kates, promotions and community outreach specialist with Columbia Care San Diego Dispensary at 4645 De Soto St., in Pacific Beach. “In March, we had a record number of shoppers, who seemed to be ‘stocking up’ for their quarantine. However, as soon as an official ‘stay at home’ order came, our sales dropped in half.”

URBN LEAF: “Usually we primarily have tourists because we’re the closest location to the airport,” said Barquist. “But since the travel ban due to the pandemic, we started to get people from all over including North County and Temecula. I would say our sales went down about 30% after the travel ban, but the business has been pretty consistent ever since. We always have bodies here. But before the pandemic, we had the entire lobby filled and lines out the door. Now it’s just consistently busy.”

COLUMBIA CARE: “Over half of our clientele are tourists and visitors to Pacific Beach,” said Kates. “The other half come from all around San Diego County. Because of that client mix, we were also adversely affected by the beaches and the boardwalk being closed for over six weeks. When tourism suffers, our dispensary also suffers.”

Deemed essential, local cannabis shops negotiate the pandemic

The business has been pretty consistent ever since. We always have bodies here. But before the pandemic, we had the entire lobby filled and lines out the door. Now it’s just consistently busy. — COLUMBIA CARE
MBHS PLANS SUMMER GRADUATION

Like Point Loma, we are hopeful we will be able to hold summer graduation in July/August on the field,” said Mission Bay High School principal Ernest S. Remillard. “We are planning a senior celebration on May 29.”

The principal said students will receive all of their class of 2020 items (cap, gown, honor cords, IB Diploma, yearbook, etc.) at the senior celebration, which will be held at Lee Street to a senior celebration, where kids and families will drive down Lee Street to a senior celebration, where MBHS staff will be waiting to receive all of their class of 2020 recognition.”

MISSION BAY COACH DENNIS PUGH DIES

Dennis Pugh, a long-time baseball and football coach at Mission Bay High School, died Friday night, May 15 in his home. He was in his 31st season as head football coach at Mission Bay, winning two San Diego Section championships. His most-notable player at Mission Bay High was running back Arian Foster, who went on to play in the NFL for the Houston Texans, gaining 6,527 yards, playing in four Pro Bowls and was first-team All-Pro in 2010. Pugh is survived by his wife, Marilyn.

PB FARMERS MARKET BACK IN BUSINESS

The farmers market reopened May 19 after being on hiatus due to the pandemic. “Our first week open went really well,” said Sara Berns, executive director of Discover PB, which sponsors the weekly Tuesday event. “For the most part, our community followed our new regulations and brought patience, but mostly excitement, to be able to shop at their favorite local farmers market again. We look forward to continuing to grow the market as regulations are lifted safely over the coming months.”

MURAL PROPOSED FOR PB REC CENTER

Former Pacific Beach Planning Group chair Brian Curry outlined his efforts to secure City approval for a mural on the Pacific Beach Recreation Center at 1405 Diamond St. at the City advisory group’s May 13 meeting. Curry asked for, and received, a letter of support from PBPG.

Curry said an artist, Rob Tobin, has been chosen for the project. “His specialty is community art, which is ideal for this project as we want the entire PB community involved in the beautification of our rec center,” said Curry urging people to observe examples of Tobin’s art at artist-robotin.com.

Added Curry of the community beautification effort. “It is a pretty long process given it is City property and having to meet all City requirements, etc.”

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Dealing with the many losses resulting from the coronavirus pandemic

1. Anticipatory Grief
What I call anticipatory grief usually concerns the loss of those who had been ill for weeks, months, or even years. When someone succumbs to the virus, this period is most likely reduced to days. To make matters worse, there is no way to know whether someone has succumbed to the virus or something else. This is a period of anticipatory grief.

2. Shock
The second state right after a loved one dies is shock. The end of life is jarring. While in shock you fluctuate between unbearable emotional pain and the need to be rational and logical in order to survive on one’s own. During the pandemic, this must be faced without the usual support from family and friends and without the rituals of griefing which provide catharsis and closure. Reaching out for comfort is both imperative and daunting. Now the bereaved must reach out by phone, email, FaceTime, or Zoom.

