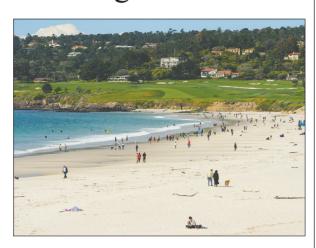
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Keeping your distance and waiting for answers



Facing an uncertain future, Monterey Peninsula residents coped with the coronavirus epidemic as best they could this week by (clockwise from right) practicing social distancing even on Carmel Beach and in line at the supermarket. Many restaurants managed to stay open by offering food to go. Armed rangers patrolled the quarantine site at the Asi-Iomar Conference Grounds. And on Cannery Row, even Ed Ricketts tried to keep the









CARMEL VALLEY ARTIST QUARANTINED IN PERU

By CHRIS COUNTS

m MORE THAN 4,000 miles away from his Carmel Valley home, painter Thomas Hawley and his wife, Marijke, are stranded in a hotel in Iquitos, Peru. As a precautionary measure against the spread of coronavirus, the couple has been in quarantine for more than two weeks.

"I am one of about 40 Americans stuck here," said Hawley, whose paintings are displayed at the Carmel Valley Art Association. "We are trying every way we know to get back home."

With a population of nearly 500,000 and accessible only by air and water, Iquitos is the largest city in the world that can't be reached by car.

Hawley and his wife arrived there March 12. Life in the city has changed considerably since then.

"Our room looks out over the Plaza de Armas," said Hawley, a retired attorney. "When we arrived, the roads surrounding the plaza were jammed with tuk-tuks, and the plaza itself was filled with locals. Now the streets are quiet and the plaza is empty, save for a few armed soldiers who

are on 24-hour patrol."

After landing in Iquitos, Hawley and his wife boarded a small cruise ship for a weeklong tour of the Upper Amazon. But the global spread of the coronavirus would soon end the voyage, and the couple was forced to return to the isolated Peruvian city.

"Three days into our cruise, when we were 120 miles upstream, our captain was informed that the Peruvian borders had been closed," he explained.

Stuck in paradise

Hawley noted that the other passengers on the cruise took the news of the canceled boat trip in stride, although he had trouble getting excited about being stuck in Iquitos. At least he still had his sense of humor. "By and large, the passengers accepted this news with surprising equanimity, except for the undersigned, who, I confess, broke into uncontrollable sobbing at the prospect of an indefinite quarantine in a remote Peruvian town," he said.

See PERU page 19A

Coronavirus cases in county remain low, but why?

THE NUMBER of people infected with coronavirus in Monterey County this week remained relatively low since the first two cases were announced March 17, but it's unclear if that's a result of the statewide stay-home order or something else. Meanwhile, health officials are being extremely tight-lipped about the people who are infected with the virus — including where they got it and how

One person was reported to have died from the virus March 21, but the public also doesn't know anything about the circumstances of that death.

As of Thursday, 24 people in the county had tested positive for COVID-19, out of a population of about 435,000. Compare that number to Santa Clara County, which has 1.9 million people and at least 459 with the virus, or even Santa Cruz County, which has about 275,000 people

See VIRUS page 13A

City braces for big drop in sales, hotel taxes

By MARY SCHLEY

 Γ HE 'SHELTER in place" order that went into effect in Monterey County more than a week ago is having a devastating effect on the local economy, with restaurants struggling to survive on takeout business, stores shut down (though some are trying to stay afloat through online sales), and hotels with single-digit occupancies.

And given the unprecedented nature of the pandemic and the global response to it, few are willing to even try to forecast what the precipitous drops in travel and spending mean for a city with a \$25 million budget that heavily relies on the tax dollars those activities generate. In the 2018-2019 fiscal year, sales and hotel taxes accounted for \$12,614,900 of the city's \$24,858,673 in revenues. This year, the total was estimated at \$12,487,600 — but that was before anyone had ever even heard of COVID-19.

"We have been assessing economic forecasts and working with the city's sales tax consultant on updating our projections for the current fiscal year," budgets and contracts director Sharon Friedrichsen said Thursday. "I do not have

See DROP page 22A

Auction of Doris Day's belongings takes public on a sentimental journey

By ANNE PAPINEAU

FROM CARS to refrigerator magnets, the contents of Doris Day's longtime Carmel Valley home will hit the online auction block April 4-5, starting the day after what would have been her 98th birthday.

Coronavirus precautions have put a dent in a planned several-day ramp-up to the big sale, conducted by Julien's Auctions in Beverly Hills, the same establishment that sold Marilyn Monroe's "Happy Birthday Mr. President" dress for \$4.8 million. Proceeds of the auction will benefit Day's beloved "four-leggers" via her Doris Day Animal Foundation.

'Loving, lived-in'

Several years in the career of Doris Day overlapped with Monroe's, but even in 1960, when Monroe was at the height of her fame, Day sold more tickets, and among the more than 800 items up for bid will be her Golden Globe award marking that achievement.

The auction includes the iconic and the

mundane from the life of the recording artist, film star and animal rights activist.

Julien's color catalogue features furniture and a spiral staircase originally seen on IV's "The Doris Day Show" that later became part of her actual home overlooking Quail Lodge. The catalogue also brims

with original art, including works by Carmel notables Bill Bates and Lisa Bryan, and Day's fellow recording star. Anthony Benedetto (Tony Ben-

Fans can bid on Day's passport from the 1970s and California driver's license from 1975: (height, 5-7, weight 122). There is a collection of brooms because ... who knew? ... Doris Day liked to sweep.

"For me, to go into her home was just so amazing, and I think it

was exactly as I would have expected it to be," said Martin Nolan, executive director of Julien's. "It was a house that wasn't what I would call ostentatious or palatial in any way. It was a very loving, lived-in home, in touch with nature — the beautiful garden, grounds, and view of the golf course."

He said the house also showed her "total joy and appreciation" for animals, including a dog run that ends in the dogs' own kitchen, "with a fridge and a stove geared

See AUCTION page 19A





PHOTO/COURTESY JULIEN'S AUCTIONS

Doris Day's Louis XV-style dining table and chairs (above), took pride of place in her longtime Carmel Valley home. The star's passport (left) misstates her birthdate – April 23, 1922 – by two years.

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Harvey's person actually wanted a Jack Russell. He thinks they're cool little dudes, kinda feisty, kinda funny, and adorable as puppies. Yet, when his office manager came in to work with her new little Jack Russell, he decided he couldn't be a copycat.

"When a coworker brought in a picture of a baby American bully, I had some kind of knee-jerk reaction and asked him to bring the pup to work," he said. "The next morning, there was this bundle of joy waiting for me."

Because the pup's face is half brown and half white, his person, a self-described movie fanatic, named him after the character, "Harvey Two-Face," from a Batman film.

When the kids came home from school, Dad had Harvey bundled inside a blanket on the couch. The kids leaned in for a hug and discovered the new family dog.

Harvey quickly has become the most prominent presence in the house.



With a happy smile and a wiggly wag, Nellie is an easygoing older dog that is good with kids, great with other dogs and loves people. She's a healthy girl but has some arthritis and takes a daily anti-inflammatory to help her feel spry. Great dog!





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"He's everywhere," his person said. "I roll over in bed to snuggle my wife, and there's this big behemoth of a dog between us. I think, 'Why didn't I get a Jack Russell instead?"

Although Harvey's Seaside home is one mile from the beach, he hasn't yet set foot on the sand. His day is coming, his person said, but the family's still a little unsure of who he is and how he'll respond to the seashore and its inhabitants.

"Harvey's fine with me; I've let him know I'm the Alpha, and he's the dog, but my family hasn't yet established their authority," he said. "They're all too nice and loving. He's not mean or vicious, but he wants to be the boss, and that's where he's just like a Jack Russell."



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State: Asilomar quarantine ending

■ All patients being sent home this week

By KELLY NIX

OF THE 21 former passengers of the Grand Princess cruise ship who were quarantined at Asilomar Conference Grounds because they either have coronavirus or are suspected of having it, there were only four remaining Wednesday morning, and the quarantine period for those people will be over by the end of this week, a state official told The Pine Cone.

The patients have been housed in three small buildings at the state-owned facility in Pacific Grove, a portion of which has been fenced off and is being guarded by police officers with the United States Marshals Service and a private security firm. But the number, which amounted to 21 at one time, has dwindled to only a few.

"At last report today, it was down to four as folks completed quarantine or were sent to their homes to complete quarantine," California Governor's Office of Emergency Services assistant director of communications Brad Alexander said.

Alexander also said that the remaining four patients "should be complete with quarantine by end of this week," though he didn't have specific dates on when they would be sent home.

The Centers for Disease Control and Princess Cruises are arranging for the few people left at Asilomar to be taken back to their homes, Alexander said.

State officials told the press last week that they didn't have any plans to continue using the hotel after the quarantined cruise ship passengers leave. Alexander said Wednesday that "there are no finalized plans for the facility after these folks complete quarantine."

'No more patients'

Also this week, the California National Guard announced Monday that 10 airmen from the 144th Fighter Wing were deployed to Asilomar to help the state's Emergency Medical Services Authority care for the quarantined passengers.

On Wednesday afternoon, California Air National Guard spokesman Chris Drudge, a senior master sergeant with the

See ASILOMAR page 23A



Pacific Grove Chamber of Commerce president Moe Ammar and marketing and events manager Peter Mounteer delivered flowers, books and other items to coronavirus patients quarantined at Asilomar on Tuesday.

PHOTO/KELLY NIX



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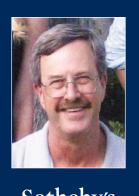
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Police, Fire & Sheriff's Log

Father, daughter have civil dispute

HERE'S A look at some of the significant calls logged by the Carmel-by-the-Sea Police Department and the Monterey County Sheriff's Office last week. This week's log was compiled by Mary Schley.

WEDNESDAY, MARCH 11

Carmel-by-the-Sea: Adult Protective Services referral regarding possible financial elder abuse. Upon further investigation, it was determined to be a civil matter.

Carmel-by-the-Sea: During a vehicle check at Scenic and 11th, it was determined that a vehicle's registration was more than 6 months expired, and the vehicle was subsequently towed.

Carmel-by-the-Sea: A subject on Torres north of First reported drugs were slipped into their drink without their knowledge. The subject also had objective signs and symptoms of being under the influence of drugs.

Pacific Grove: Subject admonished for trespassing at a property on Central Avenue.

Pacific Grove: Cyber crime reported by a

Seaview resident.

Pacific Grove: A 71-year-old male on Forest Avenue was found to be in violation of his probation terms and was booked into Monterey County Jail for probation violation, two counts of obstruction of a peace officer, and two counts public intoxication under the influence of alcohol or drugs, all misdemeanors.

Pacific Grove: Lost wallet reported on Arkwright Court.

Pacific Grove: Hit-and-run of two parked vehicles on Pine. No suspect info.

Pebble Beach: A construction shed was burglarized and tools were stolen from a construction site on Del Ciervo Road.

Carmel area: A stolen vehicle was recovered at the Crossroads shopping center, and the 44-year-old male driver was arrested.

Carmel Valley: Subject on Del Fino Place reported violation of a restraining order.

Pebble Beach: Deputies responded after report of a vehicle burglary on Morse Court.

THURSDAY, MARCH 12

Carmel-by-the-Sea: Resident on Junipero north of Second reported suspicious circumstances after he allowed access to his home computer via the internet. Resident stated an unidentified male posing as "Amazon security" called his home and notified of possible fraudulent activity on his account and requested to remotely access the home computer. Access was granted, and the fake Amazon rep was able to charge a \$75 credit to the resident's Amazon account. Resident has since disputed the charge after contacting the real Amazon. Resident wanted the incident documented and understood there would not be any further investigation.

Pacific Grove: Fraud reported on Eighth Street

Pacific Grove: Battery reported on Grand

Pacific Grove: Responded to a report of a deceased person (DBF) on Sunset.

See POLICE LOG page 7RE in the Real Estate Section



The gavel falls

Verdicts, pleas and sentencings announced by Monterey County District Attorney Jeannine Pacioni

Jan. 23 — Charges have been filed against subjects connected with an officer involved shooting which occurred on January 19 in Salinas.

23-year-old Rigoberto Palafox Contreras Jr. is charged with felony assault with a deadly weapon on a peace officer and commercial burglary, both felonies. 26-year-old Johnny San Vita is charged with felony commercial burglary. Both defendants are residents of Fresno.

