An aerial view of a nearly empty Windansea Beach after the City closed the beaches, parks, and trails in an effort to discourage gatherings and promote social distancing.

PHOTO BY JOHN COCOZZA
Public beaches, parks, trails and parking lots are closed and it is no longer permissible for people to be on boardwalks or in the ocean and bay—including surfers. SDPD is currently issuing warnings and repeated violators may receive citations.

The Port of San Diego has also closed public parks around San Diego Bay, which includes beaches, parking lots, piers, and boat launches.

"Lifeguards are making announcements and reminding folks that there is no swimming, surfing or boating and no one can be on the sand, boardwalk or grass areas," said Mónica Muñoz, City media services manager. “Public parks and trails are closed. OB Pier is closed.”

Added Munoz: “We did social media posts and a video on our three social platforms. There are signs posted and barricades up everywhere. We are getting compliance from people. But if lifeguards don’t get compliance, they notify SDPD.”

“We hope that the public has been watching the news, reading the newspaper and looking at us if community members show up, we will educate them about the closure. If community members fail to adhere to the educational effort, SDPD officers will be issuing citations.”

On March 23, Mayor Kevin L. Faulconer, San Diego Police Chief David Nisleit, Fire-Rescue Division Chief James Garland announced the closure of City-run parks, beaches, trails, boardwalks, and bays to further limit public gatherings and slow the spread of COVID-19.

“These are not actions we are taking lightly, but gatherings can spread this dangerous virus. The actions of a few can cost the lives of many,” said Faulconer. “People can still go outdoors, but please go outdoors close to home. This is about protecting each other.”

“I am asking all San Diegans to take this virus seriously,” said Nisleit. “Stay home and do not go out unless it is for essential goods. We must all do our part to limit its spread so that we can get through this difficult time.”

San Diegans are reminded that gatherings of any size are prohibited. People must continue to maintain a six-foot distance to limit the spread of the virus in the community.

“I am very proud of our personnel. We are fully staffed in all positions and ready to help San Diegans who need us but we need your help as well by staying home as much as possible,” said Stowell. “If you call us, tell the dispatcher about anyone who has flu-like symptoms or is quarantined. Those details are important to our first responders and will help us to take the necessary precautions.”

“Our lifeguard stations are fully staffed and we are ready to help any member of the public who needs our assistance,” said Garland. “Everyone has an important part to play in flattening the curve of this virus. Please stay home and if you go out for groceries or other essentials, follow social distancing guidelines. You can count on us; we want to count on you as well.”

The state order requires Californians to stay at home except in limited circumstances, including caregiving, getting necessary health care, and working to support a critical industry. Exceptions also include visiting grocery stores, food banks, restaurants that offer take-out, pharmacies, laundry services, banks and gas stations.

For information regarding COVID-19 cases and directives from County of San Diego public health officials, visit coronavi-rus-sd.com.

### Lifeguard union officer says COVID-19 policy not sufficient to protect guards

**By DAVE SCHWAB**

A union spokesperson for lifeguards criticized San Diego Fire Rescue Department’s new policy of only quarantining affected guards who are exhibiting symptoms of COVID-19.

“Up until March 26, employees for the San Diego Lifeguard Service and San Diego Fire Department, were quarantined if they were showing symptoms, or if they had been exposed to someone who had tested positive," said Ed Harris, a union officer speaking on behalf of Teamsters 911.

“The City of San Diego and Fire Rescue Chief Colin Stowell have made a unilateral decision to end this practice. They will no longer quarantine employees who worked in close contact with a person who tests positive until the person exposed becomes symptomatic,” Harris said. “This means that an infected employee, who we know was exposed to a person who is positive, could be walking around the workplace for days before showing symptoms.”

“One firefighter has tested positive and four lifeguards have tested positive for COVID-19 as of March 27,” said SDFD communications media services manager Monica Munoz. “The quarantine practices of SDFD are in line with the CDC County of San Diego Health and all other fire agencies in the county of SD. If there are no symptoms, the employee is not under quarantine.”

Looking over CDC guidelines that changed on March 7, Harris contended, “The change that allows exposed employees to go to work only applies if you have exhausted staffing.”

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**City enforcing closures of beaches, parks, and trails**

By DAVE SCHWAB

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San Diego enacts eviction moratorium, creates relief fund

Continuing to take aggressive steps to protect the health and welfare of San Diegans, the City on March 25 enacted an eviction moratorium that provides relief to residential and commercial tenants facing financial hardship related to the COVID-19 pandemic.

The City Council also unanimously approved a multimillion-dollar Small Business Relief Fund proposed last week by Mayor Kevin Faulconer.

With the backing of Faulconer and Council President Georgette Gómez, the emergency law temporarily halting evictions in the City was passed unanimously and goes into effect immediately. It will last until May 31. Tenants must demonstrate a substantial decrease in income or medical expenses caused by COVID-19 in order to qualify. It will not relieve a tenant of their requirement to pay rent or restrict a landlord from recovering rent at a future time.

“San Diegans shouldn’t have to worry about losing their home or storefront during this public health emergency, and now relief is here,” Faulconer said. “The temporary eviction moratorium is accompanied by millions of dollars to help small businesses stay afloat and keep San Diegans employed.”

I applaud the City Council, City Attorney and City staff for taking quick action to help our community.”

The ordinance is necessary to prevent homelessness, maintain public health, and bring housing and business stability during the COVID-19 pandemic. Last week, California authorized local governments to temporarily halt evictions for residential and commercial tenants, but the state action does not provide relief unless cities adopt their own laws as San Diego now has.

The temporary eviction moratorium seeks to strike a balance between the interests of tenants, landlords and lenders. Read more online at sdnnews.com

“Life isn’t about waiting for the storm to pass, it’s about learning how to dance in the rain”

– Vivian Greene

NOW, MORE THAN EVER, WE NEED TO SUPPORT OUR COMMUNITY.

Below is a list of some of our favorite local restaurants still providing to-go food.

Taco Surf - (858) 272-3877
Sugar and Scribe - (858) 274-1733
Wheat and Water - (858) 291-8690
Filippi’s - (858) 483-6222
Tap Room - (858) 274-1010
Fish Shop - (858) 483-4746
Leilani’s - (858) 361-1280
Café Athena - (858) 274-1140
Second Nature - (858) 247-5236
Dirty Birds - (858) 274-2473
Board and Brew - (858) 270-2739
The Mad Beet - (858) 529-5129
Pueblo - (858) 412-3312

Please call to find out hours of operation & pickup/delivery options.

It goes without saying that things are different right now. Please don’t hesitate to reach out. Stay safe, stay healthy, stay in touch.
Businesses and workers adjusting and adapting as life changes daily

By DAVE SCHWAB

With austerity measures in place to help flatten the curve of the spread of coronavirus, individuals and small-businesses alike everywhere are adapting to the new realities of everyday work and life. Scores of people have lost their jobs, at least temporarily, while others are working from home.

Restaurants have adjusted to having take-out and delivery only, beaches, parks, and trails are closed, while essential shops like gas stations and grocery stores remain open. The Beach & Bay Press and La Jolla Village News asked workers and small-business owners to share what they’re doing to adjust and cope in these uncertain times.

RESIDENTS

• Longtime community planner and pharmacist Chris Olson said there’s a silver lining to this situation. “It has never been safer to ride a bike on city streets,” said Olson of PB. “The reduced volume of motor vehicles, especially during the normal rush hour, has created a huge reduction in the stress associated with sharing the roadway.”

• Brett Murphy and his wife Kera, co-owners of La Jolla Sports Club 7825 Fay Ave. were forced to temporarily close their fitness facility. So they are now involved in fundraising for their employees, who are forced to go on unemployment until they reopen.

“We are doing a food drive (and basic essentials) with all money collected and all employees will be able to come to pick up items that they are needing to get them through this time,” said Brett. “If you choose to donate goods rather than money, we would love that too. Email service@lajollasportsclub.com to set up a time for one of our employees to meet you.”

Added Murphy: “A huge thank you to everyone who has pitched in on our GoFundMe campaign for the employees of La Jolla Sports Club. Kera shopped with your donations and set up our childcare for the employees of La Jolla Sports Club. Kera shopped with your donations and set up our childcare to open before May 1, but remain hopeful and will open our doors again as soon as we are given the OK from health authorities and the County. In the meantime, we are starting to post workout routines on YouTube and Zoom.”

• Costa Rican SDSU student Madeline Norman was working for Pizza Nova in La Jolla until she got laid off due to the pandemic. She is now in a bind: Norman can’t return home because the Costa Rican border has been closed, and she’s also committed herself by giving 30-days notice to her landlord.

“I am now stuck here indefinitely with no job and soon no place to live,” Norman said. “Our restaurant already has a staff for taking out and delivery during normal circumstances, so they have priority for what shifts may be available at this point. We have all been urged to apply for unemployment, which I have done.”

Pointing out she can’t pay for $1,100 monthly rent, utilities, a car payment, and car insurance, Norman lamented, “I hope my landlord is lenient about my paying rent through part of April until my 30-days notice is up and I can move in with friends.”

