

# SANDPIPER

## SUN-KISSED MEALS

Valérie Dufort-Roy | Klish Way

**S**olar cooking evokes the image of roughing it out when camping in the remote wilderness. There is so much more to it! Solar cooking is a great alternative to conventional cooking, because of its zero fossil-fuel footprint. It involves heating, baking, cooking, and sautéing food using the sun's energy, while not generating smoke like a camp fire!

How much does it cost? Interestingly, a solar cooker can be made with materials found at home: a cardboard box, foil, saran wrap, tape, and dark construction paper. It is a fun summer family project to explore how high the heat can reach in a homemade oven. The latest technology in solar cooking can reach 550°F, and there is a myriad of options for every budget between \$70 and \$400.

The common types of solar cookers are listed below:

- A box oven solar cooker is the most known type of cooker. It is an insulated dark box covered by clear glass, surrounded with aluminum panels reflecting the sunlight and directing it inside the box (see attached photo of my cooker, which lives on a patio year round).
- A panel cooker is a variation on the traditional box oven, only smaller and portable. It is a three-sided opened fabric box covered in reflective material where a dark casserole is placed.
- The weirdest of all is the parabolic solar cooker, which looks like... a parabolic antenna. The 60" wide concave plastic mirror reflects the sunlight at a focal point, where a structure allows to place a pan to sauté or stir-fry foods. Online reviews show that a piece of wood held at the focal point will catch fire in seconds. It is probably best to store this one away when not in use!
- The newest technology is called evacuated tube cooker, which is a glass tube where food is inserted on a tray, surrounded by a reflective structure. This portable device allows for temperature to reach an impressive 550°F.

What can be cooked in a solar cooker? Beans, casseroles, veggies,



*Amélie Roy lifting the plexiglass cover on her box oven solar cooker to access a freshly solar-baked lemon pound cake. Photo Valérie Dufort-Roy.*

meat, cakes, cobblers, and soups too. As the sun moves along its arc, the unit should be repositioned to optimize the power of sunlight. The box oven and the panel cooker cook slower and require pre-heating, versus the parabolic and evacuated tube cookers.

Does it work? Absolutely, on a 75°F April day, my Sun Oven ([www.sunoven.com](http://www.sunoven.com)) reached 250°F, and baked a delicious lemon pound cake in a couple of hours. Anytime we have a warm day, we cook lentils or garbanzo beans. We dehydrate apples and clementines for snacks. Sunshine is here, let's cook the way summer intended! ▣



# TRAIN TUNNEL TRACTION

Our long struggle to resolve the perilous balance of the train tracks and the eroding beach front bluffs is coming close to a breaking point. For decades leaders have avoided seriously addressing this very dangerous public safety problem involving a mix of pedestrian and rider risk, science and technology, freight use, military use, multiple agency interests, funding shortages, and alternate but problematic routing options. Throwing millions of dollars at temporary fixes on the bluffs is a poor substitute for a serious long term solution.

Unfortunately, governmental leadership is too often assessed on short term accomplishments. The rewards of our political systems are structured mostly for short term performance. Responsive leaders tune in to today's constituent needs and grievances to get rewarded with voter approval. Our systems provide little constituent reward for long term performance by our leaders. Accomplishing goals that benefit future generations may not be appreciated by voters of this generation.

However, many of our biggest issues require long term,

strategic thinking and investments in systemic changes that take time to be fully realized. Nationally, we are seeing this play out in debates about how to address critical and complicated issues with long time lines such as climate change, education, race, immigration, wealth, and infrastructure. Short term fixes are rarely effective with these kinds of challenges.

Locally, we experience similar problems that require long term, strategic thinking with investments that extend well beyond the typical four year terms of office and there seems to be little likelihood of bold leadership now on how to move the tracks off the bluffs, just as there has not been for fifty-plus years. It is very worrisome to think that a train tragedy there will be necessary to trigger more deliberate leadership. SANDAG has ratcheted up potential alternative tunnel planning but no leader has stepped up to lead the charge to get decisive multi-agency action, including a long term financing plan drawing from commercial, military, and national infrastructure budgets.

It is inevitable that the solution will be complicated and contentious—therefore not likely to yield short term rewards to any leader who steps up. But history will reward the person who turns an accident waiting to happen into a solution long overdue. □



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.

**Editorial Board:** Jeff Barnouw, Valérie Dufort-Roy, Bud Emerson, Virginia Lawrence, Julie Maxey-Allison, Don Mosier, Betty Wheeler.  
All editors, writers, and photographers are unpaid volunteers.