3. Disbelief
Disbelief is the third state. Nothing seems real. People say, “I feel nothing, disconnected.” I suspect this lack of affect is the brain’s way of protecting us from intense and disabling pain, waiting for things to settle a bit. Behavioral symptoms can include lethargy and exhaustion, but also anxiety and agitation, not crying at all or sobbing uncontrollably.

4. Reality
At some point you have to accept reality. You have gotten in touch with the finality of your losses. It is a period of reassessment, how are you going to handle your new situation? There may also be no one to talk to or cry with and to look for solutions on how to handle one’s new identity as bereaved, or unemployed and without the usual resources.

5. spiritual wellness
The ensuing loneliness can be physically and psychologically debilitating.

You have morphed into a different person, from being socially involved to living in seclusion. You have to resign yourself that there cannot be any sense of normal right now, but a temporary state in which you must find the resilience to survive on your own. What can be bearable with another is share the pain becomes unbearable alone. You must seek another person to talk to, whether by phone or email, or video meeting. There are also online therapists available to help deal with this totally disorienting state of affairs.

The show must go on for Fashion Week San Diego

Fashion Week San Diego has good news to share with the community. They decided the show must go on and scheduled a series of virtual runway shows. Gwen Bates has taken over the helm as the new director, from the founder Allison Andrews, and is planning events all year long. The eight designers selected this year are: luxurious designs by Bea Cruz DJ, Colombian fashion designer Gloria, Avant Garde Couture by Kelly Leanne, and Fashion Awards presenters Cocoa and VaughnBerry. This live virtual show was in a warehouse at the Luz Loft in Little Italy. They showed floral metallic boyfriend jacket and girlfriend bomber jackets with matching fashion masks. Another look was a white lattice bomber jacket for boyfriends and girlfriends with matching fashion masks.

Last week they had a FWSW virtual runway show featuring VaughnBerry. This live virtual show was in a warehouse at the Luz Loft in Little Italy. They showed floral metallic boyfriend and girlfriend bomber jackets with matching face masks.

Another look was a white lattice bomber jacket for boyfriends and girlfriends with matching fashion masks. The next virtual fashion show in the series will be in June and will feature Diana Fiorentino from Scheherazade Fashion.

The first free Zoom workshop was with special guest Mercedes Gonzalez, who is a New York-based expert industry global purveyor. This week, they presented aFWSD Zoom series featuring Anna Crowe who is founder and CEO of CrowePR. She discussed the PR tips and tricks for the fashion industry.

The Zoom fashion series will continue with Knobbe Martens, which will be presented at noon on June 4. They will be featuring special guests Jason Jardine, Lori Morrow, David O-Hair, Radhika Raman and Jeff van Hoosear from the Intellectual Property Law Firm.

One of the new events coming up is FWSW Art & Beauty Week, in partnership with Sotheby’s in NYC in partnership with The Art Renewal. This collaboration will showcase the eight designers who will use inspiration from paintings from around the world to create their designs. Sotheby’s will showcase eight paintings having the artist interpretation of their inspiration at the event. FWSW has set up an additional series of fashion Zoom events.

Looking for tutorials from the beauty teams on hair and make-up. There will be free sewing classes given by the designers. Some of the designers helped facilitate donations of 600 masks to Rudy’s Children’s Hospital, ScrippsHealth, and military bases.

I asked Gwen Bates to tell us about herself and she said: “I am a native to San Diego and no stranger to the fashion industry. I have embarked upon this new journey as the new Director to build upon the outstanding organization founder Allison Andrews started in 2007. I am excited for what the year has in-store and am expecting much success and creativity this year.”

FWSW2020 Designer Runway Shows will have a live runway show on Oct. 17 at 6 p.m. Guests can attend the event at the Luz Loft in little Italy or can have the option to watch it virtually at home. On Oct. 18 there will be a trunk show with the designers and Fashion Awards presenters. Stay tuned for all the dates and times by visiting fashionweeksd.com

Diana Cavagnaro is an internationally renowned Couture Milliner based in the San Diego. Learn more about our hat designer, a fashion industry expert and blogger at www.DianaCavagnaro.com.

