

SANDPIPER

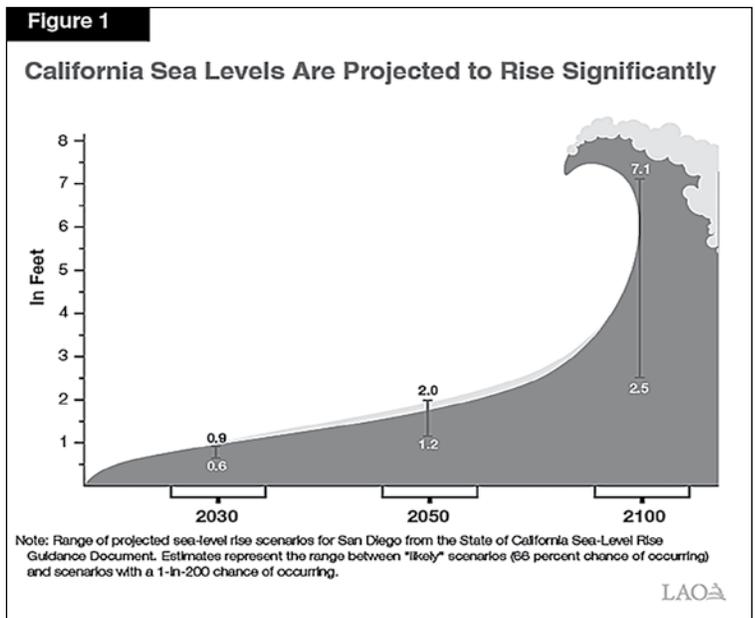
EDITORIAL: THE ONCOMING WAVE

Long-term problems require long-term perspectives. Those of us with a 10-year perspective may not be concerned about the existential threat of sea-level rise, but our children and grandchildren will have to deal with the consequences of our action or inaction. The ocean is warming, ice caps are melting and sea levels will continue to rise throughout the rest of this century (see Figure 1). The 0.9-foot increase forecast for 2030 may not seem like that much, but you should remember that translates into a 90-foot increase in beach run-up. If you walked along our beach this spring, you could see that the bases of sea walls were exposed north of 27th street, and the entire beach was much flatter at low tide than in previous years. The explanation from Scripps Institute of Oceanography (SIO) scientists is that high tides were bouncing off the sea walls and carrying away sand. Sea walls protect property but not the beach.

Del Mar did a detailed evaluation of the risks of sea level rise as part of the Sea-Level Rise Technical Advisory Committee study funded by the California Coastal Commission (CCC) in 2014-2016. This resulted in an Adaptation Plan, adopted in 2018, that specifically rejected the “managed retreat” option for private property.

The CCC review of the Adaptation Plan has been continued several times as CCC staff feedback has requested changes that the city has not agreed to. A final resolution may come at the June 9-11, 2021 CCC meeting.

A first priority in the yet-to-be-certified Adaptation Plan is beach sand replenishment. That may help as a stopgap measure, but winter storm surges will move the sand southward and it will end up in the offshore La Jolla Canyon just south of the SIO pier. Each spring, more sand will need to be replaced and the cost will escalate. For example, the Army Corp of Engineers is directing a 50-year sand replenishment project in Encinitas and Solana Beach at a projected cost of \$167 million dollars (in 2016 equivalent \$). This project is just to protect limited stretches of beach at Moonlight Beach and Fletcher Cove, not the entire beach in each city. The hidden benefit is that



sand will move south each winter and Del Mar could share the temporary benefit. That may help until 2030, but what about long-term plans?

2050 may seem like a long way away, but serious planning for sea-level rise needs to consider the time to develop, fund and execute major infrastructure projects. The current plans to relocate the train tracks off the Del Mar bluffs offer a timely example. Initial planning began over a decade ago, and it has only recently accelerated as bluff failures have come closer and closer to the tracks. Only early design work is funded, and the start of construction looks to be a decade away at a projected cost of over \$3 billion, a number sure to increase. The highway and rail bridges over the San Dieguito River need to be raised from 4-8 feet, and neither project is fully funded for construction. The fire station, the 21st Street pump station, and the public works building are in the flood plain and need to be relocated. So when will we begin to take these challenges seriously? It is time to stop kicking the can down the road and start making the necessary decisions to protect our coast and not to saddle our children and grandchildren with disaster-driven, mega-expensive fixes. While we wait for these longer-term solutions to become reality, maybe local property owners can invest in improvements (like raising the floor level of habitable space) that will provide resiliency to the oncoming waves. ■

FENCING WITH NCTD

Brown Act Violations

Don Mosier | Rimini Road and Bud Emerson | Klish Way

If Del Mar expects something better for our community than a 6-foot chain link fence blocking the bluffs, it needs to get its act together. The NCTD Board met May 20, 2021 to consider awarding a contract for \$380,000+ for a study to gather more information about potential alternatives to NCTD's proposed 6-foot chain link fence along both sides of the rail right of way along the Del Mar bluffs. Although the NCTD staff report indicated that the proposed study was in response to a request from Del Mar and the Coastal Commission for more information, Del Mar Mayor Terry Gaasterland (who serves as Del Mar's alternate to the NCTD Board), abstained on the final vote, which approved the study on a 6-2-1 vote.