This publication depends upon the contributions of readers like you. Send your contribution to: Sandpiper, Box 2177, Del Mar, CA 92014 (make checks payable to Sandpiper, or donate online at [www.delmarsandpiper.org](http://www.delmarsandpiper.org). Contributions are not tax-deductible.

**Thanks to our major donors:**

**Founders' Circle**

Jeff Barnouw remembering Dagmar Barnouw

**Chuck Newton Circle**

Diana Marquard & Rod Franklin, Rosanne & Joel Holliday

**Publishers' Circle**

Mary Ann & Bud Emerson,  
Lynn & Charlie Gaylord, Maryka & George Hoover,  
Louise Keeling in memory of Dave Keeling

**John Kerridge Circle**

Penny & Buck Abell, Patty & Marc Brutton, Linda & Frank Chisari,  
Melissa & Bob Gans, Ann Feeney & Don Mosier, Mary & Jeffrey Friestedt,  
Nancy Fisher & Mike Salt, Susan & Judd Halenza,  
Ellie & Tim Haviland, Lee Haydu, Linda Hirshberg Ph., Pat JaCoby,  
Shirley King & Art Olson, Deborah Lawson & Paul Cleveland,  
Sherryl Parks, Karen & Phil Posner, Suzi Resnick & Stan Marks,  
Gloria Sandvik & Harold Feder, Rose Ann & Ira Sharp,  
Randee & Glenn Warren, Betty Wheeler, Dwight Worden

## IN BRIEF

### Fair Help?

A bill, the Agricultural Fairs Rescue Act that would provide \$500 million to fairs nationwide, has been introduced in the House of Representatives. Mike Levin (D-49th) is a co-sponsor, and he told the Del Mar City Council on April 19th that he hoped the bill would help restore funding to the Del Mar Fairgrounds, which has been dealt a severe financial blow by the restriction against large public gatherings imposed by the COVID-19 pandemic.

### Super Vax

The COVID-19 vaccination supersite at the Del Mar Fairgrounds has advanced to full operations as the supply of both the Moderna and Pfizer vaccines has increased. Friday, April 23rd was their busiest day to date, with 6,007 shots administered. Traffic control has increased, and the number of cars lining up for shots each morning has extended past the Jimmy Durante-Via de la Valle intersection. The supersite is a joint enterprise with Scripps Health, the San Diego County Department of Health, and the 22nd District Agricultural Association, with the help of many local volunteers. □

# WATERMARK MUCKUP

Bud Emerson | Klish Way

**F**or almost a decade the controversial Watermark housing proposal on Jimmy Durante Boulevard near the traffic circle has been evolving on our public agenda. After years of negotiations with neighbor opposition and resistance from two Council Members, we are now at the likely endpoint with 50 rental units, including 10 affordable, four stories counting a parking podium. (They decided against an option for even 15 more units.) And most importantly, the city is left with no design oversight and no public input. The application will be reviewed only by staff for conformance with applicable zoning requirements. The only appeal process open to the public is with the Coastal Commission.

How did this happen?

Initially, the developer was persuaded to engage in a “specific plan” process that promised many benefits to our town including outright ownership of 4-6 units by the city. This despite the fact that state law had enabled the site to be developed “by right” because the city had not fulfilled its 2012 legal obligations in the state certified Housing Element of our Community Plan. Over the next number of years the owners voluntarily participated in a great number of public workshops, informal DRB reviews, discussions with community members, and negotiations to satisfy neighbor concerns. By year 2020, the proposal had been reduced from 57 units to 38 units (7 affordable, 17 units per acre) and a number of “exceptional benefits” for the community.

The Specific Plan would have required a 4-1 Council vote. Just before the 2020 City Council election a vote was held to zone this area at a level of 20 units per acre to satisfy our state certified Housing Element. Two Council Members, Gaasterland and Druker, voted against that motion.

That vote triggered a decision by Watermark to withdraw from the Specific Plan process and exercise their right to file a “by right” application. Watermark attorney Marco Gonzales notified the city that “*Given the many years of failing to appreciate the Housing Element rezoning requirements, coupled with the unabashed disdain for residential development at required densities in the North Commercial zone by two members of City Council, it is clear that required 4 votes needed for a Community Plan amendment will not occur in the foreseeable future.*” That is how this has become the 50-unit rental property which is not subject to Del Mar’s review processes.

Ironically, those two Council Members, after election season, voted just weeks ago to approve a 20 units per acre zone. But there appears no way to re-ignite the Specific Plan process. ■

# CREST CANYON OPENS PATH

Photos Julie Maxey-Allison



*Walking West*



*Path entrance on San Dieguito Road.*

## LETTERS TO THE EDITOR

Material submitted must include the writer’s name, street address, and phone number, and should not exceed 400 words.

