LA JOLLA MOM NEEDS RARE BLOOD DONATIONS

STACIE BUCHEL

La Jolla resident and mother of three, Stacie Buechel, was recently diagnosed with bone cancer and needs blood transfusions as part of her treatment, but her situation is complicated because she has a rare blood type. Buechel needs blood from donors who have A+ (A positive) blood, or O- (O negative) or O+ (O positive) blood that also lacks a protein called Kpb. Less than 1% of the population have this type of blood. More information on Buechel's story can be found at mealtrain.com.

Anyone who would like to donate blood in Buechel’s name can visit any San Diego Blood Bank donation location or mobile drive and note the donation code ESB when registering. San Diego Blood Bank is currently antibody testing each blood donation as part of their regular testing panel to qualify donations for COVID-19 convalescent plasma. Appointments are required and available by visiting sandiegobloodbank.org or by calling 619-400-8251.

WAYFINDING SIGNAGE

In January, La Jolla Village Merchant Association’s board picked a favored proposal from among 12 applicants vying to install electronic signage directing motorists to area parking garages. Technology would be used indicating how many parking spaces are available in each garage. The proposal picked came in from Texas-based FlashParking with a $61,000 bid on the future project. Their bid is for a two-year term and includes hardware, installation, and software for camera-based technology. FlashParking’s plan proposes signs throughout the Village directing visitors to local landmarks and beaches as well as parking garages.

Previously, consultant Brad Elsas, VP of strategic initiatives for Ace Parking, told Village merchants the first phase of a new wayfinding program would focus on static signs highlighting points of interest such as the Children’s Pool, Whale Point, and Downtown. Last year Elsas estimated it would cost about $3,500 to create plans for a directory and signage for the Village including graphics.

GAZEBO REPLACEMENT

Opposition to a proposal by Friends of Windansea to replace a gazebo (belvedere) in the coastal neighborhood surfaced during La Jolla Parks and Beaches, Inc.’s Jan. 25 Zoom meeting. Approved by LJPB in June 2020, the gazebo replacement project proposes constructing a new gazebo on the site of the previous one long torn down, while adding upgrades. Those are to include repairs to the stairs and post-and-chain barriers. The site is on Neptune Place near Rosemont Street. Several neighbors spoke out at the park group’s remote meeting expressing their fear that a new Windansea gazebo could constitute an attractive nuisance disturbing peace and quiet in the beachfront area.

Residents urged to be patient for vaccinations

El Avocado restaurant fills a need in La Jolla

Food, fun and drinks for Valentine’s Day

SEE PAGE 8

See page 7

LA JOLLA’S LOCALLY OWNED INDEPENDENT VOICE SERVING UNIVERSITY CITY AND LA JOLLA TODAY & EVERYDAY

SAN DIEGO COMMUNITY NEWSPAPER GROUP

FRIDAY, FEBRUARY 5, 2021

sdnews.com

LUCKY LA JOLLA – A rainbow appeared over the Children’s Pool in La Jolla after a storm in January.
What went wrong at the Pacific Beach political protest?

By DAVE SCHWAB

(Editors note: This newspaper does not condone violence and destruction of property by any group or their supporters. Though we support peaceful protests for all views, instances of violence and staged extremitism groups are not welcome in our communities and should not be tolerated.)

In the previous edition of this newspaper, residents and local leaders commented on how they felt about the large political gathering in Pacific Beach on Jan. 9, which turned violent.

But what happened on that sunny afternoon in early January? How did a planned assembly by Trump supporters go haywire? Eyewitnesses to the rally-turned-scuttle say it was Antifa and Black Lives Matter supporters who were responsible for the violence. The politically charged protest ultimately left several people injured, three arrested, and lingering questions about what actually happened and why.

Witnesses at the scene, including local photographer John Cocozza, event promoter Mike Spangler, and two bystanders (who, fearing reprisals, requested anonymity), recounted Spangler, and two bystanders (who, fearing reprisals, requested anonymity), recounted Spangler.

"Somebody took an overhead swing with a skateboard and just missed my skull as I turned. I was hit in my back, which caused a big contusion. After that I just ran, and some in the mob chased me all the way up to Garnet Avenue and Mission Boulevard."