Del Mar's primary NCTD representative, Council member Dan Quirk, did not attend the NCTD Board meeting, but did attend a pre-meeting protest staged by activists outside in the NCTD parking lot.

And in a highly unusual action, NCTD's General Counsel, Lori Winfree, informed the Board that it "appears likely

that there was a violation of the Brown Act by way of serial communication." She made this statement after NCTD board members made the legally-required disclosures related to this agenda item, which puts on the record communications they have received or engaged in. During the disclosures, some members of the NCTD Board disclosed receiving communications from Dan Quirk, some members disclosed communications from Terry Gaasterland, and Gaasterland herself disclosed speaking to two board members and attempting to contact others.

The General Counsel noted that penalties for a Brown Act violation could include "civil and criminal penalties" and "can also result in a ban from holding public office." She concluded,

"[D]ue to the disclosures that have been made by the Board members today from the dais, I believe the board can elect to proceed with action on this item today, but the Board should be aware that there is still potential for a challenge based on that Brown Act violation that appears to have occurred. So I just want to make that clear first before the Board takes action."

Key background on this matter: NCTD filed a Surface Transportation Board (STB) application last year asking the STB for preemptive authority to install its 6-foot chain link fence. The Coastal Commission, Del Mar, and residents objected and were able to get the matter into settlement discussions to try to negotiate a better solution. The confidential settlement period extends through the end of the year. Del Mar's designated negotiator is the City Manager. Any proposed settlement will be reviewed by the City Council, with public input, and Del Mar would have the right to accept or reject the settlement. If the matter is not settled, it returns to the STB for decision.

It was in the context of those settlement discussions that the Coastal Commission and Del Mar asked for more information, and NCTD proposed the study to produce that information. The study would include collecting data, locating the right-of-way boundary lines, conducting view studies, and analyzing design options, including post-and-cable and rail alternatives to a 6-foot chain link fence. One consultant applied to NCTD to do the work, CivicPros, a division of RailPros, a well-known consulting firm specializing in rail related projects.

Why a parking lot protest to oppose a study to gather additional data and identify possible alternatives to a 6-foot chain link fence on both sides of the tracks? Apparently, there was rampant misunderstanding that NCTD would be voting on approving a fence, rather than on a study to collect information requested by Del Mar and the Coastal Commission, both of whom are challenging NCTD's petition before the STB. This misunderstanding was generated in large measure by communications from Councilmembers Quirk, Gaasterland, and others that were broadly circulated in the community leaving commenters thinking fence approval was on the agenda.

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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.

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WINSTON WOES

Winston’s proposed redevelopment plan was considered by City Council on May 17th. By unanimous vote (with Councilmember Druker recused based on living within 500 ft. of the school), the Council directed Winston to amend their plan in three specific ways: 1) to include Building 5 in its plan, 2) to show how it is going to address parking long-term within its leasehold area, and 3) to state how the proposed development will bring all the buildings (Buildings 1-5) up to current codes. The Council also extended the June 8 deadline for their response by 45 days, to July 23. Speaking at the Council meeting, Dr. Dena Harris, Head of School, said that the City “keeps moving the goal posts.” In a May 21 letter to Winston, Interim City Manager Ashley Jones responded to that claim by citing prior communications that, according to Jones, demonstrate the consistency in the City’s position on these redevelopment issues. ■

FROM FENCING WITH NCTD *page 2*

We need to allow Del Mar’s negotiator to make her best efforts to achieve the results Council has directed her to work for, without undermining that with scatter-shot, contradictory public statements and votes (or abstentions). We need our representatives to comply with the Brown Act. We need to support, not oppose, gathering information and studying alternatives to the chain-link fence. We need to see the result of the negotiations before crying wolf and rallying forces in the NCTD parking lot. ■



Residents in the old Taylor-section of Del Mar were given a pedestrian bridge over the tracks near the foot of 10th Street. The bridge eventually deteriorated and was removed. The rumor on the street is that a replacement bridge was promised. Mary Arballo at the bridge in 1936.

Photo courtesy Del Mar Historical Society.