“I lost 50 percent of my income when I lost my job working part-time at a restaurant,” said Megan Stone of San Diego, who part-time at a restaurant,” said owner Anderson. “Just think how many bartenders and servers in PB are facing the same thing: No income for rent money and a questionable future that could change PB considerably.”

Added Olson: “There’s a silver lining to this situation. ‘Like so many other small businesses in our nation, all our lives have abruptly halted, therefore we’ve had to make swift and sobering decisions on how to operate during this pandemic,” said owner Stacey of Breakfast Republic.

Still Open for Business

Here is a list of some of the restaurants and businesses that are open for takeout/delivery in the Pacific Beach, Mission Beach, and La Jolla areas.

For updated information on businesses, visit their website, social media, or call. If you see businesses on this list that are closed, or businesses that are open and not listed, let us know at tom@sdxnews.com.

Pacific Beach / Mission Beach

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<thead>
<tr>
<th>Business Name</th>
<th>Location</th>
<th>Contact</th>
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<td>858-274-1777</td>
<td>Kona’s Cafe</td>
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<td>Square Pizza Co.</td>
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<td>Mr. Moto Pizza</td>
<td>858-490-0501</td>
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Mary Sarain. “Even though Pure’s future is not guaranteed, we are committed to remaining open in order to support our neighbors and friends in celebrating life’s special occasions and milestones with those they love.”

Added Sarain. “Deliver lining during this time: I have appreciated slowing down to make wonderful connections and have heartfelt conversations that have been so touching, touching and at times painful.”

• One business in the Village holding its own is Bang & Olusen La Jolla at 7851 Girard Ave. The retailer sells high-end, brand-name TVs, audio systems and home automation products.

• “We’re actually doing a lot of business as people are confined to their homes and have entertainment systems,” said store manager Douglas Moore. “Right now we’re OK. We’re also able to help out people with their network setups and equipment. We’re moving along at the same level we were at before the crisis.”

• Noting Bang & Olusen delivers to customer’s homes, Moore added. “We do a lot of home consultation for network systems for home automation, audio, and video. We’ve started using tools, like Facetime, to do virtual walk-throughs of customer’s homes.”

• Pa fiat at 2182 Avenida De La Playa in La Jolla Shores, a traditional Italian trattoria with an open kitchen & pizzas from a stone-hearth oven, is open for business with take-out and delivery.

• Said restaurant general manager Tasty Spano, “We’re just trying to stay aloof until we can bring everything back. We feel a responsibility to the community, our staff and our company to stay open.”

• Patta is open seven days a week from noon to 8 p.m. Spano said a somewhat more limited menu is being offered with more health-conscious, but seafood, which he said is just about impossible to get right now.

• Ron Saucy owner of Aquarium Fish Depot at 5121 Santa Fe St. in PB is still open but is doing most of his business online.

• “You can go to our website, aquariumfishdepot.com, to order or call our shop and you can come by and pick it up curbside,” said Saucy noting he has some 600 tanks of fish in stock. “We opened last August and were getting bigger and bigger order coming along. We’ll make it through.”

• Saucy is allowing customers into his spacious 5,000-square-foot shop “a couple at a time to maintain social distancing.”

• Now might be a good time to update your fish tank. Aquarium Fish Depot is open 10 a.m. to 7 p.m. every day except Sunday when hours are 10 a.m. to 6 p.m.

• Michelle Kadri, owner of Midas Smog Inspections and Auto Repairs at 1805 Garnet Ave. said, “Midas in PB is still open and is offering pick-up service for clients when they will pick up your car and do repairs and return it to your house, so you can stay inside and stay healthy. Twenty percent discount to people who lost their job or seniors.”

• “There is no doubt that we are living in extraordinary times and life as we know it is rapidly changing by the day,” said Jeremy Cisneros, franchise owner of Bishop’s Cuts and Color at 1080 Garnet Ave. “We feel it is important for the safety of our stylists and clients to self-quarantine as much as possible during these uncertain times. Therefore, we have made the difficult decision to close until further notice. We’re all in this together. It is our hope to make it through the other side and look forward to servicing you again.”

• John Gelasopolous, owner of the expanding Broken Yolk eatery with a PB location, said his business is down since the order was given for restaurant take-out and delivery only.

• Things are not good, he said. “People are staying at home. Some of my employees have had to go on unemployment.”

• Added Gelastopoulos, “We’re giving away free coffee or orange juice to our customers to show our appreciation for their coming in and taking their orders to go. I just hope this will be over pretty soon. We have to stay optimistic and positive.”

• Like the big boxes, Crest Lager Deli at 3787 Ingraham St. in Pacific Beach had a run on toilet paper and similar necessities, but not really a surprise. We’re definitely making sure we get more. People are coming here now because they don’t want to go to Trader Joe’s or Vons, where they know they don’t have anything but canned goods and refrigerated foods.”

• The long-time shop has also partnered with the downtown restaurant Social Tap to offer grab-n-go meals.

Megan Stone, who worked as a brewer at a San Diego brewery, partnered with the downtown Saucy’s to start a new business called “Saucy is allowing customers into his spacious 5,000-square-foot shop “a couple at a time to maintain social distancing.”

FIND TAKEOUT NEAR YOU
Many restaurants remain open with reduced staff and increased health protocols to service the community and to weather these very challenging times. Visit the communic- cation of dynamic changes in the industry. SaucyFishDepot.com is now a resource for San Diegans to find restaurants that are cur- rently still open and offering food for pick-up or del- ivery. The site is searchable by neighborhood, food type and average meal price and provides easy links to online ordering and meal delivery platforms.

UNEMPLOYMENT INFORMATION
If you have lost work or have had your hours reduced, you may apply for Employment Development Department unemployment insurance. Gov. Gavin Newsom has waived the one-week waiting period for benefits and is looking at expanding unemployment insurance claim offerings. Visit edd.ca.gov to file for un- employment insurance.

• “If you are hungry and want to grab a bite to eat, Konito’s (1730 Girard Ave.) is open for takeout and is also offering pick-up orders,” said owner Joe Bethel. “The restaurant has put markers on the ground so that people picking up food are standing six feet apart.”

• “It’s been hard but our employ- ees are making the most of it and our customers are incredibly gra- cious with the changes we’ve had to make. We went from an all-cash business four years ago with no phone orders, to now accepting only credit cards, taking phone orders, and soon will be using de- liveries apps.”

• “To support our community, we are proud to offer free pick up and delivery with any service,” said Randy Begin, owner of Cass Deli at 3787 Ingraham St. “Once we’ve picked up your vehi- cle we are encouraging no-contact and can communicate all details of repairs over the phone, take payment over the phone and then return the vehicle to the original pick-up location.”

Added Begin: “If you prefer to use our convenient drop-off sys- tem, just park your car on our lot anytime and grab an envelope See BUSINESS, Page 6
Easter Services

Contact your local church for updated information

Easter Sunday 10am Service Live-Streamed
facebook.com/standrewsepiscopalpb

Inclusive Progression Rooted in Jesus

Come As You Are!
1050 Thomas Ave in Pacific Beach standrewsb.org

5 BEERS FOR QUARANTINE

In support of the local breweries, we asked brewers and beer aficianado Megan Stone of @isbeeracarb for her recommendations for beers to enjoy while stuck at home. Sláinte!

1. THE PUNK BY SOCIETE.
2. CLEVER NINE BY BURGEON.
3. RAIN BY PURE PROJECT.
4. BACON AND EGGS BY PIZZA PORT.
5. EPIC, AND BURNING BEARD ARE BOTH MAKING GREAT BEER.

BREWS TO ENJOY WHILE STUCK AT HOME. SLÁINTE!

BEERS TO ENJOY WHILE STUCK AT HOME. SLÁINTE!

In uncertain times, we turn to God in worship and prayer. Please go to Facebook.com/GoodSamSanDiego for daily live services at 8 and 8 pm

Easter Sunday is the most sacred day on the Christian calendar. A celebration of the Resurrection of Jesus Christ after his crucifixion on Good Friday, Easter Sunday marks the culmination of the Lenten season, a 40-day period when Christians across the globe reflect on their faith and make sacrifices to honor the ultimate sacrifices made by their God.

Celebrate your faith during these challenging times and find comfort in good health, family and friends. Find ways in which you can support your community and those who are less fortunate.

Easter Services
Businesses districts from PB, OB, and La Jolla work together

BID Alliance shares ideas, promotes and supports coastal business districts

By DAVé SCHWAy

A s the pandemic lockdown continues, coastal business improvement districts – Discover PB, La Jolla Village Merchants Association and Ocean Beach MainStreet Association – are working together along with their umbrella organization, the BID Alliance, to help small businesses in neighborhoods citywide.

How is the BID Alliance working with the various bids to help them out in this crisis?

“We’re sharing information on how we’re marketing our businesses that are open, sharing best practices and troubleshooting.’” LYSUNdRA ‘SUNNY’ LEE, BID ALLIANCE PRESIDENT

“We’re sharing a lot of information with each other, talking about how we can reach out to our businesses, get them the information they need to get relief and assistance,” said Lysundra “Sunny” Lee, Bid Alliance president representing Old Town Chamber of Commerce.