"On Saturday, Jan. 9 the San Diego Police Department responded to a confrontation between two protest groups," said SPD Pt. Shawn Takeuchi. "Police officers addressed violent behavior, which resulted in five people being detained, with three being charged criminally for their actions."

"Two adults were charged with failing to disperse and were booked into County jail. One juvenile was charged with assaulting a police officer and was released to their parents. Five officers were assaulted resulting in slight injuries and a window to a business was also smashed by an unknown individual," Takeuchi said.

"I saw a very diverse group of Trump protesters, men and women of all ages, waving flags and singing patriotic songs in union," said Spangler. "Everywhere there were kids, families. I saw 50 to 75 people all in black, some with gas masks and others carrying sticks, batons or side knives. They were all younger, late teens, early 20s."

Spangler said he was verbally assaulted by mob members asking who he was, and if he was a cop, before they told him, "Get out of here."

"I was fearful," recalled Spangler, adding, "Now, I know if I'd stood my ground … I'd probably still be in the same situation that they would have fully attacked me."

A third bystander to the protest corroborated Cocozza’s and Spangler’s accounts of what transpired.

"I had no knowledge that Trumpers even had a rally scheduled at 1 p.m. that day," the anonymous witness said. "I came after Antifa had a rally scheduled at 1 p.m. that day," the anonymous witness said. "I came after Antifa and BLM scattered. Apparently [Trump supporters] were late to their own party. Antifa showed up on time, but were met with zero resistance because Trumpers didn’t show. Maybe that gave Antifa and BLM confidence that Trumpers were scared? Who knows?"

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"I added the anonymous observer of what they witnessed about 2-2:30 p.m., more than an hour after trouble first began: ‘Yes, Trumpers chanted. Yes, they were in large numbers, larger than 50. Yes, they are some intimidating guys. But what I saw was essentially nothing. Nothing because Antifa and BLM left, and there was no confrontation to even possibly happen.”

"Added the anonymous bystander: ‘Trumpers just marched around chanting “Defend America”’ and their slogans. But they did not touch one person. My take? Antifa and BLM seem to be opportunists.”

Regarding claims that outside agitators had been paid and bussed down to Pacific Beach, or that film crews were sent along, Takeuchi said there is as yet no evidence to confirm either allegation is true. In any event, he added, that is not something within the purview of police to investigate.

In the aftermath of the alterations that took place at the protest, Takeuchi said: “The goal of the department on Jan. 9 was to maintain peace regardless of ideology and belief. There are numerous voices, and varying accounts, of what occurred. Although some actions were caught on camera and posted to social media, certainly, not all actions were captured."

“Additionally, it is important to know what happened before cameras began recording and what happened afterwards. That is why we’ve asked anyone who was a victim to reach out to our Northern Division so that we can investigate any crimes that occurred,” Takeuchi said.

“One a common thread running through first-hand accounts given by eyewitnesses interviewed about the protest, was their impression that police were largely non-involved once violence broke out."

“We were outnumbered four or five to one, and the cops just left us there,” said Cocozza. "When I was attacked, there were two officers in a squad car vehicle parked 30 to 40 feet from me. They saw the entire thing. They did nothing.”

San Diego police attempt to move people out of the area during the protest on Jan. 9.

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PB Town Council honors community volunteers

New 78th Assembly District member Chris Ward administered the oath of office to incoming members at Pacific Beach Town Council’s Jan. 14 Zoom meeting.

Marcella Bothwell, installed as new PBTC President, handed out community awards including one to this year’s Honorary Mayor, hotelier Elvin Lai, owner-operator of Ocean Park Inn.

Caryn Blanton of nonprofit Shoreline Community Services working with the homeless received the new Ellen Citrano Caring and Compassion Award. Citrano, a retired Navy nurse, has done extensive volunteer work in the beach community.

Joe Anderson was the recipient of the Pug Sanford Community Service Award recognizing her many years of service as a member of both the PBTC and the PB Planning Group. Other award winners included: Charlie Nieto, Rising Star Award; Brianna Jackson, Communications Award; Ron Walker, Membership Award; Jane Nobbs, Rose Creek Cottage Stewardship Award; Susan Crowers, Green Thumb Award and Excellence of Record Keeping Award; and Marcella Bothwell, Excellence in Financial Management Award.
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The path forward: 2021 economic outlook for San Diego region

By LYNN READER

“Housing is booming, spurred by low mortgage rates and people wanting more space.”