Crowdfunding, platforms that allow inventors to raise funds for research, manufacturing and product distribution, has made it feasible for unique inventions to see the light of day. Using crowdfunding platforms, such as Kickstarter, Indiegogo and WeFunder, inventors share their innovations with interested communities that come together to fund them. By raising small amounts of money from a significant number of people, often by pre-selling a product, many artistic, tech, community-oriented and entrepreneurial ventures can move forward without incurring debt. It is estimated that over 20 million people from all continents have participated in Kickstarter projects alone, and 800,000 innovative ideas have seen product realization through the Indiegogo platform.

Hence, no project is too small or too outlandish, if a community of supporters, or backers as they are called, comes together to pitch in a few dollars. Potential supporters are made aware through social media advertisements or through weekly updates from crowdfunding platforms. What does sustainability have to do with crowdfunding, one might ask? The long list of innovations includes a stunning number of eco-friendly and sustainable solutions for day-to-day life needs.

Here are a just a few ideas found on Kickstarter.com and Indiegogo.com:

- Briiv Air Filter, is the most sustainable air purifier, with 100% renewable, natural and compostable filtration materials. With the filtration power of 3,043 house plants and integrated Alexa and Google Assistant, it sure sounds interesting!
- GoSun Chillest, is a solar powered cooler that doesn’t require ice. With its fridge and freezer temperature-controlled compartments, it makes using ice to cool food a thing of the past.
- Lomi, is a countertop composter that turns kitchen waste into compost. In as little as 4 hours, using the express mode, a nutrient-rich compost is ready to use for indoor plants or to toss in the garden.
- Storiedhats make distinctive headwear made out of old coffee grounds, algae biomass, cactus, banana fibers, and recycled plastic bottles. In case you wondered, the micro-pores of “coffee fabric” reflect UV rays!

I must say that I was tempted by a simple yet innovative product, known as the Last Tissue Box (“The Reusable Tissue Box”). Aimed at reducing deforestation, it is a colorful silicon box which holds soft cotton washable tissues. Supported by 4,178 backers, this fun idea raised over \$400,000. It is estimated that each box will save the user, and the planet, 9,360 tissues. Can’t wait to receive my order in July! ■

DROUGHT RESISTANCE

Mel Katz | 8th Street | San Diego County Water Authority Board of Directors representing the City of Del Mar

ART AND THE DUST OF LIFE

Betty Wheeler, DMF President

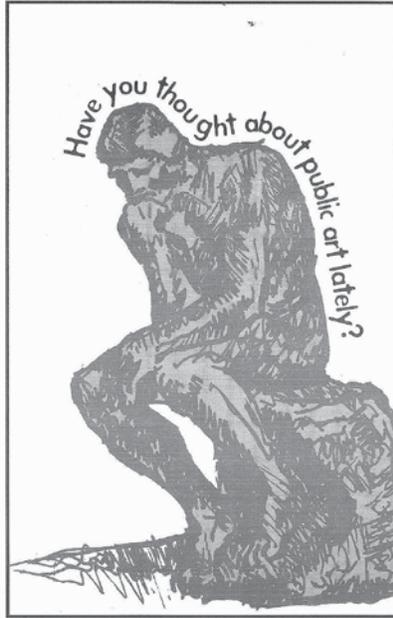
Art can be serious or playful, ephemeral or for the ages – but at its core, to borrow from writer Berthold Auerbach, art “washes away from the soul the dust of life.” Throughout its history, the Del Mar Foundation has focused on art as a way to inspire Del Mar residents and visitors.

Now, we’re delighted to report that a new temporary outdoor art program, created by the City’s Arts Advisory Committee (AAC) and sponsored by DMF, will bring sculpture to five downtown

locations for 23 months, with new works taking their place afterwards if the program is a success. The City Council gave the program conceptual approval on May 17, and is expected to approve the MOU (Memorandum of Understanding) with the Foundation for this program in June. The sculptures will be on display by November, perhaps sooner!

One of DMF’s early programs was a two-month Art in Public Places exhibit in 1984, displaying works by four artists outdoors - including a 20-minute art “happening” at Seagrove Park called “Three Pillars of Fire.” In later years, DMF provided fiscal sponsorship for the James Hubbell sculpture at the library (1998); produced two Payasada projects that placed artist-painted horses around town; (2002, 2003) provided fiscal sponsorship for the Mosaic Wall in front of the library (original installation, 2002-03; major renovation, 2012); and has supported a variety of children’s art projects.