The following allegations provide the basis for the criminal charges: On Sunday, January 19, at 3:54 a.m., a burglary occurred at the Sherman's Apothecary Pharmacy at 1212 S. Main Street in Salinas. Two suspects armed with crowbars gained entry into the pharmacy by shattering the front window of the business, activating the security alarm. At about the same time, Salinas Police Department Officer Anthony Yates drove past the location when he heard the audible alarm. Officer Yates pulled into the parking lot and observed a light-colored BMW parked in front of the business. As Yates got out of his patrol car to contact the driver, two burglary suspects climbed out of the pharmacy window and began running away from the scene. Hearing the sound of broken glass, Yates' attention moved to the fleeing suspects. Surveillance video of the event showed the BMW reverse, then quickly accelerate forward in Yates' direction. As he moved to safety, Yates fired multiple shots at the BMW. Both the driver of the BMW and fleeing burglary suspects avoided capture at the scene.

At approximately 4:32 a.m., officers with the California Highway Patrol located the BMW driving eastbound on Highway 152 towards Merced County. Shortly after at 5:08 a.m., the CHP reported that the BMW had crashed into an embankment near the John Erreca rest area off Highway 5 south of Los Banos. Contreras, the driver, and San Vita, the sole passenger, were arrested.

The defendants are now lodged at the Monterey County jail.

Jan. 27 — Hue Xiong, 31, of Fresno was

sentenced to 180 days county jail and was fined \$8,000 for hunting and poaching-related crimes, including: hunter trespass, taking deer and wild turkeys out of season, failing to obtain wild pig tags before hunting, and failing to affix tags to wild pigs after take, as well as for driving on a suspended license. Xiong was ordered not to hunt in Monterey County for three years. All illegally taken wildlife was forfeited, along with lead ammunition that is not authorized to be possessed while hunting in California. Xiong may serve his jail sentence through home confinement.

In February 2018, trail camera photographs captured Xiong hunting on private land near Parkfield in south Monterey County. The landowners recognized Xiong from previous contacts and reported him to the California Department of Fish and Wildlife. Through its investigation, Fish and Wildlife determined that Xiong killed at least seven wild pigs from February to May 2018 without first obtaining the required hunting tags. In July 2018, Xiong was stopped by officers from the King City office of the California Highway Patrol in the early morning hours while driving on a suspended license and was found with a recently killed deer and two wild turkeys that were all taken out of season. A California Department of Fish and Wildlife officer was summoned to the scene and examined the animal carcasses and determined that the deer and wild turkeys were taken with a .22 rimfire rifle, which is an unethical method of take for such animals. Xiong also possessed a wild pig with no hunting tag affixed to the carcass.

"It is great to see that the combined efforts of private landowners, California Highway Patrol, Monterey County District Attorney's Office, and my officers lead to holding this habitual wildlife violator accountable for his actions," said Captain Todd Tognazzini of the Department of Fish and Wildlife, who previously cited Xiong in 2007 in Monterey County.

See GAVEL page 23A

School board abandons bond idea — for now

By MARY SCHLEY

THE CARMEL Unified School District board of education decided last week that now is not the time to ask voters to approve tens of millions of dollars in debt to pay for new classrooms, cafeterias, a wellness center and similar potential improvements at Carmel High, River School and other campuses, board President Karl Pallastrini told The Pine Cone Tuesday.

The board met March 17 to review preliminary drawings of the CHS and River campuses and lists of projects totaling more than \$70 million, and to discuss how much a bond should be and whether to ask voters to approve it this November or in 2022.

Voters approved \$20 million in bonds for CUSD in 2000 and \$21.5 million in 2005, and property owners are still paying for them at the rate of \$12.58 per \$100,000 of assessed value until 2033. In all likelihood, a new bond would have been double or even triple — amounts between \$35 million and \$75 million were under consideration — but in light of the crashing economy as the Peninsula struggles with coronavirus-induced shutdowns, the board decided to put off asking residents in the 640-square-mile district to approve more debt that would be levied on property owners.

Not a tough decision

The list of potential projects stems from a facilities master plan developed over a two-year period that started in summer 2017, and before any bond measure would be floated, the board would separate the necessary projects from those that would simply be "nice to have," he said. While the master plan is useful in that it identifies what aspects of each campus require upgrades, maintenance and overhauls, "this is not the time to ask the community to assist us with those responsibilities."

A study completed in January, when coronavirus was still generally regarded as China's problem, revealed voters were lukewarm on the idea of another bond and might barely pass the 55 percent required for approval.

But since then, according to a report Eastshore Consulting presented to the board last week, opinions have apparently changed for the worse. Statewide, the March 3 election included more than 120 school bonds, with well over half of them failing — the poorest showing since 2000, according to the consultant.

Pallastrini said the facilities master plan identified some critical projects in the district, but that those "will go forward with funds we already have."

Carmel Unified is fairly immune to the virus-induced economic disaster, since the district's roughly \$60 million in annual revenues come from property taxes, and Pallastrini said the board "obviously realized that to burden the taxpayers with anything unrelated to being healthy and getting past this crisis would certainly be untimely."

"The board reached this conclusion very quickly, given the gravity of the events," he said. "That's when we formally decided to suspend our efforts."



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Executive Director/Attorney

School board abandons Residents form group to care for neighbors

By MARY SCHLEY

COUNCILMAN JEFF Baron and councilwoman Jan Reimers, along with five other residents, are working to ensure the city's older inhabitants, especially those who live alone or who are shut-ins, don't "fall off the edge" in the chaos of the coronavirus outbreak and shutdown.

The fledgling Carmel Neighbors group also wants to ensure the volunteers who help them get the care and support they need.

"Not only do we not know who's vulnerable, we don't know what's coming," Baron said Wednesday. "So we're trying to stand up an organization, and maybe we don't support that many people yet, but once the situation progresses, people will come to us and we can get their needs taken care of."

Already at it

Baron said many residents in town are already checking on and helping out their older neighbors and others in

need, but that can also take its toll.

"If you are looking after three elderly neighbors and you are the only person they talk to every day, that has a cost," Baron said.

He, Reimers, and residents Wanda Vollmer, Scot Smythe, Amy Geoffrey, Bob Jenkins and Chris Campbell have been holding regular meetings via conference call twice a week to discuss plans and idea, including reaching out to local organizations like the chamber of commerce, The Carmel Foundation and the Carmel Residents Association, to help identify people in need and the resources they can draw from.

"None of us really know what we're doing on our own, but we work well as a team," he said.

The group launched a website, carmelneighbors.org, so people can reach out to organizers, whether they need help themselves, know someone else who does, or have something to offer.

Baron said he'll keep everyone updated as the group and its assistance continue to evolve.



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To safeguard the health and safety of our employees and the community, the Carmel Area Wastewater District (CAWD) is responding to the Novel Coronavirus (COVID-19) outbreak by implementing measures to reduce the risks of transmission.

CAWD will remain open for business, however; effective March 18th we are requiring the public and business partners to please conduct business with us online and via phone. Our office will be closed to the public. Our staff is available to assist you and answer your business questions. Contact information for our staff can be found on our website at www.cawd.org or please call 831-624-1248.

The Board of Director's Meetings will take place at the regularly scheduled time but they will now adhere to the modified Brown Act provision as set forth in the Governor's Executive Order #N-29-20 (March 17, 2020). As additional information becomes available we will post it on our website.

Public Information on COVID-19: There are no impacts from the Coronavirus to CAWD's wastewater or water recycling treatment processes. We want to reassure the community that the Coronavirus, a respiratory illness like the flu or cold, is a prime example of the viruses and other pathogens wastewater treatment plants are designed to treat. Following pretreatment, primary, and secondary treatment, cleaned wastewater is then disinfected with sodium hypochlorite (bleach). The chlorine contact provides the proper levels of disinfection. For recycled water, after undergoing tertiary filtration, the reclaimed water does not present a Coronavirus hazard.

Finally, as during normal operations, our state-approved laboratory will continue its regular sampling and testing protocol to ensure all water quality standards are met. The CAWD staff is highly trained and prepared to protect public and environmental health and safety.

We appreciate your patience and understanding during this difficult time, but we want to assure your that the District continues to operate at our highest level of service.

Sincerely,

*Ken White*President of the Board

The real grownups are just fine

Coping with

health fears,

isolation and

routines

loss of beloved

By ELAINE HESSER

SENIOR CITIZENS are the subject of much hand-wringing in the age of coronavirus. While it's true they're more vulnerable to the effects of the disease, and therefore need to be even more scrupulous about personal interactions and hygiene, there have been very few cases in the county so far, and many healthy seniors seem to be coping well with the stress.

In fact, they may be the poster children for resilience.

Richard Ryan, 72, lives in Pacific Grove. Until about two weeks ago, the retired electrical engineer's life had a predictable rhythm.

On Mondays, he volunteered at the Monterey Bay Aquarium's kelp forest exhibit. He did yoga Tuesdays and Fridays at the VA medical center in Marina. Weekends, he could be found at extra whibits lectures generate

art exhibits, lectures, concerts or on nature walks. Now, it's all about the walks — and he's OK with that.

"Yes, absolutely, the first couple days there were some adjustments. It was a big shock, but I understood the science," Ryan said. "I don't have kids and I'm single. I can't imagine what it must be like for some people."

Perspective matters

That was a theme. No matter what was going on the lives of the mature people The Pine Cone spoke with, they were more worried about everyone else than they were themselves.

If anyone had a right to be disappointed about shelter-in-place, it was Ed Cavallini. The nonagenarian was supposed to be in Japan right about now, commemorating the 75th anniversary of the battle of Iwo Jima. He served there as a Marine and earned a Purple Heart when he was hit in the chest

by shrapnel.

As you might expect from someone carrying around a seven-decade old piece of metal still lodged in his heart, he's a little philosophical about the whole coronavirus situation.

"I'm getting along fine. I'm in excellent health," he said from his home in Skyline Forest. He has a younger roommate who helps him out, plus, he said, "I have no problem getting around. I have an elec-

tric car, so I don't have to pump gas," which means he doesn't have to touch the possibly germ-laden handles at gas stations.

He also has an emergency alert button he wears. "It works anywhere," he said, calling friends and an ambulance, police officer or firetruck if he's in trouble. Cavallini's daughter lives in Oregon, and they talk for about an hour daily.

Meanwhile, he watched the historic events at Iwo Jima replayed on NBC's "Today Show," and hoped that the commemoration would be rescheduled to the fall, to October or November, as he said is rumored. In the meanwhile, he said, "I'm keeping very busy."

Donna and Carl, a Pacific Grove couple who didn't want to share their last names or their ages, are also occupied. He continues to work in sales from home, while Donna, an avid cook, raids the pantry to make new dishes. "My husband was a supply officer in the military," she said. "We had no need to hoard."

Despite her success in the kitchen, she said she and Carl are also trying to do takeout from local restaurants "at least once a week," to help local businesses and keep them going. "The dogs are getting more walks and we're surviving quite well," she said.

See **SENIORS** page 22A

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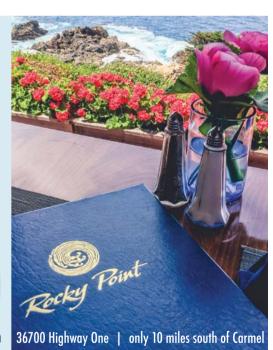
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Carmel administrator imposes moratorium on evictions, P.G. may also act

By MARY SCHLEY and KELLY NIX

RESIDENTIAL AND commercial tenants who are directly affected by COVID-19 — through illness or job loss, for instance — and are therefore unable to pay rent cannot be evicted by their landlords, according to an order city administrator Chip Rerig issued Monday. The protection aligns with a similar directive from Gov. Gavin Newsom and expires May 31.

It does not relieve the tenants from paying their rent, though. Instead, they will have 60 days after the order expires to give their landlords any unpaid rent.

Rerig, under the authority given to him by the declaration of emergency the city council ratified March 13, signed the order March 23 "in the interest of public health and safety, as affected by the emergency caused by the spread of COVID-19."

"During the period of local emergency declared in response to COVID-19, no landlord shall endeavor to evict a tenant for nonpayment of rent if the tenant demonstrates that the tenant is unable to pay rent due to financial impacts related to COVID-19," the order states.

It must be the virus

Those who can't pay rent because their businesses are shuttered or because they or their family members are sick with coronavirus must notify their landlords in writing text messages or email are OK - and provide documentation. "Any medical or financial information provided to the landlord shall be held in confidence, and only used for evaluating the tenant's claim," the order says.

The document signed by Rerig also stipulates that nothing in it "waives a tenant's obligations to pay back rent owed" once the order expires. If the person still owes rent two months after the order ends, then the property owner can take the tenant to court.

"Nothing in this order shall relieve the tenant of liability for the unpaid rent, nor restrict a landlord's ability to recover rent due," it says.

After he signed it, Rerig noted the order could be extended beyond May 31 if Newsom extends the state's, which also calls on banks to hold off on foreclosures if mortgage holders can't pay due to the virus and asks utilities to ensure people continue to receive critical electric, gas, water, internet, telephone and cellular services.