Contact us via e-mail or post at:

The Sandpiper, Box 2177, Del Mar, CA 92014  
or at [editor@delmarsandpiper.org](mailto:editor@delmarsandpiper.org)

### MAY 2021

#### Supporting Our Lifeguards

The City's Community Services Department and its stellar Lifeguard Services have worked tirelessly to ensure "safe fun in the sun" for Del Mar residents and visitors. DMF has long supported their work to maintain the quality of life we are so lucky to enjoy.

Beginning with a modest grant for Junior Lifeguards 36 years ago (\$600 in 1985), DMF's support has grown over the years, commensurate with our resources and with the value Community Services provides to our community.

We're delighted to fund the new \$50K+ Lifeguard truck that arrived in April to replace a costly-to-repair "rust bucket." The Beach Safety Center is undergoing \$30K in critical repairs, funded by the Foundation as part of its \$180K grant for important needs that had to be removed from the City's budget when revenues took a hard hit from the pandemic.

In previous years, DMF supported the construction of the Beach Safety Center and its walkway/garden (\$55K total), and for beach mats, wheelchairs and bike racks to improve beach accessibility. And a recent Ropes Training Course funded by DMF and Del Mar Rotary paid off in days with a real-life rescue on the bluffs near Anderson Canyon!

When DMF was a fledgling nonprofit 39 years ago, our founders envisioned a day when our ability to make community grants would far exceed that early \$600 grant. Hundreds of DMF volunteers and donors over the ensuing decades have "grown" DMF and enabled a higher level of community support, thanks to generous donations and bequests, and a strong cadre of volunteers powering our work. Nothing makes us happier than the support we provide to Community Services/Lifeguards – they prove their immense value Del Mar every single day, and we all owe them our support and gratitude.



*Annu Chopra (DMF Grants Chair), Betty Wheeler (DMF President) and Mark Rathsam (Deputy Chief, Community Services) admire the new Lifeguard vehicle. Photo Hylton Lonstein/DMF.*

With San Diego county moving into the orange tier and the vaccine rollout, San Dieguito Union High School District reopened schools for a 1 day a week learning model on March 16, 2021 and expanded reopening to a 4 day a week on-campus model on April 12, 2021.

"There's students who want to go back on campus, to see teachers or have access to extracurriculars. It's important to reopen schools, but students should still be given the choice for at-home distance learning, that has benefited some students," Sofia Vendituoli, a senior at TPHS, said.

Many students support the reopening of the district, and endorse the hybrid learning model. "Schools should start to open now as we have the vaccine rolling out. While the situation is not ideal, it is pretty good considering that going in person is optional. It's a good, happy medium and accommodates people in the best way possible," Ashley Chammas, a junior at TPHS, said.

As COVID-19 cases and COVID-19 hospitalizations in San Diego county decrease, some students believe it is safe to reopen schools. "I think it is safe to reopen now because a lot of people are getting vaccinated, the COVID-19 cases are down, we're in the orange tier now, and our daily positivity rates like 2%. It's safe to reopen as long as the protocols are followed," Vendituoli said.

In these unprecedented times, students feel the uncertainty of the reopening plan was understandable, but hoped for more transparency. "The district's handling is getting more organized, and it's making it easier for the school to reopen. But in the beginning, it was slightly hard to follow and confusing due to the change in plans without transparency," Vendituoli said.

Students going in person feel safe and say protocols are being adhered to. "The school is doing really a good job. They have us login to CatapultEMS everyday as a health check in to see if we've been exposed to COVID or not. Each class has an air filter, the teachers really enforce the mask rule, people are staying socially distanced as every other desk is marked off, and the teachers are really strict about following the safety regulations. There's no tolerance for disobedience right now," Chammas, going to school in person, said.

Many students support the reopening plan as long as the proper protocols are being followed. □

# BEST VACCINES EVER

Don Mosier, MD, PhD

**M**ost Del Mar residents have been vaccinated against COVID-19 (great!). However, some may now have concerns about vaccine safety and efficacy because of both the pause in the Johnson & Johnson vaccine administration and misinformation about vaccine protection against SARS-CoV2 (the virus that causes COVID-19 disease) variants. We now have better information about vaccine protection because over one-third of US citizens have been fully vaccinated.

