

Coping with COVID-19

DEL MAR'S COMMUNITY MONTHLY
NEWS • FEATURES • OPINION
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SANDPIPER



VIDEO VISITS

Julie Maxey-Allison | 10th Street

Interview with G. Stuart Mendenhall, MD
Cardiologist at Scripps Memorial Hospital La Jolla

JMA: Working as a cardiologist, in our time of COVID-19, what, now, are your “on call” hours?

GSM: At Scripps Memorial - La Jolla we have delayed all elective or non-emergency procedures to minimize exposure or transmission of the coronavirus in the hospital, in addition to keeping facilities, rooms, ICU beds and ventilators free in the event there is a surge of COVID-19 patients requiring hospitalization. Unfortunately, there have been a few doctors who have exhibited symptoms of the disease and have been immediately removed from clinical service.

I have been asked to cover other shifts frequently, and fortunately I have had no symptoms. Despite being a sub-specialist, now I have been helping with general cardiology. If there is a need, I may function as a floor medicine doctor or staff the intensive care unit. Many of us have been going back and familiarizing ourselves with modern ventilator modes, which have changed since I was in residency!

JMA: Are you working virtually more frequently?

GSM: All office visits are now virtual visits “unless” the patient requires and requests to be seen in person and is under 70 years old and of low risk for COVID-19 complications. All patients over 70 are seen virtually and do not have the option to come in for routine checkup except for urgent procedures that must be done in person, or in an emergency. Face to face visits in my field are often to reprogram a pacemaker, which can only be done in person.

JMA: How often do you meet in person at your office? For a first meeting? Only if necessary?

GSM: Medicare and most insurances have relaxed the previously existing requirements for reimbursement for remote visits. Before the COVID-19 crisis, an established patient-doctor relationship had to be existing, as well as other requirements. Now we are able to do the majority of visits over the phone or a consumer video-chat solution such as FaceTime or Skype. Prior to the physical distancing guidelines I did not use telemedicine to any significant amount other than remote monitoring of devices. Since the coronavirus has spread I have now been doing essentially all visits as telemedicine.



G. Stuart Mendenhall, M.D., Department of Cardiology,
Scripps Memorial Hospital—La Jolla.
Courtesy Cardiac Arrhythmia Associates.

With pacemaker and defibrillator patients, there are limits to what can be done remotely, and reprogramming of the device is not available. This generally is not a limitation of the technology, but a design to limit danger in the event of security breach, device compromise, or unexpected interruption in communication.

JMA: Are your patients tech savvy enough or do they have to go through a learning curve? It is easy? Who helps?

GSM: For patients that do not have a smartphone or are unable to use video features, we use the regular old telephone. However, do not underestimate the usability of modern interfaces and willingness of octogenarians to use video chat! Many have a family member help connect for them.

JMA: What have you seen in your medical community that is most gratifying?

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BETTER LIVING THROUGH SCIENCE

Ignore the science about the COVID-19 and you may die; ignore the science about climate change and your children may die.

Most scientists are apolitical; they assume that policy decisions will be based on the best available science. That did not happen in the U.S. response to COVID-19 until the rising number of deaths made the toll of scientific ignorance clear. The anemic response to the rising threat of climate change has ignored the scientific consensus for years. Might policymakers learn from the COVID-19 disaster and be more prepared to listen to scientific advice?

There have been multiple warnings about pandemics since the AIDS virus spread worldwide in the mid-1980s. The most likely culprit was thought to be a new influenza strain, and though new strains did emerge, none of them spread like the current coronavirus. We became complacent, ignored the warnings from scientists and epidemiologists, and trusted that new vaccines and medicines would protect us. Remember that a new AIDS vaccine was promised by

Margaret Heckler (Health and Human Services Secretary under President Reagan) “within a year” in 1984, and none exists today. Development of treatment for AIDS took almost a decade. There is a strange dichotomy in thinking: we don’t listen to scientists when they warn us of looming disasters, yet we have unrealistic expectations that they will develop miracle cures when a new disease emerges.

Part of the problem is the human tendency to deny unpleasant facts. But a more insidious problem is disinformation campaigns that play to this tendency. Remember how tobacco companies funded bogus science that claimed that smoking was not linked to cancer. Oil companies have supported equally bogus claims that fossil fuel consumption has nothing to do with climate change. Even though 98% of climate scientists disagree with this conclusion, the contrarian view is still promoted by conservative politicians and media while temperatures keep rising and extreme weather events become more common.

We keep putting off meaningful action to address climate change because many people view it as a future event, not one that is threatening our way of life right now. But, as with COVID-19, failure to take immediate action will result in exponential growth in the magnitude and make the response even more challenging. The COVID-19 pandemic is changing our way of life today. Recovery of normal life will require listening to the best medical advice and adhering to that advice, however unpleasant that might be. The same should be true for dealing with the global threat of climate change. Listen to the best scientists and take whatever action is needed now.

If we can live through social isolation and face masks, maybe when we recover from the pandemic, we will have learned to reduce unnecessary travel, to use Zoom more rather than going to in-person meetings, to shop less frequently, and to grow our own vegetables. All of these actions will reduce our “carbon footprint,” and thus help to reduce the impact on global warming. We now know we can change human behavior given the pandemic challenge, so let’s use that knowledge to prepare for the coming climate change catastrophe. Every personal action counts in responding to these challenges, and each resident of Del Mar can (and should) make a difference. □



The Sandpiper is published by the Del Mar Community Alliance, a 501(C)(4) non-profit. Its purpose is to advocate the Del Mar Community Plan, to foster informed public and government decision-making regarding issues affecting the community of the City of Del Mar, and to encourage a social and political climate favorable to the protection of the community character of the City of Del Mar and its environs.

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- Material submitted must include the writer’s name, street address, and phone number, and should not exceed 400 words.
- Material selected to be published may be edited or shortened.

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ARE YOU IMMUNE?

Don Mosier, MD, PhD | Rimini Road

The resumption of normal activities as the COVID-19 epidemic begins to wane will depend upon either effective immunity to the coronavirus or a potent antiviral drug. Immunity could result from the majority of the population having recovered from the virus (called “herd immunity”). The most recent results from tests for COVID-19 antibody suggest that infection rates are in the 1-2% range in California, far below the 60% needed for herd immunity. These results are preliminary because the antibody tests used have not been validated, the results have not been peer reviewed, and they have not been replicated by additional studies. More on this issue later.

Effective immunity could also be elicited by a coronavirus vaccine. Although there is an international effort to generate and test candidate vaccines, the most optimistic prediction is that it will take 1-2 years to have a vaccine for general use. Given the problems producing enough reagents for virus testing, it is likely that scaling up production of a vaccine needed by most of the world population will take considerable time.

At this time there are over 120 potential antiviral compounds in various stages of testing. Some are repurposed drugs that have already been approved by the Federal Drug Administration (FDA) for other diseases, and these can undergo large-scale efficacy trials (called phase 3 studies) in the immediate future. If some of these are effective against the coronavirus, we could have treatment options as soon as 6 months from now.