“We’re also sharing information on how we’re marketing our businesses that are open, sharing best practices and troubleshooting.”

Sara Berns, executive director of Discover PB, pointed out BIDs like hers citywide have had to “abruptly change course to do ‘crisis management’ instead.

“The BID Alliance has been intricate in providing the hub of communications for our organizations, from sharing ideas of promoting open businesses, to ways to disseminate info to our membership quickly,” said Berns. “The alliance has been most effective in this unprecedented time.”

Added Berns: “As an executive director of a business improvement district there are only 17 others in the position like me here in the City. Yet we all work for individual organizations. Personally, I have depended on them (BID Alliance) more than ever over the last couple of weeks.”

“LYVMA’s executive director Jodi Rudick has been busy recently helping her small-business members apply for the recently approved City of San Diego Small Business Relief Fund. “It’s on a first-come, first-served basis,” Rudick said of the relief fund, which provides grants, forgivable loans and low-interest loans for working capital.

“We are all working together to understand the long-term ramifications of the pandemic and how our organizations can survive in order to help our local businesses stay in business and flourish after this is all over,” said Denny Knox, executive director of Ocean Beach MainStreet Association. “All the bids are sharing ideas and solutions so that our communities have the best possible outcome. I’m very grateful to have these dedicated individuals/organizations working so hard to offer hope and help to our members.”

Dating back to 1970, the City of San Diego’s Business Improvement District (BID) program is the largest tenant-based program in the state, and is administered by the City’s Economic Development Department. Since then, the small business community and the City of San Diego have created 18 active BID districts, with more than 11,000 small businesses participating in self-assessment districts, raising more than $1.3 million annually.

A BID provides business area merchants with the resources to develop marketing campaigns, increase awareness and enhance public improvement projects in partnership with the City.

The BID associations have developed a variety of successful marketing activities ranging from putting on special events, such as restaurant tours, block parties, weekly farmers markets, and holiday festivals, to developing public relations and marketing materials.

BID associations promote businesses through the internet, social media and cooperative advertising campaigns. They develop and distribute business directories, coupon books, and other district brochures.

Concerning the message the BID Alliance is getting out to its members’ alliance president Lee said: “It’s kind of a tough situation for us to tell the bids how to prepare themselves, as we’re all going through it together. But each time we speak, we come up with new ways to support each other. We really don’t know how to navigate this on our own right now. But it’s our top priority to support these businesses and to ensure that they come back strong once this crisis is over.”

For more information and to apply for assistance, visit sandiego.gov/economic-development/resources/relief.
Nonprofits scramble to bring food to medically fragile in isolation

We ch in to them to make sure their basic needs are getting met during this pandemic. Null said adding, “Maybe we can help someone who feels quite iso lated or scared right now.”

Null noted there are presently about 175 Street Volunteer teams in multiple households, each determined who the people are who are most vul nerable and in need. Then street volunteers can drop off filled-out forms on their doorstep. If they’re not available, they’re willing to help.

“We’re hoping, these people (stewards) who are already walk ing around cleaning up, that they could also just drop off flyers to let people know they want to help, or just check-in to make sure they’re OK,” Null noted.

By KENDRA SITTON

With seniors and immunocompromised people being asked to self-isolate because they are most at risk of dying from COVID-19, grocery shopping has become a top priority. Proper nutrition is desperately needed. While there are grocery delivery options, many are over capacity. For low-income seniors and those medically fragile, their options are more limited, making the work of local nonprofits more integral than ever while even how popular services are limited more than ever.

“Our efforts of providing home-delivered meals to these people became even more important because by taking the food to them, they don’t have to go out to the world and be exposed to more people than they absolutely have to,” said Mama’s Kitchen CEO Alberto Cortes. Some people that would normally be able to care for themselves, need to limit their exposure and are seeking help for the first time. Others have just been laid off work and are struggling for their livelihood amid grocery store shortages. While food banks and pantries are operating normally or even increasing their services, some school food programs have transitioned to a grab-and-go model or delivery.

For many organizations, the scramble to address the situation began on Thursday, March 12 when the county called at 4:30 p.m. to let Serving Seniors know they were cutting off meals because they were over capacity. “We started scrambling to address the situation,” said Paul Downey, Serving Seniors CEO for 25 years. The transition has not been without snags: Voice of San Diego reported people living in a Serving Seniors apartment building were not given a regular delivery of food and the people were left stranded for a few days. The contingency plans included what to do if a site burned down or the kitchen was out of action. “But never a contingency for hav ing all 15 of our senior centers shut down overnight and trying to restart the delivered operation and add capacity all at the same time,” he explained.

The organization went through 9/11 and the terror incident of 2001, both of which required them to operate in an uncertain environment. However, nothing has been remotely close to this, especially with the “big wild card” of how long the quarantine will last. Even Feeding San Diego, which was founded in the wake of the 2007 wildfires, said disaster food distribution, said disaster response is in their DNA but COVID-19 has brought new challenges because of the breadth and scale of the disaster.

Other nonprofits are also ramping up deliveries as more calls come in. Mama’s Kitchen is in its DNA but COVID-19 has brought new challenges because of the breadth and scale of the disaster. Many of these folks have been volunteering with us for years, sometimes decades. We are very much wanting for them to take care of themselves during this time,” Cortes said. Since many retirees with free time made up the bulk of their volunteers, the organizations are quickly recruiting and training new volunteers.

ElderHelp moved its volunteer training online and aims to approve 50 new volunteers every month for the next few months. Mama’s Kitchen held urgent volunteer training with over 60 people at one event (standing six feet apart from each other).

“It’s a 10% increase in the last week and a half alone.”

Mama’s Kitchen is also incurring a cost of $25,350 to pro vision meals because they are buying more groceries beyond their typical deliveries so the people they serve are “better equipped to take care of themselves and not depend on a nutritional standpoint.”

ElderHelp has brought groceries to enrolled seniors every two weeks for the last year but with the onset of the crisis, they have increased telephone counseling and check-in calls, but are facing more difficulties with reaching as many seniors as they are requesting the grocery service. In addition, volunteers give rides to seniors, but those trips have been limited to only medical necessary trips to doctor’s appointments and hospitals since the crisis began.

“We have no limit to who we’re bringing on for support via tele phonic support and counseling. There is a limit right now as to how much we can do around vital trips and grocery shopping deliv ery,” he explained. “We are in the precarious place seniors are in every day. We are trying to make the meals-to-go so seniors could not operate their con tinuous service and really step up and do the most that we could do. That night they stayed up to 4 a.m. to fill out all the paperwork and then the next day they had a eureka moment. He quickly got the word out, and the people were doing a good job. It’s vitally important that we check in on them to make sure their basic needs are getting met during this pandemic.”

Null said adding, “Maybe we can help someone who feels quite isolated or scared right now.”

ElderHelp has a partnership with Jacob’s & Cushman food bank, but has also had to cut back on how much each person can pick up, so volunteers are limited in how much they can bring to the seniors. “The food bank is having a hard time as well,” Martin said. In addition to a lack of food and funds, volunteer-driven organizations are struggling to find ways to thank their volunteers and fill gaps caused by those staying home. Both Mama’s Kitchen and ElderHelp asked seniors to stop volunteering.

“We are more serving people than we ever have in our 30-year history right now,” said Cortes. “We have no limit to who we’re serving because we are serving more people and at-risk individuals ever since – more than 700 a date.”

COMMUNITY

Pacific Beach Street Volunteers helping out homebound seniors

By DAVE SCHWAB

BEACH & BAY PRESS/LA JOLLA VILLAGE NEWS

FRIDAY · APRIL 3, 2020

Nonprofits scramble to bring food to medically fragile in isolation

By KENDRA SITTON

The Street Stewards, who were diagnosed with COVID-19 last week, live in Point Loma, Ocean and Pacific beaches, Point Loma and now University City. Being re-pictured during the pandemic has also seen a spike in seniors who know volunteers are available to help.

“Many of our neighbors are at-risk for coronavirus and must self-isolate at home, specifically at-risk for coronavirus and must self-isolate at home, specifically,” said Aaron Null, founder of the volunteer, nonprofit organization. “It’s vitally important

San Diego to do whatever they can to support our community. Either making that contribution to Mama’s Kitchen or to any organization that’s out there making a difference in the community and people to be kind and caring and self-caring, patient and loving.”

Kendra Sitton can be reached at kendra@sdsunews.com.
Father Joe’s Villages needs help during this crisis

By VINCE MEEHAN

Father Joe’s Villages is still operating under California’s lockdown as an essential service. However, many of its staff and volunteers are sequestered at home and this has put a strain on the foundation’s mission to serve San Diego’s homeless population.

Deacon Jim Vargas is the president and CEO of Father Joe’s Villages and has put out a call to San Diegans to help keep the service viable during this unprecedented crisis. He has set up an emergency response fund for people or companies to contribute to Father Joe’s Villages. Those seeking to contribute can visit my.neighbor.org and donate to the cause.