While no vaccine is expected to be 100% protective, the COVID-19 vaccines are proving to be incredibly effective at preventing serious disease. Here are the risk reductions following vaccination from recent data from the Center for Disease Control and Prevention (CDC):

- Risk of hospitalization if you get sick with COVID-19 after vaccination = 1/200,000, based on 77 million adults who are fully vaccinated.
- Risk of dying of COVID-19 after full vaccination = 1/million
- Risk of hospitalization if you get sick with COVID-19 **without** vaccination = 1/14
- Risk of dying of COVID-19 **without** vaccination = 1/50

Older individuals with underlying health conditions are most at risk for both hospital admission and death from COVID-19, so the risk reduction for this population is much greater than that for all age groups.

There has been concern expressed about the current vaccines protecting against virus variants. The halting of the Astra-Zeneca vaccine trial in South Africa because of lower efficacy against the variant virus circulating there helped feed the narrative that vaccines might need to be tailored to newly emerging virus variants. The good news is that the Moderna and Pfizer mRNA vaccines provide strong protection against disease caused by all currently circulating variants of the virus. These vaccines can quickly be redesigned to match the genetic sequence of major variants to provide even stronger protection, and trials of these second-generation vaccines are currently underway. □



## MAY 2021

Ashley Simpkins, Program Director

### First Annual Spring Ice Cream Social

I scream, you scream! DMCC is hosting our first annual Spring Ice Cream Social on Friday, May 14 in the Del Mar Civic Center overflow parking lot. This event is a drive-in, in accordance with safe physical distancing protocols. Danny's Ice Cream Truck will be on hand to provide Del Mar seniors and guests with their favorite frozen treats, served up by DMCC Social and Good Times volunteers! This event is free and the ice cream is on us, but registration is required. When registering, you will sign up your vehicle for a 20-minute time slot between the hours of Noon and 3pm. Visit [dmcc.cc/calendar](http://dmcc.cc/calendar) to find the link to register for this event (and all DMCC events!), or call our office at (858) 792-7565, and we'll be happy to assist you.

### DMCC On-Demand

One of the benefits of remote programs is that they're easily recorded. As a result, we have been able to post videos of many programs on the DMCC website so that anyone can be informed, entertained and engaged even if they're unable to attend a live program as it's happening. Visit [dmcc.cc/programresources](http://dmcc.cc/programresources) and you too can watch and enjoy! There are special pages dedicated to our Health and Wellness Premiere Speaker Series, past lectures from Larry Brooks about Remarkable Del Mar History, Sweet Hour dessert making lessons from Carly Michaels, and a meditative movement practice in Qigong with Ali. You'll also see many of our marquee programs, such as recent entries Do You Own Your Stuff or Does Your Stuff Own You, a decluttering talk from Jami Shapiro of Silver Linings Transitions, Estate Planning 101 from local attorney Heidi Klippel, and Understanding Alzheimer's and Dementia from the Alzheimer's Association.

### Volunteer of the Month – May

MCC's Volunteer of the Month for May 2021 is Ellen Buzawa, mailing helper and volunteer driver. Ellen helps us to assemble our newsletter every month and prepare it for mailing, and she is a fantastic volunteer driver. Thank you, Ellen!

DMCC programs and services depend on our incredible volunteers! To learn more about Ellen or other DMCC volunteer opportunities, visit [dmcc.cc/volunteerofthemonth](http://dmcc.cc/volunteerofthemonth).

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

Please visit our website at [dmcc.cc](http://dmcc.cc) or contact the DMCC office at (858) 792-7565 or [dmcc@dmcc.cc](mailto:dmcc@dmcc.cc).

## Crumbling Cliffs (OMG)

**R**epairs continue on the bluffs above the 4th Street failure causing train route closures while the work requiring major equipment continues.

*Photos Julie Maxey-Allison*

Local artist Karla Leopold has been working on a series of abstract landscapes to depict the Del Mar cliffs and the erosion that is taking place. All the originals are in color.

*She works in "charcoal, ink, collage, paint, and concern."*  
*Drawings Karla Leopold*



*Dog Beach*



*The Beauty of Our Beach in Del Mar*

## Crumbling Cliffs (OMG)



*Lucky Us: We live here.*



*A Beach Walk*



*Our Eroding Cliffs*

## TWO TUNNEL OR NOT TWO TUNNEL

Don Mosier | Rimini Road

Results of strategic plan studies evaluating five options for tunnels to realign the train tracks from the Del Mar bluffs to inland locations were presented at the April 16th meeting of the San Diego County Association of Governments (SANDAG) Transportation Committee. The five options are shown in color in Figure 1 (available online at [delmarsandpiper.org](http://delmarsandpiper.org)).