By Natasha Josefowitz, Ph.D.

What I call anticipatory grief usually concerns the loss of those who had been ill for weeks, months, or even years. When someone succumbs to the virus, this period is most likely reduced to days. To make matters worse, there is no way to know whether someone has succumbed to the virus or something else. This is a period of anticipatory grief.

Shock is not only emotional, it is physical, as well. The body is flooded with cortisol (the stress hormone) and one cannot function normally. There is deep fatigue, sleep is disturbed, so are eating habits and digestion. In retrospect one can also implicate the release of this stress. Taking care of yourself by getting enough sleep and eating regularly becomes even more important.

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Not feeling normal is normal. Life is made up of steps of grief from loss to healing.

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City to distribute $1M to support artists struggling amid pandemic

As part of the City’s efforts to provide economic relief to those struggling financially during the pandemic, Mayor Kevin L. Faulconer on May 27 announced $1 million in funding to support local artists, bolster public art in neighborhood parks and expand the Civic Art Collection.

This funding is available through government grants and fee donors pay into the City’s Public Art Fund.

As COVID-19 continues to devastate the global economy, local artists are among many struggling to make ends meet as work opportunities are scarce. To support those artists, the City of San Diego is launching two new initiatives to beautify public spaces like City Park and add new works to the City’s collection.

“As we continue to slowly re-open our economy, we’re looking for ways to help folks get through this difficult period and begin to recover,” Faulconer said. “That’s why we’re launching two new initiatives that will provide work for many struggling artists and create beautiful, thought-provoking public art for everyone to enjoy.”

The first arts initiative, SD Practice, will support artists through the direct purchase of existing artwork, providing income to working artists. This effort is made possible through the City of San Diego’s Commission for Arts and Culture’s Artist Grant Program.

The City’s Public Art Fund announced a second initiative, SD Media, which will support artists through the direct purchase of digital artwork, with the goal of making art available to all.

For more information on these initiatives, visit sandiego.gov/publicart.
Osprey nest perched above Scripps Pier brings hope to environmentalists

This spring, love is in the air for some feathered friends taking up residence at Scripps Institution of Oceanography at UC San Diego. Perched on a platform high above the Ellen Browning Scripps Memorial Pier, a pair of ospreys were recently spotted making a nest.

This nesting activity is a welcome sight for Bev Grant and Art Cooley, two supporters of Birch Aquarium at Scripps who are deeply rooted in supporting environmental and humanitarian causes. In 2018, Grant’s family’s foundation made a gift to Scripps Oceanography to support the construction of an osprey nesting boom and platform on Scripps Pier in the hopes it would provide a safe space for the birds to breed.

This April, amid a quiet campus due to the coronavirus pandemic, researcher Phil Zerofski — one of the few staff members on site — reported seeing two ospreys nesting together on the platform. This marks the first sighting of its kind since the platform was installed in December 2018.

"Obviously we’re doing a little happy dance and hoping that it’s going to be a good nesting season," said Grant, a retired English teacher who spent 30 years working at Torrey Pines High School. "We’re going to be grandparents," he said, "and we’re really happy to try and help make it happen.”

Several Scripps staff members were instrumental in getting the ball rolling for this project, including Facilities Manager Ken Hall, Pier manager Christian McDonald, and John Matthews, a former staff member in the development office.

Once the project was given the green light, Cooley and Grant met with staff members in the Marine Science Development office. It was truly a team effort, with Cooley sharing his knowledge of osprey nesting needs, Travis Thomas overseeing the project and installation, Anthony Marshall doing the fabrication and welding, and Eric Browning creating the CAD drawings and helping with the design process.

"Bev and Art’s idea to put a platform on the pier really fits in with this idea of community at Scripps,” said Rouse. “We have this pier that everyone admires — why don’t we have a simple addition to it that makes some of our local residents happy? It seemed like a no-brainer and a winner all around, so I was really happy to help make it happen.”