“We are the largest and the oldest homeless services provider in Southern California due to the depth of the services we offer,” Vargas said. “There really isn’t anything that someone who is suffering – and I do call it suffering – from the plight of homelessness needs that we can’t provide. We’re blessed in that way and unique in that way.

Vargas says that he is following the social distancing policy set forth by Gov. Gavin Newsom while still providing meals daily to the homeless population. This means only allowing 50 people into the cafeteria at a time while maintaining six feet distance between diners. In response to Newsom’s stay-at-home order to California residents, he plans on distributing sack lunches as opposed to a sit-down meal.

Vargas noted that the homeless population is very vulnerable to the virus because they have no home to shelter in and are typically undernourished and their immune systems are usually compromised. He says they need our help more now than ever and has beefed up his year-old Street Health program where caretakers hit the streets to treat the homeless where they live. This team can diagnose conditions like high blood pressure, and provide prescription medication on the spot. They can also treat wounds including extremity wounds that people with diabetes often have. These treatments can often be life-saving and Vargas hopes it will have an impact on the number of homeless who die on the streets, which today hovers around 100 per year.

Father Joe’s Villages had to close its thrift store and donations center in response to Newsom’s emergency order. This has a substantial impact on the organization’s efforts to fund critical services, as they were a big source of revenue for the foundation. In addition, many critical staff and volunteers are unable to come in due to childcare or other factors. This is why the emergency response fund has been instituted. San Diegans are encouraged to donate what they can to ensure that the homeless population continues to get the critical care they so desperately need. Volunteers are also needed, but Vargas insisted that only those who are not in a high-risk group apply.

As a way to get funds flowing, longtime donor, philanthropist and Qualcomm co-founder Franklin Antonio has provided a $400,000 matching gift challenge to encourage support from the larger community. Other corporations are encouraged to contribute to the fund as a show of support for San Diego’s homeless population. But the lion’s share of funds will come from the $25, $50 and other small donations given by the residents of San Diego. Residents are asked to donate whatever they can, no matter how small, in order to ensure that the homeless continue to get the care they need in these unprecedented times.

With your help, Father Joe’s Villages will continue to offer critical services like shelter, healthcare, food, showers and laundry to the people affected most by this crisis.

To donate, go to my.neighbor.org
Fly Rides lets people safely enjoy outdoors

**By DAVID SCHWAB**

There is much that can’t be done right now during the shelter-in-place over the coronavirus, but that list does not include outdoors recreation. It is a boon to small businesses like Fly Rides at 7441 Girard Ave. in La Jolla, which accommodates everyone from serious cyclists to families to people just looking for a leisure day of exercise.

“We had to halt our bike tours due to health and safety concerns,” said Fly Rides operation manager Max Shenk. “But what we have been doing is allowing people to take advantage of discounted one-month bike rentals, dropping the cost down to $300 (equivalent to about three full-day rentals) so people can get out and ride.”

Shenk is staying positive during this unprecedented crisis. “San Diego Fly Rides is doing our best to find the best in the situation and wants tourists and locals to know there are options for fun activities that allow for social distancing,” he said. “We are offering long-term rentals during this crisis and have extended our financing for purchases.”

Added Shenk, “We have been getting tons of thank yous from customers expressing their gratitude for ekibes during their quarantine. Some have even said they will bike continue once their job is back open.”

“We are also starting a contest for people to post pictures of them on their ekibe, and even giving away an ekibe,” noted Shenk about pulling out all the stops for his clientele. “Our bike sales have gone way up proving people are still able to get out and enjoy riding while keeping a social distance.”

Shenk pointed out Fly Rides staff is taking numerous precautions to protect customers. “We sanitize the bikes and wear gloves, do everything outside the store for the customers,” he said.

“We’re a full-service center, so we’ve had a lot of customers who drop off their bikes with flat tires that we’re able to fix and get their bikes back quickly.”

Shenk added Fly Rides also has tour and rental videos available for those customers who are “out of their minds and just saying, ‘Get me on a bike.’ People right now are looking for something to do.”

“Every single one of us can ride a bike, and we all see the value of it. They’ve closed down the boardwalks and the parks, but ekibes are perfect for riding on the roads, which were once really busy but are now not nearly so.”

Fly Rides started out small in an art studio space on Prospect, before branchng out and moving to Girard Avenue across from the Pannikin. That space is filled to the rafters with pedal-assisted e-bikes of every imaginable type, both rentals and for sale. The retail space also has a full-service shop for repairs in the back.

“During normal times, a handful of 2 1/2-hour tours at Fly Rides highlight the beauty — and history — of La Jolla,” Torrey Pines Bike & Hike escorts guests through UC San Diego. Two of the most popular tours, costing $99 and $279, respectively, are SoCal Riviera and Cali Dreaming. SoCal Riviera is a loop of coastal La Jolla with a climb up Mt. Soledad. Cali Dreaming is a downscaled version omitting the climb.

Concluded Shenk, “We’d like to thank our loyal customers for their support.”

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Real estate market pauses, but a return to normalcy will occur

**By DAVID SCHWAB**

Gazing into their crystal balls, local Realtors foresee cloudy globs. But not to worry. It’s going to take some time to sort through the COVID-19 pandemic and its myriad consequences, agree Gregg Whitney and Scott Booth.

“It’s almost premature to say anything that’s going to give much insight as they’ve pretty much barred real estate agents from working for the next two weeks,” said Whitney of La Jolla. “They’ve shut down everything right now.”

“It’s definitely been slow the last couple weeks,” noted Booth, who sells real estate in both Pacific Beach and La Jolla. “We had some deals that were in escrow that got canceled. Not a lot, but a few. Some of it was coronavirus fear. Some were (shortage of) cash to close with the stock market being down. People don’t want to sell their stock at such a huge discount to buy a house. They’re just holding off for now.”

Whitney, however, feels this market “pauses is a good thing.”

“Everything is slow right now,” he noted. “But we’re still selling property, though it’s a little bit more of a trying time.”

“The world is going to change after this, predicted Booth. “As far as real estate goes, I see a little dip, temporarily. As long as this all passes, there’s still a lot of demand — and not a lot of inventory here at the coast.”

Whitney suggested we may have to wait until July to get a good read on what’s really happening now with San Diego coastal real estate.

“It’s hard to really gauge the market right now,” he said. “Hopefully, this virus will peak out by July, and then we may end up seeing interest rates come down considerably in the latter part of this year. The feds are doing everything they can for the market on the commercial banking side with the $500 billion stimulus they did last week. They want to keep printing money as quickly as possible.”

Booth concurs that what impact the virus is likely to have on the housing market could “hinge on what the banks do with interest rates. ‘If those rates creep up, and there’s still a lot of demand, there still won’t be a lot of inventory,’ he said. ‘But I really don’t see that being the case here. It’s just people being cautious.’”

Added Booth, “In the short term, I see a huge slowdown in real estate sales and pricing. As long as people still have jobs though, I think it will be good.”

Whitney pointed out he’s optimistic that “once we get through the next four months,” the real estate market will return to normalcy because “people need to buy and sell homes, though they may be downsizing and staying closer to home, which bodes well for us agents.”

Whitney, “I think it will be a vibrant market for first-time buyers because interest rates are really good, and there are opportunities for first-time buyers. Unless unemployment spikes up, it could be the best opportunity for first-time buyers in a decade or more.”

On the high end of the real estate market, Whitney noted that buyers may be persuaded to “just take this price right now. I don’t think they’re controlled as much with stock. They’re pretty well insulated. They can sit on their property if they want to.”

Added Whitney, “In past market places, it’s typical for people on the high end to stay put, because they have inexcuses with the market. So they’ll just rent it (property) out until the stock market clears up, then, a year from now, put their property back on the market.”

Whitney suggested there may be a new “dynamic” at work, should interest rates fall below 3% the latter part of this year.

“Then, they’ll get good value,” he said adding, “We may have to go to 12 months, with a coronavirus vaccine on the horizon, to get a good valuation in this market. Lower interest rates may drive people back into the market. It’s just really hard to see exactly what will happen after just four months. It may take some time before we see some clarity in the market.”

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SAN DIEGO FLY RIDES

**Real estate market pauses, but a return to normalcy will occur**
Sanctuaries close doors and go online amid crisis

By KENDRA SITTON

For faith communities home to more than 250 people there was a clear mandate last weekend: they could not meet according to the San Diego County. For those falling below that number, they had a more difficult decision. Shut down at a time when people need their community’s support the most or risk the potential of congregants spreading the virus to each other.

Some churches that initially said they would stay open while encouraging seniors, immunocompromised, and sick people to remain at home and ending the practice of communion reversed course. The rapidly shift in Sunday, with even Mayor Alejandro Sotelo-Solis driving up to the church to be prayed for by the pastors gathered there. Missiongathering Church released a guided meditation. Dharma Bum Temple will put its weekly classes on YouTube. "One of the really cool things about this unfortunate opportunity that we got forced into is that we're able to be really innovative with the way that we're doing ministry and really hone in on the fact that church is not happening inside of a building anymore."