The best news from the presentation was that the old “trench and fill” option under Camino Del Mar has been replaced with a tunnel that mainly runs east of Camino Del Mar (the red line on the online Figure 1). SANDAG still calls this the Camino Del Mar option, a confusing choice, but it is a real tunnel deep under the hillside, and its construction should have much less impact on Del Mar.

Each tunnel option was scored on a number of evaluation criteria, with greatest weight given to improved travel time, safety, and connectivity. The chart showing these results are shown in Figure 2 (see Figure 2; also available online at [delmarsandpiper.org](http://delmarsandpiper.org)). The two routes that were selected for further study were the “Camino Del Mar” option (red line in Figure 1) and the high-speed Crest Canyon option (yellow line in Figure 1), this despite the “above Carmel Valley Road” option have a marginally better score than the “Camino Del Mar” route.

There will be more public outreach about these decisions including a presentation to the Del Mar City Council on June 7th. How the “Camino Del Mar” option got a 2/4 score for public acceptance is a mystery, although any plan that gets the tracks off of the bluffs should get widespread support. Bonus points might be added for not tearing up the real Camino Del Mar.

Additional planning studies should conclude next spring, but there is still no funding for construction costs which are currently estimated to exceed \$3 billion. □

---

## SEEKING YOUNG WRITERS

Amélie Roy (10 years old)

### **Dear Young Citizens of Del Mar,**

Would you like to draw or write articles and poems for the Sandpiper? You can write about your hobbies, the environment, the pandemic, or maybe a story that happened in Del Mar? Just let your imagination go!

I once did an article, and my English teacher was super proud of me!

You can ask your parents for help to email at [editor@delmarsandpiper.org](mailto:editor@delmarsandpiper.org)

Be inspired,

Amélie

# ANTI-RACISM BEGINS AT HOME

Marissa Matusiak | Mango Drive

**D**o you know what Juneteenth is? Although President Abraham Lincoln issued the Emancipation Proclamation in January of 1863, it took more than two years for the Proclamation to be enforced in Texas. The day enslaved African-Americans in Texas were told they were free, June 19, 1865, is Juneteenth.

June 19, 2020 is the day I founded Raise Black Voices. We shine a light on systemic racism and how policies made at every level – including locally in Del Mar – can exacerbate racial disparities. Racial justice means confronting and fixing systems that perpetuate racial inequities.

Systemic racism is everywhere: from medicine to criminal justice; from housing to education. It is a disease that has existed in America for far too long.

National studies find Black students are more likely to be suspended from preschool than white students. Police are more likely to use force against Black adolescents. Black boys and girls are routinely viewed as older and more guilty, when compared to similarly aged white boys and girls. The presumption of guilt follows Black children to adulthood.

Biases begin forming at an early age. In 2019, some Del Mar Heights kindergartners, including my daughter, learned a poem about heroes that started with, “I may not be a Washington, a Lincoln, or a Lee.” The “Lee” referenced in the poem, was General Robert E. Lee, the leader of the Confederate Army. Imagine my surprise as a Black woman and descendent of enslaved people to learn my child was taught that the chief defender of enslavement was a hero.

When my husband inquired how Robert E. Lee could be a “hero,” he was told by my daughter’s teacher that, “We must consider all perspectives.” She later backtracked. The experience left my five-year-old asking if her friends’ parents thought she should be enslaved.

This “both sides” argument reemerged after the January insurrection where armed civilians stormed our Capitol with Confederate flags, screaming racial epithets and attempting to topple our democracy. The Superintendent of the Del Mar Unified School District wrote to parents, “Together, we bear a heavy responsibility to support our children through troubling events and trauma when they occur, and to do so objectively and in a manner respectful of all perspectives.”

Respectful of all perspectives? I strongly disagree. We must have the courage as a community to name and teach our children about right and wrong. When a “perspective” is based on the oppression and subjugation of others, it does not deserve moral equivalence. It warrants →

# PAPA CARLO

Lauren Grove | Encinitas

**M**y grandfather, Carlo Coppo, moved to Del Mar in 1977. For the past forty years he lived on lower Zuni Drive, for the past 10 in a small A-frame house under a tall Torrey Pine tree. The house smelt of wood, and there was a lively colony of bees in the ceiling of the bathroom. On the walls, he displayed his award-winning photography, on the shelves, his impressive collection of first editions. When I was little, I would climb the steep stairs to the top floor and look at the ocean through a small window of stained glass.