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Scientists around the world are racing to develop a vaccine to protect against Covid-19 infection, and epidemiologists are trying to predict how the coronavirus pandemic will unfold until such a vaccine is available. Yet, both efforts are surrounded by unresolved uncertainty whether the immune system can mount a substantial and lasting response to SARS-CoV-2 and whether exposure to circulating common cold coronaviruses provides any kind of protective immunity.

A collaboration between the labs of Alessandro Sette, Ph.D., and Shane Crotty, Ph.D., at La Jolla Institute for Immunology is starting to fill in the massive knowledge gap with good news for vaccine developers and is providing the first cellular immunology data to help guide social distancing recommendations.

Published in an online edition of Cell, the study documents a robust antiviral immune response to SARS-CoV-2 in a group of 20 adults who had recovered from Covid-19. The findings show that the body’s immune system is able to recognize SARS-CoV-2 in many ways, dispelling fears that the virus may evade ongoing efforts to create an effective vaccine.

“If we had seen only marginal immune responses, we would have been concerned,” says Sette, a professor in the Center for Infectious Disease and Vaccine Research, and adds, “but what we see is a very robust T cell response against the spike protein, which is the target of most ongoing Covid-19 efforts, as well as other viral proteins. These findings are really good news for vaccine development.”

“All efforts to predict the best vaccine candidates and fine-tune pandemic control measures hinge on understanding the immune response to the virus,” says Crotty, also a professor in the Center for Infectious Disease and Vaccine Research. “People were really worried that Covid-19 doesn’t induce immunity, and reports about people getting re-infected reinforced these concerns, but knowing now that the average person makes a solid immune response should largely put those concerns to rest.”

In an earlier study, Sette and his team had used bioinformatics tools to predict which fragments of SARS-CoV-2 are capable of activating human T cells. The scientists then, in this newest research, tested whether T cells isolated from adults who had recovered from Covid-19 without major problems, recognized the predicted protein fragments, or so-called peptides, from the virus itself.

The scientists pooled the peptides into two big groups. The first so-called mega-pool included peptides covering all proteins in the viral genome apart from SARS-CoV-2’s “spike” protein. The second mega-pool specifically focused on the spike protein that dots the surface of the virus, since almost all of the vaccines under development right now target this coronavirus spike protein.

“We specifically chose to study people who had a normal disease course and didn’t require hospitalization to provide a solid benchmark for what a normal immune response looks like, since the virus can do some very unusual things in some people,” says Sette.

The researchers found that all Covid-19 patients had a solid CD4, or “helper,” T cell response, which helps antibody production. Almost all patients had produced virus-specific CD8, or “killer,” T cells, which eliminate virus-infected cells. “Our data show that the virus induces what you would expect from a typical, successful antiviral response,” says Crotty.

And, although these results don’t preclude that the immune response to SARS-CoV-2 may be detrimental, they provide an important baseline against which individuals’ immune responses can be compared: or, as Sette likes to put it, “If you can get a picture of something, you can discuss whether you like it or not but if there’s no picture there’s nothing to discuss.”

“We have a solid starting foundation to now ask whether there’s a difference in the type of immune response in people who have severe outcomes and require hospitalization versus people who can recover at home or are even asymptomatic,” adds Sette. “But not only that, we now have an important tool to determine whether the immune response in people who have received an experimental vaccine resembles what you would expect to see in a protective immune response to Covid-19, as opposed to an insufficient or detrimental response.”

The teams also looked at the T cell response in blood samples that had been collected between 2015 and 2018, before SARS-CoV-2 started circulating. Many of these individuals had significant T cell reactivity against SARS-CoV-2, although they had never been exposed to SARS-CoV-2. But every individual has almost certainly seen at least three of the four common cold coronaviruses, which could explain the observed crossreactivity.

It is still unclear, though, whether the observed crossreactivity provides at least some level of pre-existing immunity to SARS-CoV-2 and therefore could explain why some people or geographical locations are hit harder by Covid-19.