The City of Monterey passed a similar ordinance Wednesday night.

Pacific Grove to follow

And next week, the Pacific Grove City Council will decide whether to pass a tenant-protection order. If approved,

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it would take effect immediately.

Mayor Bill Peake told The Pine Cone Wednesday that council members on April 1 will vote on the order, which would be similar to ones approved by Carmel and the Monterey County Board of Supervisors.

"With 5 of 7 votes, this ordinance would be in immediate effect," Peake told The Pine Cone Wednesday after-

"The urgency ordinance should be published on Friday, March 27," so it can be included in the April 1 agenda.

Resident Drew Scheib requested that Peake introduce the eviction moratorium.

"Mortgage holders have federal relief and exemptions,"

Scheib wrote to Peake. "We need something too, please."

Though the order has not been presented to the public yet, it will likely not will not relieve tenants from paying rents, but will probably give them a time period after it expires to pay back rent.

The shelter-in-place order by the county and state has meant and will mean the loss of scores of jobs in the hospitality, retail and restaurant industries in Monterey County and the Monterey Peninsula. As a result, many will be unable to pay their rents.

An eviction moratorium, though, also hurts landlords, many of whom depend on rental income to pay their own bills, rents and mortgages.

WILLIAM (RANDALL) MENEKE 11-9-1947 to 3-16-2020

Carmel Valley and Dunsmuir

William Meneke, was known by many names in Carmel Valley: "Bill," "Billy Lowpants," "The Zookeeper," "El Gato" and in his later years "Will," passed away peacefully on March 16th after a long period of failing health, surrounded by his son Mica and his loving family, including his much loved baby grandson Konan.

He was Born in San Diego and raised for a while as a child in Japan where his Father was stationed as captain

of a navy ship.

Will was a longtime resident of Carmel Valley. He was a versatile artist who worked in many mediums including pen and ink, paints, sculpture, pottery, photography, metallurgy and often incorporated found items such as bones and feathers. He would even build elaborate miniature train sets for himself and his children. He also built houses throughout

Although he quit drinking in his later years he was a regular at the Running Iron and was run out of the bar on many occasions.

After throat cancer surgery in 2002, that left him unable to speak, he acquired his much beloved Friesian gelding Jake, with whom he won many prizes in carriage driving. Jake was his best friend with whom he communicated in amazingly effective body language and clicking sounds. He was well known in the equestrian community. He was a consummate and knowledgeable horseman whose advice was sought by

Will is survived by his sons Mica and Leif and their families.

He will be missed by many in Carmel Valley and beyond and leaves a void that is difficult to fill.





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The Carmel Pine Cone

one March 27, 2020

Foundations create fund to help those hit hardest by virus, economy

By MARY SCHLEY

THE MONTEREY Peninsula Foundation, which hosts the AT&T Pebble Beach Pro-Am each year, and the Community Foundation for Monterey County recently formed a fund to help people hit by the COVID-19 pandemic, and it has already distributed more than \$300,000 to nearly a dozen nonprofits, according to Laurel Lee-Alexander, the community foundation's vice president of grants and programs.

"We are so grateful to the community and many donors—including local foundations and companies—that have donated to the community foundation's COVID-19 Relief Fund," she said. "Since the fund was created, we have awarded 11 grants totaling \$317,300, and I am in the process of reviewing many others that have been submitted."

The fund seeks to address immediate and longer-term needs of the county's most vulnerable residents in the face

of the coronavirus pandemic. Nonprofits providing food, housing, money for living and transportation, and other assistance to people who have been laid off due to the virus can apply, as can charities that are having staffing issues or volunteer gaps as a result of quarantines and social distancing. Nonprofits that have lost money and incurred costs because of cancellations due to the shutdown are also eligible, and programs that address the mental health impacts of the virus and its effects can request help. Public agencies can also apply for grants.

The first \$317K

The fund issued its first grant — \$50,000 to the Food Bank for Monterey County for emergency food assistance — March 18, and followed it up with 10 more March 23, including another \$50,000 for the food bank, \$50,000 for The Salvation Army for "direct financial assistance," and \$30,000 each for Mee Memorial Hospital for emergency

medical funding and the Veterans Transition Center in Marina for its food pantry.

Other grants included \$25,000 apiece for Coastal Kids Home Care for "capacity building for COVID-19" and Jacob's Heart Children's Cancer Support Services for "emergency financial assistance for medically fragile children in Monterey County." Sun Street Centers rehab received \$24,300 to spend on food, health and safety supplies, Ariel Theatrical got \$15,000 to help pay for programs and staffing gaps resulting from the coronavirus shutdown, Central Coast VNA & Hospice received \$12,000 for emergency medical supplies for clinicians, and St. Vincent de Paul got \$6,000 to increase food allocations to the needy and distribute sanitation supplies.

Organizations that are awarded COVID-19 Relief Fund grants are encouraged to keep the CFMC updated on the progress of their efforts and emerging needs.

Anyone who wants to help can donate at cfmco.org.

MPC Foundation helps students

The Monterey Peninsula College Foundation is working with the school's financial aid office to provide emergency assistance grants to students in need.

"It is a privilege to be in service to others during these challenging times," said Beccie Michael, executive director of the foundation. "We have all been impacted in one way or another, and it is my belief that we can emerge a stronger community by keeping our thoughts and actions focused on encouraging and supporting one another."

To help, visit mpcfoundation.org.

CHOMP tightens rules for visitors

By KELLY NIX

COMMUNITY HOSPITAL of the Monterey Peninsula changed its policy this week to prohibit visitors except in "very limited circumstances." The revision is meant to protect patients and staff from catching the coronavirus.

Starting March 23, CHOMP said it would no longer allow anyone to visit inpatients and those receiving outpatient services at the hospital, except in very limited circumstances. Women in labor are allowed one person, each, with them, and one parent or guardian is permitted to visit pediatric patients and infants in the hospital's neonatal intensive care unit. Nursing supervisors will decide whether end-of-life patients can have visitors, the new policy says.

The hospital last week changed its policy from two visitors to one visitor before implementing the new rule this week

Remote visitations

"We've been learning from communities that have been hit hard by the virus, and incorporating those lessons into our practices," hospital spokeswoman Brenda Moore told The Pine Cone Tuesday. "This is an example of that — reducing visitors reduces exposure. Natividad Medical Center and Salinas Valley Memorial Healthcare System have adopted similar restrictions."

Community Hospital is encouraging family members and friends of those staying there to keep in touch remotely — through phone calls and FaceTime and Skype apps, for instance. The hospital is still allowing people to send gifts, cards or flowers, which can be ordered from its website at chomp.org.

Hospitals in Monterey County are certainly not alone in ramping up prevention efforts, and hospitals and health clinics around the country are doing the same thing to try and control the spread of the virus, which began in Wuhan, China and is considered a pandemic.

"We appreciate the public's understanding of these changes as we seek to keep the community safe," CHOMP said.

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Pastor buys Dolores and Fifth pit

By MARY SCHLEY

As THE Monterey Peninsula entered a county-mandated shutdown due to coronavirus, escrow closed on Monaco businessman Patrice Pastor's purchase of the giant pit at Dolores and Fifth for \$9 million, according to Monterey County records. The large property was set to be developed by owners Bob Leidig and Michael Draper with underground parking, commercial space, apartments and condos but stalled out more than a year ago when they ran out of money.

The property is the ninth that Pastor whose family is one of the wealthiest in Monaco, and who runs real estate businesses there and in London — has acquired in Carmel since 2015. He also owns three homes on Scenic Road, L'Auberge Carmel hotel and restaurant at Monte Verde and Seventh, a building containing retail and living space on Ocean Avenue, a commercial building on Dolores north of Seventh, and another on Dolores south of Seventh that he plans to demolish and replace with commercial and residential space, and underground parking. He also bought the CoIonial Terrace Inn on San Antonio at 13th.

All told, he has spent more than \$66 million on real estate within the city limits in the past five years.

Talking about plans

Mayor Dave Potter said he's spoken with Pastor a few times and believes he plans to move ahead on coming up with a new design for the property, rather than build what architect Erik Dyar designed for Leidig and Draper.

"I suggested he host a little reception for the community to come in and see what he wants to do, rather than walking into the planning department and dropping his plans on the counter," he said. "It's a relief to see someone come in who is open to that kind of process, rather than saying, 'My way or the highway."

That meeting was set for April 4 but will now have to be rescheduled sometime weeks or months from now, when the lockdowns due to the coronavirus pandemic have finally been lifted.

Pastor is stuck in France due to travel restrictions, while his business partner is stuck in England, Potter said.

SUPPORTING ALZHEIMER'S PATIENTS

PINE CONE STAFF REPORT

WITHIN THE community of those affected by Alzheimer's Disease are two groups with different sets of needs: the patients themselves and their caregivers.

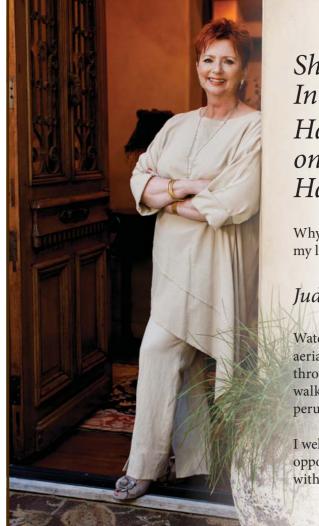
Nora Peyton, regional director for the Alzheimer's Association, said that the restrictions imposed by the coronavirus affect both. For those who have the disease, routine and structure can be extremely important, and those have been interrupted as people can no longer get to activities like exercise classes or daytime care centers.

Caregivers, who rely on each other's encouragement, are also cut off from a great

deal of that give-and-take by shelter-inplace orders that keep them from attending support meetings. Although the association's offices closed on Friday, March 13, the website at alz.org has an extensive library of easy-to-find and accessible resources, as well.

Peyton said the national 24/7 hotline at (800) 272-3900 was fully staffed and ready to respond to calls (in 140 languages and dialects) with real human beings who can listen to problems, answer questions and provide supportive voices, to help everyone get through this time.

"The call line has not missed a beat. We're only a phone call away," said Peyton.



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Cops order takeout, restaurants give away spaghetti

By MARY SCHLEY

To SUPPORT downtown restaurants that are trying to survive the coronavirus epidemic by offering takeout, Carmel police are ordering meals to go during their shifts, CPD Chief Paul Tomasi said Monday.

And on March 29, Carmel Craft Brewing and Allegro Pizzeria in the Barnyard shopping center are teaming up to give free spaghetti dinners to people who have lost their jobs or otherwise need a little help, according to brewery CEO and co-founder Mark Fitch.

In a video produced by the chief and city administrator Chip Rerig Tuesday, Tomasi read part of a letter written by Carmel Police Officers Association President Joe Martis.

The police officers association "is committed to doing our part to support our business community in their time of need, as they do while providing goods and services day in and day out — to residents and visitors alike," Martis wrote. "We want to act upon our value of community stewardship and help provide some relief to our restaurants that remain open by utilizing them for meals to go."

On Saturday, the association started buying to-go lunches and dinners for officers during their shifts, "with the intent of providing necessary transactions to help support our local economy and to ensure that our on-duty members have a fresh, local meal as they serve the needs of our wonderful community members during a challenging time in our history."

Spaghetti for all

On March 29 from 4 to 7 p.m., Fitch and Allegro owner Jeano Abraham are teaming up to serve as many as 100 spaghetti dinners to workers and others who are struggling because of the virus.

"If you have been displaced from your hospitality job or are someone that could use a little help during the current crisis, please come by and pick up a spaghetti dinner on us," they said.

Fitch said they will be offering meat and vegetarian options, and will have beer available for sale — also to go, of course.

"We'll be handing these out curbside in all our gloved and masked-up glory," he said.

The meals will be packaged individually in paper bags and handed to drivers in the parking lot next to the barn that houses Allegro and Carmel Craft.

CARMEL CHAMBER of COMMERCE

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Big Sur prepares for virus with triage tent

By CHRIS COUNTS

THE ARRIVAL this week of a military triage tent at the Big Sur Health Center makes it abundantly clear that the coronavirus crisis — if not the virus itself — has reached even Monterey County's most distant communi-

So far, there are no known cases of the virus in Big Sur. There are 24 cases in the county, but officials aren't giving a clue as to where those people live.

"We decided it was to our benefit — and the community's — to be very proactive, think ahead and prepare for a worst case," the health center's executive director Sharen Carey told The Pine Cone.

Donated by part-time resident Eric Mathewson along with an assortment of medical supplies — the tent was set up March 24 in the parking lot of the health center, which is west of Highway 1 and a short distance south of the Big Sur River Inn.