There currently is an urgent need to test for antibodies against the virus. The FDA has allowed test kits to be marketed without its approval, a decision prompted by its slowness to approve virus test kits. The result is over 90 different antibody tests of widely varying quality. Some tests have poor sensitivity so they miss people who have been infected. Others have poor specificity so they generate false positive results if you have been infected with other viruses such as the common cold. If the false positive rate is 5% (as documented in some of these tests) but the incidence of real infection is 1-2%, then many people tested with these assays will assume they are immune to the virus when they are not. They then might relax protective measures and become new targets for COVID-19 spread.

Four FDA-approved antibody tests are currently available for use in certified clinical testing laboratories, and results from these tests are reported to the San Diego County Health Department. Office or drive-thru tests are not reported to the health department, so they do not add to the number of infected individuals reported daily. UC San Diego is offering validated antibody screening for individuals who think that they might have been exposed to the virus, although initial efforts were focused on healthcare workers. The testing center is at the Center for Advanced Laboratory Medicine at UC San Diego. □

FROM VIDEO VISITS *page 1*

GSM: People have continued to work in the face of potential danger, and we have generally had good outcomes. The nurses and staff have continued to put themselves at risk caring for suspected and confirmed cases, in addition to the staff who clean and stock the rooms for all of our patients. Hardworking individuals must be acknowledged for their continued dedicated efforts all the time, not just during a crisis.

JMA: How has your involvement in this crisis changed you as a physician?

GSM: I think, and hope, that physicians are quite level-headed and equipped to deal with the potential number of critically ill patients under worst case scenarios. The number of asymptomatic patients is yet to be reliably ascertained. If high, this would paradoxically be reassuring, as there are likely many individuals who have already been exposed and developed an immunity after no or mild illness. This would determine the pattern of spread looking forward.

JMA: How can Del Mar support the work of medical professionals?

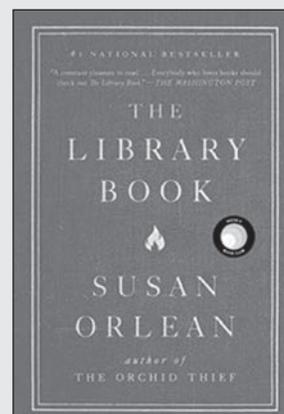
GSM: Doctors like to see patients living healthy lifestyles — if I could put myself out of business, I would! Unfortunately time stops for nobody, and after a while even the most well-managed bodies may be in need of medical services. Keep healthy, stay active, eat well, and listen to reliable medical advice, not rumors. Good habits decrease the burden on the medical system for all. But any time you need us, we are right here for you. □



eELIXIR

Betty Wheeler | Seaview Avenue

My book club has moved to Zoom. The host normally provides food and drinks. For our April meeting, our clever host set up an account with Elixir, sent a menu link around, and invited us to order our refreshments of choice and put it on her “book club” account, and we could then pick up our order individually before our online meeting. We had a terrific discussion of Susan Orlean’s *The Library Book*, and our “new normal” was reasonably close to our “old normal.”





May 2020 Ira Sharp, DMF Board

Over the past month, the Del Mar Foundation's Board of Directors has focused on supporting other Del Mar non-profit organizations and businesses to help keep our neighbors safe and our business community viable.

DMF provided financial aid to Del Mar Community Connections (DMCC) to enable two of its programs to adapt rapidly to the Stay-At-Home environment. Its weekly grocery shopping trips for seniors have been modified to provide contact free grocery shopping and delivery by drivers not part of the vulnerable demographic who serve those seniors staying home. The Tuesday Lunch Connection speaker series has shifted from transportation for seniors to the Del Mar Community Building twice a month for the luncheon-speaker series to DMF funding drivers to deliver meals to the homes of the participants. The socialization and a speaker series are "delivered" via a Zoom connection and the food is sourced from local Del Mar restaurants.

In a new program, Chromebooks and instructions on how to Zoom and shop on the Internet will be provided to Del Mar seniors who lack computers with which to connect to their doctors, family, and friends, provided by a unique partnership between DMF and DMCC.

DMF is providing additional financial support to St. Peter's Church's Helping Hands program which feeds the homeless five days a week. In a cooperative effort with Del Mar restaurants, the DMF is now funding three hot meals a week for approximately 20 homeless participants.

In partnership with the Del Mar Village Association, DMF has provided additional funding for their new program, Fuel the Frontline SD. This program provides meals, sourced locally from Del Mar restaurants, to hospital workers and fire personnel. With the support of these meal programs and takeout programs for residents, some restaurants are now providing 500 meals a week. This helps them retain key staff during this difficult time.

In working with Del Mar's city government, DMF supported the City's project to remove Foxtail weeds that are dangerous to dogs from Shores Park, which is the only remaining dog park that is open under Del Mar's stay-at-home rules.

People are worried, but not sure what they can do as individuals to help. Additionally, the problems created by COVID-19 are too big for any one individual or group to tackle. Working together, we can help each other in this time of social distancing, while staying safe. If you have any suggestions on how the Del Mar Foundation can help our community or if you wish to contribute to the DMF, please go to delmarfoundation.org.



ROVING TEEN REPORTER

Quarantine Quandaries

Dhathry Doppalapudi | Torrey Pines High School Senior

In a time in our lives when teenagers expect to be getting ready for summer and hang out with their friends, we've found ourselves unable to leave the confines of our homes. Our days are spent completing assignments, being in online classes, and finding ways to just pass the time.

Rohan, a senior at Torrey Pines High School, says it's hard for him to stay productive and maintain a sense of normalcy while stuck at home. "I'm not very productive at all, because I don't really have a set routine. I'm no longer motivated to do things."

Amrita, another Torrey Pines senior, agrees. "Without having to go to school, my sleep schedule has also become really messed up and I haven't been as productive as I would like," she said. "It's hard to stay productive when your teachers just post assignments every couple days and there's no real interaction or learning going on."

Gyms and parks have closed, so staying physically active has also become harder for Rohan and Amrita, like many other teenagers, have turned to other forms of exercise, like at-home workouts or going on walks. Rohan has also been able to continue his karate practices, he says, through video calls on Zoom.

"I have a treadmill, do YouTube workouts, and go on runs with my dog, but it's still difficult to motivate myself because a lot of my physical activity just happened naturally when I was able to go places and do my different activities through the day," Amrita said.

Being home all day also has a huge effect on mental health. Our world has suddenly become so much smaller and limited. Suddenly being unable to see our friends, people whom we interacted with every day at school, is a tough transition. Keeping in touch with his friends, Rohan says, is an important part of his day. "FaceTiming people and talking to friends is definitely a big thing for me because you don't feel like you're completely isolated," he said. "It helps to feel like everyone else is in this together."

"In a way, quarantine showed me what really matters," Rohan said. "All of these things that I was so stressed about, that consumed my life before, are gone now and I realize now that family is more important and just living your life and being happy is so much more valuable."

Obviously, the coronavirus has impacted the lives of everyone, regardless of age. For teenagers, however, have a unique kind of disappointment. Our teenage years are supposed to be a time when we are worry-free, going out with friends, experiencing life, and making memories. The class of 2020, particularly, is missing milestones such →



BEACH SAFETY

Dwight Worden, Councilmember



Del Mar Community Connections
Supporting and Serving Seniors

As I write this, Del Mar’s beaches and parks are closed. By the time you are reading this, they may be already be re-opened, but the answer as to when they will reopen is short and simple: when it is safe to do so.