My grandfather’s favorite word was “ineffable,” which, ironically, means “unable to be described by words.” I think it’s a perfect word to describe the impact he has made on Del Mar. He helped to shape the town into what it is today. My grandfather, who I affectionately call “Papa Carlo,” would bring me to the ocean-front Poseidon Restaurant, and tell me about coming there over forty years prior, when it was originally called The Firepit. His blue eyes would sparkle, as he told me about taking one look at Del Mar’s bright sands and glossy ocean and thinking: “I need to live here.” My grandfather raised my mother and uncle in Del Mar, and both of them found their way back to the area after college. [*Editor’s note: His daughter, Jen Grove, is the Executive Director of the Del Mar Village Association. His son, Robert Coppo, is the principal of Torrey Pines High School.*]

My family lived on 11th Street for fourteen years. My childhood memories are filled with summer concerts at Powerhouse Park, carrying stacks of mystery books out of Del Mar Library, and eating cheesy slices of pie from Del Mar Pizza—all thanks to my grandfather.

My grandfather savored each run along Camino Del Mar or the beach, each swim at 17th Street, each coffee as he sat on the bench outside of the 15th Street Starbucks his family dedicated to him in 2014. Some say my grandfather lived life through rose-colored glasses. However, I like to think my grandfather viewed his life like a novel in creation: each experience was a new chapter that moved his story forward. And, like any great novel, my grandfather’s legacy lives on well after the last page. ▣

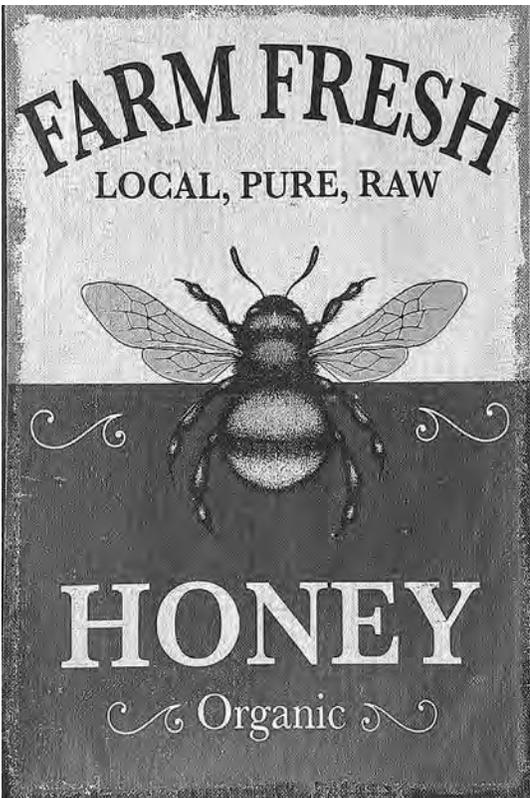
---

condemnation, coupled with a commitment to cultivate a respect for the human dignity of us all.

That is really the work of Raise Black Voices. We raise awareness of systemic racism and the need for policy reform and cultural awakening via our weekly newsletter. We ask readers to spark conversation in their communities about systemic change. Our hope is that a greater and shared understanding will chip away at implicit biases and structural racism. I hope you join us. ▣

## ESCARGOT GO GO

Virginia Lawrence | Caminito del Rocio



Available at Beaside Balcony.  
Photo Julie Maxey-Allison.

We lived in Geneva, Switzerland for 25 years, and on Christmas Eve our French friends always invited us for the *Réveillon* dinner. After *une coupe de champagne*, they would serve snails (*escargots*) in the shell prepared with garlic, parsley, and butter. Now, back in the States, I no longer find snails on my plate. However, I do spot them outdoors, but only in the spring in the early morning, only if it has rained or the sprinklers are on, and only on the sidewalk next to the Del Mar Scenic Parkway. Are sidewalk snails good to eat? I have no idea, and am not planning to investigate.

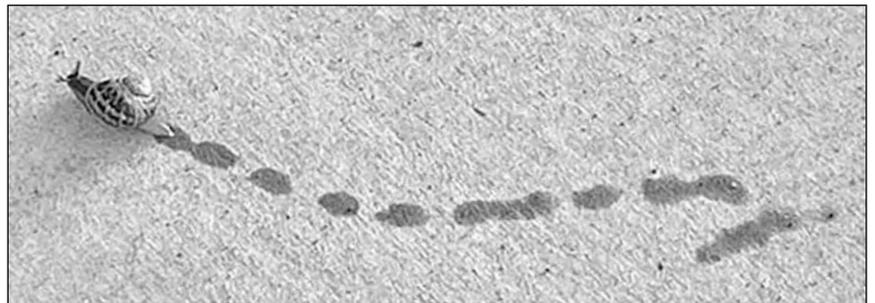
Snails move very slowly. The French have an expression, *opération escargot*, which refers to a type of highway demonstration which deliberately impedes traffic. The Del Mar Scenic Parkway snails, however, do not impede pedestrian traffic; rather they tend to be squished (the snails) on a frequent basis.