The center's staff says it's preparing for the coronavirus by rescheduling non-essential exams and "conducting more telephone medicine" — thus freeing up valuable staff and resources to focus on how the pandemic impacts Big Sur. Also, the staff is equipped with the protective equipment to safely see patients.

How it will work

If someone in Big Sur thinks they may have coronavirus, the first thing they should do is call the health center, Carey said.

"Maybe the issue can be taken care of over phone, but if a doctor or practitioner is needed, we'll have them come down to the health center," she said. "If their symptoms suggest coronavirus, we will ask the patient to wait while a care provider gets into their protective gear and can escort the patient into our triage tent."

According to the health center, patients with symptoms of coronavirus "will be assessed, tested if appropriate, then sent home for quarantine until results are available. If necessary, patients will be sent to CHOMP."

For now, the health center has "a very limited number" of swabs for taking samples, which must sent to the county health department for results.

Carey said the health center is doing everything possible to keep the facility safe.

"Everyone who enters must use hand sanitizers," she explained. "We have to keep our staff safe — if one gets infected, it could become a nightmare and potentially close the health center."

While Carey conceded we are living in "very scary times," she urged her neighbors to look for "a silver lining" in the storm clouds and support each other.

'I'm encouraged this morning that there haven't been any new cases in the county," she added. "People should be grateful for what they have, reach out to those they care about, and send words of encouragement. We all need to work together — just not in close contact."

In a place where just about everybody is ready for the next wildfire or mudslide — and self-reliance is practically

See BIG SUR page 22A



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ORDER TO SHOW CAUSE FOR CHANGE OF NAME Case No. 20C (2001049 TO ALL INTERESTED PERSONS: petitioner, ROLANDE KETCHAM VAUGHM, filed a petition with this court for a decree changing names as follows: A Present name:

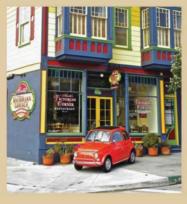
A. Present name: ROLANDE KETCHAM VAUGHM

ROLANDE KEICHAM VAUGHM
Proposed name:
ROLANDE KETCHAM
THE COURT ORDERS that all persons
interested in this matter appear before
this court at the hearing indicated below
to show cause, if any, why the petition for
change of name should not be granted.
Any person objecting to the name changes
described above must file a written objection that includes the reasons for the objection at least two court days before the

matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING:
DATE: May 8, 2020
TIME: 9:00 a.m.
DEPT: 15
The address of the court is 1200
Aguajito Road, Monterey, CA 93940.
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: The Carmel Pine Cone, Carmel.
[s] Lydia, M. Villarreal
Judge of the Superior Court
Date filed: March 13, 2020
Publication dates: March 27, April 3, 10, 17, 2020. [PC325]

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Gathering for Women asks your help to help others

By ELAINE HESSER

 ${}^{\iota}W$ HERE DO you shelter in place when you don't have a home?" asked Staci Alzeibler-Perkins, CEO of Gathering for Women in Monterey. The question was, of course, rhetorical. The homeless women Perkins' group provides with breakfast and lunch Mondays through Fridays, clothing, hot showers and other services, sleep in cars, in tents or on friends' couches, when they can.

"We were able to put up a couple of women in hotels when it was raining," said Perkins, because there was a grant from the United Way for emergency food and shelter, which has since run out. And, as with many local charities, money's getting tighter.

Perkins explained that there was a fundraiser scheduled for April 17, which was canceled because of the coronavirus outbreak. "We would have raised \$55,000," she said.

In addition, Perkins said she believes that all 70 of the group's volunteers are 65 or older, so they've asked them all to stay home and staff members are handling the work-

Meanwhile, they're partnering with the Interfaith Homeless Emergency Lodging Program, more commonly known as I-HELP, to assist some of the 40-or-so clients that Gathering for Women helps each week. Gathering continues to provide breakfast and lunch for takeout and to offer access to showers for women in need.

Perkins asked that people not donate clothing right now, but said there is a great need for monetary donations, which can be given online at gatheringforwomen.org, or by mailing checks to Gathering for Women, 147 El Dorado St., Monterey, 93940.

"The women are out there, they're scared — even more scared than usual — and they need help," she said.

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Bobby Richards to seek reelection in November

By MARY SCHLEY

CITY COUNCILMAN Bobby Richards this week announced he plans to run for council again in the city's November election for mayor and two council seats.

"I want to protect the advances that we've made and be a part of the solutions that are upcoming," he said, principally, helping the city recover from the devastating blow of the coronavirus shutdown. "And I think the challenges are going to be tough, and it's important that we stay balanced and that we make good fiscal decisions."

Richards, a longtime local who worked with hotelier and developer Denny LeVett for two decades before leaving that job last year to take over the Monterey Airport restaurant with Rich Pepe, served on the boards of the chamber of commerce and the hospitality improvement district. He was a member of the community activities commission when voters first elected him to the council in 2016.

People's passion and opinions

He said he'd like to serve another term because he wants to continue doing the work the council, led by Mayor Dave Potter, is accomplishing, with the help of the constituents.

"I have come to love our little village so much and appreciate so much about it, including the passion that people have for what's important to them," whether it's banning short-term rentals or remodeling the police station.

He's giving a lot of thought to how to help residents and businesses recover from the crushing blow of coronavirus, still in full swing amidst a statewide shutdown imposed to slow the spread of the illness, but which has crippled the economy. He acknowledged many of the city's capital projects will be sidelined while funds are directed toward keeping city hall running.

We were a ball that was ready to bounce, but we got deflated, and with the right council in place, we'll get air back in the ball," he commented.

Richards said he also appreciates how respectful and congenial council members and others are with each other and the city staff, and he enjoys working with them.

During the past four years, he said, he believes he's made a difference on the council, and even when decisions didn't go his way, people understood his position.

"I've lost a few votes, for sure, but my voice was heard, and there's not a vote that I have made that I wouldn't be proud to stand behind" and explain to anyone who asked, Richards said.

He also wanted to assure residents they will always be treated with respect by the council.

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Crisis creates greater needs for helping paws

By ELAINE HESSER

Max's Helping Paws, the group that helps pet owners with veterinary expenses, recently set up a special fund called "Chestnut's Crisis Plan."

The new fund offers a one-time grant for as much as 75 percent of vet bills, up to \$2,500. Max's Helping Paws regular fund is also available, and pays as much as 50 percent of money owed, with a maximum of \$1,500.

Their goal is to reduce or eliminate "economic euthanasia" — having an animal put down because its owner can't afford veterinary expenses. While that often occurs because of an unexpected illness or injury, it can also happen when people who could normally afford medical care for their animals, find themselves in a financial quandary.

That, of course, is exactly what's happened to so many people here — they were blindsided by a loss of work or business because of the coronavirus.

Both the regular program and the crisis fund are administered through veterinarians who partner with the organization and bill it directly for costs, once the pet owners complete a short application at the vet's office.

Participating veterinarians are listed on the organization's web page, and are updated with hours and practice changes caused by the spread of COVID-19. If your vet isn't listed, co-founder and executive director Dyana Klein said they can sign up at maxshelpingpaws.org.

"We try to make it as easy as we can," said Klein, who noted that veterinarian partners were not asked to make any financial donations (although those are welcome), but are asked to have literature on Max's Helping Paws available and follow a few other procedures. Veterinarians can also call (831) 704-6473 for more info on how to become partners with the group.

The group is named for a dog that was part of Klein's and her husband and veterinarian Jonathan Fradkin's life, for more than 14 years. The crisis fund is named for Max's best four-legged buddy, Chestnut, who was constantly by his side when he got sick.

Klein noted that this was a somewhat puzzling time for those interested in animal welfare. "The Santa Cruz animal shelter had 75 adoptions over the weekend," she noted, but there has also been "a spike in euthanasia for economic reasons."

She wants to reassure pet owners that they have a choice if their companions have medical needs that seem too expensive. Also, the group continues to welcome donations, which you can send via the website.

VIRUS

From page 1A

and 32 residents with coronavirus.

On March 18 and 19, the Monterey County reported two cases. The number went up each day by as many as six until March 25 when it stabilized at 24. On Wednesday, Santa Clara County reported 84 new cases.

What's not known is why the number of cases in Monterey County is so low. The county health department reported that of the 24, nine people contracted the virus from traveling, six people got it from person-to-person spread, four were "community acquired," and five cases are being investigated to determine how those people got the virus. About 365 people have been tested.

It's not clear how many people in Santa Clara County have been tested, but like other counties, including Monterey, because of the limited number of test kits, it is prioritizing who gets tested. It's possible that many more in Monterey County have the virus but don't know it because of the low numbers of tests administered in the county. Call that another unknown fact.

Officials revealing little

Of course, the number of those infected in Monterey County will likely go up. But county health officials are revealing very little, including basic demographic details about the people who have been infected. For instance, which cities do they live in, and what are their ages and genders. Is the shelter-in-place order, which has frozen the local economy, even helping? And for those who were infected while traveling internationally, what countries did they visit?

Monterey County Health Department spokeswoman Karen Smith said if the health department disclosed ages, genders, cities of residence, or a combination of that data, people would be able to identify those in their communities who have coronavirus, and that would violate their privacy.

"When we are doing investigations, we take the privacy of the people we are investigating very seriously," Smith told The Pine Cone Thursday morning. "Under federal privacy laws, even if we said what town someone was from, or their sex and age, you could figure out who they were."

The Santa Cruz County health department does, however, make some of that information public.

Through March 25, Santa Cruz said 14 people with the virus were male and 11 were female, and 21 people with the virus were between the ages of 18-24 while four were 65 and older.

Smith said the health department has a policy of not releasing demographic data until the numbers reach a higher threshold, though the agency didn't have that figure immediately available

The Pine Cone requested an interview with county health officer Dr. Edward Moreno Thursday morning, but

he was not available and did not respond to questions via email.

"The public needs more information to protect itself, and the government needs to tell more if they expect their shutdown orders to be respected," said Pine Cone publisher Paul Miller. "It's counterproductive, and might even be dangerous, to keep people in the dark."

Dire school prediction

Meanwhile, with the shelter-in-place order in effect, thousands of Monterey Peninsula and county students are studying at home while schools are closed.

While parents likely hope that their children will be able to return to school soon, the Monterey County Office of Education and the health department reported Thursday that they "do not anticipate schools returning earlier than Monday, May 4," though the date could be earlier if the threat from the virus abates.

The education office went on to say that "with more and more confirmed cases in our county, our state and our nation, now more than ever, it is important communities in Monterey County heed" the stay-home orders "to prevent further spread of COVID-19."

Carmel Unified School District superintendent Barb Dill-Varga, in a message to parents of Carmel students Thursday afternoon, said "Please know that we recognize the challenges our families are facing during this time, especially as you have become partners with us in the education of our students."





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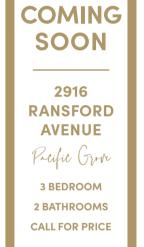
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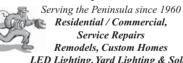
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ITN offers 'essential' rides

By ELAINE HESSER

THE INDEPENDENT Transportation Network of Monterey County — better known as ITN — is part of a national nonprofit service that brings rides to seniors and people over 18 who can't see well enough to drive safely. It provides a great deal of convenience to its members, who normally use it 24/7 for anything from a visit to the salon to a shopping trip or a doctor's appointment.

The group's executive director, Jessica

LETTERS

From page 20A

his family's tradition of business integrity and fairness set by his late father-in-law, Toland Doud.

My business, Kris Kringle of Carmel, opened in 1984, and I have had the good fortune to have worked with John and his family for more than 35 years. I hope other Carmel landlords will be inspired.

With gratitude and appreciation,

Carol Montana, Carmel

Thanks for coverage Dear Editor,

A hardy thank you to the staff of The Carmel Pine Cone for the excellent coverage and updates of the health crisis In Monterey County. For those of us who read the Friday editions online, the information is informative and valuable. The best in newspapering, I applaud you.

Tom Parks, Carmel

McKillip, said that in light of the shelterin-place policy in Monterey County, rides will be more limited in the coming days. The organization published a new, temporary policy.

It said in part that the organization is making an "effort to balance the needs of our riders with the safety of the larger community," while recognizing that "many riders require trips that are life-sustaining.

McKillip said people often rely on the transportation to get them to dialysis or cancer treatment appointments — situations in which a person may be more susceptible to COVID-19.

Those folks and others deemed to need "essential rides" will be able to continue using the service. McKillip said that the volunteer drivers thoroughly clean their cars after each use, not only for passengers' safety, but for their own.

Normally, people sign up, pay a membership fee, and deposit money into an account. Then, they call for a ride when they need one, and the money for the fare is deducted from the rider's account and goes toward the organization's operating expenses.

