As part of a continued effort to help San Diegans move activities outdoors where experts say the spread of COVID-19 is reduced, Mayor Kevin L. Faulconer on Aug. 18 signed an executive order allowing gyms and religious institutions to operate in city parks where physical distancing is made easier.

The mayor's order eases permitting for fitness studios and houses of worship that wish to safely operate outside in one of the City of San Diego's nearly 340 parks. The directive, which goes into effect Monday, Aug. 24, defers park permit fees for 60 days. Faulconer will bring an ordinance to City Council that would make the waiving of fees permanent.

Outdoor religious services and outdoor fitness classes and camps are all eligible under the executive order. Businesses must display their San Diego County Safe Reopening Plan, hold insurance naming the City of San Diego as an additional insured, and have a City business tax certificate prior to Aug. 1. New permits will be available on a first-come, first-served basis for each park depending on the local demand and total space available.

In partnership with Mission Bay Puppy Rescue and Pups N Boots, SeaWorld recently hosted a lively bunch of adoptable puppies to help raise awareness for animal rescue. The puppies played and explored the Shark Encounter where they watched a variety of sharks species ranging from Nurse Sharks to Sand Tiger Sharks and more. Exploring and learning about sharks is hard work though, and these little guys decided the exhibit is also a great spot for a nap. To learn more about fostering or adopting puppies, visit missionbaypuppyrescue.com.

"Using parks as part of our pandemic relief response will help the mental health and physical health of thousands of San Diegans."

- MAYOR KEVIN FAULCONER

Worship and workouts to be allowed in San Diego parks

Worship and workouts to be allowed in San Diego parks

Worship and workouts to be allowed in San Diego parks
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By DAVE SCHWAB

City of San Diego, Neighborhoods with the most Violent Crimes Over 10 Years 2010-2019

Three years ago, Pacific Beach ranked second behind only East Village out of 125 City communities in violent crimes reported that year with 216. Today, PB retains the exact same ranking down slightly with 206 total violent crimes reported in the community in 2019 crime statistics compiled by San Diego Police Department.

Hillcrest was third in this year’s violent crime “top five” with 165 violent crimes followed by North Park with 150 and Core-Columbia with 147.

And statistics for PB from 2009 to 2019 reflect that the beach community’s average number of violent crimes has consistently been as much as three to six times the citywide average, which ranged from 41.5 to 48.2 violent crimes per year during that time period.

Violent crimes include murder, rapes, armed robberies, and aggravated assaults, with assaults making up most of the violent crime numbers. In 2019, Pacific Beach had 18 rapes and 152 aggravated assaults.

Reacting to the most recent violent crime stats, community activist Scott Chipman, who has lobbied for years against saturation of alcohol licenses in PB, said: “Most of the violent crime is alcohol-related and occurs in the bar district. In some areas of PB, there are six times more alcohol licenses than allowed by state guidelines, and every year we get more.”

“In 2008, PB had 128 alcohol licenses (17 bars, 77 restaurants, and 34 stores). As of July 2020, PB has 159 licenses (18 bars, 100 restaurants, and 41 stores).”

“I work in substance abuse prevention, and have spent a lot of time with PB residents who are concerned about alcohol-related crime,” said Rob Hall, media advocacy specialist with SAY San Diego North City Prevention Coalition, which strives to create neighborhood and community change. “In short, the alcohol problems in PB, OB, North Park, Hillcrest, and OB are sucking up a lot of police, fire, and paramedic resources.

“Our end game is an ordinance aimed at bringing a few less-responsible bars, restaurants, and breweries in line with the good-business policies practiced by the majority of our hospitality industry citywide.”

Brian Curry, former PB Planning Group chair and co-owner of Fitness West, is convinced alcohol is behind the community’s continuing high rate of violent crime.

“It’s really the concentration of alcohol licenses and the concentration of crime in Pacific Beach that we were really concerned about,” Curry said noting the Community Planners Committee, an umbrella organization representing the City’s 40-plus planning groups, has proposed a solution to alcohol-related crime in communities.

“We looked at what was working and what wasn’t working,” Curry said noting the CPC’s answer is “to take back control, locally, of our licensing situation through land use powers. You start to implement a Conditional Use Permit for licensing. It’s for new licensing that the CUP applies, and/or if a bad operator continues to fall out of line.