- How much further will the economy suffer?
- Vaccination rates need to be accelerated well beyond one million per day or it will take until mid-22 before “herd immunity” can be restored. In the meantime, new vaccine-resistant mutations of the virus could appear. Without a major pickup in San Diego’s vaccine rollouts, the economy will remain substantially shuttered. The first quarter could see further job losses and the second quarter looks like it will at least begin with considerable weakness.

- How will President Biden’s economic policies affect the outlook?
- President Biden wants to provide urgent additional stimulus, proposing an additional spending total of $1.9 trillion. While Congress may not approve full funding, it may pass more than half of the total. Another $1,400 of direct individual payments, more help for the unemployed, and some additional assistance for state and local governments are likely to be included. While some of this money will go into savings accounts, the amount spent will help backstop parts of the region’s economy that are still operating.

- Restaurants, hotels, and entertainment was reopening?
- Economic lockdowns have slashed more than one-quarter of payrolls in San Diego’s leisure and hospitality industry. The toll has been severe when you realize that the industry employs nearly one of every seven of the region’s workers. While restaurants recently saw operating rules relaxed, a broad reopening of the entertainment industry is likely to wait until the second half of 2021 or when approximately 75% of the population has been vaccinated.

- How will consumers and businesses respond?
- After more than a year spent primarily in home-confinement, consumers will be eager to return to their pre-pandemic lives. They may retain some of their new habits by working only part-time at the office and continuing their streaming subscriptions. Many may have to start paying for student loans, rent, or mortgages where various forbearance programs have been in effect. The release of pent-up demand will dominate, however, as consumers flock to restaurants, entertainment venues, and even shopping malls. Confidence over a return to “normal” will soar, accompanied by a rebound in spending.

Businesses will need to ramp up hiring to meet the resurgence in demand.

More at sdnews.com
PROTEST CONT. FROM PG. 2

Added Cocozza: “The police inaction initially gave these people more cause to up the violence making things even worse. The police should have identified the troublemakers, zip-tied them and arrested them, just got those people out of the crowd. We were told [police] were ordered to not get involved. We need to hold the police accountable for this, if that came from higher up. If that’s a policy-level decision, the policy needs to be changed.”

Added Takeuchi: “We will investigate all crimes brought to our attention, but we need to hear from victims to ensure a crime was committed and prosecution is desired. Also, police reports don’t confirm events. They are merely allegations made by a victim that need to be corroborated with evidence.

The department would like any victim of a crime that occurred during this incident to contact our Northern Division substation at 858-552-1700.”

Concluded Cocozza: “You don’t go to a protest with blunt-force objects. The police should have said, ‘Nope, this isn’t happening.’ The cops should have just put that down. They had more than enough personnel.”

Another anonymous observer said they were attacked while photographing the event with their iPhone by Antifa members who stole their bike and destroyed it. They added, when they reported that to police on-scene a short time later, they were told, “We can’t leave our posts. Call a dispatcher.”

Cocozza made another claim about what he’s convinced caused the fracas.

“When word got out that Trump supporters were going to rally in PB, Antifa and BLM people got the word out,” he said. “They created flyers saying, ‘Come down to PB and stop the rally, the Nazis, the racists and the white supremacists.’ That in itself is just nonsensical, because the Trump demographic is every single race.”

Cocozza added it his belief the anti-Trump camp brought people down to film altercations during the protest, then selectively manipulate and edit the film footage to misrepresent that it was Trump supporters who had instigated the violence.

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For 50 years, Family Health Centers of San Diego (FHCSD) has provided caring, affordable, high-quality health care and supportive services to everyone, with a special commitment to uninsured, low-income and medically underserved persons.

With over 23 primary care clinics around San Diego County, FHCSD provides care to over 227,000 patients each year. With a wide-range of health care services throughout the region, the organization also includes 10 behavioral health facilities, eight dental clinics, two mobile counseling centers, three mobile medical units, three vision clinics, a physical rehabilitation department, a pharmacy and an outpatient substance use treatment program. As part of their ongoing dedication to ensuring everyone who needs health care receives it, FHCSD offers free Covered California enrollment assistance.