For those whose transportation needs are not critical, ITN will offer an errand service from 8 a.m. to 6 p.m. Mondays through Fridays. After picking up a member's groceries, prescriptions, or other necessities, the ITN driver will drop them off outside the person's door and not enter any homes, to avoid tracking in any outside microorganisms.

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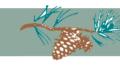
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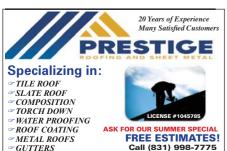


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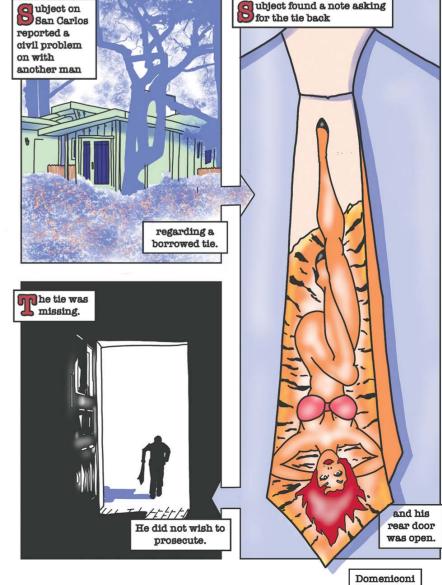
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School is out far too soon for these varsity track and field stars

OH, TO be a kid again ... but not today, when we're all mandated to "shelter in place" and stop breathing altogether if we suspect another human might have passed through the same space within the previous 20 minutes.

It's all real life, as opposed to morbid fiction from Stephen King or Michael Crichton, but no twisted science fiction/horror novel has dared mix a pandemic outbreak with teen angst, unquenchable energy, and the inevitable lesson everyone eventually learns: Life isn't always fair.

They've got a track team this spring at Carmel High that (for the benefit of you boomers) is faster than a speeding bullet, able to leap tall buildings in a single bound, and more powerful than a locomotive.

'Almost in tears'

But the coronavirus is kryptonite for the Padres, who, like all other California high school athletes, are pent up in their houses, where the walls just aren't high enough to climb for any real relief.

How excited would you be if, after just two track meets, you were ranked No. 1 in the entire Central Coast Section (152 schools, 74,296 student-athletes from San Francisco to King City) in your event? Three Padres stood on that pinnacle on March 12, when their season was interrupted.

"We were competing in a dual meet against King City when we got the news, and some of my teammates were running around, cheering and screaming: 'Yea! No school!" remembered Carmel junior Lauren Pritchard, who had just cleared 5-foot-5 in the high jump (a personal best, 1 inch under the school record set by Erica Larson in 1995). "I wasn't very happy about it. I was just sitting there next to the high jump mat, almost in tears."

That same day, her friend Sarah Graessley junior — had pole vaulted 12 feet, equaling the school record she had established six days earlier at the Winter Time Trial at Watsonville High School. Her mark was not

only the best in the CCS, but it ranked No. 4 in California and No. 19 in the U.S. when the season was halted.

"I understand the reasons that our season was stopped they want everybody to stay healthy and keep things from getting worse — but I'm also disappointed," said Graessley, who prepared for her junior year by commuting

Peninsula Sports

By DENNIS TAYLOR

to Soquel High three days a week, all year round, to train with Central Coast pole vaulting guru Joe Miyoshi, who helped Santa Catalina's Laurel Wong become a California state champion and win a track scholarship to Stanford.

If the season is called off (the likeliest scenario at this





(Above left) Junior Lauren Pritchard was the No. 1-ranked high jumper in the CCS when the season was halted. Runner Benicio Cristofalo (above right) is the second-fastest Carmel 100-meter sprinter ever. (Right) Carmel's Cosima Cristofalo, Isabelle Silverie, Lauren Pritchard, and Candace Kimes set the school record in the 4x100 relay last season.



PHOTOS/(LEFT) JEAN PRITCHARD, (CENTER) CALEB JARA, NICK CUNNINGHAM

writing), both Pritchard and Graessley can draw solace from the fact that both have a year of high school left. Angel Rocha, the No. 1-ranked shot putter in the section, doesn't have the same consolation. He's a senior.

"Angel went to the CCS finals last year, and this year uncorked a huge PR (personal record) — 50 feet, 3 inches at our very first meet of the year. That kind of showed us how good he can be," said Carmel's second-year track coach, Nick Cunningham.

Legit hopes, dashed

Rocha's first mark of the spring is the third-best in school history, behind Stephen Leach's 57-9 in 2012, and Brian Hicks' 51-7 3/4 in 2002.

"None of this was in the coaching manual. When they told me to be ready for anything, I guess they really meant it," said Cunningham, who was a record-setting track athlete at Monterey High, played football and ran track in college, and competed in the Winter Olympics twice as a Team USA bobsledder.

Cunningham spent his rookie year as a head coach trying to create "a standard of competitive excellence" at Carmel, he said. The result was that his exceptionally young girls team won the Pacific Coast Athletic League's Mission Division championship, and the boys squad placed second.

When the 2020 season started, Carmel found itself bumped upstairs to the Gabilan Division — the PCAL's toughest — where they couldn't wait to test themselves against the best track athletes in the area. The girls squad had legitimate title hopes.

"We were champs last year, and we had a lot of young talent this year, so we were all super-excited," said junior Colima Cristofalo, part of a 4-by-100 relay team composed of four of the five fastest 100-meter sprinters in school history: Sophomores Kandace Kimes (13.02 seconds, second all-time) and Isabelle Silverie (13.15, third), and juniors Cristofalo (13.28, fourth) and Graessley (13.34, fifth) are all a threat to break the 14-year-old mark set by Katelynn White (13.03). That foursome crushed the school record in 2019 with a time of 51.27.

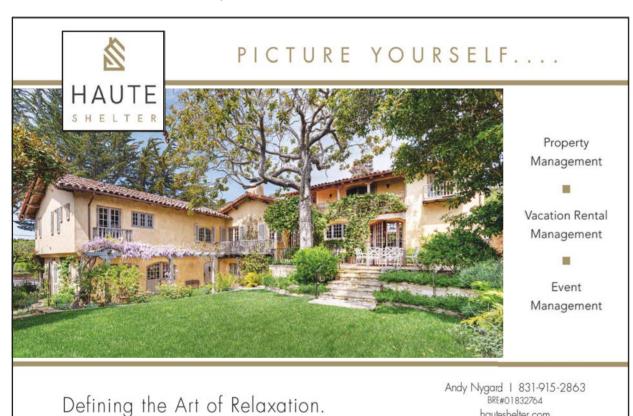
Twin power

Cristofalo, by the way, spent the previous two track seasons recovering from a broken fibula — a bone she originally fractured during the soccer season as a freshman, then broke again in 2019, also during soccer.

"I was really looking forward to a breakout kind of season because this is the first year I haven't come into track season with that injury," she said.

Cunningham also decided this year to test Cristofalo in the long jump, an event she'd never tried at the high school level. On March 6 at Watsonville — her first day in that event — she blew away the school record (15-7 ½ by Marie Rogers in 2014) with a leap of 16-6. Six days later at King City, she sailed a foot farther.

Her twin brother, Benicio, came into the year as Carmel High's second-fastest 100-meter sprinter ever with a time of 11.11 seconds, a heartbeat behind the record (10.98) set by 2019 teammate Rashaan Ward, and just ahead of the personal best of current teammate, senior Lavar Edwards





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Carmel Art Association moves new show from gallery to website

THE DOORS to the Carmel Art Association's downtown gallery are closed to visitors until the threat of the coronavirus subsides, but its gallery of online art is not only open 24 hours every day, it's quickly growing.

"These challenging times call for innovative and creative strategies," general manager **Nicki Ehrlich** said. "The CAA is creating the best of our gallery online. We're inviting our clients and followers to visit our website. Our staff is working remotely to answer inquiries by email every day of the week from 10 a.m. to 5 p.m. as if the doors were open."

The Carmel Art Association also announced that next month's shows will open as planned — but only online.

Art Roundup

By CHRIS COUNTS

Seven artists — Susan Reith, Susan Giacometti, Stan Robbins, Tim Sloan, Michel Tsouris, Jennifer Anderson and Chloe Wilson — will unveil new art April 3 at carmelart.org.

Reith's show, titled "Voyage," includes still lifes of floral subjects created with oils, and figurative studies done in gouache.

In "Different Perspectives/Different Views," Giacometti shares her latest prints, Robbins and Sloan present landscapes made with oils, and Tsouris introduces some "edgy" contemporary oils done on wood panels.

And in "Drawn From Nature," Anderson shares a collection of charcoal drawings of birds and animals, bringing together precise realism and expressive gesture. The show also includes Wilson's acrylic paintings of silhouettes of trees, which explore texture, color, and abstraction.

■ Art festival stays the course

Originally set for May 15-17, the Carmel Art Festival — along with its popular plein air contest — have been postponed to Sept. 18-20.

"This is now official," reported one of the festival's organizers, **Hella Rothwell**. "The Carmel Art Festival organizers are committed to managing this rapidly evolving coronavirus situation with care for the well being of our artists, volunteers and the community. In this regard, we have decided it is in the best interest of the organization to hold the event in the fall."

Rothwell said she has received positive feedback about doing the festival in the fall. "We have gotten in touch with the juried artists, and they are delighted with the new dates," she added.

■ 'A small price to pay'

While Gov. Gavin Newsom's stay-at-home order is challenging for many artists and every gallery owner, CVAA gallery owner **Shelley Aliotti** called it a "sad but small price to pay" in a "battle against a dangerous and invisible foe," and she offered words of encouragement to all those affected.

"We pray for all of you out there who are on the front lines, as well as the small businesses, all with battles of our own," she said. "We can do this."

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Carmel Art Association | Musicians light up internet with live music

As THE lights dim on local stages for the duration of the coronavirus crisis, more musicians are turning to livestreaming on the internet to keep in touch with their fans and find new ones.

Shortly after sunrise Monday in Monterey — with a gentle drizzle coming down a like a cool wet blanket — singer and guitarist **Rick Chelew** looked into his video camera and played a song that's perfect for anyone who's feeling a bit disconnected during these trying times, Gordon Lightfoot's "Early Morning Rain."

"I'm a long way from home — and I miss my loved ones so," Chelew sang. "In the early morning rain — with no place to go ..."

You can even leave a tip

Chelew is just one of many local musicians who are still playing live — but not in a Carmel Valley tasting room or Monterey coffee shop. Instead, they can be found livestreaming from their bedrooms or living rooms. The roster of local musicians live-streaming is growing and so far includes Chelew, his daughter, singer-songwriter and accordionist Else Leavy, singer and guitarist Andrea Carter, singer and guitarist Gil Rubio of Red Beans & Rice, mandolinist Dave Holodiloff, pianist Michael Martinez, guitarist John Sherry, singer David Gordon, sing-



Singer-songwriter James Lee Murray participates in a Virtual Open Mic concert of local musicians that was streamed live on the internet. The next one is set for Friday at 6:30 p.m. For more details, visit Virtual Open Mic on Facebook or email rivernavaille@gmail.com.

er-songwriter Johan Sotelo and many others.

With a sense of showmanship that would make any entertainer proud, Holodiloff is not only livestreaming his music online, but for an encore, he's sinking three-point shots and doing situps while hanging upside down from a basketball hoop. Now if he could just do situps AND play the mandolin ...

While others stayed clear of the venues they would typically play, cabaret singer **Debbie Davis** performed her show Saturday at the same site where she usually works,

On a High Note

By CHRIS COUNTS

Cypress Inn. But there was nobody else in the room as she livestreamed the performance. Davis plans to do the same every Saturday from 6 to 7:30 p.m. until the inn can welcome guests again. You can even leave a tip with just a couple clicks.

"With all my heart, I thank all of you for joining me tonight with my very first, but not last, virtual live show from the living room of the Cypress Inn," Davis posted on social media after the show. "Together we will get through all this craziness going on. I look forward to next week."

Virtual Open Mic goes live

Taking the concept of live streaming a step farther, a Virtual Open Mic went live on Facebook March 20, offering "a stage" for Lillie Lemon and Erica Wobbles of Kinder Creatures, singer-songwriters Amy Warren, Vincent Randazzo and River Navaille, and many others. By the following afternoon, more than 500 people had watched the online get-together, which is hosted by Navaille and the host of Juice & Java's Open Mic Night, Tommy Pieper.

The next Virtual Open Mic is set for Friday, March 27, at 6:30 p.m.

For more details, visit Virtual Open Mic on Facebook or email rivernavaille@gmail.com.