We’re delighted that the AAC has so meticulously laid the groundwork for this new outdoor art program, giving DMF the opportunity to fund and help manage such a terrific new art program for Del Mar. ■



This postcard invited residents to meet James Hubbell and preview his sculpture (from DMF Archives, 1998)

Across California, a second straight dry year is creating significant challenges for farmers, residents, and water agencies. Reservoir levels in many parts of the state are below their historical averages – in some cases alarmingly so – and the snowpack was just one-third of normal in late April.

Conditions are so severe that the governor has declared drought emergencies in 41 of 58 counties even though we have yet to feel the heat of summer.

It’s a different story in San Diego County. Thanks to three decades of investments in diversifying and strengthening our water supply portfolio, we have reliable supplies for 2021 and future dry years. That is great news for the 3.3 million people who live here and our \$253 billion regional economy—and it is no accident.

After the severe drought of 1987-91, the Water Authority and its retail member agencies set out on a mission to make sure that we were never again in the vulnerable position of being solely dependent on a single water supplier for virtually every drop.

Today, that strategy means that we have several locally controlled supply sources, and no source accounts for more than one-third of our water. Those sources include the nation’s largest water conservation-and-transfer agreement with the Imperial Irrigation District, which has high-priority rights on the Colorado River. We also rely on the Claude “Bud” Lewis Carlsbad Desalination Plant, which produces up to 50 million gallons per day of high-quality drinking water.

In addition, the San Diego region has invested in two major water storage upgrades—building Olivenhain Dam and raising San Vicente Dam—so that we have significant water reserves for dry years and other emergencies. Several local water agencies across the region are also developing potable water reuse projects to produce high-quality drinking water and increase water resources in our region.

Another major piece of our strategy is water-use efficiency. In fact, per capita water use in San Diego County has shrunk by almost half of what it was in the early 1990s. The reason is water-smart practices and investments by residents and businesses, including the widespread adoption of low-water landscapes and appliances across the region.

Those strategies and others mean that the Water Authority and its member agencies have enough water to meet normal demands, reliability which our ratepayers pay for each month. While other regions are having to wrestle with the cost and complexity of making major new investments today, we are benefitting from decisions made years →

THE EYES HAVE IT

Photos Julie Maxey-Allison

In addition to Del Mar's Library, a branch of the San Diego County Library system at 1309 Camino Del Mar, Little Free Libraries are scattered about town. These satellite independent stations, always open, offer an eclectic mix of reading opportunities. Selections can change from day to day depending on what books people drop in or take out.



Little Free Library photos Julie Maxey-Allison.

ago that we are already paying off.

Despite our solid position, it's important to remember that the job of securing reliable water supplies is never done in the arid West. To that end, the Water Authority is promoting continued water-smart practices this summer; supporting additional state funding for water security; educating state officials about regional shovel-ready and shovel-worthy projects in our region; and exploring additional opportunities to protect our county's agricultural industry.

With those efforts and others, we can collectively continue to ensure the San Diego County is drought-safe for decades to come. ■



Ashley Simpkins, Program Director

The Secrets to Longevity

DMCC's Health and Wellness Premiere Speaker Series is delighted to announce a conversation between DMCC board member Dr. Mary Walshok and Deborah Szekely, the iconic founder of the spa movement in America who founded Rancho La Puerta and the Golden Door health spas. Szekely recently celebrated her 99th birthday. Rancho La Puerta has been in operation for more than eighty of those years and continues to be ranked the number one spa in the world by Condé Nast. Szekely is internationally recognized for her work, is the author of many books, and continues to lecture weekly at the Ranch and at conferences and meetings around the world. Their conversation on Friday, June 18th will focus on what she sees are the secrets to longevity, many of which will surprise you! Visit dmcc.cc/calendar to find a registration link for this free program.

Reunions

Many senior citizens dealt with unmatched levels of isolation during the pandemic. Though DMCC was able to help fulfill Del Mar seniors' most basic needs with grocery delivery and continue programming remotely, this time has been a struggle for those who live alone and do not use the Internet. During DMCC's May 14 Ice Cream Social, we were able to engineer reunions between friends who have not seen one another during this time. This heartwarming event wouldn't have been possible without widespread vaccination rates and the careful planning of the Social and Good Times committee, led by Linda Chisari. We look forward to gradually getting back to normal, and we thank the community for your understanding as we take small steps forward and make adjustments in the interest of safety.



Nancy, Irene, Janee, and Marilyn at the Ice Cream Social.



Tom Cleworth and Jessica Countryman spend quality time.

working for the postal service gave him the invaluable patience he displays in his volunteer work. Thank you, Tom!