Covered California is a private health insurance exchange that was established through Affordable Care Act legislation for individuals and families not eligible for Medi-Cal. The program allows California residents to purchase quality health insurance plans to fit individual and family needs. The cost of each insurance plan is based on certain factors, including family size and income.

Covered California has extended its Special Enrollment Period from February 1 to May 15, 2021 without a qualifying life event.

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5. Rehabilitative and habilitative services and devices (services and devices to help people with injuries, disabilities, or chronic conditions gain or recover mental and physical skills)
6. Prescription drugs
7. Ambulatory and emergency services
8. Laboratory services and hospitalization (surgery and overnight stays)

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For free enrollment help, call (619) 515-2363 or visit fhcsd.org/covered-california.
El Avocado vegan restaurant fills a need in La Jolla

Established for just a month, vegan restaurant El Avocado is already firmly planted in La Jolla Village.

There’s a need for healthy fast-casual food with good ingredients that are prepared mindfully: It makes a difference,” said Shanti Claydon, co-owner and chef of the firm. He saw the need for kosher and vegan restaurants.

“Do you know where this meat came from?” was the question a co-worker asked Claydon once, and that initially set her on a meatless culinary path. “We have this picture you see on labels of happy animals on farms. That’s how it used to be. But it’s not like that anymore. When I realized the way it really was (factory produced), I decided I didn’t want to contribute. You vote with your money. It’s the only way you make a difference.”

Claydon started selling vegan soups at farmers markets, before being invited to do vegan-style cooking for families. “Eventually, I got a restaurant up in Escondido, all-vegan,” she noted, adding she decided I didn’t want to contribute.

El Avocado’s chef-driven menu, currently serving 10 salads, wraps, soups, salads, toasts, and sandwiches. (El Avocado).

Vegan refers to food free of all animal products including meat, fish, milk, cheese, or eggs. El Avocado is already established for just a

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San Diegans urged to be patient to get vaccinated against COVID-19

By JOSÉ A. ÁLVAREZ

The number of San Diegans wanting to be vaccinated against the novel coronavirus significantly exceeds the total doses that have been shipped to the region to date. That’s why County health officials are urging San Diegans to be patient and get vaccinated when it’s their turn.

The County has opened four vaccination superstations and operates 15 smaller community points of dispensing or PODs. While combined they have the capacity to vaccinate 20,000 people daily, the County doesn’t have access to that many daily doses yet to be able to vaccinate everyone who wants one.

“Due to the limited number of COVID-19 vaccine doses in the region, County community clinics are continuing to vaccinate only health care professionals and people 65 and older,” said Wilma Wooten, M.D., M.P.H., County public health officer. “We’re asking San Diegans to be patient and to get vaccinated when more doses are available. Vaccination appointments are only available for the number of doses we have on hand or we know are coming.”

Doctors, pharmacies, community clinics, and other health care providers are also working to provide vaccinations to San Diegans in the priority groups.

To make the COVID-19 vaccine available to more people who qualify, local paramedics and emergency medical technicians are administering vaccinations in rural communities.

These rotating vaccination clinics are part of Operation Collaboration, an effort involving about two dozen fire and emergency services agencies including CAL FIRE and San Diego County Fire Protection District. Fire agencies are also helping to vaccinate people in long-term care facilities.

All County vaccination superstations and PODs require appointment and can be made at vaccinationsuperstations.com.

People 75 and over and who do not have access to a computer or someone to assist them may dial 2-1-1 for appointment assistance. Also, County-funded community health workers, known as promotores, will be reaching out to people 75 and older directly to help them make vaccination appointments.

The Metropolitan Transit System is offering free rides to people with proof of a vaccination appointment.

To date, more than 586,000 COVID-19 doses have been delivered to the region. Of those, more than 357,000 have been administered, including more than 58,000 San Diegans who have received two doses and 10.2 percent of the population over age 16 who have received at least one dose.

READ MORE ONLINE AT sdnews.com
Valentine's Day drinks, food and fun in Pacific Beach and La Jolla

By DAVE SCHWAB

L ike just about everything else, Valentine’s Day and weekend is going to be observed a little bit differently this year. But COVID or not, there are things to do, places to go and special deals for romantic interludes to be had in coastal restaurants from Pacific Beach to La Jolla.