Del Mar’s beaches and parks were closed by order of the City Manager on March 23 due to risks of spreading the COVID-19 virus and the inability of city staff to adequately enforce social distancing on a large weekend beach crowd that preceded the closure. State and County health orders authorized beach closure in the absence of the ability to enforce social distancing. Del Mar’s beaches were closed in coordination with neighboring city beaches, but other beach closures in the county were disorganized. Del Mar and Solana Beach closed early, State beaches including Torrey Pines closed parking lots, but only later closed the beaches themselves. Oceanside and Coronado eventually closed, but stayed open longer than others. This led to a bubble of beach users shifting around the county as beaches closed one at a time until all were closed.

Del Mar is pledged to open its beaches as soon as it is safe to do so. The opening will be in a coordinated manner working with the other North County cities and the state beaches to avoid the impacts associated with the disorganized closures. Reopening will be based on guidance from state and county health officials and rules imposed by the governor’s executive orders. The opening may be in phases—perhaps for limited time periods, for walking and surfing first but no groups, no sunbathing, etc. Later phases might open the beach to all beach-related activities. We can expect that social distancing will be required in all phases until the risk of spreading COVID-19 has dissipated, which means either an effective vaccine is available and in use, or “herd immunity” has been achieved. Even when beaches begin to open, it seems likely that restrictions will apply for some time.

Mayor Haviland, our city manager, and the entire city council have identified safely reopening the beaches as a top priority. Let’s all do our part to help—abide by the current closure rules, follow any new rules in place as the beaches start to reopen, practice good social distancing and encourage others to do likewise. The better we follow these guidelines, the sooner the beach will fully re-open. No one can say for sure how soon beach reopening will start, but I think it is likely days away. What I can say for sure is that if we don’t follow social distancing and other guidelines the city may be forced to close the beaches again. Let’s do it right—the Del Mar way! ■

as our senior prom, senior trip, high school graduation, and maybe even our summer and first semester of college. We’ve been looking forward to this time for our entire lives, and it’s been taken away at the last moment. We can’t do anything except hope and trust that it will get better soon. ■

MAY 2020

Ashley Simpkins, Program Director

Remote Programs

We’re working hard to plan relevant programs over Zoom to help you fight cabin fever. Polly Cipparrone, Del Mar branch library manager, taught us how to check out e-books and audiobooks from the library, and will do the presentation again. Felise Levine, Clinical Psychologist, helped us with a visualization meditation to relieve stress. DMCC’s monthly singalong group “Singing Together,” led by Linda Chisari, is meeting twice a month as “Singing Apart.” Our support group Adapting to Life Transitions is meeting as normal, but over the Internet. Klaus Gubernator is doing regular tutorials about how to use the Zoom platform, and is still leading his twice-monthly tour of the Internet. Mayor Ellie Haviland did a Q&A about the city’s pandemic response efforts.

We have more programs in the works for May! The best way to learn about upcoming DMCC programs and how to access them online is to visit our website and sign up for the email list. While you’re there, you can also navigate to dmcc.cc/programresources and view videos of past programs you may have missed, including the Sunday Salon event with Sandra and Bram Dijkstra and their art collection, and the Health and Wellness presentation “Forgiveness and Letting Go” with Dr. Edith Eger.

Report to the Community

DMCC’s Report to the Community 2020 is out and has hit mailboxes. This is our opportunity to annually update clients and donors about our current programs and services, be transparent about where our funding comes from and how it is spent, and thank those who make all this possible. The report is a labor of love brought to you by the DMCC Board of Directors, in particular our design and layout genius Joanne Sharp. If you did not receive a copy and you would like one, please contact the DMCC office and we will be happy to send one to you.

Volunteer of the Month

DMCC’s Volunteer of the Month for May 2020 is Marilyn Carpenter, bus host for shopping van outings (currently on hold) and friendly neighbor caller during DMCC’s pandemic response. Thanks for your hard work, Marilyn!

DMCC programs and services depend on our incredible volunteers! To learn more about Marilyn or about being a volunteer bus host for DMCC, visit dmcc.cc/volunteerofthemoth.

For more information... or to join our email list:

Please visit our website at dmcc.cc, or contact the DMCC office at (858) 792-7565 or dmcc@dmcc.cc.



EATING OUT AT HOME

Americana/Elixir Juice and Food 858.793.4663	Del Mar Rendezvous 858. 755-2669
Beeside Balcony 858.481.9889	En Fuego Cantina & Grill 858.792.6551
Board & Brew 858.481.1021	Pacifica Del Mar 858.792.0476
Coya Peruvian Secret 858.792-0821	Sbicca 858.481.1001
Darshan Bakery Del Mar 858.792-0821	Shimbashi Izakaya 858.523.0479
Del Mar Fairgrounds 858.755.6345 Ext. 1625	Stratford Court Cafe 858.792.7433 o
Del Mar Pizza 858.481-8088	Viewpoint Brewing Co 858.356.9346



Photo Julie Maxey-Allison.

DMVA list of Del Mar restaurants providing takeout/delivery.

Details: <https://bit.ly/Sandpiper-5> ■



BAT CRAZY

Julie Maxey-Allison | 10th Street

Bats get a bad rap. It is worse now due to the devastating COVID-19 virus that has put our world on hold. A virus-infected horseshoe bat at a Chinese “wet” market in Wuhan, where live “wild” animals are sold for consumption, has been singled out as the probable source of our terrible pandemic. The infected bat’s opportunistic virus may have expanded on to a pangolin. Encouraged, the virus then “spilled over” from the animal host to a human host. The “spill over” factor is true for zoonotic diseases and past viruses. Nobody knows exactly how our current pandemic crisis got its start, just that once the deadly virus found human hosts, it thrived.

But that bat did not choose to infect a pangolin or human, the virus did.

In our area the most common bats are the Mexican free-tailed bat and the big brown bat. Twenty other species of bats (out of 1390 world wide) call San Diego County home—including the largest in North America, the Western mastiff bat, with a wingspan of more than 22 inches. Bats, the second largest group of mammals after rodents, are the only mammals able to fly.

Local bats are major garden and agricultural assets. →

The big brown bat is nicknamed “farmers’ friend” for good reasons. Nocturnal, our bats stay out of sight in their own hangouts during the day. They go out at dark to feed. Bats like bugs. They feast on farm and garden pests, reducing the need for pesticides. They pollinate plants at night along with moths to round out the job begun earlier by hummingbirds and bees. They disperse seeds. Bats are a “keystone species” in some tropical and desert ecosystems, keeping plants alive, providing food and cover for wildlife. Their guano aka bat s____, properly harvested, makes excellent fertilizer. In China, dried guano was used as gunpowder as late as World War I. Bats have also added to our vocabulary and at least one fictional character: Batman, Batmobile, batwing, batty.