Bach Festival still set for July

While many of the Monterey Peninsula's most cherished events have been canceled or postponed, the organizers of the Carmel Bach Festival are still hopeful this year's gathering will happen without a hitch. The festival

See MUSIC page 22A



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How to get all the delights of eating out while staying right at home

IN THE shelter-in-place era, people are no doubt discovering (or rediscovering) their talents in the kitchen, but who wants to cook every night? To take a break and help keep local restaurants in business while you do it — consider getting takeout or delivery from any of the many fine Monterey Peninsula establishments trying to figure out how to survive the coronavirus outbreak. With dozens of places open for business — albeit modified — your options are practically limitless.

Also adjusting, more sellers of produce and other local goods are offering delivery or drive-by pickups.

■ In Carmel

Affina at San Carlos and Sixth is offering a 20 percent discount on takeout, and also delivers. A bottle of wine can be added to any order for \$25. For details and the menu, go to affinacarmel.com, and to order, call (831) 250-7744.

Basil Seasonal Dining at San Carlos and Seventh is selling items from the lunch and dinner menus to go for 25 percent off, and is also offering family-sized lasagna (12 servings), short ribs and polenta to feed five, two dozen meatballs and other large dishes, as well as fresh fish and dry pasta. Call (831) 626-8226 for curbside pickup or delivery from 11 a.m. onward Tuesday through Sunday. Visit basilcarmel.com.

Miss your local pub? You might not get a mug of beer and congenial conversation like usual, but Brophy's Tavern at Fourth and San Carlos is delivering within Carmel's one square mile and offering curbside pickup for to-go orders of giant pretzels, burgers. Cobb salads, filet sliders and other favorites during the shutdown. Everything except fish and chips is discounted to \$10, bottles of wine are half price, and four different bottled cocktails are available to go, according to boss Mary Crowe. "I am just trying to keep people working," she said. Call (831) 586-5566 to order between 11 a.m. and 7 p.m. See brophystavern.com.

The Carmel Beach Grill, formerly Villa Sombreros, on Ocean Avenue is offering takeout from its large menu, also daily from 11 a.m. to 7 p.m. Call (831) 574-8991 for information and to order.

Breakfast, etc.

Coffee, baked goods, soups, salads and sandwiches can be taken to go from Carmel Bakery on Ocean between Lincoln and Dolores daily, with more information available by calling (831) 626-8885, while Carmel Belle, located in the Doud Arcade, has its tasty and healthful food available to go and via delivery (in Carmel only) from 10 a.m. to 6 p.m. every day. For the full menu at the restaurant, which changed hands just as the virus hit in full force, go to carmelbelle.com.

The crew at Cultura in the courtyard off Dolores between Fifth and Sixth is offering a limited to-go menu from 3 to 8 p.m. Tuesday through Sunday, and is also selling Cultura Cares boxes, weekly home deliveries that include an entrée, first course or salad, rice and beans, salsa, guacamole, drinks and "a few extra surprises" for two. The restaurant wants a four-week commitment, which costs \$400, with additional portions available for \$75 per person, and includes service fees, delivery - and two rolls of TP and a half-dozen eggs. Customers 60 and older can get a 10 percent discount. And for each box delivered, Cultura's unemployed workers will get a box of food and toiletries.

"Your subscriptions will help us keep our lights on and allow us to continue doing take-out through Cultura," owner Sarah Kabat-Marcy said. Email michelle@culturacarmel.com about the box. To order food to go, call (831) 250-7005 or go online to culturacarmel.com.

Seventh & Dolores Steakhouse is selling prime cuts of raw beef and chicken. as well as sauces and other goodies to accompany them, so you can enjoy high-quality steaks and burgers at home. Cocktails to go are in the offing, too. Visit 7dsteakhouse. com for information.

All kinds of fish

For a seafood fix, dial up Flaherty's on Sixth between Mission and San Carlos. The downtown institution is offering dishes to go from its extensive menus daily from noon to 7 p.m. Call (831) 625-1500 or visit flahertysseafood.com. Delivery is available in Carmel.

If it's Japanese you want, Hanagasa on Eighth Avenue ((831) 625-4470 or hanagasacarmel.com) and Sushi Heaven on Dolores ((831) 625-2067, lunch and dinner Monday through Saturday) are offering takeout. So is Akaoni, which turns out delicious, traditional sushi from its tiny location on Mission north of Sixth. Call (831)

620-1516 for details.

Those hankering for Chinese should hit up Tommy's Wok, which does a robust to-go business during lunch and dinner as it is. Call (831) 624-8518 to order after checking out the menu at tommyswokcarmel.com. Tommy's is located off the street on the west side of Mission

south of Ocean.

Grasing's at Sixth and Mission is offering selections from a limited menu for takeout and delivery and is also selling family

meals that feed four, wine and booze by the bottle, and other staples, like high-quality butter and cheese. And with California's new relaxed rules on cocktails, the restaurant is selling drinks to go, too, from 11 a.m. to 7 p.m. Call (831) 624-6562.

As detailed last week, Pescadero on San Carlos south of Ocean is preparing dishes for takeout from 11:30 a.m. to 7 p.m. and is offering 20 percent off. Delivery is available in Carmel. Call (831) 624-7400 or visit pescaderocarmel.com.

Delicious baked goods, thick-crust pizzas and pastas can be picked up and taken home from Rise+Roam at Mission and Seventh from 8 a.m. to 8 p.m. daily. Call (831) 574-2900 or go to toasttab.com/riseand-roam-mission-st-7th-ave to order. Delivery is also available.

Wednesday through Sunday from 9 a.m. to 7 p.m., Stationaery on San Carlos north of Seventh is serving food to go, with details available at the stationaery.com or by calling (831) 250-7183.

In addition, Colleen Logan, the Carmel resident who owns and runs Savor the Local, a farm-to-restaurant produce delivery service, is holding a little pop-up produce market in the square next to the restaurant on Wednesdays and Saturdays from 10:30 a.m. to 1:30 p.m. (Shoppers should bring their own bags and small bills or plan on paying with Venmo.) In the wake of the coronavirus shutdown, she is also delivering boxes of organic produce to people's homes. For prices and other information, go to savorthelocal.com.

Mucho Mediterranean

The always busy Dametra Café at Ocean and Lincoln has takeout items available from 11 a.m. to 10 p.m. ((831) 622-7766 or dametracafe.com), while Il Tegamino, located in a courtyard a block away, is offering pasta and other dishes to go from 5 to 8:30 p.m. Thursday through Tuesday, with 50 percent off wines with qualifying orders. Go to iltegamino.com or call (831) 677-6750.

Enzo Ristorante Italiano on San Carlos south of Ocean is taking orders at (831) 624-6545 for takeout from noon to 7 p.m. daily. Free delivery is available within 5 miles, and discounts include 30 percent off food and 40 percent off bottles of wine. For the menu, go to enzocarmel.com.

Rather than keep two restaurants open, Rich Pepe is offering items from the Little Napoli menu at his other place, Vesuvio, on Sixth across from Devendorf Park from

5 to 8 p.m. Go to chefpepe.com/restaurants/vesuvio-take-out-delivery for a full menu and call (831) 402-PEPE (7373) to order. Beer and wine are available, too.

The Tree House Café in Stonehouse Terrace on San Carlos south of Seventh has meals to go available between 11 a.m. and

Soup to Nuts

By MARY SCHLEY

5 p.m. daily, and delivery in Carmel only. Menus are available at treehousecafecarmel.com. Call (831) 626-1111.

And Yafa on Junipero at Fifth is offering curbside pickup from 4:30 to 9 p.m., with a free bottle of house wine or chef's dessert for those who order at least two entrées. Go to yafarestaurant.com or call (831) 624-9232.

Don't forget the markets

In addition to groceries (including highly sought-after eggs, though if you want more TP, you'll have to time it right), Bruno's Market at Junipero and Sixth offers high-quality sandwiches, barbecue, tacos and other ready-to-eat items, as well as deli salads and sides. Bruno's also delivers, as does Surf N Sand liquors behind it, and the market opens daily at 7 a.m. and is open until at least 8 p.m.

Bruno's and Surf N Sand are locally owned by Fermin and Ryan Sanchez, who care about the city and its residents, and are doing all they can to provide for them. So why not spend your dollars there, rather than at Safeway or Lucky?

And a few blocks away at Seventh and San Carlos, Nielsen Bros. Market remains open daily, offering groceries, fresh meats, and freshly prepared foods, as well as a great selection of wine and liquor. The market also delivers.

■ Outside the square mile

Mezzaluna on Forest Hill in Pacific Grove is not only known for its amazing pastas and other food, but for its extensive list of well made cocktails. Now, with the State of California relaxing its booze laws, the restaurant owned by Amy Stouffer and chef Soerke Peters sells cocktails to go and there are a lot of them. While special bottles are on order, Stouffer said they are packaging the drinks in plastic cups and providing mixers, if necessary, separately. The Blood Orange Gin Tonic, for instance, comes premixed, with a bottle of Fever Tree tonic on the side. Mezzaluna's full menu is available, as well as pasta and sauces that can be prepared at home. Go to mezzalunapasteria.com or call (831) 372-5325.

Clint Eastwood's Mission Ranch restaurant is serving takeout — including its fabulous prime rib — nightly from 5 to 9 p.m. and is offering 25 percent off all to-go orders. The full menu is available at

See FOOD next page

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PERU From page 1A

When the couple arrived back in Iquitos, a somewhat ominous welcoming committee was there to greet them. "We were met with a large team in full hazmat gear, had our temperatures taken, and were loaded on a bus bound for the Double Tree Inn, accompanied by an impressive convoy of police cars with lights flashing," he recalled.

Along with 28 others, the Hawleys went

into quarantine March 17. "We cannot go outside as a result of the police stationed just outside the hotel door," he explained.

But Hawley and his wife are thankful not to be facing the challenges some travelers are. "We cannot — and do not — complain since we are aware of other fortunate travelers who are stranded either in eco-lodges or on boats on the Amazon, who we are advised have little communication with the outside world, and are experiencing dwindling food supplies, backed-up toilets, and oppressive heat," he said.

Some of the stranded tourists in his hotel, though,

are starting to worry about refilling essential prescriptions. "Although each member of our group is, at least outwardly, treating this as an adventure, many have private worries such as crucial prescriptive drugs that are running out," he observed.

The Hawleys thought they would be boarding a March 18 flight to the Peruvian capital, Lima then to Miami. But it was canceled.

By the third day of quarantine, boredom was starting to set in.

"People mark time by the meals which feel like they're an eternity apart," the artist

FOOD

From previous page

at missionranchcarmel.com, and orders should be placed by calling (831) 625-9040. Mission Ranch is located at 26270 Dolores St.

In Pebble Beach, all the golf courses and hotels might be closed, but P.B. Co. is keeping the Gallery restaurant and the Pebble Beach Market open for residents to get takeout meals and other necessary items.

Baker's Bacon in Marina is selling family-sized boxes of assorted cuts of pork, chicken, beef and seafood — as well as a bacon box, of course — that can be ordered and then picked up in a drive-through set up at 445 Reservation Road. Call (831) 250-0606 or email allison@bakersbacon. com to order.

And **PigWizard** is making and selling all sorts of fresh sausages and other meat products that are available from his deli near the Coast Guard pier on Cannery Row. Go to pigwizard.com for details and online ordering.

Many more establishments in Monterey and Pacific Grove are open, too, so wherever you live, stop by to get something tasty and help a local business in the process.

reported. "But, bottom line, we're still safe, comfortable and in good spirits."

Homesickness was evident by the fourth day of quarantine, March 20. "We have been out of the United States for eight days and it feels like a month," Hawley said.

The same day, through contacts established by Hawley's daughter, Inga, in Washington, D.C., the stranded travelers explored the idea of chartering a plane to bring them home. But they couldn't find one large enough for everyone, and an assortment of bureaucratic hurdles stood in their way, as well.

Over the next two days, Hawley heard



PHOIO/IHOMAS HAWLEY

Police were posted at the entrance of a hotel in Iquitos, Peru, to make sure about 40 Americans quarantined there don't leave.

that 10,000 Americans were stranded in Peru, which didn't exactly lift his spirits, but again made him think about those who were stuck in eco-lodges or on boats on the Amazon — and not in a relatively comfortable hotel like he and his wife are.

On March 23, Hawley learned about the situation in the Jorge Chavez International Airport in Lima from his tour guide, who described it as "truly dreadful."

"The incoming travelers are in lock-down inside the airport with no creature comforts (such as cots) other than those that already exist at the airport," he explained. "Those trying to leave Lima, including many Americans, are locked out of the airport and some are living on the street."

While the Hawleys await word of possible outbound flights, those who live in Iquitos are getting the Peruvian equivalent of a stimulus check. "Today, when we look out at the Plaza de Armas, we see locals standing in a line that stretches for a block and then disappears around the corner," he observed. "They are waiting to pick up the equivalent of \$100 cash made payable by the government."