“That’s the recommendation, by taking control back from Sacramento and the California Department of Alcoholic Beverage Control, we can implement the changes we need in alcohol policy. Problems wouldn’t end the next day, but it would basically get us able to keep people in line on over-serving, the number of licenses, who gets a license, what are the conditions on the license, etc.”

Added Curry: “In defense of our service industry here, most of them are running a good operation. It’s the bad few ... even some of my friends in the bar business don’t like those bad apples either because they give the whole community a bad name, increasing the crime stats.

“They don’t want that either. They can’t self-police. Everything has to go through the AIC. That’s the problem. It’s just really bringing everybody in line, getting the bad actors to clean up, really.

“No one is trying to shut down anyone. We just want the ability to have new (alcohol) licenses in PB (conditioned) for new restaurants, etc, so that they then do not become bars and nightclubs.”

SDPD’s citywide 2019 crime report can be viewed at sandiego.gov/sites/default/files/2019/03/crimehood.pdf.
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Opponents of short-term rentals feel blindsided by latest proposal

By DAVE SCHWAB

The stance of Save San Diego Neighborhoods and sympathizers on short-term rentals is simple: They’re illegal in residential neighborhoods and laws on the books prohibiting them should be enforced. Period.

The hot-button issue, which dates back years along the San Diego coast, was like a hurricane picking up steam recently when District 2 Councilmember Dr. Jennifer Campbell surprised most with her compromise proposal on a new set of rules and regulations to govern the short-term rental industry moving forward.

To some, Campbell’s proposal seemed more like a betrayal than a compromise. They are contending the council member reversed her campaign pledge to oppose STRs in neighborhoods. They also allege she wasn’t acting in good faith by negotiating with some — but not all — of the stakeholders behind the scenes.

“The community was left out of the process. We were ignored,” said Brian J. Curry, past chair of Pacific Beach Planning Group.

“We feel that once again we from electing a new mayor. We shouldn’t be trying to rush an ordinance through in the form of a backroom deal. It’s disgraceful to rush this through now.”

“Short-term vacation rentals today are flatly illegal,” contends attorney Cory Briggs, who is running for City Attorney in November. “There’s no statute of limitations on when a City fails to enforce the law. Laws don’t grow stale due to lack of enforcement.”

“Enforcement needs to actually happen,” argued yoga instructor Nicole Turner, a PB home-owner living near a short-term rental. “Right now there’s no enforcement.”

“This really does affect communities and neighborhood households,” said Maria Thickstun, a La Jolla attorney and board member of SSDN, a nonprofit with a mailing list of nearly 3,000. “The implication has been that there needs to be something added to the code to solve the problem of short-term rentals in neighborhoods and in residential zones. And the fact is, the municipal code states that those are not enumerated in the code are prohibited.”

Campbell’s chief of staff says compromise proposal is a cut above the rest.

By DAVE SCHWAB

San Diego Community Newspaper Group caught up with Venus Molina, chief of staff for District 2 Councilmember Dr. Jennifer Campbell, for a Q&A on the recent compromise proposal Campbell has offered on short-term rentals, which has stirred emotions on all sides.

Q. Were you surprised by the adverse reaction in some quarters to your office’s short-term rental compromise proposal?

Molina: Absolutely not. We knew there was going to be strong opposition, that people felt very strongly about the issue, and that they wanted us to wait until after the election. People have asked us to step up and take this issue on, as it was daunting.

We have been meeting with folks who came into our office over the last year. Expedia was working on their memorandum of understanding (MOU), and we wanted to hear from our constituents as well as in another round of meetings. We met with the Save San Diego Neighborhoods folks, and the OB Town Council to get a temperature check on where they were at and they were in the same place that they had been: they don’t want them.

But in this wild wild west. We knew we had to do something. The majority of folks really want to see something happen.

Q. Tell us how the council member’s compromise proposal arose.

Molina: People don’t know this is not our MOU. The MOU is between two outside parties. These are the terms they agreed to. [Campbell] was a coalition builder. It’s up to the City Attorney now to work the compromise and finalize the new (STR) ordinance. We still want to get as much input as possible from everyone on this new ordinance.