DMCC programs and services depend on our incredible volunteers! To learn more about Tom or DMCC volunteer opportunities, visit dmcc.cc/volunteerofthemonth. ■

Volunteer of the Year – 2021

DMCC's Volunteer of the Year for 2021 is Tom Cleworth, volunteer driver. Tom won volunteer of the month in March 2020, making him eligible for this award, because he works long hours and drives thousands of miles to help Del Mar seniors go to medical appointments and do their grocery shopping. His longtime love of the Chicago Cubs and more than 30 years

COMMENTARY

Tunnel Troubles

Ann Gardner | Via Latina and Dee Rich | Longboat Way

ED Note: Decisions about tunnel options for relocating the train track are likely to be difficult and contentious. Although the timing of any final decision is well into the future, we trust that Del Mar and SANDAG understand that aggressive efforts to get full public input will be critical. To that end the Sandpiper will offer space for interested parties to weigh in. Below is one commentary on the issue to be followed by many more during coming months.

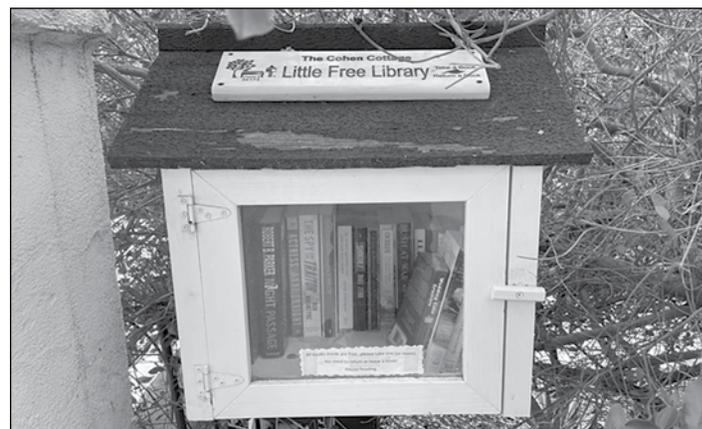


*Open Space off Portofino Road, one of two “favored” locations for proposed double track rail corridors to come above ground and cross the eastern end of the lagoon on an elevated structure over Carmel Valley Road.
Photo Dee Rich.*

Del Mar’s neighbors in the Heights and the Terrace are expressing alarm at plans to bring commuter and freight train tracks tunneled below Crest Canyon, above ground on preserved open space at the corner of Portofino Drive and Carmel Valley Road. The location is literally across Portofino from Del Mar Terrace homes. When asked at their May 20 planning board meeting what the two almost 35 ft. “portals” would look like, SANDAG representative Linda Culp responded those “drawings would be available soon.”

The Torrey Pines Planning Board serves as an advisory group for residents in the City of San Diego which includes the Heights (east of Crest Canyon) and Del Mar Terrace (along Carmel Valley Road). They had asked Culp back for a second meeting to discuss SANDAG’s “realignment” options to move the trains off the bluffs in Del Mar, and seemed surprised that the original five options had been reduced to just two, the High Speed Crest Canyon and the Camino Del Mar, options. The CDM option runs underground east of 101. All options rely on creating two underground tunnels (one southbound and the second northbound) between the northern and southern ends of Del Mar. The CDM tunneling option would emerge →

THE EYES HAVE IT



*Little Free Library.
Take a book, leave a book!
Photos Julie Maxey-Allison.*

above ground generally at the intersection of Carmel Valley Road and 101 continuing through the Lagoon as the single track already does.

Dee Rich, retired Vice-Chair of the Board, emphasized that the Portofino portals would “destroy a dedicated 26-acre wildlife corridor that completes a connection from the north to the Los Penasquitos Lagoon and conflicts with the Wildlife Management Plan of the Torrey Pines State Reserve. The portals would remove much of the native habitat within the preserved open space and uplands to the north.” Others voiced concerns about the lack of their input into the process, questioning the minimal time differences between the options. Residents left the meeting angry that they had not been included in choosing the favored alternatives and especially what they saw as a lack of interest in moving the tunnels closer to I-5. ▣

POWER PICKS

Don Mosier | Rimini Road

The Clean Energy Alliance (CEA) began providing electricity to customers in Del Mar, Solana Beach and Carlsbad May 1st. The table below gives the results for Del Mar customers for the default 50% renewable, 75% carbon-free product option, as well as those who opted out of CEA service to stay with San Diego Gas & Electric (SDG&E; OPT OUT in the table), and those who opted up to the 100% renewable Green Impact product (OPT UP in the table). No customers chose to opt down to the 50% renewable product (OPT DOWN in the table).