Jodi Rudick, executive director for La Jolla Village Merchants Association, had several ideas for what to do in “the Jewel” to celebrate the mid-February holiday classic.

“A romantic stroll through the art galleries is one of the most romantic ways to spend some time with the one you love,” Rudick suggested. “Art is a great way to get to know someone on a different level. Whether you’re enjoying the incredible photography of Peter Lik, Thomas Mangelsen, Ian Elly, or Nathan Myhrvold (Modernist Cuisine Gallery), or prefer the whimsy of Dr. Seuss, Keith Haring or Roy Lichtenstein, La Jolla literally has something for all budgets and tastes.

Don’t forget the wildlife.

“Of course, La Jolla is famous for its seals, sea lions and sunsets – a trinity of nature’s perfection,” pointed out Rudick. “Nothing is more fun than watching seal moms teaching their brand new pups to swim and surf in the waves. It’s not only mesmerizing but a reminder of how lucky we are to access the coast.”

Added Rudick: “For those looking for incredible dining with a view, nothing beats La Jolla’s selection of restaurants, eateries and cafes. Whether you want to grab-and-go for a picnic at the Cove, or are looking for a fresca options, La Jolla literally has something for all budgets and tastes.

LA JOLLA

• La Valencia Hotel at 1132 Prospect St. is serving up love with a four-course, $89 per person. Finish your romantic evening with a sweet beef or salmon entree, and dessert.

• Beaumont’s at 5662 La Jolla Blvd. is pulling out all the stops this year with it’s “Night In Paris” Valentine’s menu. The special menu includes choice of starter, entrée, and dessert. Wine pairings available. Reservations encouraged.

• Roberta at Piazza 1909 will feature a special four-course menu, with choices for starter, taste of a pasta or gluten free option, entrée and a dessert to share prepared by the pastry chef Valentine’s cocktails. Enjoy an amuse bouche starter, choice of beef or salmon entree, and dessert for $89 per person. Finish your romantic evening with a sweet take-home gift when you dine at the Pink Lady. Now accepting reservations through OpenTable.

• Order a La Valencia gift card online and treat the one you love to a La Jolla getaway with no expiration date,” said hotel marketing manager Annalise Dewhurst.

• Feeding San Diego supporters can make a donation and send a special e-card to a loved one this Valentine’s Day, with all funds helping to provide nutritious meals for people facing hunger.

Duane Eugene “Blick” Blickenstaff
September 21, 1935 - January 22, 2021

Radiologist, he was extremely devoted to his work and patients. Gene is survived by his lovely wife Denise of 63 years, daughter Cathy Blickenstaff McAllister, son Mark Blickenstaff and wife Laurrie, son Michael Blickenstaff, and five grandchildren: Cameron and Cayla McAllister, Steven Blickenstaff (Shelby), Gina Bickenstaff Clark (Chesley), and Kethyn Bickenstaff. A virtual on-line memorial service will be held at 1:15 PM, on Saturday February 6, 2021.

READ MORE ONLINE AT sdnews.com
Mission Bay rugby club gearing up for new season

Mission Bay High School has a new team sport, rugby. Actually, right now it’s a club.

“High school rugby in San Diego is rather new, but a quickly growing group,” said Lisa Mandel, MBHS rugby team manager.

“Rugby is a youth club sport in San Diego and first went into the high schools as a club sponsored by the local club teams. Now we have two different leagues Southern California Youth Rugby (SCYR) and Southern California Interscholastic Rugby Federation (SCIRF) hosting teams in more than 30 high schools in San Diego County alone and growing.”

Rugby is a collective name for the family of team sports of rugby union and rugby league, from which Australian rules football and gridiron football evolved. Canadian football, and to a lesser extent American football, were also broadly considered forms of rugby football.

Distinctive features common to both rugby codes include the oval ball. Throwing the ball forward is also not allowed so players can gain ground only by running with the ball or by kicking it. Unlike American and Canadian football, the players do not wear body protection.