Q. Why didn’t you wait, as some have suggested, until after the November election to unveil this compromise STR proposal?

Molina: In the new year we’re going to have five new council members who will have to start over being educated on this and other very complex issues. The council members that are still there now understand the issues. They are very much aware of it and have been living with it for years. We want to get this done now versus waiting for the new council, which would be another year. People want to see this now.

Q. Why is the municipal code pertaining to short-term rentals not being enforced?

Molina: Enforcement right now is not realistic. If we could do that, we would have. You've seen the (STR) platforms come after the City and force the City to have a referendum and to rescind their last policy (on STR reform). So they'll (platforms) sue the City, and it will keep us in the courts forever. San Diego is one of the top STR markets. The STR industry would fight for this market.

Also, you can’t take away from people something they’ve been doing for years, taking away their income. If we (City) said, ‘We’re going to shut you down,’ we would most likely get sued by the platforms and they would probably win. That’s what our attorneys have said to us.”

Q. Some are alleging that the council person was opposed to

short-term rentals in residential neighborhoods, but has since reversed herself. Your reaction?

Molina: [Campbell] didn’t understand at first why the municipal code could not be enforced. There is no way you could enforce the code now as it exists and not get sued by the (STR) platforms. We need to better define them (STRs) in the code, then create enforcement around them and regulate them.

Q. What is good about the council member’s compromise STR proposal?

Molina: The STR platforms and the union usually do not like each other. These two powerhouses could sue or referendize or take down any proposal we could come up with. Now you have two opponents working together to figure something out and come up with a compromise that works for everybody.

Now we have to fill in the blanks and create a new (STR new ordinance) to come up with a compromise that works for everybody.

Q. Your reaction to the claim that short-term rentals are intrinsically bad and counterproductive because they take away from the housing stock and permanently drive up rental costs?

Molina: This new agreement we are proposing would cut the number of STRs by 70%, and release housing back into the market for rental and for sale, so we would have more housing for permanent residents. Reducing it to 30% is the (Town Council) win. We’re trying to run with that before they (platforms) change their mind. This is a pretty good deal down the road, non-profit or permanent residents in the midst of a housing crisis.

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To assist homeowners, a new industry report has just been released called “27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar.” It tackles the important issues you need to know to make your home competitive in today’s tough, aggressive marketplace.

Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible.

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La Jolla hypnotherapist helping people become a better version of themselves

By DAVE SCHWAB

La Jolla hypnotherapist Elena Mosaner has been captivated by the subject since age 5 when her mother took her to see a stage hypnotist who made adults “act like children.”

The Russian native said the experience left her “perplexed” and thirsting for answers to solve the mysteries behind hypnotism.

Fast-forward to 2020. Mosaner is now a certified hypnotherapist and professionally certified coach by the International Coach Federation. For the last 15 years, she said she has helped more than 1,000 clients break bad habits, like smoking. She now helps them build healthy habits while boosting their confidence and shifting their mindsets to improve their lifestyles.

“I teach my clients to tell new stories, improve health and become their best version,” said Mosaner on her website, elenamosaner.com.

Of her therapeutic approach, Mosaner said, “You ask clients open-ended questions aimed at supporting new thoughts and actions. Then through therapy, the coach supports those new thoughts and actions. The idea is to create a sense of independence and autonomy. The client is responsible for taking the next step (self-improvement).”

Mosaner came to the United States as an exchange student, settling in New York City and States as an exchange student, “As I dug deeper and worked through my own mysteries behind hypnotism,” Mosaner said. “You’ve lost your desire for sugar or cut sugar out of their diets or exercise more.”

On Tuesday, Sept. 1, Mosaner is hosting a free remote meeting titled “Discover a Better You Through Accepting the Loss of Your Pre-COVID Life” from 2:30 to 4 p.m.

READ MORE ONLINE AT sdnews.com

Rosamaria Acuña

Rosamaria Acuña has a real passion for real estate and is committed to her clients and the community. As a REALTOR® for over three decades representing buyers and sellers, Rosamaria is one of the greater San Diego area’s most trusted agents for residential real estate. Together with Berkshire Hathaway and her team of professional Realtors, Rosamaria is dedicated to offering her clients superior service by providing the latest innovations in marketing and technology to facilitate every transaction. If you are looking for your dream home, purchasing investment property, or thinking of selling your current residence, contact Rosamaria today for a complimentary consultation or to receive up to the minute details about the real estate market. She is happy to address all inquiries so don’t hesitate to call her today at 619-890-2828.