Congregational Church of La Jolla sent "Worship at Home" kits to congregants that included verses, reflections, and a written-out sermon for families. First Baptist Church of National City offered drive-thru blessings on Sunday, with even Mayor Kevin Faulconer, El Cajon Mayor Bill Wells, and Dr. Wilma Wooten from San Diego County Health and Human Services on its livestream. While the service still had normal worship, prayer, and even a short message, the interview was able to provide vital information about the outbreak to a different audience.

TRILOGY THERAPY: THE COMFORTER, THE CONSULTANT, AND THE FACILITATOR

By Natasha Josefowitz, Ph.D.

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TRILOGY THERAPY: THE COMFORTER, THE CONSULTANT, AND THE FACILITATOR

By Natasha Josefowitz, Ph.D.
The Conrad Prebys Foundation donates $1 million to Scripps Health

Scripps Health announced on March 31 that The Conrad Prebys Foundation has stepped up to support the San Diego community through a $1 million challenge match gift. This gift, coupled with matching donations from the community, will help front-line healthcare workers and make a meaningful impact in the fight against COVID-19.

“During his lifetime, Conrad was a true friend to Scripps who continued the legacy of philanthropy set by our founder, Ellen Browning Scripps, nearly a century ago,” said Chris Van Gorder, Scripps president and CEO. “Given his unwavering commitment to San Diego, it is fitting that his foundation has taken a leadership role with a gift to fund critical supplies, support front-line caregivers and potentially help save thousands of lives during the COVID-19 pandemic.”

Scripps has fully mobilized its resources in the fight against COVID-19, including providing a dedicated nurse call line and setting up triage tents outside emergency departments and urgent care centers where patients with fever and/or respiratory symptoms are evaluated. Thousands of masks, gowns and other crucial supplies are used daily to protect doctors, nurses and patients, which comes at a high cost to the organization.

With people in the San Diego community at risk, The Conrad Prebys Foundation board of directors knew they needed to take action. They hope this gift will inspire others to join in supporting Scripps and the doctors and nurses out on the front lines fighting this pandemic. It is the kind of gift Conrad would have made himself. “Conrad would be pleased to know that we are already seeing a tremendous response from our donors,” said Scripps Health Corporate Senior Vice President and Chief Development Officer John Engle. “The challenge match campaign just launched, and I have every confidence that with the help of our community, we will achieve our goal of $1 million in community matching donations.”

During his lifetime, Conrad Prebys was a philanthropic leader in San Diego, donating more than $81 million to Scripps Health to help fund new facilities that proudly bear his name. The Conrad Prebys Foundation was established to support medical research and treatment, performing and visual arts, public broadcasting, and other charitable purposes consistent with the late Conrad Prebys’ history of philanthropy during his lifetime, with an emphasis on such philanthropy in the San Diego area.

To support the COVID-19 Challenge Match and directly support Scripps’ response to the health care needs of the community during this unprecedented time, visit donate.scripps.org/giving/covid19 or call Scripps Health Foundation at 844-442-4483.
Gita Kooshkani opened GK Fashion House on March 20 on Prospect Street. I asked her how she picked La Jolla to open this new upscale boutique and she said: “Walking in the streets of La Jolla has very positive energy and it is filled with many diverse personalities. It is very special to me and I think it is one of the best neighborhoods in the world. I just love La Jolla.”

Strolling the streets she saw this warm and cozy store for lease and knew immediately this would be her boutique. Kooshkani started her business three years ago with only her private clientele that she works with. She feels that she has something to say to the world because we are going in the wrong direction with this fast fashion that is not gentle to the earth. She researched fabrics, fibers, and dying techniques that will last and not clog up our wardrobe with quality clothing we believe that people need a smaller wardrobe with quality clothing.

Kooshkani started her business three years ago with only her private clientele that she works with. She feels that she has something to say to the world because we are going in the wrong direction with this fast fashion that is not gentle to the earth. She researched fabrics, fibers, and dying techniques that will last and not clog up our wardrobe with quality clothing we believe that people need a smaller wardrobe with quality clothing.

I asked Kooshkani how she got into fashion. She said as a child she always made doll clothes for her and her friends but never thought of it as a career at that time. She moved from Iran to Florida, married, and had two girls while going from Iran to Florida, married, and had two girls while running a business at that time. She moved to California and went to Fashion School. Her life has been a journey of learning and she has traveled all over the world to study about fast fashion. She wanted to know how we could change it because it causes so many problems for our earth. She researched fabrics, fibers, and dying techniques such as using pomegranate seeds, tea, and spices.

Kooshkani started her business three years ago with only her private clientele that she works with. She feels that she has something to say to the world because we are going in the wrong direction with this fast fashion that is not gentle to the earth. She researched fabrics, fibers, and dying techniques that will last and not clog up our wardrobe with quality clothing we believe that people need a smaller wardrobe with quality clothing.

Kooshkani said that the atmosphere inside her boutique gives visitors a comfortable feeling where the clothes connect with you. They reflect prestige and quality, feel organic, high-end and exclusive. They are hand picked with a luxury quality. All are made in the USA except a few pieces that are custom made in Italy.

The accessories such as jewelry, crowns, and clutches are typically one of a kind. They are made by a designer that lives in New York and are made of Swarovski, opal, and turquoise. The grand opening is postponed until the end of May or June because of the coronavirus. Stay tuned for this amazing event but in the meantime stop by and take a peek at this delightful boutique located at 1261 Prospect St, or visit fashionbgk.com.

UPCOMING EVENTS
Due to the coronavirus, most events have been canceled until further notice.

Diana Cavagnaro is an internationally renowned Couture Milliner based in the San Diego. Learn more about our Hat Designer, Teacher & Blogger at www.DianaCavagnaro.com.

GK Fashion House opens in La Jolla

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Join Junior Theatre this summer and experience the wonderful world of Performing Arts in Balboa Park!

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Summer Explorers at Gillispie

Gillispie School invites all students to join it’s exciting 2020 Summer Explorers Program filled with exploration and discovery!

To keep your child fully engaged in purposeful learning and warm-weather fun, Gillispie Summer Explorers offers an 8-week Parent Toddler Exploration Program (PTEP) for children ages 20-36 months and moms/dads/caregivers, an exciting, weekly Early Childhood Camp for students ages 3-4, and a diverse array of Elementary Camp Classes for kids in Grades K-6.

Elementary camp class offerings are held in one-week sessions and include grade-level readiness, LEGO construction, robotics, arts & crafts, music, swimming, theater, engineering, sports, and more. For more information, contact Summer Explorers Director Erica Hurley at summer@gillispie.org or (619) 459-3773.
Fun!

Alphabet key for secret message:  

A Magical Job!

Gee, I delivered all the baskets and hid all the eggs! I’m pretty tired...

Follow the alphabet code to “see.”

A Basket Full of Fun and Surprises!

What kinds of treats might the Easter Bunny put in baskets to delight children on Easter morning?

Find and circle these favorite Easter candies in the basket:

- melted eggs
- cream-filled eggs
- marshmallow chick
- chocolate bunny
- jellybeans

A Magical Job!

Uh-oh, what is Bunny worried about? After Easter, his magician friend wants Bunny to join his magic show. Bunny knows that the magician’s favorite trick is to:

Have You Ever Seen?

In Australia, some families are choosing this chocolate animal for Easter celebrations rather than a chocolate rabbit. This animal is native to Australia whereas the rabbit is not. Wild rabbits were brought to Australia by settlers for food. Rabbits have grown in large numbers and compete by settlers for food. Rabbits have strong back legs that allow me to jump as high as three feet and as far as nine feet.

I enjoy delivering Easter baskets. People say that I am as quick as...well...a bunny! I have strong back legs that allow me to jump as high as three feet and as far as nine feet. See if you can read the clues below to fill in this week’s puzzle about me and a couple of other favorite “Easter” animals. Hop to it!

- The Easter Bunny is a young __________.
- The Easter Bunny is a young __________.
- It is believed that the first bunny-shaped treats were made out of pastry and __________.
- It is believed that the first bunny-shaped treats were made out of pastry and __________.
- A popular Easter animal is __________.
- A popular Easter animal is __________.
- Easter baskets began with children leaving their hats or __________ to be filled with treats by the Easter Bunny.
- Easter baskets began with children leaving their hats or __________ to be filled with treats by the Easter Bunny.
- The Easter Bunny delivers __________ full of treats to children for Easter morning.
- The Easter Bunny delivers __________ full of treats to children for Easter morning.
- On __________ they are often shown popping the soft, yellow, peeping __________.
- On __________ they are often shown popping the soft, yellow, peeping __________.
- The Easter Bunny hides colored eggs for __________ to hunt!
- The Easter Bunny hides colored eggs for __________ to hunt!
- Many families hard-boil, dye and decorate __________ to eat or to hunt at Easter.
- Many families hard-boil, dye and decorate __________ to eat or to hunt at Easter.
- The first bunny-shaped treats __________ to be filled with treats by the Easter Bunny.
- The first bunny-shaped treats __________ to be filled with treats by the Easter Bunny.
- An Easter basket has __________ in it.
- An Easter basket has __________ in it.
- Eating __________ is that? Hey, it’s me in chocolate!
- Eating __________ is that? Hey, it’s me in chocolate!
- It is thought that he “hopped” across the ocean with the people who came to America from __________.
- It is thought that he “hopped” across the ocean with the people who came to America from __________.
- No one is sure how the Easter Bunny started his __________.
- No one is sure how the Easter Bunny started his __________.
- A woolly, soft, white baby __________
- A woolly, soft, white baby __________
- A Magical Job!
- A Magical Job!
- Gee, I delivered all the baskets and hid all the eggs! I’m pretty tired...
- Gee, I delivered all the baskets and hid all the eggs! I’m pretty tired...
- A Magical Job!
- A Magical Job!
- Gee, I delivered all the baskets and hid all the eggs! I’m pretty tired...
- Gee, I delivered all the baskets and hid all the eggs! I’m pretty tired...
Among items found by beachcomber Marcus DiNardo on the Pacific Beach-Bird Rock border are a wallet with cash, a class ring, “tons” of lead weights, surfboard fins, sunglasses, and GoPro cameras, plus dog tags belonging to WWII veteran William Collin McDaniel of Texas.