Appreciate bats’ work but keep your distance. Experts stress that bats, left undisturbed in the wild, pose little risk to human health. However, the SD Health and Human Services Agency’s advice: do not touch a bat, any bat. The risk is rabies and 10 cases of rabid bats are reported yearly county wide. This advice holds for all wildlife. Zoonotic diseases are a risk in all animal farming but especially wildlife because of the novel diseases wild animals may carry.

If you do encounter a bat, contact your local animal control service or San Diego Humane Society’s Project Wildlife. For more information about bats: Bat Conservation International: batcon.org. ■



FUEL THE FRONT LINE

Support Local Restaurants + Local Frontline Medical Workers + First Responders

Lauren Grove (19) | Encinitas

Lauren is a Stanford student back home engaged in distant learning and joining her parents' noble efforts during this time of crisis.

On March 26th, Jen Grove (my mom) received an email from a local resident about a program in Washington DC called Feed the Fight. Jen was immediately inspired: it was a perfect program to help local businesses while also supporting medical frontline workers in the San Diego area.

It all began as a family affair. As Executive Director of the Del Mar Village Association (DMVA), a non-profit that supports the Del Mar business community, Jen already had connections with local restaurant owners. Jen's husband, Doug Grove (my dad), is a physician and medical director at Scripps Carmel Valley, with local hospital contacts. Jen's three daughters (including me) were all isolated at home, providing a perfect team to develop the online channels. The elements all steadily fell into place.

On April 2nd, DMVA spearheaded Fuel the Frontline San Diego with the help of the entire Grove family. Our goal was to help local mom-and-pop restaurants bring in enough money to survive during the COVID-19 social distancing orders, while fueling local hospitals and first responders. There are three elements to the program: 1) Donations through Go Fund Me, where each \$25 fuels 1-3 medical providers and \$1,000 fuels an entire ER/ICU department; 2) Organize local restaurants and purchase the food; and 3) Follow Center for Disease Control (CDC) health safety requirements to directly deliver meals to hospitals.

The response has been overwhelming. Fuel the Frontline has over \$56,000 in donations from 184 donors, including a matching grant of \$25,000 from Carol and Richard Hertzberg, and generous donations from others in the local community including Walter J. & Betty C. Zable, the Del Mar Foundation, Gary & Jerri-Ann Jacobs and Marc & Patty Brutton. We have partnered with over 12 Del Mar restaurants, 6 hospitals, as well as local first responders. We've been able to deliver over 1,000 meals per week, completely transcending our expected impact of this program.

Since our first delivery, it became clear that Fuel the Frontline does much more than provide meals to hungry medical workers. Fuel the Frontline is offering hope for small business owners, hope that our local



C-19 NUKE RISK

Don Mosier, MD, PhD | Rimini Road

C COVID-19 constitutes a pandemic outbreak within the United States. COVID-19 could affect the resources and capacities of offsite entities to handle a nuclear accident at SONGS on top of the pandemic burden. NRC Manual Chapter 1601 requires the Federal Emergency Management Agency (FEMA) to determine whether the situation adversely affects emergency preparedness plans. A memorandum between the Nuclear Regulatory Commission (NRC) and FEMA explicitly states that a pandemic outbreak requires that FEMA conduct a disaster-initiated review to determine if emergency planning and procedures are negatively impacted by the pandemic.

Given these regulations, one might expect that the decommissioning activities at San Onofre Nuclear Generating Station (SONGS) would be halted until FEMA performs the required review. This is not happening. Work is proceeding at full pace with some added protective equipment for workers. Workers who feel sick are told to stay home, and their place is taken by one (or more) of back-up workers housed at a local hotel. Social distancing is impossible given the tasks being performed, and no testing of the workers for virus infection has been done.

Governor Newsom allowed essential construction activities to proceed during the COVID-19 outbreak. Is the movement of spent nuclear fuel at SONGS an essential activity? Work was stopped for several months after the August, 2018 near drop accident, so what is wrong with another pause? Is there nothing that could go wrong at SONGS that would require local emergency personnel to respond? A fire or a sewer spill (oops, that already happened)? ■

community can, and will, fight through these difficult times. Fuel the Frontline is letting frontline medical workers and first responders know that our community sees their hard work. We recognize how difficult it must be to work in a dangerous environment every day, putting their health at risk in order to save others. Andy Myerson, a Physician's Assistant at Scripps Carmel Valley, says Fuel the Frontline has allowed him to concentrate on his job of helping people. "It's wonderful to know the public is thinking about their healthcare workers," he told us.

Fuel the Frontline has already made a substantial impact, but our work is nowhere near done. Each donation allows us to continue our efforts, expand our reach, grow our program. With everyone's support, we can fuel the frontline, while also fueling the future of our community. Please consider donating to Fuel the Frontline San Diego today! ■



DEL MAR ADDRESSES \$3 MILLION REVENUE SHORTFALL

Tom McGreal | Stratford Court

On April 20th the City Council unanimously approved additional budget cuts to cover the revenue shortfall of \$3 million projected for the fiscal year ended June 30, 2020 (FY20). The revenue shortfalls largely pertain to TOT (hotel tax), sales tax, parking revenue and facility rentals.

At the April 6th Council meeting, the Council approved budget cuts totaling \$1.1 million and on April 20th after a more complete review, an additional \$1.9 million were recommended. Below is a summary of the overall cuts for fiscal year 2020:

- Operating costs: \$424,140
- Deferred Capital Improvement Projects (CIP): \$842,498
- Deferred Special Projects: \$167,580
- Reduced Pension Reserve Contribution: \$536,250
- Transfer of Measure Q Reserves to General Fund: \$502,160
- Reduction of Measure Q budget: \$670,000
- Total: \$3,142,678

These budget actions cover the expected \$3 million revenue shortfall for FY20, provide funding for a COVID-19 Emergency fund and leave the Contingency Reserves in the amount of \$2.2 million intact.

In effect, the City was able cover the projected revenue shortfall by deferring non-essential CIP, Special Projects and Measure Q projects, eliminating this year's contribution to the Pension Reserve and transferring back some Measure Q reserves related to Downtown Streetscape costs that were funded last year using General Fund reserves. This enabled the City to limit the cuts to Operating Expenditures for FY20 while freezing all hiring, reducing part-time staffing and cancelling all travel and training.

As discussed at the Council meeting, the planning for fiscal year 2021 will be the subject of a Finance Committee meeting in early May and a budget workshop on May 16th.

Planning for fiscal year 2021 will be a much more →



COPING ROUTINES

Virginia Lawrence | Caminito del Rocio

Making shopping lists for daughter (who put us under lockdown before Newsom did) – letting go of Biden vs Sanders – washing and sanitizing hands – washing apples with soap – organizing huge stock of paper goods and groceries in garage (fridge and pantry busting at seams) – downloading TeamViewer so that my IT person could fix my computer from his own home – attending Sandpiper ZOOM meetings – spending more time with NYT – going to medical appointments on phone – learning to live with shaggy hair – keeping house clean without benefit of Holga (paying her anyway) – enjoying take-out dinners – holding 21st B'day family celebration in garage on April 4, guests (3) and hosts (2) in N-95 masks, no cake, no champagne, no hugs.