CATEGORY	COUNT ¹	% OF ELIGIBLE
TOTAL	3,059	100
OPT OUT	145	4.74%
OPT UP	20	0.65%
OPT DOWN	0	0.00%
DEFAULT PRODUCT	2,894	94.61%

¹data compiled through 05/17/2021

The results contain good news and bad news. The percentage of customers who opted out to stay with SDG&E is lower than the conservative 10% in the financial forecast and is in line with other Community Choice programs in the state. This is good news. The percentage of customers who chose to opt up to the 100% renewable energy option is much lower than anticipated, and the results reflect poorly on Del Mar's commitment to implement our Climate Action Plan. For comparison, several of the newer Community Choice Aggregations (CCAs), such as southern California's Clean Power Alliance, default their customers into 100 percent renewable power. Some 93 percent of the Alliance's three million customers stick with that option.

The default CEA electricity supply is much cleaner than the 31% renewable current offering from SDG&E, so Del Mar is moving in the right direction and customers who stayed with the default offering are still saving money on their monthly bill. If they later decide that the \$2/month premium for 100% renewable electricity is worth it, they can still opt up. ■



"I understand there's going to be tons of sand dumped on us." "Yeah, polluted stuff from the San Diego harbor." "Why us? We've always had Plenty sand." "It'll bury us and our homes and families." "And the reefs, which will affect the waves and clog up the lagoon again." "Jeez, as if global warming wasn't enough for us to worry about."

Cartoon John Dempsey.



Little Free Libraries. Photos Julie Maxey-Allison.

THIRD QUARTER FINANCIALS

Good News!

Tom McGreal | Stratford Court

The Finance Committee met on May 18th and unanimously recommended that the City Council accept the Staff's proposed 3rd Quarter results and adjustments to the budget for the Fiscal Year ending June 30, 2021. Revenues are projected to increase by \$1.1 million while expenses are essentially flat, which improves the General Fund Contingency Reserve to \$3.3 million or 83 days of operating expenses.

This is good news driven by two important developments.

- 1) The City was recently notified that it would be reimbursed by \$440,000 related to the Durante bluff failure for costs in excess of its insurance deductible. (The cost of the bluff failure was almost \$1 million, which reduced the Contingency Reserves in FY 19 & FY20.)
- 2) The City also anticipates receiving \$400,000 this year and another \$400,000 next year from President Biden's American Rescue Plan to be distributed by the State of California as part of the Covid Relief Fund.

Operating revenues also contributed to the projected revenue increase for the fiscal year with Parking Meter revenue up by \$150,000 and Planning Services up by \$130,000. The City has also been able to hold down costs with no significant net increases to Operating Expenses or Project costs being recommended for the remainder of the fiscal year.

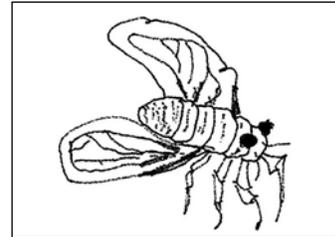
This improvement in cash flow allowed the City to recover a portion of the General Fund Contingency Reserves depleted by the pandemic. The Contingency Reserve increased by \$967,850 for the 3rd Quarter. At the same time the City was able to eliminate the planned loan from the Measure Q Fund to the General Fund in the amount of \$283,620. Staff also recommended increasing the Measure Q revenues by \$511,650 bringing the projected Measure Q Reserve balance to almost \$3 million by June 30, 2021. Council also approved the first underground district for the Tewa area, which included a budget allocation of \$635,000 from the Measure Q Reserves.

These results put the City on better footing as they begin the Budget Workshop for FY22 and FY23. However, while these one-time revenues help, the City will still be addressing the financial challenges presented by the ongoing revenue impacts of the pandemic, prioritization of City services within a tight budget and the replenishment of Reserves back to target levels. □

CICADA SCIENCE

Sudepto Roy | Klish Way, Del Mar

Summer in the east coast this year has a unique buzz about it. From Illinois to Georgia, fifteen states are experiencing the once-in-17-years emergence of a special species of large red-eyed bugs – the periodic cicadas, also known as Brood X (Ten). Scientists estimate that the



Drawing Sudepto Roy

hibernating cicadas emerge from the underground in their trillions. And at these numbers and penchant to procreate loudly, their din can exceed that of lawnmowers. They don't sting, bite or bear poison. Yet, some people dread the emergence of the cicadas.

They are strange-looking, noisy, smelly and show up in unfathomable numbers. Yet others have written cookbooks or dipped them in chocolate for protein-filled desserts.

Typically in May, when the soil temperature hits 64 Fahrenheit, adult nymphs emerge and head upwards, literally climbing anything in the way, from trees to walls, in a desperate attempt to avoid ground predators. They soon develop their wings, get to the treetops, waiting for the males to woo them. And woo, the males can, by flexing their drum-like abdomens, giving rise to their loud signature noise. Once impregnated, the females lay eggs in lower branches, which eventually hatch, dropping the nymphs to the ground, who quickly burrow, seeking safety of mother earth for the next 17 years.