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He also encourages everyone to “try our La Jolla Smack Burgundy Tri-tip.” Lefstein added, “When I first opened, I saw that the butcher shop had gone out of business and thought with the shop already to go, why not give La Jolla a trustworthy niche for gourmet meats. Here we are 2 years later and Business is good.”

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Little did Marco know at the age of 22, while driving his BMW 2002 or 1965 Vespa to UCSD as an engineering student, that he would own a business servicing BMW’s and M’s.

His customers know how much he cares about helping them maintain a safe and enjoyable car. They also know that he always strives to do the very best job. After all, he is still passionate about his lifetime hobby!

Marco added, “I wouldn’t have been in business for 35 years without the help of my competent and loyal staff!”

Cafe Milano — a taste of Northern Italy
Open for Patio Dining & Take-out

Owner/chef Pasquale Cianni brought northern Italian cuisine to La Jolla 20 years ago and has been successfully pleasing both local residents and out-of-towners — even out-of-the-country guests — with his homemade pappardelle pasta, veal osso buco, lobster ravioli, chicken marsala, veal scaloppini and many other authentic Italian dishes. This is just a small sampling of their extensive menu. The kitchen at Cafe Milano uses only fresh, local and seasonal ingredients in its dishes and has a large range of Italian and Californian wines to choose from. The bread and bal-samic dipping sauce is so good you need to be sure to save room for the delicious entrees to come. And to fin- ish your dining experience, the tiramisu is simply scrumptious - one of a large variety of dessert selections. Add to this service that is fast, friend- ly, and attentive and it’s no wonder they are a consistent award winner for Best Italian Restaurant. Cafe Milano is an exciting and incredible experi- ence for the whole family at affordable prices. Open Tues. - Fri. 11:30 a.m. - 10 p.m., Sat 2-10 p.m., Sun 2-9 p.m.
It was the position of Jan Goldsmith, San Diego’s previous City Attorney, that the status of STRs in residential areas in the municipal code was somewhat murky because the language in the code was too vague.

But present City Attorney Mara Elliott has had a different take.

“Because short-term rentals are currently not defined or regulated in San Diego, they are not a permissible land use under the San Diego Municipal Code,” Elliott said in a 2017 memo. “Short-term rentals in San Diego should be defined and regulated in a clear and comprehensive manner that respects the rights of property owners and protects our neighborhoods.”

Elliott also expressed disappointment that “a 2018 ordinance that had been passed (by the City Council) to define and regulate short-term rentals was then immediately repealed due to the threat of referendum from the short-term rental industry.”

Regarding Campbell’s STR compromise proposal Elliott said, “Our office will not be commenting on this ordinance, which is still being written.”

PB homeowner Turner suggested there ought to be a “three strikes rule” applied by code enforcement toward legal STR operators to keep them honest. “If the property manager gets a complaint and doesn’t handle the situation three times, then they need to lose their permit,” she said. “Make the people (operators) buy the permits, then put that money into the enforcement program.”

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“Short-term vacation rentals are prohibited in San Diego – that’s the law,” concluded Thickstun. “We want the law enforced. Anything short of that is simply (us) being held hostage by STR operators and owners in the City. Short-term vacationers are visitors, tourists. The code is written to keep those visitors and tourists out of our residential zones. They’re transients.”

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“The real issue is why is San Diego not following the rules?” asked attorney Briggs. “City hall has said we’re willing to sell ‘get out of jail free’ cards to people who are willing to send us tax dollars. The ones who are turning a blind eye are violating their oath of office to uphold the rules. The prosecutors have to enforce all the laws.”

“The real issue is why is San Diego not following the rules?” asked attorney Briggs. “City hall has said we’re willing to sell ‘get out of jail free’ cards to people who are willing to send us tax dollars. The ones who are turning a blind eye are violating their oath of office to uphold the rules. The prosecutors have to enforce all the laws.”