Note: As of April 9, San Diego County has prohibited all gatherings unless the people live in the same household. <https://bit.ly/sd-gatherings> ■



*A Sign of the Times.
Photo Virginia Lawrence.*

difficult task. The challenge depends upon how long the shutdown continues and when a normal level of economic activity can resume. The budget planning will have to model different timeframes with budgets that maintain essential government services and keep costs in line with the reduced levels of revenues into the new fiscal year.

Hold onto your mask! ■

HOUSING PRODUCTION AND PRESERVATION

Karen Lare | Stratford Court; Jas Grewal | 11th Street; and Tracey Martinez | David Way.



*Left to right: Karen Lare, Jas Grewal and Tracy Martinez are representing different Del Mar neighborhoods on the Sixth Housing Element Task Force Housing Production and Preservation subcommittee.
Photos Ed Lare.*

Note: Social distancing obliged Ed to take three separate photos of the three authors.

The City Council created a Citizens' Task Force to help guide City Staff and Council with updating the City's 6th Cycle Housing Element (2021 - 2029) and appointed members representing different neighborhoods. Three subcommittees were formed to support the detailed work required: Communication with the Public, Assistance Programs, and Housing Production & Preservation, and they are working to ensure that we meet required state goals including Del Mar's allocation of 163 affordable housing units. This does not mean we have to actually build these units. It means we have to create policies and programs to allow the potential creation of 163 units.

The Housing Production & Preservation Subcommittee met with council liaisons and staff to learn about prior work and options, visited open parcels, and sought creative ideas and ways to leverage several sites together, as follows:

- Met with Council Liaisons Worden, Gaasterland & Staff McMahon to gain insight and history on the city's affordable housing initiatives and to understand the potential options / solutions available.
- Spent considerable time understanding the various potential housing options available at the Fairgrounds and received feedback from Worden & McMahon on each.
- Reviewed maps and documents provided by McMahon that show each City-owned parcel and its current uses.
- Conducted walking tours of sites to review them first hand.
- Reviewed City-owned parcels and considered; Could we build? Should we build? And how many units?
- Discussed re-zoning with McMahon and Liaisons on several of the City-owned parcels.
- Attended a Tiny Homes Symposium to understand →

HOUSING HOPES

Ann Gardner | Via Latina

On April 20, City Council looked back and then forward as staff begins preparing our state-required "Sixth Cycle" Housing Plan to continue encouraging construction of new housing in Del Mar for all income levels. But first they reviewed progress toward achieving our 2013-2021 allocation: to encourage 76 new-net housing units for very low, low, moderate and above moderate incomes levels. With only a year to go, we have built no net-new units for very low income residents and only approved three for low income residents (\$43,000 to \$69,000 annually). During the same time period 40 net-new housing units were built for household income levels above \$103, 390, six above the allocated 34.

At the same time residents have responded enthusiastically to submitting plans to build accessory dwelling units (ADU) on property where there is already an existing house. Twenty-one applications that may result in additional housing for a wider range of income levels have been submitted since 2018. Plus, at the Ad Hoc Sixth Cycle Element Housing Task Force public workshop on Feb. 29, residents came up with interest in meeting our housing goals with some of the following actions:

-Convert upper floors of commercial buildings to residential. "Our commercial zone already allows one residential unit per commercial parcel. Why are owners not already taking advantage of this opportunity? Let's find ways to encourage them." Discourage single resident buildings in the R-2 (multiple resident) zone, i.e. tearing down multiple units for a single larger home that takes advantage of the R-2 5% FAR bonus, and put more pressure

continued on page 10

regulatory challenges and advances in utilizing Tiny Homes as affordable housing units.

- Spent significant time discussing creative solutions amongst ourselves, McMahon, Liaisons and some residents.

With the knowledge gained, we ranked each City-owned parcel and Fairground option by adhering to the best use of land principle and the timeline required for completion. Due to the COVID-19 pandemic and its implications on City revenue, we made appropriate changes to ensure financial viability for each recommended option.

There are a lot of important competing issues for Del Mar residents, and trade-offs will likely be necessary. Thus, we hope that every resident takes the opportunity to learn about this mandate. This 10-year plan for the Housing Element will drive how to add affordable housing to our city and will help determine what programs we use to serve our residents throughout their lifetime. ■

on the State to use Fairgrounds for housing

After reviewing input from the workshop, consultants and staff's extensive research and background information, City Council approved moving ahead with the following goals for the next/ 6th Cycle Housing Element. This must be approved by Council no later than October 30, 2020:

- Facilitate construction that complements the existing character of the community
- Prioritize production of accessory dwelling units
- Prioritize housing opportunities on the fairgrounds property
- Provide a greater balance of housing options for a variety of income levels
- Improve and preserve the existing housing stock.
- Regulate short term vacation rentals to preserve long term rental units
- Promote sustainable building that aligns with the climate action plan and greenhouse gas reductions targets.
- Promote housing resources and assistance opportunities. For example utilize mortgage assistance or down payment assistance programs; support local non-profit assistance programs (DMCC, St. Peter's Helping Hands, and Del Mar Foundation.)

Del Mar's Sixth Cycle (2021-2029) allocation is partially based on available jobs within our city which includes young professionals and service workers. Councilmember Parks brought up the impact of COVID-19 on available jobs due to the higher number of cancelled events and business closings. However, it was decided to go forward based on current requirements that might be adjusted later.

Incidental Fact: The number of families with children in Del Mar has decreased by 28 since 2010 while gains (161) have been in married couples without children as the median home sales price had increased by 100% from \$1 million to \$2 million between 2010 and 2017. I can't locate the increase or decrease in seniors but I would think that they have grown as the population here has gotten older. (we moved here when I was 27 and now I am 81! I think lots of us are in the same boat.) ■



Valérie Dufort-Roy | Klish Way

Clear canals in Venice, blue skies above Los Angeles, Himalayas visible from northern India... Is social distancing and the resulting lockdown of entire countries sufficient to shave off a few degrees, reverse climate change and return to a healthier planet? The closest historical event affecting global carbon gas emission was the 2008-2009 recession resulting in a 1.3% reduction. However, when the economy ramped up, so did the damaging emissions.

Satellite observations (from the Copernicus Sentinel-5 Precursor's mission monitoring the atmosphere) unequivocally showed a significant drop in nitrogen dioxide over China and several European countries, with a slow increase over China from mid-March, when the country re-opened. Nitrogen dioxide, a polluting substance, is generated by power plants, industrial facilities and vehicles. It is linked to respiratory illnesses. In the US, air traffic showed a 22% decline in March. San Diego recorded a vehicle traffic dropped of 80% from March 19th, with a 20-30% drop in oxides of nitrogen in Chula Vista and El Cajon, during peak hours.

The World Health Organization measures that outdoor air pollution kills 4.2 million people annually, worldwide. Over 80% of people living in large cities are exposed to air quality levels containing pollutants in excess of the WHO guidelines. A recent Harvard study recorded that a small increase in long-term exposure to fine particulate matter leads to a large increase in COVID-19 death rate. Hence, populations already exposed to high levels of fine particulate matter might not benefit from the decrease currently experienced.