Why 17? Let me give a hint. It is a number that is divisible only by itself and 1. This is nature's way to beat the odds of predators that procreate in other periodic cycles (every 2, 3, etc, years). In other words, cicadas have found a way to use a prime number cycle to increase the odds of not being eaten. The other trick is to emerge in synchrony in trillions, further increasing the odds of perpetuation.

This awesome spectacle of nature lasts only six weeks. Six weeks every 17 years, like clockwork, reminding us of nature's magical ability to harness both synchronicity and periodicity for species survival. However, given their ability to sense soil temperature, they are unwitting alarm clocks for climate change. Particularly in recent decades, they have begun emerging ahead of schedule. Cicadas were unheard of in April, but now they do appear earlier, since in some places the soil becomes warmer sooner, with shorter winters and earlier arrival of spring and summer. Disrupting the cycles of these important pollinators and nature's once-in-17-year feast for birds and critters can have unpredictable consequences. These insects have been

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JUICE JOINT

Julie Maxey-Allison | 10th Street

Elixir, our Local and Organic Food and Juice Joint, opened in 2017 to offer a thoughtfully healthy menu that is produced out of a small space with handy outdoor seating. It almost didn't happen. Randy Gruber, owner of the neighboring Americana Restaurant, was first offered the space as a possible ice cream store. He hesitated and another group signed on to the ice cream idea. They though soon signed off and Randy was again offered the space. This time, having done his homework researching other possible venues, he opted in to set up a juice bar for Del Mar. Randy worked with consultants from the restaurant business (his father had also been in the business) to create the concept, the signage, the kitchen layout of the space and the menu. Today's display in the stop-in shop consists of organic versions of juices, to order or cold pressed, smoothies, a variety of bowls featuring vegetables, fruits, nuts and seeds, salads, paninis, gluten free pastries. Elixir also presents a selection of "cleanses" and gives day by day instructions.

Elixir also takes sustainability seriously. All the take-out containers and utensils are compostable. The used vegetable pulp is available for you to collect and recycle into your own compost containers. Their juices and waters are sold in returnable glass bottles for a \$1 refund for each. ▣



Elixir photos Julie Maxey-Allison.



Ospreys Fishing.
Photo G. Stuart Mendenhall.

FROM CICADA SCIENCE *page 8*

on our continent for millions of years, far longer than humans. As we marvel at their arrival this year, one can also hope that we will take a moment to reflect on our role as better custodians of the planet's natural rhythms. ▣



Inside Elixir with owner Randy Gruber.

HOVER CRAFT

Julie Maxey-Allison | 10th Street

Hummingbirds. You have to be quick to spot them.

With wings that flap from 20 to 200 times a second, hummingbirds are fast flyers, able to dart up, down, sideways, upside down and even backwards—the only bird to do so. Plus they know how to hover, maintaining their position in midair. This is key. Ninety percent of the energy required to fuel their flights comes from flowering plants (and nectar from feeders). These nectivores that weigh in at less than a nickel (5 grams) round out their diet with protein rich insects. During the day they are busy snacking every 15 minutes. With all that eating, adjusting for size, a hummingbird eats 77 times more a day than an average human. When night comes they switch to a form of hibernation, slowing their heart and breathing rates and lowering their body temperatures.

In our area the most common are Anna's Hummingbirds (*Calypte*) and Black-chinned Hummingbird (*Archilochus Alexandria*) though there more than 300 species world wide. Hummingbirds who are named for the cadence of their rapid wing rhythms are rarely together in groups, but if you see a gathering, the choice of terms to describe them includes a bouquet, a shimmer, a glittering, a tune or a hover. But most prefer living solo even when taking a long trip. This smallest of migrating birds typically travels singly for up to some 500 miles at a time. The exception? Mating season when the more colorful male springs into action

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Hummingbirds on feeder. Photo Virginia Lawrence



*Hummingbird eggs measure 1/2 in in length.
Photo Betty Wheeler.*



Hummingbird sitting on eggs in nest. An adult measures 3-4 inches in length. Photo Betty Wheeler.

PARADISE LOST?

Ariel Renner | Via Alta

I spend a great deal of time thinking about intimacy. For a PhD student in English literature, Del Mar generally remains quite far from this thinking that is related to the academic work I do. My research focuses primarily on 17th-century English poetry, on questions of the environment, of the intimacies established between poets and their environment. For the past year, Del Mar, my hometown, has become the unexpected center of my academic world; I've once again become a full-time resident, invited to reflect on the roots I've established here and how this foundation sowed the seeds for much of my thinking about the poetry I study.