“We’ve (residents) been working on this (STRs) for 10 years,” pointed out Jolley. “There’s been a disconnect at her (Campbell’s) office. They didn’t reach out to us.”

“In a press release, Campbell’s office, along with Expedia and Unite Here, urged the City Council to straight-docket this STR proposal,” said PBTC president White. “Why fast-track this thing? It should go to committee first, then later come back to the full council. The timing is really suspect.”
Pacific Life Church

Pacific Life Church meets every Sunday, online at 10am. You can watch our services and find out more about our church on Facebook, YouTube, Instagram and our website, www.pacificlifechurch.org.

Formerly Newbreak Church Pacific Beach - we are the same church, the same people, we just have a different name. You can also find video encouragements from our church staff and volunteers on our social media pages throughout the week focusing on parents and kids, hope and loving our neighbors. We love that we get to serve the community of Pacific Beach and love our town! We hope to see you, online, on Sundays!

Pacific Life Church

www.pacificlifechurch.org | 4666 Cass St. Suite 202, San Diego, CA 92109
Facebook - @pacificlifechurchsd | Instagram - @pacificlifechurchsd | YouTube - PacificLifeChurchSanDiego
Beginning September 2020, the UC San Diego Library will observe the 50th anniversary of the university’s intellectual heart of campus, Geisel Library, which first opened its doors to the UC San Diego community and public in September 1970—then known as the Central Library. To commemorate this momentous occasion, the Library has planned a yearlong celebration aimed at recognizing the remarkable legacy of Geisel Library, UC San Diego’s most iconic architectural masterpiece.

Observances will include a series of signature events throughout the 2020-2021 academic year, including talks featuring acclaimed American authors Tara Westover and Kevin Young. In addition, the Library has launched a new website (geisel.ucsd.edu) that includes a wealth of information on Geisel Library, UC San Diego’s most iconic architectural masterpiece.

For 50 years, the Geisel Library at UC San Diego has provided our campus community access to the materials, tools, information expertise, and idea space required to produce groundbreaking research,” said UC San Diego Chancellor Pradeep K. Khosla. “Throughout its 50th year, we celebrate the iconic structure, its vast holdings and many accomplishments, and the dedicated librarians and staff who work to ensure unfettered access to knowledge. This vital information hub plays a crucial part in UC San Diego’s ability to deliver on our mission to be a student-centered, research-focused, service-oriented public university.”

On June 29, 1970, approximately 750,000 volumes were moved into UC San Diego’s Central Library and at the start of the fall 1970 quarter, the building opened for student use. Since then, the library has amassed more than seven million digital and print volumes, journals, and multimedia materials to meet the knowledge demands of scholars, students, and members of the public.

Designed by the much-admired architect William Pereira, Geisel Library typically welcomes more than 6,600 patrons through its doors daily, generating nearly 2.3 million annual visitors. The building’s world-famous Brutalist architectural design conveys the idea that powerful and permanent hands are holding aloft knowledge itself, which was Pereira’s stated intention.

In 1992, in response to a need for more public space, an underground addition on the east and west sides of the building was designed by Latvian-American architect Gunnar Birkerts. Birkerts deliberately designed this addition to extend the foundation of the strong, geometrical form of the existing structure.

“Through this celebration, we seek to honor the history of Geisel Library, which serves as a hub of discovery and innovation for the university, something we intend to continue indefinitely,” said the Audrey Geisel University Librarian, EriK Mitchell. “While our golden anniversary festivities may look a little different than we originally planned due to the pandemic, we are excited to embark on this yearlong commemoration. I encourage our community to take pause and appreciate the beauty and symbolism of the structure itself, while also recalling all of the tremendous work that has been done by our librarians and staff over the past five decades.

Events planned for the 50th anniversary of Geisel Library include:

- A Conversation with Tara Westover, Wednesday, Sept. 16, 5:30 p.m.
- A virtual event featuring Tara Westover, author of her memoir “Educated,” which explores Westover’s struggle to reconcile her desire for education and autonomy with her desire to be loyal to her family, who intentionally kept her out of public education. The book instantly became a critical and commercial success, debuting at No. 1 on The New York Times bestseller list and remaining on the list for more than two years.
- Hear Westover discuss her journey and perspective during this event.
- Helen V. Griffith, ELD., the inaugural executive director of The Preuss School UC San Diego, will lead and moderate the conversation.