Hopeful but skeptical

For the Hawleys and others in their predicament, help may soon be on the way.

The U.S. Department of State reported March 24 that more than 9,000 Americans have been repatriated from 28 countries.

"Our teams, working around-the-clock in Washington and overseas, will bring home thousands more in the coming days, from every region of the world," spokesperson Morgan Ortagus said.

But Hawley is skeptical because he's already seen his hopes dashed more than once since the ordeal began.

"During our confinement, we have received almost daily reports that are alternately optimistic and pessimistic," he added. "However, even the optimistic reports don't suggest that there is any near-term salvation for those of us in Iquitos."

CALENDAR

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April 30 – "A Table Affair" scheduled for Thursday, April 30 in the Main Ballroom, The Inn at Spanish Bay, has regrettably been canceled due to the coronavirus outbreak.

To advertise, email anne@carmelpinecone.com \$0.50 per word (\$25 min. charge)

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AUCTION

From page 1A

In a quest to land the auction contract, Nolan said he and Julien's President/CEO Darren Julien approached Robert Bashara, the Nebraska veterinarian who is CFO of the Doris Day Animal Foundation. They had to compete with other auction houses, he explained, and produced a hardcover proposal to honor Day's legacy. That was in August, and by October, the Julien's team was in Carmel Valley photographing and cataloguing.

"When she passed away, she was so low-key, wanted no fuss, no funeral, no grave marker," Nolan said. "We respect that, of course, but with so many of her fans, they wanted to say goodbye." He hopes the auction will serve that purpose for many of them.

Red piano

Julien's has spent months promoting the event. Starting last November, selected items from the Doris Day collection were exhibited at The Museum of Style Icons in Newbridge, Ireland, and on a transatlantic voyage of Cunard's Queen Victoria.

Nolan said interest in Doris Day crosses the globe. "We just got a catalogue order from Germany this morning, and someone in Ireland got their catalogue today, and we've received orders from New Zealand, Australia, France and the UK," he said. "I can tell you we've had almost 80,000 people view the auction on the website. Ninety-nine percent of the items already have bids on them."

Going to the highest bidder will be Day's handwritten recipes (lot 582) for things like "Bakd Bean Casr." and "Doris' Beef Stew." There's an abundance of clothing dating from the 1950s to recent years, including fur coats purchased, as the catalogue said, "before the animal welfare world became enlightened about the cruelties of the fur trade."

Several outfits can be described as "screen worn."

"There are the nightgowns from the various movies," Nolan said. "She seemed to be in a nightgown in almost every movie."

Day fans will have their own favorites, but Nolan said he was particularly moved by the possessions that Day held dear.

"Everything has a story, but I really love the brass elephant planter that is so, so heavy," he said. "Rock Hudson brought it back from Africa because Doris said she loved elephants. He brought back this planter and it was there on her fireplace in her living room."

On the mezzanine level of her home, he added, there was a "red lacquer piano and stool that was a gift to Doris from her son, Terry."

Describing Terry Melcher as the light of his mother's life, Nolan noted that, sadly, he predeceased her, which meant the piano probably represented heartbreak to Day in her later years. "But now it will go on to someone who will love it," he added.

Doris Day movie screenings and receptions were planned to inaugurate a week honoring her in Los Angeles. Due to the coronavirus, these have been canceled.

"We're all together monitoring this. We want to make sure everyone is healthy and safe. We are setting up the exhibition, and I will do a video tour of it," Nolan said.

To learn more about the auction of property from the estate of Doris Day, visit juliensauctions.com. Registration is required to bid and can be done at Julienslive.com.

SPORTS

From page 16A

(11.13). Both also are within striking distance of Ward's school record in the 200 (22.28)

Edwards and Cristofalo went to state last season (with Ward and Nick Sloan) in the 4-by-100), and were hoping to find their way back in 2020 in a sprint event.

"I'm trying to stay hopeful that the season will start up again, but I'm not that optimistic at this point," Benicio Cristofalo said. "We're fortunate to have a gym in our home, so I'm working out there, and I'm going on runs, and I'm also following a workout plan our coach has given us. I'm maintaining my conditioning pretty well right now, but it's definitely a challenge stay motivated."

Workout at home

The Cristofalo twins benefit from working out together, but daily training is a solitary task for many of their teammates, who are expected to respect social distancing until the virus crisis passes.

All Carmel Unified School District facilities are off limits, which forces athletes to run on the streets, up hillsides, or along the beach.

"Michael Meheen absolutely lives for pole vaulting," Cunningham said of the senior, whose personal best (13-7) is third-best in school history behind James Gillette (14-6 in 2002) and Max Schrock (14-0 in 2015). "If those facilities weren't closed, he'd probably be pole vaulting right this minute."

Among others who seemed destined for a big season at Carmel were freshman Ryleigh Teague (800, 1,600, 3,200), sophomores Ashley Gose (a CCS triple jumper in 2019) and Hayden Quilty (300 meter hurdles), and senior Kieren Daste (800).

Carmel students, by the way, are still "in school" — albeit from home — completing assignments via computer, working at their own pace. Cunningham stays in regular contact with all of his athletes, encouraging them to stay in shape, customizing workout plans, even using Google Earth to suggest possible workout venues near their homes.

"We're all hoping we'll get at least one more chance to put on our uniforms and feel bad for whoever our opponent might be," the coach said. "If that happens, we'll all be coming with a lot of pent-up aggression"

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Editorial

Things we've learned

SIX MONTHS ago, the idea that the world was about to come to a screeching halt because of a viral epidemic would have seemed preposterous. Surely modern science would be able to stop something like that from happening, right?

According to the history books, our pitiable ancestors suffered all sorts of devastating plagues, but that was only because they were too primitive to know that microbes even existed, much less that they could be easily transmitted from human to human, or from animal to human. Smallpox, cholera, bubonic plague, yellow fever, malaria, polio, measles, typhus, etc., etc. — how could the people of yesteryear have hoped to prevent them from wiping out large segments of the population when nobody had ever seen a bacterium or virus, much less understood what they could do?

But once the microscope was invented, doctors had discovered the importance of washing their hands, and vaccine development had become commonplace, it didn't take long for all of those devastating illnesses to be consigned to the dustbin of history, so much so that most people nowadays have never even heard of them, must less considered them a threat to their own health.

Even more recent epidemics — from Ebola to Zika — have been controlled before they forced borders to be closed around the world and had everyone hiding in their homes. In our lifetimes, there may have been talk from time to time of worldwide pandemics, but they always seemed to fizzle out before anyone had a chance to say, "flatten the curve."

Surely, the virus that emerged in China before the end of last year was going to turn out to be the same, we all thought. But we were wrong.

Lesson No. 1 from this disaster: Medical science still has a very long way to go.

And what about the economy? Won't the \$2 trillion stimulus bill solve the problem of businesses shutting down and people being thrown out of work from Maine to Hawaii?

Sorry, no. As we have said before, money has no meaning at all unless it's based on somebody's productivity.

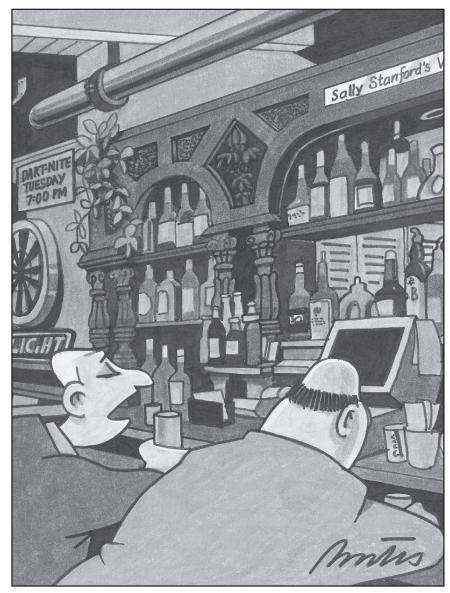
When the government sends you a check or puts money in your bank account to help you pay your bills, economists call that a "transfer," which can only happen if somebody else engages in productive work to create the money that is sent to you. And where does 95 percent of that productivity happen? In private businesses, that's where.

As soon as most people — or everyone — stops working, the economy will not only grind to a halt, there will very quickly be no money for anyone to spend, or anything for them to buy with it. And, needless to say, there will be no tax revenues for the government to spend.

Some of our political leaders seem to take it for granted that the economy will always be there, and that tax dollars will continue to flow no matter what. But that is not true.

Lesson No 2 from this disaster: The success of private businesses is of immense importance to everyone and everything, and fostering that success should be one of society's highest priorities. In the current situation, this means getting the economy back to normal as soon as possible.

BEST of BATES



"My garage is so small, I had to buy a Porsche."

Letters to the Editor

The Pine Cone encourages submission of letters which address issues of public importance. Letters cannot exceed 350 words, and must include the author's name and home town. We reserve the right to determine which letters are suitable for publication and to edit for length and

The Pine Cone only accepts letters to the editor by email. Please submit your letters to mail@carmelpinecone.com

'Amazing community' Dear Editor,

In this time of crisis, it has been amazing for me to see the way our community has pulled together.

It may be an election year, but this is a time for the people of the Monterey Peninsula to pull together in a spirit of civic mindedness. Unity, not division, is our mantra, even as we limit ourselves to takeout food, and stay a safe distance from our neighbors. Now, more than ever, we should be spending our money locally — to the extent we can.

I am proud of my connection to the Monterey Peninsula, but I am prouder still of the way our citizens, young and old, have demonstrated a willingness to follow the directives of our leaders at all levels of government to bring an end to the suffering that will be plaguing us in the coming weeks and months.

Gerard A. Rose, Carmel

Disaster has hit hard Dear Editor,

Thanks for the continued efforts from you and your colleagues at The Pine Cone. Your paper has been invaluable to Carmel visual arts over the years by publishing many stories by Chris Counts and others, of our gallery openings and events. Thank you for that. We plan to continue our community programming as soon as we get the OK from county and state officials that we can open up for business again.

That being said, so many small business like ours very much depend on day-to-day interaction with the public. Canceling several of our workshops has postponed any income they would have provided in a few weeks. This economic disaster has hit very close to us. I am sure you are in the same big boat as the rest of us. We will all make it together. In the meantime, keep up the great reporting of our very local situation.

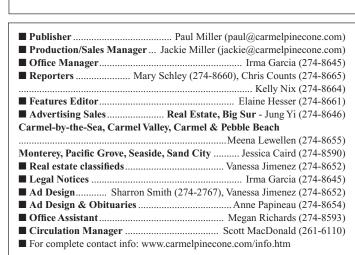
Rich Brimer, Carmel

Grateful to landlord Dear Editor,

I am thankful that you shined your spotlight via your front page article on the amazing generosity of local landlords Alan Porter and John Plastini. They are not charging their tenants any rent for the month of April. I cannot tell you how much that means to me and to my fellow business owners in these extraordinary times of uncertainty.

In the Doud Arcade, we are fortunate to have a local landlord who is present and who truly cares about us. John carries on

See LETTERS page 15A





www.carmelpinecone.com

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The Carmel Pine Cone

was established in 1915 and is a legal newspaper for Carmel-by-the-Sea, Monterey County and the State of California, established by Superior Court Decree No. 35759, July 3, 1952

THE DISTRACTIONS OF THE TOWN AND BEACH SLOWED HER DOWN — A LITTLE

Mary Austin in 1914

PERHAPS THE woman most associated with the early days of Carmel is writer Mary Austin. Remarkably, however, while she called the village home for more than two decades, she actually lived here only about 40 months scattered over the years.

She was in her late 30s and published in multiple magazines and three books by the summer of 1905, when she followed George Sterling to town. After being raised and schooled as Mary Hunter in Illinois, she moved with her widowed mother and older brother to Southern California, where she came to love the desert. She found inspiration there that she did not find in the brief and troubled marriage that gave her the Austin name.

Her first published story was in the November 1892 Overland Monthly, a year after she married. It came out just as she gave birth to daughter Ruth. Sadly, it soon became evident that Ruth suffered from mental disabilities, adding

to the family challenges. Ruth was insti-

tutionalized in 1898, and Austin left her husband at Independence, in California's Inyo County, and lived for a time in Los Angeles, where, her writing found favor with the publisher of

Land of Sunshine, an illustrated magazine. That relationship led to introductions to the editors of larger magazines in the East, and she was soon being published in St. Nicholas, a popular monthly for children, and The Atlantic Monthly.

Her first book, "Land of Little Rain," (1903) emerged from her prose published in The Atlantic Monthly. Her descriptive narrative of the flora, fauna and peoples that made their homes in the desolate beauty of the desert was a stunning success. Of it, the San Francisco Call's literary editor Robert Ritchie wrote, "the strangely beautiful picture of the forgotten corner of

California down on the southeastern border is made compelling from cover to cover."