Another consideration, as we marvel at the blue skies, is the EPA announcement of a blanket policy indefinitely suspending enforcement of regulations and fines for businesses claiming that COVID-19 is affecting their ability to comply with environmental laws.

How does one understand this cauldron of perplexing news? Sure, the skies are bluer. The air feels healthier. We can speculate for a lasting advancement against global warming, should the lockdown stretch through 2020. When our lives limp back to normal, there will still be a need for tougher air pollution and climate policies to maintain the improvements we temporarily embrace. We are seeing with our own eyes and lungs what can be done by controlling emissions from power plants, industrial facilities and vehicles. The planet's ability, given the will, to reverse climate change is no longer a theoretical question. It may be one of the scant silver linings of the times we're living through. ■



The Del Mar Historical Society

will conduct its May meeting on Wednesday, May 13, at 5:00 pm. The meeting will take place on **Zoom** (please email info@delmarhistoricalsociety.org for details). The public is encouraged to participate.



FARMERS MARKET

From Farm to Home

Leslie Robson | 13th Street

The City of Del Mar responded rapidly to the coronavirus pandemic, closing all city properties, including City Hall, beaches, parks, among others. One of the casualties of the closure of the Civic Center was the Del Mar Farmers Market. March 14 was the last market, back when less than 250 people could convene in one place. It seems so long ago.

The State of California, along with San Diego County, has deemed farmers markets essential businesses and has established specific safety rules for farmers and customers. The rules encompass limiting the numbers of people, hygiene and sanitation, spacing of vendors and social distancing of customers, just to list a few.

A few San Diego County farmers markets have remained open throughout the last month, due to variations in local jurisdiction, including Vista, Rancho Santa Fe, Coronado, and one of the two Pacific Beach markets. Several farmers markets closed for a few weeks and have now reopened, including Poway, Little Italy, La Jolla, Santee, Sikes Adobe and Hillcrest. One owner of a handful of farmers markets has pulled the plug on traditional venues and has gone to a hybrid online/drive through model. Five markets have been squeezed down to two locations with very strict management of customers in cars.

The Del Mar Farmers Market, if and when it is given the green light by the city, will have to operate under these same new rules to thoughtfully serve the needs of our community. The rules for social distancing and limiting gatherings may have a dampening effect, with farmers and vendors grappling with decreased income. They may experience lower volume sales while the public figures out if they are willing to support the traditional farmers market model.

Meanwhile, as the vendors of the Del Mar Farmers Market have been adapting to the new realities, some are making preordered deliveries to Del Mar customers. They remain hopeful and bring picked-this-morning fresh produce and freshly baked goods. To access the latest vendor information, you are invited to subscribe to the weekly E-blast on the homepage of delmarfarmersmarket.org/. Please consider supporting these hardworking, struggling small businesses during this challenging time by contacting them and ordering a delivery. □



*The Farmers Market in 2011 before social distancing.
Photo Art Olson.*



GOING GOING, ...

Julie Maxey-Allison | 10th Street

Making crackers—not a great hit.
Eating from the garden—about gone.



CORONA CHOREOGRAPHY

Linda Chisari | Crest Road

Dozens of pedestrians are out on Crest Road, navigating the auto-free street while mentally measuring a 6' distance from each other. Someone approaches on the same side, cross politely to the other side; another approaches, now cross back.

Seize the opportunity to take a detour through flower-filled Crest Rim Park. If someone stands enjoying the view of far snow-clad mountains, cross out to the street and reenter a little further along the way.

No handshakes, hugs, or even do-si-dos allowed, just a nod and hint of a smiling eyes above a mask or a gloved hand raised in “hello” before going past and crossing back behind the other.

The thoughtful walking reminds me of those braided lanyards we made as kids, carefully weaving strands across and behind, then across again and in front...just continue the pattern and don't pull the strands too tight! □



Crest Rim. Photo Frank Chisari.



NEITHER SNOW NOR RAIN NOR

heat nor gloom of night nor COVID-19 stays these couriers from the swift completion of their appointed rounds.



Lawrence (Larry) Abrenica, Del Mar Post Office letter carrier. Same route for 26 years, now with gloves and mask. Photo Virginia Lawrence.



CERT SAFETY SURVEY

Charles (Cap) Pinney | Kalamath Drive

Del Mar Community Emergency Response Team (CERT) is trained by the Fire Department to respond to mass casualty events and provide the greatest good for the greatest number of citizens. Due to the COVID-19 pandemic, CERT has been activated to check on the welfare of folks in town who may need assistance while being isolated from their daily routine.

On March 28, the Fire Department, in concert with the Del Mar Emergency Operations Center (EOC), notified the CERT Team to prepare to deploy in the city to conduct a door to door survey of citizen welfare and assess community needs. However, in view of infectious nature of the virus, safety restrictions were placed on the survey takers. They had to be younger than 60, have no complicating health issues, have a current Disaster Service Worker ID card, wear protective clothing, and maintain a distance of at least six feet when encountering other people. Those restrictions reduced the number of CERT survey participants to three.

The team members contacted approximately 50 households over a two-day span and were warmly received. Most of the occupants were already being served by Del Mar Community Connections (DMCC) in one way or another. This coverage pointed out the benefits of coordinating physical checks with the DMCC programs.

Del Mar CERT uses ham radio communications to efficiently direct members on assignments. However, amateur radio operators, by themselves, can assist the community in times of emergency by monitoring the Del Mar Repeater on frequency 446.880 (with a negative offset and PL 114.8). There are 90 ham radio operators currently listed by the Federal Communications Commission who are associated with a Del Mar address. These stations can follow along with daily reports from the field usually at 11 am each day on the repeater frequency. We welcome as much participation as possible.

Please be safe by wearing a mask when you are out in public and washing your hands frequently. We hope to minimize exposure to the Coronavirus. ■

Check City website calendar to confirm hearing date.



Toss, don't Flush

Disinfectant wipes (including "flushables") and nasal tissues need to be tossed into the trash to avoid problems with sewer lines and wastewater systems.



Bleach Safety

Kill the virus, not yourself. Keep your bleach where it belongs. ■

IN BRIEF

City Tightening



Our Civic Center continues to be closed to the public. Citizens can call or email during normal business hours--some staff will be in the office and some will work from home. Parks and beach will be reopened when specified safety criteria are met. Meetings of the City Council, Planning Commission, and Design Review Board continue on their regular schedules meeting remotely. Comments from the public can only come in written form known as "red dots" to be read aloud if sender so specifies. A few other select advisory committees are also meeting remotely.

City Diet



The City is combing through budgets and is discontinuing all non-essential spending, enacting a hiring freeze, reducing part-time staffing, cancelling all training and travel, and deferring non essential capital improvement projects.

Zonng EIR

City staff is reviewing comments submitted on the draft EIR for a zoning change that would allow 20 housing units, where only one is currently allowed, per acre in two commercial zones. The Final EIR is expected to go to the Planning Commission this month for review and approval. FAR and height limits in the North Commercial and Professional Commercial zones would NOT change. →

WELCOME VALÉRIE

Julie Maxey-Allison | 10th Street



Photo Sudepto Roy

The Sandpiper welcomes Valérie Dufort-Roy to the Editorial Board. She is the writer of the regular column on sustainability issues—helpful to us all.