“One of the exciting aspects of the ongoing Covid-19 pandemic, and therefore could explain why some people or geographical locations are hit harder by Covid-19 is that the severity of the ongoing Covid-19 pandemic, any cross-reactive immunity could have a very substantial impact on the overall course of the pandemic and is a key detail to consider for epidemiologists as they try to scope out how severely Covid-19 will affect communities in the coming months,” says Crotty.
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Airport’s Terminal 1 expansion plans still on, despite pandemic

By DAVE SCHWAB

Through COVID-19 has at least temporarily slowed most flights in and out of San Diego, airport authorities say the projected $3 billion proposed expansion of Terminal 1 remains a go, and that there are no plans to alter the project’s timetable.

Planned new improvements to ’60s-era Terminal 1 would feature adding 11 new gates to the present 19 bringing the total to 30 adding more gate-area seating, restaurants and shops and additional security checkpoints with more lanes and a host of energy-efficiency upgrades. Terminal 1’s expansion, part of the overall Airport Development Plan, also includes numerous roadway and transportation improvements.

Prior to the pandemic, the timetable for Terminal 1’s retooling its current size had construction starting in late 2021, with the first stage of the new terminal opening in 2024, and full completion of terminal gates in 2026.

When it opened in 1967, Terminal 1 served 2.5 million passengers that year. In 2019, the same facility served more than 12 million.

Nicole Hall, senior communications specialist, San Diego County Regional Airport Authority, pointed out San Diego International Airport’s air traffic and passenger volume “mirrors the numbers at airports around the country.”

Asked if there’s a chance plummeting air traffic could scale back — or even scrap — Terminal 1’s expansion, Hall replied: “Currently, passenger volume at Transportation Security Administration checkpoints at airports around the country is down 96% compared to one year ago. As of now, the impacts from COVID-19 have not impacted current plans to redevelop Terminal 1, which is a part of the larger ADP.”

“Plans for the redevelopment of Terminal 1 have not been changed. However, as we move forward, we will continue to review the potential impacts of COVID-19 on all projects and programs.”

Hall noted public input on Terminal 1’s expansion continues. “The public can provide input at board meetings, which are being held telephonically at this time,” she said.

Recently, the airport received more than $91 million from the newly created Coronavirus Aid, Relief, and Economic Security (CARES) Act Airport Grant Program.

“The relief funds are on a reimbursement basis, so we will draw down funds to reimburse eligible costs expended,” said Hall. “We are still evaluating which costs we will seek reimbursement for. The federal emergency relief funds can be used for capital expenditures, operating expenses, including payroll and utilities and airport debt payments.”

Added Hall: “The executive leadership, in coordination with the board, will decide which costs will be reimbursed by the grant. The airport is incredibly grateful for this funding, and it will be critical in helping the airport cash flow and current obligations. As many industries are, the airports as a whole are facing unprecedented uncertainty. As time passes, there may be a need for additional assistance for airports around the country. We expect the funds will assist with FY 2020 and a portion of FY 2021 needs.”

In October 2019, Peninsula Community Planning Board sent a letter to the San Diego County Regional Airport Authority commenting on a draft environmental impact report being circulated on proposed Terminal 1 and airport expansion.

“We object to the DEIR as all the benefits of the airport expansion go to the Airport Authority and the airlines,” said PCPB’s letter. “The burdens of increased noise and pollution all unfairly fall on the residents of Point Loma and surrounding communities like OB. The airport’s position in the DEIR is that these issues of noise and pollution are ‘significant but unavoidable harms’ to the human health of Point Loma residents. This is offensive and unacceptable. The DEIR should not be approved or move forward until real harms to human health are properly addressed.”

Added PCPB’s airport letter: “The SDCRA and the FAA have forecasted airport operations will increase by 15% through 2026, to a rate of one arrival or departure every 86 seconds, 17 hours a day, 365 days a year, regardless of whether the ADP is built or not. Thus, the SDCRAA is promoting a $3 Billion ADP proposal, which includes 11 additional gates and additional ‘remain overnight’ aircraft parking places that will increase air traffic arrivals late into the night and stretch the morning departures well into mid-morning.”