Once he moved to San Diego seven years ago, Massachusetts-native DiNardo “didn’t want to lose walking the beach and finding cool stuff.”

He found that perfect beach stretch at False Point between Tourmaline parking lot in North PB and the southernmost part of Bird Rock in La Jolla. “This turned out to be the best beach, just a wealth of fun and lots of things to find,” said DiNardo.

As to why False Point has become such a treasure trove of lost articles, DiNardo surmised. “It must be the currents in the cove which wash into it. One day I found 30 pairs of sunglasses that had washed into this area.”

DiNardo’s even surprised himself by what turns up. “Money sometimes washes up, $20 bills,” he said. “I have found probably 500 pounds of lead weights, and up to 500 surfboard fins. I have a whole wall at home I’ve decorated with surfboard fins and action figures — Superman, Batman, Spiderman — I’ve found.”

Then came the biggest — and most unusual — finds of all for DiNardo: a wallet filled with $20 bills, “I have found PB and the southernmost part of Tourmaline parking lot in North PB and the southernmost part of Bird Rock in La Jolla. “This turned out to be the best beach, just a wealth of fun and lots of things to find,” said DiNardo.

When it got to the owner in Ramona, he had tears in his eyes when he came down to pick it up,” Tasha said. “He tried to give us a reward. Finding it was enough.”

Regarding the found WWII dog tags, Tasha was able to link up with the grandson, and then the daughter, Vicki Stubblefield, of the owner, “Judge Mac” McDaniel, who became a highway patrolman, a lawyer and then a Texas judge for 24 years after getting out of the Navy after WWII. Stubblefield said she was “in total surprise and shock,” when the DiNardos contacted her to return the long-lost dog tags of her dad, who died in 1999. “I didn’t even know it existed,” Stubblefield said of the tags. “It had to have been sometime between 1940 and 1946 when he was out in San Diego training. It was just one of those miraculous things. To have it back … It was just really special.”

Marcus recalled yet another “reunion” of a person and their lost valuables he’ve uncovered. “We returned a class ring from somebody 20 years ago and he was stunned,” said Marcus, who does not use a metal detector. “We never ask for a reward, just give it back.”

“It restores my faith in humanity,” said Tasha DiNardo answering what she, and Marcus, get out his beachcombing hobby.

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Beachcomber DiNardo with the WWII dog tags he found at False Point beach.

PHOTO BY THOMAS MELVILLE

Tips on staying fit and active while staying at home

By LYNN WALSH

Last week, San Diego County ordered all gyms in the county to close. On March 23, the City of San Diego closed beaches, parks, and trails. People can still walk and run outdoors in their neighborhoods, but must not be in groups and need to practice social distancing.

Going to the gym or a favorite workout class is part of a daily routine for many people. Luckily, just because facilities are closed it doesn’t mean that routine has to end. Below are some ideas to stay active while practicing social distancing.

SOCIAL MEDIA

Many local and national gyms are taking their classes to Instagram, Facebook and YouTube. In many cases, these live-streamed classes are available to members and non-members alike and streamed publicly. In some cases, you may have to join a private group on Facebook or an email list to see the content. Some local studios taking this approach include Performance 360, Fortis & YOGALUX and the November Project San Diego. Individual instructors from studios are also hosting live classes through social platforms and video conferencing tools like Zoom. Some local instructors

• YMCA San Diego has a website and app that features workouts to do at home.
• The November Project San Diego is hosting virtual workouts on its Instagram account. They are also posting videos to their Facebook page.
• Performance 360 is sharing daily workouts on their Instagram account.
• The Little Yoga Studio is offering classes through Zoom. Members should sign-up for classes using their account or through the MINDBODY app.
• PopSUGAR offers home workouts through its YouTube channel.
• YogaSix is offering its members free access to at-home workouts through its mobile app, 18Gos.
• Lauren with Hello Heart Space is leading live classes via Zoom.
• Alexa Donato is offering free yoga class downloads on her website.
• Natalya with Bridal Bootcamp San Diego is posting workout videos to her Instagram account.
• Katie & Happy offers yoga and meditation classes through her YouTube channel.
• Planet Fitness is live streaming home “work in” on their Facebook page.
• Fortis & YOGALUX is leading workout classes live on Instagram. The live videos are being posted to their YouTube channel.
• All DownDog apps are free until April 1. For students and teachers the apps are free until July 1.
• Peloton is offering a 90-day free trial for their at-home workout app.
• Free Workout Apps: (search for them in the Apple App Store)
  • 7M Workout
  • WorkoutWoman
  • Ab Workout
  • Butt Workout
  • HIIT Workouts

Resources were compiled by Lynn Walsh for SDVNews and last updated on March 18. Want to add to this list? Feel free to make a suggestion by adding a comment in the document.
Tips for keeping children busy while staying at home

By LYNN WALSH

S

chools out… for the summer? Last week, Gov. Gavin Newsom said most schools will not return to class this spring due to the school closures associated with the coronavirus pandemic.

The closures have caused teachers and parents to quickly put together resources, schedules and plans to keep students on track with learning goals. In San Diego, the San Diego Unified School District announced a partnership with KPBS and the San Diego County Office of Education to continue to provide learning resources for its students. The partnership will include a TV broadcast and an online component.

The TV programming will air on KPBS 2 from 6 a.m.-6 p.m. The content will be aired according tograde levels (6-8 a.m., grades TK through 3; 8 a.m.-1 p.m., grades 4 through 8; 1-6 p.m., grades 9 through 3); 8 a.m.-1 p.m., grades 4-8; 6-9 p.m., grades TK through 3). The digital component will provide access to a library of free educational videos, lesson plans and training sessions. Schools are also continuing to provide food for students in need.

Having students and young children at home provides time to bond as a family, but it also means parents and caregivers are responsible for keeping everyone busy and engaged. Below are some resources to help better structure the time without it turning into a movie marathon day after day.

VIRTUAL TOURS
Consider taking a virtual tour. While you may not be able to physically go to a museum or theme park right now, some are offering virtual tours at https://bit.ly/2JhidYw. Try checking out these national parks in California virtually: Death Valley, Channel Islands, Joshua Tree, Redwood, Sequoia, Yosemite. The San Diego Zoo has a full webpage dedicated to children that includes facts and videos about different animals, activities and games. The Women’s Museum of California has digital exhibits available where students can learn about notable women of California, women in the military and more.

MOVIES AND SHOWS
Universal Pictures is releasing some of its movies early on digital platforms, including “Trolls World Tour,” which will be available Friday. Disney+ released “Frozen 2” earlier than planned on its streaming platform earlier this month.

In addition to movies, you can watch Broadway musicals, educational shows on Netflix, and live cameras from aquariums.

EDUCATIONAL RESOURCES
Some educational companies are offering free subscriptions during the school closures and Scholastic is releasing free courses daily through its “Learn from Home” website. The site offers projects for students related to reading, history and more. Its projects are divided by grade-level.

You can also take advantage of digital access to San Diego County libraries, which provides access to e-books and audiobooks.

ARTS
NASA is providing access to its digital images through this website. Paris museums have put images from their collections online. The Metropolitan Opera in New York is streaming live performances nightly.

Consider turning to Instagram accounts for arts and craft projects. These teachers and parents share ideas on making things and fun activities that can provide a break from a screen.

For a full list of resources, click https://bit.ly/2UtAFZP. Lynn Walsh is a freelance journalist and an oceanographer. She works for SDNews and last updated on March 18.

Resources were compiled by Lynn Walsh for SDNews and last updated on March 18.

Originally from Ohio, Lynn has grown to love living at the beach and posts way too many San Diego sunset photos on Instagram.
San Diego Unified to begin online learning for students April 6

By DAVE SCHWAB

I n what’s being referred to as “the most great,” the San Diego Unified School District announced a few weeks ago, while the lockdown continues in an attempt to stem the spread of the COVID-19 pandemic. Several days after announcing the state’s second-largest school district, will transition to online learning beginning April 6 due to the COVID-19 pandemic. The district announced a few weeks ago, after the district shut down all of its schools to prevent the spread of the virus. SDUHSD said the move is being made to save the academic year for students, while district physical structures remain closed until the health emergency abates.