La Jolla student starts nonprofit, donates to Black Lives Matter

By DAVE SCHWAB

La Jolla Country Day School student Elínor Amir-Lobel recently won an essay competition with a $2,100 cash prize and has been busy as well this summer founding a nonprofit, selling her original sticker art and donating 100% of the profits to the Black Lives Matter organization.

The theme of this year’s Ninth Circuit High School Civics Essay contest, which Amir-Lobel captured was “The right to Vote: Milestone Anniversaries.”

Amir-Lobel said that theme resonated with her because “I am very politically inclined and have an interest in the workings of politics and government. I researched the history of voting rights in this country, reading Supreme Court cases on the subject and applying my knowledge of U.S. history from school.”

Asked why voting rights and racial disparities are important, Amir-Lobel replied, “I am the daughter of immigrants, have been raised trilingual, and I have a dual identity. I have been sensitive to exclusions and social justice from an early age. This country was founded on the notion that every citizen should have a say in their representation and rights, and the Constitution was created in part to protect minorities even when they are viewed in discriminatory ways.”

Added Amir-Lobel: “If at any time any group of people is not equal to any other, there is a serious problem within our system that should be addressed. The depth with which the system is designed to discriminate, however, cannot be fixed with any number of simple solutions. It would take constitutional amendments and the collective agreement of the people to make any meaningful changes.”

Amir-Lobel’s sticker art represents the protests and struggles of minorities and people who have been excluded and marginalized. “All the stickers are drawings of protestors and Black Lives Matter rallies and symbols of equality and togetherness,” she said. “I drew all the images digitally and I hand made multiple stickers.”

Of the importance of Black Lives Matter, the Country Day student said, “Racial justice is important because it’s on everyone’s priority list. Consider that while people of color make up only about 13% of the overall population of the United States, they simultaneously make up over 60% of the people behind bars. In the words of Desmond Tutu, ‘If you are neutral in situations of injustice, you have chosen the side of the oppressor.’”

Discussing her wide-ranging social activism, Amir-Lobel said, “I am one of the co-founders of the Female Empowerment and Education of Leaders (FEEL) club. We felt there was an absence of a direct representation of powerful women’s voices on our campus. We also felt it was necessary to expand our views from solely what is shown in the media to the reality of what women can accomplish.”

“We are a group of capable women who want to make a meaningful impact. This year we are taking on a philanthropic project, specifics to be determined later, that will help women
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**ANNOUNCEMENTS 100**

Pacific Beach Community Development Corporation & Pacific Beach Business Improvement District (PBID) hosts its annual PBID Business License Webinar on May 26th at 6:30pm. This webinar is open to all business license holders. The agenda will include updates on the PBID, Business License Compliance, and the importance of the Business License. For more information, visit <https://pacificbeachca.gov/pbid>.

**FREE LEGAL SERVICES**

The North County Volunteer Legal Services is offering free legal services on May 21st from 9am to 12pm at the Pacific Beach Library. This service is open to all residents in North County. Please call (760) 839-2428 to schedule an appointment.

**MIXED BUSINESS OPPORTUNITY**

The San Diego Chamber of Commerce is hosting a mixed business opportunity event on May 24th. This event will feature a panel discussion on the current economic climate and opportunities for businesses. For more information, visit <https://sdcoc.org/events>.

**REALTOR OPPORTUNITY**

The La Jolla Coney Realty is hosting a real estate opportunity event on May 25th. This event will feature a panel discussion on the current real estate market and opportunities for real estate investors. For more information, visit <https://lajollaconeyrealtor.com>.

**BUSINESS OPPORTUNITIES**

The San Diego Small Business Development Center is hosting a business opportunities event on May 26th. This event will feature a panel discussion on the current business opportunities and how to navigate the changing landscape. For more information, visit <https://sdsbdc.org/events>.

**CAREER OPPORTUNITIES**

The San Diego Workforce Partnership is hosting a career opportunities event on May 27th. This event will feature a panel discussion on the current career opportunities and how to navigate the changing landscape. For more information, visit <https://sandiego.workforcepartnership.org>.