Peninsula resident Casey Schnoor, an airport watchdog and outspoken critic of Terminal 1’s expansion, noted expansion plans are “being pushed forward when, under prior operation levels, airplane capacity was rapidly racing to its maximum, as limited by the single runway...”

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Just sold! 5361 Van Nuys Court
$1,900,000

Greg Cummings
The Greg Cummings Group
858.717.0730
Greg@GregCummings.com
DRE# 01464245

Garden Design & Maintenance
$125 value
(4) 3/31/20

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750 DEVON CT.
2 BD | 2.5 BA | 1,560 sq. ft.
Sold Price of $1,065,000

South Mission Beach top floor condo with luxury features! This home is located on a lovely, well maintained court and is only steps away from the beach. The property features travertine floors, stainless steel appliances, granite counter tops, AC and solar. Master bedroom is pure luxury with jetted tub, separate shower, huge walk in closet. 3rd level patio is spacious and great for entertaining.

752 DEVON CT.
2BD | 2.5BA | 1,325 sq ft
Sold Price of $1,007,387

South Mission Beach ground floor condo with luxury features! This home is located on a lovely, well maintained court and is only steps away from the beach. The property features travertine floors, stainless steel appliances, granite counter tops, AC and solar. Master bedroom is pure luxury with jetted tub, separate shower, huge walk in closet. Open layout, ground level living space sprawls onto private landscaped patio.

740 NEPTUNE AVE.
2 BD | 2.5 BA | 1,074 sq. ft.
Asking Price of $2,475,000

Enjoy the Encinitas life style from this turn-key Ocean front stunner. This home has been totally updated with AC, solar, quartz counter tops, wood floors, tile floors, remodeled bathrooms, and dual pane windows. Take in the sun and surf from the a large, private stone patio with built-in BBQ and BEACH ACCESS. The panoramic ocean views will keep you relaxed and refreshed. Two spacious garage parking spaces in addition to over-sized driveway parking.

754 DEVON CT.
4 BD | 3 BA + 2 ½ BA | 2,535 sq.ft.
Asking Price of $1,595,000

Large South-facing condo steps to the beach! This turn-key 4 bed/3 full bath/ 2 half bath home has a large patio with 1 bed-rooms on the 1st floor w/ 1.5 baths, 2 bedrooms and 2 full baths on the 2nd level and large living room, dining area, chefs kitchen, half bath and laundry room on the 3rd level. Beautiful details from floor to ceiling include travertine floors, stainless appliances, elevator, solar, AC, in-ceiling speakers, and large 3 car garage. Over $133k 2019 rental income.

724 WINDEMERE CT.
2 BD | 1 BA | 1,004 sq. ft.
Asking Price of $1,099,000

Renovated, two-story home just six houses in from the ocean on one of North Mission Beach’s most coveted courts! This charming property features a downstairs open-concept living space that opens up to a spacious ocean-view patio, making it a great space for entertaining. Let the sound of the waves rock you to sleep at night, enjoy amazing ocean breezes, and gaze at white water views from your second story, oversized deck. The beach life doesn’t get better than this, so what are you waiting for?! Call now for more information.

2605 FAIRFIELD ST.
4 BD | 3.5 BA | 3,103 sq. ft.
Asking price of $1,399,000 - $1,449,000

This custom-built Bay Park home on an 8,700 sq ft, corner lot boasts an open and airy living space with vaulted ceilings, tons of natural light, spacious bedrooms, and abundance of storage space. The well-manicured and sizable backyard has plenty of space for a grassy area to play, lounge area, and even room to build a pool or add a firepit. The fully-functional accessory unit has its own kitchen, full bathroom, large bedroom, dining area, exclusive washer/dryer, private balcony, elevated area with spectacular bay and ocean views, and its own private entrance from the garage and the exterior. Last, but not least, there is plenty of room to park you cars and toys with 5 garage spaces, 5 additional driveway spaces, + RV/Trailer/Boat parking on the side of the house.

PB Fun Fact:

PB Point (False Point), used to house a Navy anti-aircraft battery and surface warfare training facility in the 1940’s. By the late 1940’s the site was closed and the land was later developed.