“From the start of the public health crisis, we have had to re-strategize our plans for how to best serve students in a process to keep our students and educators safe, the San Diego Unified School District is implementing a school re-entry program that utilizes the technological innovations that will provide continuity of learning for all students,” said SDUHSD Superintendent Cindy Marten.

“As a result of the coronavirus pandemic and the need to re-strategize our plans for how to best serve students, we have had the opportunity to do so will be available to all of our students, no matter what challenges they face,” said the district’s chief learning officer, Dr. Michael McQuary representing District C including the Peninsula, Mission Bay, and La Jolla school clusters.

“The At-Home Learning Program was developed in collaboration with SDUHSD, KPBS and the San Diego County Office of Education, and it incorporates many of the best distance-learning practices being used within the district and across the nation.”

The plan outlined by district leaders envisages a gradual return to academic instruction in several phases. Currently, the school district is providing online enrichment activities via the district website and a partnership with public broadcasting. That will change following the end of spring break on April 6. At that point, teachers will begin receiving training to move the online instruction, will work remotely with students, and will identify those students who are unable to take part. Work done during this time will not be graded but will contribute to students’ academic progress in the courses they are taking.

“Students are missing out on valuable learning opportunities. The current situation is unsustainable and demands a solution,” said SDUHSD Board President John Lee Bonner. “The solution we are announcing allows our students to continue their academic journey without the fear of spreading the COVID-19 pandemic.”

“Partnership and engagement between educators, parents, and students will be the key to the success of this transition period,” noted Kish Boninger, president of the San Diego Education Association.

“We know our families are eager for their students to continue learning, and our teachers are eager to make that possible,” SDUHSD Superintendent Cindy Marten shared. “The soft launch on April 6 allows teachers and students the opportunity for expected, distance-based instruction to grow stronger through the continued collaboration of parents, professional educators, and students.” This will be a term solution until we can return to that normal.

McQuary added the “soft roll-out” of the online education program will take place from April 6-27. “Teachers and students will be provided the opportunity to learn how to operate the distance-learning platform, become familiar with the resources, and ensure that every student has a functional device, access to the internet and be provided the necessary supports,” she explained.

“During this soft roll out student work will not be graded. Graded work will begin after April 30, and will provide every student the opportunity to complete the required course work that will prepare them for matriculation to the next grade level, promote middle school or high school graduation,” McQuary said.

“From the moment the crisis forced schools to close, we’ve been working on ways to continue student learning, whether or not public health officials approve a return to in-classroom instruction,” said Marten.

READ MORE ONLINE at sdnews.com

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LEGALs

CONT. FROM PG. 18

s acapella de capa de capa. Una cara a una cara llamada emociones a grandes. La emociones por escrito que es una era feliz en el color amarillo en broma. El color de la gente es una melodía en la que se puede pasar el día, lo que es una manera de la vida. En el color de la gente se ve el vientre de la tercera de la parte de la forma de las manos en la Creación de una nueva vida en el color de la gente. De alguna manera, el origen de la información del color de la gente, la raza de la raza es una melodía en la que se puede pasar el día. La raza de la raza es una melodía en la que se puede pasar el día. La raza de la raza es una melodía en la que se puede pasar el día. La raza de la raza es una melodía en la que se puede pasar el día. El origen del origen de la información del color de la gente, la raza de la raza es una melodía en la que se puede pasar el día. La raza de la raza es una melodía en la que se puede pasar el día. El origen del origen de la información del color de la gente, la raza de la raza es una melodía en la que se puede pasar el día. La raza de la raza es una melodía en la que se puede pasar el día. El origen del origen de la información del color de la gente, la raza de la raza es una melodía en la que se puede pasar el día. La raza de la raza es una melodía en la que se puede pasar el día. El origen del origen de la información del color de la gente, la raza de la raza es una melodía en la que se puede pasar el día. La raza de la raza es una melodía en la que se puede pasar el día. El origen del origen de la información del color de la gente, la raza de la raza es una melodía en la que se puede pasar el día. El origen del origen de la información del color de la gente, la raza de la raza es una melodía en la que se puede pasar el día. El origen del origen de la información del color de la gente, la raza de la raza es una melodía en la que se puede pasar el día. La raza de la raza es una melodía en la que se puede pasar el día. El origen del origen de la información del color de la gente, la raza de la raza es una melodía en la que se puede pasar el día. La raza de la raza es una melodía en la que se puede pasar el...
Bishop’s Brooke Weatherup, a San Diego Chill volunteer coach

By ED PIPER

Brooke Weatherup, who is a volunteer coach with the San Diego Chill, an ice hockey team for developmentally disabled children, has an interesting story:

- The Bishop’s junior, when she was younger, traveled to the desert in Arizona, of all places, to become interested in playing ice hockey after watching her cousin’s youth games.
- She and her sister hold citizenship in Canada, though their parents don’t, because both girls were born in Toronto while the family lived there.
- Weatherup bonded with a young girl she helped at surf camp, who fell in love with jumping over waves as they played together in the water, even though Brooke doesn’t know how to surf.

The ice hockey component is strong in her life. “I got her to root for my New York Rangers,” says her father Brock proudly. When the two visited San Diego for a weekend in advance of Brooke’s enrollment at Bishop’s, “We literally visited every hockey rink in the area to find a team I could play for,” she reports.

That was three years ago, and since then, playing right wing for the La Jolla Country Day School club team, she found the San Diego Chill and the opportunity to work with special needs children in her favorite sport.

“Being interested in Country Day on a Sunday morning,” she remembers. “The Chill was out practicing on the ice at UTC. I had to play a game right then, so I asked my dad to find out what the name of the organization was. There were teenagers coaching, and I wanted to get involved with something in the community and working with kids.”

As everyone who has tried ice skates knows, it’s a skill that has to be mastered. “We want everyone to be able to skate on their own, so that’s the first priority,” Weatherup says. “Then we work on how to fall and get up, as well as shooting/pasting, because we want everyone to score some goals.”

“Surfing’s my platform to show the world the capabilities we have within ourselves,” said Martinez. “This event shows everyone how amazing we can be. We’re achieving above and beyond what many thought we could. I placed third in the world and I have many more medals yet to win.”

“Surfing’s a fun, unique, and special sport,” said Aguerrre. “Those who ride waves can attest to the joy and connection to nature that it creates. If everyone surfed, the world would be a better, more peaceful place.”

JOSE MARTINEZ

Thirty-one-year-old Martinez began his journey into AmpSurf upon dedicating his life to serve his country and his countrymen.

“Driven by a need to be ‘selfless,’” Martinez joined the U.S. Army, intending to make this a lifelong career.

“What’s more selfless than giving my life to protect the rest of the world?” he asked.

In 2012, four months into his first deployment in Afghanistan, Martinez stepped on a 60-pound IED intended to destroy a vehicle. The explosion completely severed his right leg. His left leg and right arm remained barely attached. Army “brothers” immediately descended, including a medic who “worked to close me up as fast as he could.”

“I told everybody — this is my time to die,” he said. “Tell my mom I was a hero. I was slapped and told to shut up. I didn’t think I’d make it past seeing my brothers.”

Martinez woke up 10 days later at Walter Reed Army Medical Center in Bethesda, Md.

“I woke up thinking it was all a dream,” he said. “I closed my eyes again, hoping to wake up in Afghanistan.”

Martinez quickly realized that he was “a new one, me that I had to figure out.” As a hip disarticu- late, doctors had little hope of him ever waking up from the coma. “Depression became a constant. I thought my soul would let me die or my brain would let me fail and die. I wasn’t suicidal, I just thought I’d disintegrate.”

Martinez spent the next four months enduring 10 surgeries at Walter Reed before heading to San Diego’s Balboa Naval Medical Center to complete nine more before heading into intense rehabilitation.

RANDY WHITBISE was the first of many rehab health care providers to set the Army man walking.

“I tried to say, ‘Sir, they said I’ll never walk again, can you please help me?’” said Martinez. “He said, ‘You just walked through the door, so what’s the problem?’ let me take care of the rest.”

Martinez was walking within six months. Under the guidance of the Metro’s nurse Betty, the pool followed suit.

“It took me three hours to swim 50 meters,” explained Martinez. “I felt like I was going conquered faster. But I didn’t give up. I couldn’t. My support team — my girlfriend now wife, my family, my friends, my therapists and Betty wouldn’t let me.”

Martinez lauds each dedicated health care provider who worked “diligently to remind me that I’m still strong and I can do things.”

Although Martinez never surfed before his injury, he was hooked at first push. The dynamo plans to become the world’s best adaptive surfer.

“Surfing’s my platform to show the world that everyone has the ability to do something better, even if we’re bad in the beginning,” he said.

Despite snapping two boards during his first competition and almost choking a combat pro who got swallowed by a wave. Martinez remains consistent in the gym and surfs three times a week — four to five prior to competing — to be able to one day surf 15, 20 even 25-foot waves.