I see these roots quite literally: in the trees that surround me, characterizing my life in Del Mar. Being back this past year has revitalized and, in many ways, altered the way that I see and experience this city; I've established a new intimacy with Del Mar. Largely because of the academic work I've been doing here, I've become much more attuned to the environment that surrounds me, and particularly, to the Torrey Pine trees that I observe each day from my bedroom window and that I encounter when I go out running or walking each afternoon. Many of these I recognize as familiar figures from my childhood, for my vision of Del Mar has always been framed by the Torrey Pines.

As I've spent this year writing about the intimacies developed between poets and their environment, from my desk that looks out at a Torrey Pines canopy, I've come to realize that there is perhaps no better, or more familiar, illustration of environmental intimacy than in the relationship between Del Mar and its Torrey Pine trees. I can't help but think about John Milton's *Paradise Lost*, and the touchingly intimate lament that Eve (*Paradise's* resident gardener) gives after the fall, once she and Adam have been banished from Paradise for eating the forbidden fruit. She addresses Paradise as "thee native soil, these happy walks and shades," home to her "flowers, / That never will in other climate grow." I get emotional every time I read these lines, partially because it's so easy to relate to Eve's sentiment as someone lucky enough to grow up amongst the Torrey Pines—the trees that, indeed, →



Torrey Pines. Photo Ariel Renner.



Torrey Pine seedlings. Photo Ariel Renner.

"never will in other climate grow."

I remain, of course, keenly aware of the absences that continue to shape the view from my window, the gaps that denote where trees have been removed to make way for new construction or landscaping. However, I've also been granted a wonderful new perspective on the Torrey Pine, as my brother is sprouting a new generation of trees in our backyard. While this does not resurrect the trees lost, it provides a small glimpse at a future Del Mar that remains intimately entangled with the Torrey Pine. □

FROM HOVER CRAFT *page 10*

to attract a female. His part is initiating an impressive mating ritual to show off as best he can. His courting strategy involves flashing what he hopes are his irresistible iridescent feathers while simultaneously serenading his intended. If he is successful, his job is done. The female takes over from there. She creates her nest from spider webs and other super soft fillers, lays her eggs, usually two

the size of tiny jelly beans, incubates her eggs for about 16 days till they are hatched and feeds the chicks for three to four weeks till they fledge.

Hummingbirds' lifespan is from three to five years though they do face daily dangers from getting tangled in a spider's web to being lunch for a praying mantis, or fellow birds such as orioles and roadrunners. □

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BEST BEACH

Julie Maxey-Allison | 10th Street

Interview with Jon Edelbrock, Director of Community Services and Chief Lifeguard

Del Mar's summer is coming and so are visitors to our beach.

Last summer, with Covid 19 restricting access to many venues, "beach visitor trends changed. Visitors came in record numbers. They came to the beach earlier, stayed longer and often late into the evenings," reports Jon Edelbrock. As 2020 evolved, it was quite a year and along with it there were many "new and changing rules. As a team, we had to modify the way we work to best protect ourselves, to comply with public health orders, and to serve new and regular visitors." The lifeguards managed to do so working within a citywide budget cut. "Generous donations from multiple community organizations including the Del Mar Foundation and the Rotary of Del Mar, allowed us to complete repairs to the Beach Safety Center, replace an aging vehicle, purchase some needed equipment and support training programs for our seasonal staff."

This year brings in a new part time staff. "They have spent many hours participating in our in-house Academy where they learn general lifeguard skills, receive first aid and CPR training ready to transition into their first summer that will be filled with continual training and on the job experience. We also have a recurrent staff recently certified in SCUBA and Technical Rope Rescue." Their rope rescue skills were shortly put to use helping a stranded visitor down from a ledge 30 feet above the sand.

There is one more issue the lifeguards are working on:



Lifeguard Department members: Jon Edelbrock second from right. Photo Julie Maxey-Allison.

Shark watch. With the understanding that shark bites are extremely rare, you might have noticed signage warning of shark sightings last summer. The lifeguards are now collaborating with researchers at Shark Lab, Cal State University Long Beach to track the movement of white sharks in the waters off our shoreline that serves as their nursery. FYI: their numbers have increased since 1994 when they received protected status. The tracking includes tagging sharks with acoustically transmitting darts, retrieving data from underwater receiver buoys and from aerial drones. With the Shark Lab's guidance with identifications and shark behaviors, lifeguards are developing further signage and response protocols. On the bright side, the sharks snack on those pesky stingrays that actively strike swimmers and suffers.

Whether or not last year's trend that produced a record number of visitors will continue, the lifeguards are more than ready to meet the needs of the community. ■