“Rugby football started about 1845 at Rugby School in Rugby, Warwickshire, England although forms of football in which the ball was carried and tossed date to medieval times. Rugby foot-
ball was one of many versions of football played at English public schools in the 19th century. Why rugby?”

“My kids have been playing rugby since they were 5 years old with Aztec Youth Club rug-
by and we have found that, more than any sport we have done, it creates a sense of teamwork and community that is incredible,” said Mandel. “It is physical but the kids do not have pads on and are taught how to tackle low and safely. It is active. This is a game of a continuous running clock. Anyone can score. Everyone gets the ball and it is constantly mov-
ing until the end. It is fast-paced, active, and exciting.”

Added Mandel: “After each game sportsmanship is seen in each team circling up togeth-
er arm and arm and picking an MVP of the opposing team.”

Top row, from left: Samuel Arevalo, Carson Wisdom, Grant Palmmer, Jackson Hundley, David Estrella, Jake Lingoi, Jessie Amador, Jake Cameron, Colin Hayward, Liam Kane, Paz Reyes, James Ward, Coach Benjamin Lebeaupin. Bottom row from left: Layne Northcutt, Lennex Cressley, Nathaniel Jarrett, Travis Knight, Jacob Mandel, Nikolas Mendez, Alec Walier, Keanu Santos, Giovanni Frank (not pictured Jake Kepner).

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- * Philanthropy
- * Shopping Guide
- * And More!

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For a limited time, readers of this paper will receive a special discount on our full chimney cleaning and safety inspection package with special attention to chimney water intrusion points in preparation for the rainy season.
Frenetically
Popular comic strip character
Dough used to make tortillas
The color of the sky

Clues Down
1. Frightened at the sight of a spider
2. The color of the sky
3. Dough used to make pancakes
5. Popular comic strip character
6. Dough used to make tortillas
7. The color of the sky
8. Popular comic strip character
10. Dough used to make tortillas
11. The color of the sky
12. Dough used to make pancakes

Crossword Puzzle
Across
23. All men
25. She who provides food
30. She, girl, lord of beer
31. Walking slowly
32. Prose or semi-pronounce stone
35. Walker
36. Tony
37. Major division of geologic time
40. Frogs
41. Producers of proteinaceous food
44. For the health family
45. Softball
49. Japanese language (reconstructed)
51. Latin (reconstructed)
53. Bette Davis
54. In the service of
55. From the front
57. In the service of
58. From the front
60. Latin (reconstructed)
61. From the front

Down
6. The color of the sky
9. Dough used to make pancakes
13. Popular comic strip character
14. Dough used to make tortillas
15. The color of the sky
16. Dough used to make pancakes
17. The color of the sky
18. Popular comic strip character
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27. Dough used to make pancakes
33. Popular comic strip character
34. Dough used to make tortillas
35. The color of the sky
36. Dough used to make pancakes
37. Popular comic strip character
38. Dough used to make tortillas
39. The color of the sky
42. Dough used to make pancakes
43. Popular comic strip character
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READERS CHOICE AWARDS 2020
VILLAGE NEWS
 Paths to power and experiences during the publicity book tour

By Natasha Josefowitz, PhD

My book, “Paths to Power: A Woman’s Guide from First Job to Top Executive” was on the bestseller list. In the 1980s, publishers would arrange book tours for their authors. It was grueling. I would take a plane to a city where I would be met by an escort to take me to a hotel, or, more often, she would take me straight to the TV or radio station where I would be interviewed. Then several publicity stops would follow where I would sometimes get an hour or sometimes just a few minutes, enough to tout my book. There was always an evening event.

My next day would start with a 6 a.m. newscast, followed by additional interviews running from morning to late afternoon. My escort would drive me from place to place with interview details arranged beforehand. After the last evening interview, she would take me to the airport. I boarded a plane for the next city, where I would be met by another escort who drove me to my hotel. This worked well.

Not everything went smoothly. Towards the end of one of my tours, I woke up in my hotel room and looked out the window. I was in Phoenix, Arizona, or so I thought, looking at a large body of water. I called the front desk and asked about the water outside my window; it was San Francisco Bay. Obviously I was very exhausted.