Valérie, who has lived in Del Mar for 10 years, grew up in Quebec, Canada, in the small town of Mascouche. With a masters degree in social work from University of Montreal,

she worked in Canada with the Centre Local de Services Communautaires (CLSC), a government agency providing health and social services, and in the U.S. with disabled and elderly adults and with children at risk of developmental delays.

“What brought me to San Diego is a love story.” She met her husband Sudepto Roy (who writes on technology for the Sandpiper) during one of his business trips, in Montreal. Sudepto was working at Qualcomm, Valérie was fairly new at a CLSC position. They started dating, working around logistics that were “quite complicated, as you can imagine! He was kind, exotic, and smart, but being from India, he wasn’t keen on moving to a -40 degree Celsius weather country.” They decided on San Diego.

“I enjoy the quiet neighborhood and the general decency that surrounds Del Mar’s democratic process.” And, after her years in Canada, Valérie doesn’t miss shoveling snow, but is “disproportionally” happy when it rains. She is indifferent though when San Diego’s vegetation turns brown and “to this day, I feel weird seeing lizards hang out in the sun.”

Valérie’s interest in sustainability stems from “the realization of the mounds of trash that one generates for absolutely no reason. Childhood memories of my grandfather’s simple life tell me that we have gone the wrong path. Manufacturing, consumption, inability to reuse resources all need a common-sense face-lift.”

When her family expanded with the birth of her daughter, Valérie’s interests shifted “towards supporting causes that matter for my child. What kind of environment would allow my young daughter to become an accomplished, happy human being?” She began taking an active role in her daughter’s school projects and issues. Currently, she leads the Parent-Teacher-Resource at the school to improve students’ experience. “In recent weeks, with the education switching to online, it has meant working with parents and teachers to ease the transformation.”

We look forward to thoughtful and thought-provoking articles by Valérie on how we can live our lives to ensure a sustainable future. ■



SMILE AWHILE

Bud Emerson | Klish Way

My wife and I have a new routine for happy hour: 30-40 minutes on back patio taking turns on stationary bike, hand weights, stomach crunches. Followed by glass of wine celebrating sunset.



The online joke network keeps us laughing with jokes and videos. We always watch something humorous on TV before we go to sleep every night.

REMEMBERING FREDA

February 15, 1926 – March 31, 2020

Freda Reid, a research scientist at Scripps Institute of Oceanography and early activist for restoration of the San Dieguito River Valley, passed away peacefully at her home in Del Mar on March 31, 2020. She was a



Courtesy Ian Reid.

unique contributor to the Sandpiper authoring articles that emphasized her deep love of ocean life, preserving the river valley and the village-like nature of Del Mar. It brought her great happiness in later years to see the restoration of the San Dieguito River estuary, as well as the progress of the River Valley Conservancy’s acquisition and protection of lands in the river valley.

Freda was born in Manchester, England, coming to America in 1951 on the Queen Mary, studying aquatic biology at Ohio State University then accepting a position at Scripps where she met and married Joe Reid, a renowned oceanographer. They moved to Del Mar in 1963 and were together for 62 years until his death in 2015. She authored and co-authored many scientific journal articles pertaining to the taxonomy and ecology of phytoplankton. Freda is survived by sons Ian and Julian, daughter-in-law Carol, two grandsons, four great grandchildren, and three nieces in England. ■

FAIR TURBULENCE

Betty Wheeler | Seaview Avenue

Ed note: Fair board member and Sandpiper editor Don Mosier was not involved in writing this article.

With the 2020 San Diego County Fair canceled (or “postponed to 2021,” as the April 14 press release put it), and the 2020 racing season very much in the air because of COVID-19 concerns, there have been broad hints of turmoil at the 22nd Agricultural District Association (22nd DAA), which manages the state-owned Del Mar Fairgrounds.

Despite support from Senate President Pro Tempore Toni Atkins, Assemblymember Todd Gloria, and other political heavyweights, Governor Newsom recently declined to reappoint Board member (and former Del Mar Mayor) Lee Haydu to another term on the 22nd DAA Board. A short time later, long-time 22nd DAA Board Member David Watson, originally appointed by Gov. Brown in 2011, resigned “effective immediately,” by an unusually candid April 15 letter to Governor Newsom that spelled out his dissent from the direction of the current Board and management team. Noting that the 22nd DAA “is facing a time of great difficulty and uncertainty” not only because of COVID-19, but because of the “extreme financial turmoil because of historical reliance on horse racing revenues,” Watson stated, “In the past, I would have said former leaders of the board were up to the task of navigating these treacherous times. I do not believe that is true today.” He concluded, “The current board majority seems content with the status quo leadership and management team, which I do not believe will be sufficient to meet this moment. As a result, it is time for me to move on and leave the task to someone else.”

Watson cited his role in resolving longstanding environmental compliance issues as among his greatest professional accomplishments. He worked with the Coastal Commission, the Cities, the JPA, and more, including on the wetlands restoration of the fairgrounds’ south overflow parking lot. Some of these environmental problems dated as far back as the 1990s.

These Board departures raise significant questions for Del Mar, since Haydu and Watson were the Board members on the Community Relations Committee that works on issues of mutual concern with the cities of Del Mar and Solana Beach. (Watson served in that role for years, and was recently replaced on that Committee by Don Mosier.)

Affordable housing, environmental stewardship of fairgrounds property, and traffic and other impacts from the Fair, racing season, and concerts, are just some of the significant issues regularly addressed by the Committee. Watson and Haydu in particular are widely perceived as responsible for the significant improvement in →



HYBRID HOME HABITS

Jeff Barnouw | Amphitheatre Drive

My way of living before COVID-19 has suffered two important losses because of the Pandemic Stay-at-Home regimen: concert-going and travel.

I was going to two or three concerts a week with my friend Mary. I had progressively discovered how many excellent musical organizations we have in our larger community, focused as much in La Jolla as in San Diego, particularly with the opening of the Conrad. I had joined the Board of Camarada, which produces outstanding concerts in diverse genres: classical, jazz and tango, and later the Board of Bach Collegium San Diego. Most recently I became chair of the DMF Cultural Arts Committee which produces the First Thursday Concerts. This was a main locus of my existence.

These musical organizations and many others have tried to fill the vacuum of our Stay-at-Home regimen with virtual concerts. Beth Ross Buckley has been sending out wonderful daily videos of Camarada performances. I have loved classical music and some jazz and popular music throughout my adult life, but I went to live concerts only sporadically. It took me a while and some effort to learn to spend the money after my retirement ten years ago. What has progressively dawned on me is that, for me, it makes a great difference whether I am listening to a live performance in person or to a broadcast or recording.

I have always been a traveler. My wife Dagmar was German; we both had academic careers that took us to Europe most summers. We went on the cheap since we didn’t have much money. After her death in 2008 and my retirement I reluctantly discovered that organized tours and even cruises, which we had always looked down on, were actually wonderful. I still try to make each trip at least in part “on my own” and spontaneous. Now my two archeology-themed trips to Cyprus and Turkey and to Greece have been cancelled, and I am waiting to hear about others in October and November.