**SOLAR SYSTEMS**

San Diego Solar Systems is hosting a solar systems event on May 28th. This event will feature a panel discussion on the current solar systems and how to navigate the changing landscape. For more information, visit <https://sandiegosolarsystems.com>.

**FREE LEGAL SERVICES**

The North County Volunteer Legal Services is offering free legal services on May 29th from 9am to 12pm at the Pacific Beach Library. This service is open to all residents in North County. Please call (760) 839-2428 to schedule an appointment.
Obituary: John Pernicano – long time Pacific Beach Italian restaurant owner

By DAVE SCHWAB

W ell-known and loved Pacific Beach restaurant owner-operator John Pernicano, 92, died in his sleep July 22 from cancer complications.

A lifelong resident of San Diego, John im-
migrated from Sicily to the States with his family and he and his broth-
emoved to San Diego from Detroit in 1946. John and his late brother George were both inducted into the HiIlcrest bar. “They needed food, so my brother figured. ‘We’ll put pizza in the place, just a little oven,’” Pernicano said noting he and his 10 siblings all ended up working there. “Four guys mak-
ing pizzas, can you imagine?” John asked in an interview with Beach & Bay Press. “Then each brother got their own location and opened up their own place.”

John subsequently built Pernicano’s at 711 Turquoise St. in North PB.

“How many people like me have been here 65 years, and the family with the last name ‘Pernicano’?” asked John of his family’s legendary of restaurants, that once numbered 10.

It’s a well-told story that All Hallows Catholic Church in La Jolla held their religious services for a time in Pernicano’s while the Mt. Soledad church was un-

“John Pernicano was a long-time Kiwanian. Mark McDonald, district secretary/executive director for Kiwanis, California, Nevada, Hawaii District of Kiwanis, re-

“John was full of life, he would come to the Downtown Club and every one of those people knew him,” McDonald said. “He would come down often and bring his swear box (a vaccination) and a tuba player and play music. It was all those little things … you just laughed, just loved it. He was famous for his fundraisers at the club. I’ll sell the beverages at the bar, you can have all the pasta you want. I’ll donate the pasta.”

John Pernicano

PASTIMO >> CONT. FROM PG. 8

“It’s a different concept we’ve been thinking about for a while,” said Sara of Pastimo. “It’s take-
out, but no dine-in, with just a few stools outside. It’s just fresh pasta. We make the pasta for both locations in the morning over there. It’s the same quality used in the restaurant.”

In business for five years at Oltre Mare, the eatery was formerly owned by Sara’s brother. “We took it over and we changed everything,” the menu, switching from more take-out to more dining,” she said. Of her clientele, Sara said, “We have mostly families and older couples, though we do have young people coming in every now and then. Last night we had a wed-

“Concerting pasta making, Sara

noted, “It’s easy than you think. Pasta is made with semola

“Customers buy our pasta and sauces that have been focused on seafood and fish dishes, grilled and baked because there are fewer restaurants that serve this kind of food in San Diego. We have mussels to start in white

READ MORE ONLINE AT sbnews.com
Mission Beach architect raises endangered Joshua trees for gardens, landscaping

BY KENDRA SITTON

In Bob Craig’s Mission Beach house, small spiked succulents line his home, garden and porch. During his work as an architect each day, he leaves his computer to water and check on the tiny plants that he describes as “fragile” in their first year. Looking at the diminutive plants, it is difficult to imagine that in 60 years, they will be the towering trees that make Joshua Tree National Park’s landscape stunning and otherworldly.

Craig’s journey into becoming the largest grower of Joshua trees outside of the park itself began when he and a friend took a trip to the national park to hike.

“I came to appreciate the Joshua tree plants as unique and iconic. I looked into getting one for myself because I planned to purchase one [for] my garden. I found out that I couldn’t find it anywhere,” Craig said.

Craig turned to the internet after he discovered that nurseries do not carry the rare Joshua trees. He bought seeds off eBay and began to experiment with how to raise the plants – whether in sand, fertilizer, sun, etc. Recently, the California legislature was urged to add the species outside of the shrinking landscape. Drought and wildfire are also concerns. As he advertised these seedlings grow about eight inches per year. Craig said in the initial years, they can be cared for like other small succulents.