So, how can snails keep safe? Snails are born with and are physically attached to their shells, and when they feel threatened, they shelter in place. Further, snails are nocturnal and would rarely be out and about during the daytime hours. Still, a foolhardy snail who stays out too late will face the possibility of extinction as the day brightens.

Snails move with the help of a muscular “foot” which produces a wave-like motion, contracting and stretching and pushing the snail forward. While moving, snails leave behind a dotted trail of slime, a lubricant they produce which allows them to go on any terrain without injuring their bodies. Snail slime is sometimes used in facial products to improve scars, wrinkles, acne spots, and skin lines. As seen on Google images, some women anchor snails to their faces for prime slime delivery.

A snail has only one eye making it easier, one may suppose, to catch its hours of shuteye. A snail sleeps between 13 and 15 hours, and then stays up for 30. It will hide in damp places during the day and come out at night to forage and fool around. Every snail has both male and female reproductive organs and can mate with any snail it fancies. As for food, snails eat just about anything, including each other. Depending on its habitat, and with a large dose of luck, a snail will live for five to seven years. A few senior snails have lived as long as 25 years!

Part of the natural balance, snails provide food for all sorts of mammals, birds, worms, and insects. Thrushes in particular thrive on them! Not to mention the French. □



A snail crossing the Del Mar Scenic sidewalk leaving a trail of slimy dots behind it. Photo Virginia Lawrence.

## ELECTRIC SWITCH

Don Mosier, Clean Energy Alliance Community Advisory Committee Vice-Chair

**D**el Mar residents are being automatically enrolled in electricity service from the Clean Energy Alliance (CEA) beginning May 1st. The cost of electricity generation will be less than the current supplier, San Diego Gas and Electric (SDG&E) unless you choose the 100% renewable Green Impact option, which is about \$2/month more expensive than SDG&E for the average customer.

The default CEA product for Del Mar, Solana Beach and Carlsbad will be 50% renewable/75% carbon-free, a major improvement over SDG&E's current supply that is "39% renewable" (31% renewable with 8% carbon credits).

Those of us with rooftop solar and electric vehicles were concerned about how CEA would enroll SDG&E net metering customers. SDG&E does an annual "true-up" for net metering customers to determine if your solar panels put more electricity onto the grid during the year than you used (so you get a credit) or you drew more electricity from the grid than contributed (so you owe them for the difference). Because the annual "true-up" is based on the month you activated your solar system, it differs for each net metering customer.

The typical pattern of generation and usage for rooftop solar is that during summer months you generate extra energy that goes to the grid, and during winter months you use more power from the grid than you generate. If you have credits from the prior year, they offset the cost of electricity during the winter months. One option that CEA considered was to enroll net metering customers on their annual "true-up" date. The final choice was to enroll net metering customers in May at the same time as everyone else. The determining factor was that the exit fee charged to departing customers by SDG&E will go up July 1st, and that increase would have negative consequences for customers with large solar systems and seasonal consumption, particularly schools in the CEA service territory.

To offset any potential financial impact on net metering customers with "true-up" dates that influence their annual credit, CEA is reimbursing electricity put back onto the grid at 6 cents/kilowatt hour rather than the 2-4 cent rate from SDG&E. In addition, net metering customers can choose the 100% renewable Green Impact, an option not allowed by SDG&E.

My family has signed up for the Green Impact choice, so we now will be using 100% renewable energy generated either by our rooftop solar system or the CEA grid supply. This will roughly double our annual reduction in carbon dioxide emissions from 9,000 pounds to 18,000 pounds for just electricity, the equivalent of 136 trees planted each year. Since we will be using 100% renewable energy to charge our electric car, we also will avoid an additional →

## DANCING IN THE DARK

Julie Maxey-Allison | 10th Street



**T**hough a lot of fish swim in our sea, we have one very local species found only along the southern California coast: the grunion. Often thought, as is the green flash, to be a myth, both the green flash and the grunion (*Leuresthes tenuis*) are very real and so are grunion runs.