Even after the book tour was over, my publisher continued to book me at local events. One of the more rewarding experiences was being a weekly guest on Sun Up San Diego. The show host, Kaitli Diamant, was my interviewer. We became good friends. I was called their poet-philosopher in residence. I often used the materials that I was teaching in my management classes at San Diego State University. In addition, I did a lot of radio shows; these were called “bathrobe interviews” since I could be home in a bathrobe for many years. I appeared as a weekly guest on PBS Radio as well as NPR’s All Things Considered.

I enjoyed these opportunities, especially when there was time for questions. They mostly centered around judging work and family, discrimination in the workplace, and unfairness in promotions (often given to less-qualified males). Meanwhile, I continued to teach and write. I received a grant from the Navy to study the personnel at the local naval base. I interviewed people from different countries with their spouses. Out of this research, my book, You’re the Boss: Managing Diversity with Understanding and Effectiveness was published by Warner Books in 1985.

A challenging experience was being hired by Ray Blair, the then-manager of the City of San Diego, to run workshops on sexual harassment. I became their expert for three years, produced a video, and wrote a manual entitled Sex and Power. The American Management Association then hired me to run these sexual harassment workshops in many parts of the country.

In 1988, I co-authored “Fitting In: How to Get a Good Start in Your New Job” with my husband, Herman Gadon. I also had several books of poetry published by Blue Mountain Arts. Upon retiring in 2005, I wrote “Retirement: The Next Great Adventure.” Then after Herman died in 2009, “Living Without the One You Cannot Live Without” was released.

One of my greatest pleasures today is being a columnist. This allows me to write about ideas I am mulling over and researching. I have been writing a weekly column since 1985, first for the San Diego Business Journal, followed by the San Diego Daily Transcript, then syndicated with Copley News, then on to the La Jolla Light, and now with the La Jolla Village News, which publishes every other week. This makes over 1,000 columns written to date. What is fun for me is being published in a local paper. Often people stop me in restaurants or email me and mention reading my columns. I like getting comments, which are mostly positive, but not always. I actually appreciate negative feedback, because it usually has some truth to it for me to learn from.

Natasha Josefowitz is the author of 21 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2022, Natasha Josefowitz. All rights reserved.
The streets in Pacific Beach were renamed several times before receiving their current designations in 1900. The primary north-south street running parallel to the beach is Mission Blvd., with the streets named after late 19th century federal officials, then incrementing in alphabetical order as they move further from the coast.

PB Fun Fact:
The streets in Pacific Beach were renamed several times before receiving their current designations in 1900. The primary north-south street running parallel to the beach is Mission Blvd., with the streets named after late 19th century federal officials, then incrementing in alphabetical order as they move further from the coast.

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**745 DOVER CT.**

6 BD | 5.5BA | 3,045 sq.ft. **Asking Price of $2,299,000**

Gorgeous home in South Mission Beach! This turn key property was built in 2010 and features travertine floors, stainless steel appliances, granite counter tops, AC, 4 car parking and solar. Home has a great rental history with $177,067 in gross rents for 2019. The property is also condo mapped giving the new owner the option selling as 2 condos in the future.

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**796 NEPTUNE AVE.**

2 BD | 1BA | 1,147 sq.ft. **Asking Price of $3,888,450**

Charming Beach cottage on a large lot with lower seawall and upper bluff caissons. From the moment you open the front gate you can see the beautiful blue ocean water. This single level home sits on an irregularly shaped lot resulting in almost 60’ of frontage on the Ocean which gives you even more panoramic views and a lush grass west yard. The east side yard is spacious, very private, and beautifully landscaped, with room for future home expansion. Only 11 lots to Beacons Beach access. www.796neptuneave.com

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"Scott and Nicole were simply outstanding. They helped us sell our home in Pacific Beach and buy a condo. During both transactions they were easy to communicate with, provided excellent advice, and made difficult to deal with situations easier. The marketing of our Pacific Beach home was wonderful with great photos and handouts. They were at our home for every showing and pointed out some of the features that a buyer might miss. During the negotiations they helped us get the best outcome and were the voice of reason to help guide us. During the purchase of the condo they were easily accessible even though we were no longer in the area and in a different time zone. Simply put they made buying and selling homes an easier process and were a pleasure to work with. We highly recommend them for any real estate transaction you have."

- Art & Andie L.

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