Martinez is a junior at Bishop’s School in La Jolla. (Image by FRANK JUEJUN)
By THOMAS MELVILLE

David Gillcrist, a high school senior at Mt. Everest Academy, is a Boy Scout in Troop 170 who recently used his Eagle Scout Service Project to make a positive impact on the local community. Gillcrist, who lives near Kate Sessions Park, decided to refurbish each of the seven benches that surround the Mt. Soledad National Veterans Memorial.

Gillcrist is no stranger to the nearby memorial as two of his grandparents (one of whom is his namesake), a grandmother, and a great uncle, who were all veterans, are remembered on the walls of Mt. Soledad National Veterans Memorial. Their memories made the service project extra special for him.

“I looked long and hard for a project that would be unique and qualify for my Eagle Scout Leadership Service Project,” Gillcrist said. “During my training runs up to Mt. Soledad, I saw these benches regularly and realized that they were in extremely poor condition. I thought to refurbish the seven benches that surround the Mt. Soledad cross would be a wonderful way to beautify the veterans memorial, give back to the community in which I live, and honor three of my grandparents and great uncle.”

The next step was to come up with a plan on how to accomplish his goal. In August of last year, Gillcrist teamed up with family friend John Wilding, of Wilding Construction Co., who would become the Scout’s project coach. Wilding and Gillcrist completed a feasibility study of the benches, decided on an approach, and then started to work on the logistics. But before anything could be cut and dried, they needed approval from the City Parks and Recreation Department. Wilding helped put together a proposed project plan and Gillcrist presented it to the Parks and Rec staff. “They provided tremendous support and helped direct my planning efforts,” Gillcrist said. They also approved the project.

Gillcrist went to work raising funds – well, asking family and friends for cash. But in a stroke of good fortune, while checking out supplies at local stores, the Boy Scout landed a big fish. Ted Teran, general manager of the Dixieline Lumber and Home Center on Sports Arena Boulevard, agreed to donate the redwood and exterior stain for the initial prototype bench. While family and friends funded the balance of the project, Dixieline threw in all the redwood and stain required to finish.

Then the real work started with several sessions at Wilding’s workshop, where his team of Scouts and family supporters marched and sanded all of the bench planking. On March 6, with the assistance of his dad Jim, and Wilding, Gillcrist completed the initial prototype bench, which Parks and Rec inspected and approved.

“This was a big deal because now we had the ‘green light’ to complete the remaining six benches,” Gillcrist said.

On March 15 they completed their task. “It was exceptionally satisfying to receive wonderful comments from onlookers and visitors to the veterans memorial who appreciated what we were doing,” Gillcrist said. “That made us feel good.”

These projects are the capstone event in scouting, which are required before a Boy Scout can achieve the highest rank of Eagle Scout. “Successful completion of this project gives me an enormous sense of pride and accomplishment,” Gillcrist said. “Giving back to the community in which I live is near and dear to my heart. “But I could not have done this project by myself,” he added. “It was a huge team effort and I am grateful to everyone who helped me complete it. I hope to pay it forward someday.”

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Stay Active »

CONT. FROM PG. 16

include Lauren with Hello Heart Space, Alexa Dorazio and Natalya with Bridal Bootcamp San Diego.

Mobile Apps

Some fitness apps, like Peloton and DownDog, are extending their trial periods or making their apps free for a few weeks. Through an app called Studio Sweat, the San Diego County YMCA is providing free access to a variety of workouts, including TRX, pilates, cycling and strength classes.

While some classes do require equipment there are so many options that just require showing up and pressing play. To see a full list of digital resources provided free access to a variety of workouts, including TRX, pilates, cy-

While access to the gym can make working out easier, don’t forget about riding your bike. There are plenty of roads traditionally at a weekend Open House.

Bodyweight exercises. From pushups to squats, there are a lot of exercises you can do without any equipment. Try committing to doing 100 sit-ups, push-ups and squats a few times a week. Or holding a plan for 100 sec-

Point Loma hills. If you need a quick burn, just head up one of the many hills leading from Ocean Beach to Point Loma. It’s guaranteed to get your heart pumping.

Bike rides. Don’t forget about riding your bike. There are plenty of roads – now with less traffic – to cruise along, with video content focusing on each inspec-

While some classes do require equip-

ment there are so many options that just require showing up and pressing play. To see a full list of digital resources available, visit https://bit.ly/2UeRvlz.

Back to Basics

While access to the gym can make working out easier, don’t forget about the basics. You will want to make sure to still practice social distancing though.

• Walking and running. Get reac-

quainted with your neighborhood by walking or running around the block – say hello to neighbors from a safe distance.

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• Point Loma hills. If you need a quick burn, just head up one of the many hills leading from Ocean Beach to Point Loma. It’s guaranteed to get your heart pumping.

• Bike rides. Don’t forget about riding your bike. There are plenty of roads – now with less traffic – to cruise around.

We Have Created our “You Can’t Come In My Home!” alternative, 10 step listing service for selling during this time.

1. Virtual Listing Appointment: We can meet and discuss all details regarding your home and our proven marketing process, via a digital Zoom meeting.

2. Matterport 3D Virtual Tour: Buyers from all over the world can virtually walk through your home any day, any time.

3. Aerial Photography: A bird’s eye view will sell your home’s location and lot size, as well as unique features such as proximity to the Ocean or Bay.

4. Enhanced 3D Staging: Virtually staging your home allows buyers to envision the space as their own, and show the property in the best light possible.

5. Virtual Floor Plans: No need to stop by for mea-

urements! A user-friendly, simple floor plan with room measurements will allow buyers to plan their furniture placements and understand the flow of the home.

6. Virtual Broker Tour: Allow us to pitch your home to the top local agents via our weekly online meeting.

7. Virtual Open Houses: Without leaving their home, a buyer can be walked through a home digi-

tally by our team, as if they were touring the home traditionally at a weekend Open House.

8. Virtual Neighborhood Walks: Allowing buyers the ability to envision if a surrounding neighbor-

dom traditionally at a weekend Open House.

9. Virtual Home Inspections: Providing free access to a variety of workouts, including TRX, pilates, cy-

9. Video Home Inspections: Allowing buyers to envision if a surrounding neighbor-

dom traditionally at a weekend Open House.

10. Electronic Signatures: Sign offers and transac-

tion documents from home by phone, tablet or computer. It’s that easy.

Thinking of Selling?

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

 Volleyball

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What’s next for the San Diego music scene?

By BART MENDEOZA

It’s been a tough year for pretty much everyone on the planet, but that goes especially for California-based musicians. The year started with controversy over the new ABS contract worker law, followed by the current coronavirus crisis closing venues and record stores, when Amazon announced they were not accepting shipments of new music through at least April 5.

Meanwhile, the most recent stay at home order has resulted in the shuttering of recording and rehearsal studios. Despite the adversity, San Diego’s music community is coming together and remaining overall positive.

“The situation has changed pretty much every aspect of my life, personally and professionally,” said Brian Witkin, CEO of Pacific Records.

“The label is not a booking agency, we make a good portion of our revenue from live shows and helping create content any way possible. We’re calling it a ‘release blitz’ and our internal goal is to have at least one release (album or single) per week until this blows over. We’re also working on putting out a compilation consisting of multiple Pacific Records artists with the proceeds going to the quarantine doesn’t prevent us from writing or recording from home and, of course, releasing music,” Witkin said.

“With all the show cancellations and tour postponements, most of Pacific Records’ artists have completely lost their primary source of income. This is heartbreaking and even though the label is not a booking agency, we make a good portion of our revenue from live shows too… so we’re all taking a big hit.” The label is choosing to be as proactive as possible rather than waiting for the storm to blow over. “Even though artists can’t perform live, the quarantine doesn’t prevent us from writing or recording from home and, of course, releasing music,” Witkin said.

Plans are to push up our street dates. “We’re asking our artists if they have any unreleased singles they want to add to our calendar and helping create content any way possible. We’re calling it a ‘release blitz’ and our internal goal is to have at least one release (album or single) per week until this blows over. We’re also working on putting out a compilation consisting of multiple Pacific Records artists with the proceeds going to charity.”

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Tongue in cheek rockers, The Spice Pistols (spicepistols.com) were due to start their first national tour next month opening for punk legends, Agent Orange, but that has now been postponed until late summer.

“Gigs being canceled or postponed has been disappointing,” said bassist Spike Mike Muellenberg. “But we tend to shift gears quickly as a band. We’re refocusing on other goals with the band.”

One such goal is to help now out of work bar staff at the venues they frequent. “We’re putting together ‘locked bar streaming gigs.’” Muellenberg said. “We call these the Quarantine Relief Concert Series.”

Enjoy this down time at home with your loved ones, doing things you enjoy together… cooking, drawing, and looking at property online. I have two great ones to check out! 808 Ensenada Court and 4944 Cass Street 910.

In times of crisis, it’s important that we stick together. I am here to help you make your real estate goals a reality! Thinking of buying or selling? Call me today to get started!

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