The runs happen by the light of the silvery full or new moon, at the peak of the high tide toward the middle of the night. California's resident grunions, alerted, possibly, by the change in pressure of rising tide following the full and new moons, swim to shore on incoming waves to dance their special mating dance. It is quite a sight. The females "stand" up right on their tails and all 5-6" of them twirl their way down into the wet sand to lay their eggs. The males then wrap around her and fertilize the eggs. Off they go jumping onto the next wave back into the ocean where they live their fairly ordinary lives in nearshore waters. Wave after wave can bring in hundreds even thousands of grunions. Really.

However, because schedules of grunion runs, as their moon-linked mystical appearance is termed, is only approximate, there is no guarantee they will show up. But, there are several runs each year, March through August. So, if at first you don't succeed, try and try again—and take your flashlight. Female grunions are capable of repeating this ritual four to eight times per year laying some 3,000 eggs in the biweekly seasons. Counting up, each fish may produce many thousands of eggs during her four year life.

*continued on page 11*

---

8,400 pounds of carbon dioxide compared to a typical gas-powered car driven 10,000 miles/year. Great choices for saving our planet—we hope that you agree. ■

# HANGING OUT

Just in time, rope rescue training prepared Del Mar lifeguards to work with Del Mar firefighters and help a man caught in a crevice while trying to take what he thought was a trail down to the beach from Del Mar Canyon Preserve AKA Anderson Canyon.

The 40-hour rope rescue training was sponsored the Del Mar Foundation and Del Mar Rotary. The multi-agency team was able to secure and safely lower the man to the beach. □



Real rescue in Progress. Photo Tyler Grant.



Rope rescue training. Photo Mark Rathsam.



Rope rescue training. Photo Mark Rathsam.

## FROM DANCING IN THE DARK *page 10*

Whether or not you witness this event, those buried eggs incubate till the high tides return to carry out the developed embryos when they are about 10 days old. Stimulated by the action of the waves they hatch as into the ocean they go and grow up.

There are regulations on grunion runs. There are specific “no take” seasons and other times when you can catch them using only your hands. Nets, equipment, dug out holes and/or pits are prohibited, and a California sport fishing license is required for those 16 years old and up. To find the grunion run schedules: [www.californiabeaches.com](http://www.californiabeaches.com) □

## IN BRIEF

### WINSTON INCOMPLETE

With the City Council finding that Winston’s proposed development does not meet the lease requirements for a “major remodel,” including bringing all buildings up to current California building codes and meeting parking requirements, the City has once again extended the April 6th deadline for Winston to submit a complete development application to June 8, 2021. □

# VISIT THE SANDPIPER ONLINE!



[www.delmarsandpiper.org](http://www.delmarsandpiper.org)

# SANDPIPER

DEL MAR'S COMMUNITY JOURNAL

Box 2177, Del Mar, CA 92014

DATED MATERIAL

## BEES AT BEESIDE

Julie Maxey-Allison | 10th Street

Having grown up in France, Barcelona and the Mediterranean area, Christophe Cevasco's Beeside Balcony, now open, specializes in "global Mediterranean food" with the focus on seafood, all fresh, all made in house. Christophe got off to a shaky start when took over as the new owner of the restaurant on January 17, 2020. We all know what happened soon after. The Covid 19 pandemic proceeded and so did the series of lockdowns that closed the restaurant. Christophe furloughed the in-place staff and, like so many other business owners, he rethought his. He worked with the Del Mar Village Association's Fuel the Frontline Campaign to produce food for 1000s of essential workers and still does some. He also put together packed meals for the homeless supported by St.Peter's Church sponsored by the Del Mar Foundation.

As the lockdowns eased, people started coming to the Beeside Balcony for takeout. "I started marketing our Happy Hour and takeout and got good media coverage. That helped. Locals came and supported us, ordering takeout," reports Christophe. Happily, Beeside Balcony's packaging for takeout—the boxes, the straws, the utensils—is 97% compostable.

Then the young crowd, respectful of masks, came to eat at the restaurant, enjoying the outdoor seating. Now, as more and more people get vaccinated, restaurant goers of all ages are comfortable returning to dine—some with their dogs who are welcome on the side terrace.

Christophe's over 20 years of experience includes eight years at his last job at Eddie V's in La Jolla before he decided to open a place of his own. The beverage menu selection offers beer and wine and Sabe's "unique" cocktail



*The Beeside Crew. Christophe front center.  
Photos Julie Maxey-Allison.*



*Open for dining. (More photos on page 9)*

list. An extra, also for sale, keeping with the Beeside Balcony theme is honey! Christophe keeps bees in Vista. A local apiary company gathers his honey and produces the "in house" jars of honey. 1201 Camino Del Mar, [beesidebalcony.com](http://beesidebalcony.com). ■