While hardly filling the void, two types of hybrid entertainment on TV and Internet have enhanced my virtual travel. The hybrids are cooking shows and detective stories that double as travelogues: *Ciao Italia*, Diane Kochilas’s *My Greek Table*, and *Pati’s Mexican Table* et al. and *Murder in Aveyron*, *Luberon*, *Aigues-Mortes*, *ad infinitum*, (choose a nice background for your next crime) or the richly-sited European TV series, *Commissario Brunetti* (Venice) and *Commissario Montalbano* (Sicily). ■

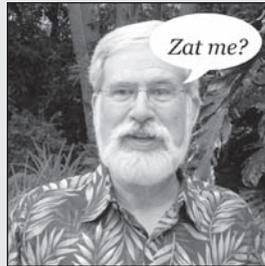
relations between the cities and the 22nd DAA in recent years. With their departure, it’s an open question whether former mayor Don Mosier, now the only board member with a strong Del Mar connection, can keep that improved relationship in place, or whether it will trend back toward the more negative model of past decades. ■



ZOOMZANITY

Don Mosier | Rimini Road

Zoom parties with our friends and kids help keep us sane. I'm still adapting to seeing my face when I'm talking.



SENIOR TECHIES

Betty Wheeler | Seaview Avenue

Del Mar's seniors are finding creative ways to stay connected through technology under COVID-19 stay-at-home orders. Starting with the transition of the monthly in-person "Singing Together" event to a Zoom-based "Singing Apart" event, as reported in the April Sandpiper, this tech transition has grown to include many more activities, and some formerly tech-averse seniors are joining in, with support from Del Mar Community Connections and the Del Mar Foundation.

The DMCC's Tuesday Lunch Connection (TLC), formerly a catered, in-person event held in the Del Mar Community Building, now takes place with DMCC's driver delivering lunches, prepared by a Del Mar restaurant, to participating seniors, who can then enjoy the lunch speaker's presentation by Zoom. The first "virtual" TLC featured lunch from Board and Brew, with Mayor Ellie Haviland as the speaker; you can watch the meeting here: <https://bit.ly/Sandpiper-8>.

Seniors or disabled Del Mar residents can go to <https://www.dmcc.cc/covid19> to request needed groceries or other supplies from DMCC, whose staff work to meet those requests within 24-48 hours; or to learn how to Zoom; or or learn about other resources available during the COVID-19 health emergency.

The Del Mar Foundation has stepped up to help with this tech-transition, with financial support for the TLC program, DMCC's driver, and a Chromebook program that is connecting formerly tech-averse seniors to the online world. And the Foundation's April First Thursdays program (with subscribers across the age range, including many seniors) was delivered by an email program with video links. It wasn't the same as a live performance – but it had the bonus of the the first-ever First Thursdays "appearance" by Yo-Yo Ma!

For many Del Marians, senior or not, since the stay-at-home order was issued, connection to family and friends has been carefully nurtured online; our library or bookstore visits and cultural enrichment have moved online; and more of us now have options for medical care through telemedicine or online consultations. Once we're on "the other side" of this health emergency, perhaps we will all emerge with an enhanced arsenal of creative ways to stay connected, healthy, and inspired. And perhaps we'll never again take for granted how special it is to connect with others in person. ■

Commission City Council sometime this summer.

Public comment is solicited from April 16 to May 16. Open the SCOUP Mitigated Negative Declaration (PDF). Submit comments to Principal Planner Amanda Lee: alee@delmar.ca.us. ■



POP-UP LIBRARY OPEN



*Keep Reading.
Photo Ann Gardner.*

IN BRIEF

Sand SCOUP

In anticipation of future sea level rise the city is seeking ways to insure that there will actually be sand on our beaches in coming years through replenishment. Possibilities are being presented by the Sand Compatibility Opportunistic Use Program (SCOUP). According to the Mitigated Negative Declaration document the proposals would "not cause significant impacts to the environment"

The summary will be before the Planning →

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SANDPIPER

DEL MAR'S COMMUNITY JOURNAL

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DATED MATERIAL



LEARNING ONLINE

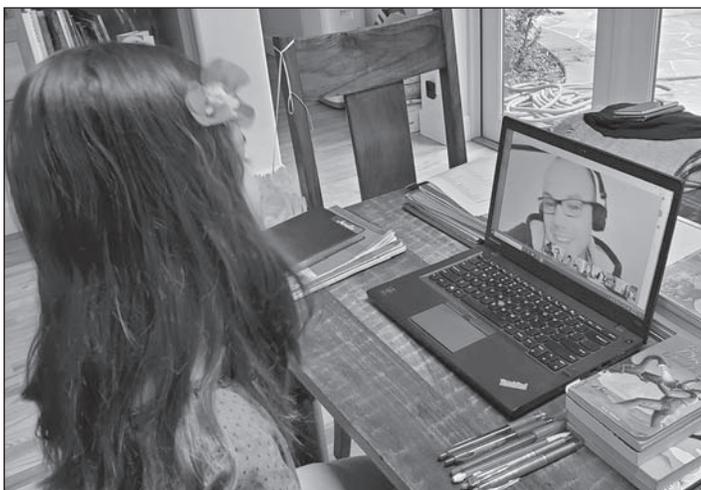
Valérie Dufort-Roy | Klish Way

IN BRIEF



CAL Leaders

As we currently flow along on information streams about how we are doing coping with COVID-19, we are thankful that here, in the state of California and the City of Del Mar, our officials reporting to us are thorough, thoughtfully clear, and cautious. Governor Gavin Newsom and Del Mar Mayor Haviland present the bad news realities of this terrifying time along with plans with workable solutions. We appreciate their transparency and candor. ■



My daughter and her teacher, Florian Olivo, during a class held through Zoom. Photo Sudepto Roy

School on Video

My daughter attends La Petite Ecole of San Diego, a French and English bilingual school in Kearney Mesa. The students have not missed even one day of school since the stay-at-home orders.

It closed on Friday, March 13th. The following Monday the teachers were ready to teach online, and the kids had their first 9am video class. My daughter's school uses Google Meet and Zoom, depending on the teacher, for elementary and middle schoolers. School schedules, supporting documents, and homework are gathered for all students in a Google's G-Suite for Education. Google Meet and Zoom offer their basic plan complimentary to schools during the pandemic. →

My daughter's teacher enjoys seeing all 15 children of the class at once. The students can use a fun function to click to virtually "raise" their hand, however most of them just raise their hand (not quite in front of the camera, but that is for the teacher to figure out!). Last week, the third graders had a short speech on a topic of their choice (country, animal, etc.). It was impressive to see how several used PowerPoint and background images to support their presentation. In class, it would have been a poster board with drawings and glued-on images. They learned so much technology in just a few weeks.

The dedication of the teachers to not miss a beat at the curriculum level, and the utilization of fine online technologies are enabling the students to stay on academic target, while benefiting from the regularity of a school calendar along with essential social interactions.

Sports on Video

My husband, my daughter and I are doing our Pilates sessions on Zoom. We are glad to continue to have much needed exercise, support our trainer who is a local entrepreneur, and have a little social interaction, too! ■