“Some people would say that’s very slow. The Joshua tree grows similar to other plants and other trees. I don’t necessarily know why it gets that description,” Craig said. After six months of his care, Craig lets other people adopt the Joshua trees. He does this through the Mission Hills Nursery and his website, where he mails the plants across the U.S. So far, the plants are growing successfully in places like Florida and Boston, even with their climate being significantly different than California. Joshua trees can withstand cold and even need to freeze annually in order to flower, although they can be damaged if left in too cold an environment for too long while they are young.

“In human intervention here is definitely worth it,” he said.

Before this, he was an average gardener with many succulents in his home. It was a minor hobby, not a passion that consumes much of his time.

Under his careful hand, the seedlings grow about eight inches per year. Craig said in the initial years, they can be cared for like other small succulents.

“People would say that’s very slow. The Joshua tree grows similar to other plants and other trees. I don’t necessarily know why it gets that description,” Craig said.

“A common question he receives is why he is not focused on repopulating the park itself. Craig believes that is for other scientists to take care of.

“My focus is in gardens and landscapes, not back into the wild,” he said.

Since the project began, he has raised three-to-four thousand seeds into healthy plants. Craig is now ready for more people to adopt the plants.

“If more people got interested in this and began growing them in their gardens, I think that we would be doing a good thing, in terms of saving the species,” Craig said.

To learn more visit, joshuatreepartadoptions.com or the Mission Hills Nursery.

Kendra Sitton can be reached at kendra@sdnews.com.
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Holding on or letting go: revisiting our numerous attachments

By Natasha Josefowitz, Ph.D.

As I get closer and closer to departing this planet — being in my mid-nineties is a warning bell — I look around and wonder what will I miss? Actually, this is a stupid question. When I’m dead, I will obviously not miss anything. What is it that makes this so uncomfortable? It is not death itself; it is the leaving of people and things that have mattered.

So I started wondering about attachments. There are several categories that I can think of:

Attachments to objects: Heirlooms are particularly meaningful — the bracelet my mother wore every day is a treasure linking me to her. When there is a fire or an earthquake and people can only grab one or two things, many take photo albums. The photos help keep the memories alive.

As I look around my home, I recognize that I am attached to my dwelling in general and to objects in it in particular — photos of my grandparents as well as all my grandchildren, my needlepoint pillows, books I will never re-read, clothes I will never wear again, dishes I will never use, the little crystal ball Herman brought me from a trip. These are all an extension of my ego, part of me. I have imbued inanimate things with a life of their own. Children exhibit this attachment to a favorite blanket, a stuffed animal, or doll and are despondent when they lose it.

Attachments to memories and personal history: In trying to downsize, especially getting rid of my files, I am connected to my old Ph.D. thesis or some lovely student evaluations from a class I taught 40 years ago. If I pretend I am my daughter, or my grandchildren, looking at all this stuff, I realize that what is important to me is irrelevant to them. “Grandma was with Dr. Ruth, Who is Dr. Ruth?”

So I am able to do away with the remnants of my past life by pretending I am not me. I found this strategy to be liberating, and I am passing it on to my readers.

Attachments to places: It can be the country you were born in, your first home where the children were born. We are territorial animals, and we will fight for what we consider our territory and defend it.

Attachments to ideas: This is a commitment to one’s way of believing, excluding all other possibilities. It can be religion, politics, or philosophy. Letting go of beliefs is an important task when confronted with new contradictory evidence.

In the time of the pandemic, I find a different kind of attachment. Attachment to our pre-coronavirus life: A time that may never return. We miss our connection to people, the freedom to go anywhere we wanted, eat in restaurants, or go to movies, the gym, beauty salons, or barber shops.

As humans, our attachments help to define us. This time is an opportunity to take a closer look and gain clarity as to what is truly important to us.

So it is time to let go. To send off to family and friends some of my cherished treasures. I am giving each of my grandchil- dren one of my antique Russian lacquer boxes which belonged to my mother. Will her memory continue to live in her descendants? Nostalgia is painful. Giving away or tossing objects is losing the memory of those seemingly important events in our lives. I wonder how I will be remembered after I am gone?

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