Austin met George Sterling in San Francisco on her book tour. Impressed with her writing, Sterling called on her at her hotel and invited her to dinner at Coppa's, the San Francisco eatery where the Bohemian writers and artists gathered for buffet meals around a large table. She told him her next project concerned the early missions, and he suggested she visit the old Carmel Mission for inspiration. She did.

By February 1904, she had completed her manuscript for

"Isidro," and had an offer from her publisher to run it as a serial with later publication as a book. It began running in the October 1904 Atlantic Monthly. That same month, her book, "The Basket Woman," a collection of her Indian stories from the desert,

History Beat

By NEAL HOTELLING

was published. The book, "Isidro," partially set at the Carmel Mission, was published in April 1905.

In her autobiography, "Earth Horizon" (1932), she wrote "There was no town at Carmel then; nothing but a farm or two, one or two graceless buildings, and the

See HISTORY page 23A



photos/(top) arnold genthe, (above) henry meade williams local history room, harrison memorial library

George Sterling, Mary Austin, Jack London and James Hopper enjoying the natural scenery and rugged isolation offered by Carmel Beach in 1907

> Don't miss "Scenic Views" by Jerry Gervase — every week in the Real Estate Section.



The typewriter was pink, but that didn't matter to a young artist

SHORTLY AFTER she announced to her parents that she planned to go to art school when she grew up, Kathy Sharpe's father brought home a pink typewriter for his young daughter.

It gathered dust as the little girl continued to draw and paint, usually seeking approval for her creations from an adult cousin, Bob Peck, a well-known cartoonist and watercolorist. She also got painting lessons from the P.E. teacher at her grade

Carmel's Artists

By DENNIS TAYLOR

school, and she somehow became aware that the man who lived across the street, Daniel Catton Rich, was the director of the Chicago Art Institute.

"I guess his vibes somehow danced their way across the street, because my parents thought art school was the worst idea in the world," said Sharpe, who, as a third-grader, was chosen to pick out a painting from the museum to be displayed at her school.

'The museum actually sent a car to pick me up," she remembered. "And I was still in grammar school when I started taking art classes in the basement of the Institute."

Sharpe, who has homes on Carmel Point and in Carmel Valley Village, has created art that has been featured in more than 30 one-person shows and numerous group exhibits, and is in private collections in Europe, Japan and throughout the United States.

Her brilliantly colored floral designs, landscapes, seascapes and other subjects, in oil and watercolor, are on display at Kathy Sharpe Studio & Gallery (in a courtyard on the east side of Dolores Street, between Fifth and Sixth avenues). Her paintings have also been reproduced in needlepoint and on silk scarves, and on handmade greeting cards.

She was the first artist invited to design the program cover for the Carmel Bach Festival, she was the featured artist for the former Carmel International Film Festival (a painting of an ice cream cone was repro-

duced on the print material and on aprons worn by all of the volunteers), and in 1992, she became one of the first artists to teach on the grounds of Filoli House and Garden, a California state

historic landmark in Woodside.

"Teaching at Filoli really did a lot for my confidence and self-esteem as an artist," said Sharpe, who teaches private classes in her Carmel gallery. "I think that's when I really became very serious about my own art, and my career took off."

And the fate of the pink typewriter? Un-

Her goal when she graduated high school, she said, was to find a career in art, and after a year at Colorado Women's College in Denver, Sharpe moved on to the New York School of Interior Design, where she earned a degree.

"I was 19 when I got to New York, and I didn't like it very much," she recalled. "The people there just seemed so rude."

She had the same opinion about New Jersey, where she lived for a few years during "a bad marriage," but her life took a positive turn when she was hired as an assistant to the editor of House Beautiful magazine in Menlo Park, on the opposite

"I was probably 22 then, and Central California was so beautiful in those days — the hills, the ocean ... I loved everything about it," said Sharpe, who also designed model apartments in the San Francisco Bay Area, creating custom paintings to match the décor of each residence.

She was working in an administrative job at Stanford University, where she noticed an economics professor with a different kind of artistic talent.

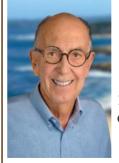
"I noticed he made these really nice salads from our salad bar," she said. "One day I complimented him on his salad. That was 34 years ago. I guess it was pretty much love at first sight."

She married William Forsyth Sharpe in 1986, four years before he won the Nobel Prize in economic sciences for his work in developing models to aid

See SHARPE page 23A



Kathy Sharpe, who has a Dolores Street studio/gallery, is known for brightly colored florals and other still-life paintings.



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a prerequisite for living there — representatives from agencies and nonprofits in Big Sur are banding together to prepare for the arrival of coronavirus.

Representatives from agencies and nonprofits met this week and announced the formation of the COVID-19 Community Response Group. Attendees included the Big Sur Chamber of Commerce, Big Sur Health Center, Esalen Institute, Big Sur Fire, the Big Sur CERT team, Monterey County Sheriff Office and the Community Association of Big Sur.

"We're working with one another to provide a coordinated response to what-

They've also been part of a regular hap-

py hour "with appropriate social distanc-

ing" in which folks in their neighborhood

bring out chairs and "a libation of choice,"

en retriever, Buzz, is also getting regular

workouts. Wyker, who is in her 70s, was

in Salinas on Tuesday. She teaches medi-

cal assisting at a private vocational college,

because she can't see the students' reac-

That's a different experience, she said,

Carmel resident Lee Wyker's gold-

and sit and talk — if it's not raining.

and instruction has gone online.

tions in real-time.

SENIORS

From page 6A

ever emerges," Butch Kronlund, president of the Community Association of Big Sur, told The Pine Cone.

The task of responding to such an uncertain future is a particularly challenging one — nobody has any idea what will happen when the virus reaches Big Sur.

The vast distances between homes would seem to make social distancing easy. But getting critical medical care to an ill person who lives up a long dirt road can't possibly be an easy task.

Firefighters, police get new gear

Twenty members of Big Sur Fire are now equipped with the protective equipment now required to respond to emergencies, fire chief Matt Harris reported. The fire station at Post Ranch Inn "is on lockdown, with access limited to all but

Students are emailing papers and dropping them in the school's mail slot, and she's trying to keep up with grading, while maintaining her usual healthy approach to diet and exercise — with her four-legged workout buddy.

The seniors all said they felt blessed to have so many ways to deal with the pan-

Some mentioned excellent healthcare, others the networks of friends they have. And of course, the Peninsula's beauty was high on their gratitude lists.

As Ryan put it, "I'm so lucky that I can walk, because there are so many places to go. I live near the P.G. golf course. I was thinking I might try one day to walk all 18

There are worse ways to spend a day.

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key personnel." Because many volunteer fire fighters are now unemployed, Harris is asking residents to consider hiring firefighters for property maintenance and fire clearance projects.

Sheriff's deputy Jesse Villasenor said

all deputies are now equipped with necessary protective equipment.

Villasenor said his agency is "operating and responding normally," and has been responding to break-ins of unattended parked cars.

DROP

From page 1A

an updated projection, given the fluidity of the situation. However, we anticipate the sales tax projections for March to June to be significantly less than budgeted."

That, of course, goes without saying, as Carmel and all the other Peninsula cities are practically ghost towns when they would otherwise be bustling with international travelers, spring breakers and other visitors, along with locals out and about.

Many hotels closed

But hotel owner Carrie Theis, who is also on the city council, was willing to speculate. Transient occupancy taxes are typically the single largest revenue source for the city, with last year's totaling \$6,882,015. The taxes are paid to the city in two-month increments, and while she expected those from January and February, which are due March 31, to come in just under \$710,000, the total for March and April will be nowhere near 2019's \$915,336.

"I am guessing that we are going to be lucky to collect 40 to 50 percent of that if the restrictions that are currently in place are lifted by mid-April," she said. "It is going to be much worse if the shelter in place is extended through the end of April.'

According to a list maintained by the chamber of commerce, 19 of the city's 45 hotels were closed as of this week, while those that remain open have very few rooms occupied.

The Monterey County Convention & Visitors Bureau estimated hotel occupancy for March through May would be anywhere from less than half to more than two-thirds

lower than the 73 percent occupancy rate for the same period last year.

Work stopping

City administrator Chip Rerig said he simply "doesn't have a metric" for evaluating the fiscal impacts of the pandemic and the shutdown it provoked. "I'm more worried about this fiscal year than I am about next fiscal year," which starts July 1, he said, because planning for next year's budget can be done, while this year's is already three-quarters over.

"We had a fine first half," he said, but now, he's cutting wherever possible to prepare for the steep drop in revenues.

The 2019-2020 budget the council adopted last summer includes \$1.7 million in infrastructure and maintenance projects, along with purchases of new equipment and vehicles. Much of that work has already been done, and the money spent, but what hasn't been is now stopped.

"We're not proceeding with a whole litany of capital work -- we're trying to reserve our cash," he said.

If no revenues were to come in for the next few months, Rerig said, payroll, benefits, debt payments and other costs would burn through the city's \$6.3 million in liquid capital in four months.

"We have money invested and we have reserve funds, but we're trying to keep that powder dry," he said. "Any nonessential spending was halted two weeks ago when we got the emergency proclamation."

The proclamation signed by Rerig March 12 and ratified by the city council the following day makes Rerig the city's director of emergency services and affords him some autonomy.

With that authority, for instance, he signed the order imposing a moratorium on evictions for nonpayment of rent.

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Law firms, especially those like ours that focus on estate planning and business matters, are essential during these difficult times so that Californians can obtain the important legal guidance, resources and documents they need. Our attorneys are meeting with clients using ZOOM video and teleconferencing. When needed for emergencies and for signing estate-related documents, we are making home visits using extreme care, protective gear, and taking all measures possible for client safety and peace of mind.



Est. 1908

HISTORY

wild beach and the sunny dunes."

With the knowledge she brought from sheepherders of the south came Austin's fourth book, "The Flock," which was published in October 1906. That summer, she also co-wrote the play, "The Coyote Doctor."

Due to a falling out with co-writer Elmer Harris, it was never produced. Apparently for a diversion, in early 1907, Austin, together with Lora Hyde, opened a shop in town where they produced "beautiful and artistic articles in wrought iron."

With this diversion, and regular picnics on the beach, her writing in 1907 was very limited. Early Pine Cone writer Ann Cameron reported, "Austin told me once that Carmel was a bad place for the creative artist — speaking of writers — because there was too much visible and disturbing beauty." Austin preferred "austere country.'

Believing she had only nine months to live due to an illness, Austin planned a trip to Italy. She departed Carmel in November 1907, briefly visiting her brother in the Los Angeles area before leaving for Rome in December. In her 1912 book "Christ in Italy," she wrote metaphysically about healing power of the "Unseen." Feeling well, she extended her stay and resumed writing to pay for her travels. She spent a year in Italy, followed by six months in France, and then in the summer of 1909 went to London, where she made friends with H.G. Wells and G.B. Shaw of the Fabian Society.

From there, in mid-1910, she went to New York and guided the production of her play, "The Arrow Maker," similar in concept to "The Coyote Doctor." It debuted in New York in February 1911 with a cast of more than 60 players.

A suffragette

The play ran for a few weeks, but Austin stayed in New York much longer, continuing to write books, articles and even opinion pieces. She became a popular speaker and active suffragette. She finally returned to California at the end of 1912, and after giving talks in Los Angeles and San Francisco, she made it back to Carmel in February 1913, where she gave another talk. She stayed through most of the year and produced her play, "Fire," at the Forest Theater in July. In the fall, she returned to New

She returned to Carmel in 1914 for a few months and produced, "The Arrow Maker" at the Forest Theater. After that, she made only brief visits to the Monterey Peninsula, spending most of her time until 1918 in New York and renting out her home here.

In 1918, her daughter died, and Austin returned to the desert, settling in Santa Fe. On her 1918 passport application, she gave Carmel as a permanent residence but requested the passport be mailed to Santa Fe. She continued writing from there and became expert in the natives of that region. She died there in her sleep in 1934. Nevertheless, she will always be known as one of this city's early Bohemians.

SHARPE

investment decisions.

"That's when life changed pretty drastically," she said. "There was lots of attention. He did a lot of interviews. There was lots of travel — we went to 13 different countries that first year, attending fancy dinners and conferences. Bill was making speeches," Sharpe said. "We met the king and queen of Sweden ... we met a lot of other Nobel laureates - Desmond Tutu and people like that."

The Sharpes lived in Los Altos and kept a weekend home in Carmel until Bill retired from teaching. Twenty-one years ago, they moved here perma-

"About three years ago, we bought our home on Carmel Point — a cute little place with a panoramic view of the ocean. It originally belonged to Jean Arthur," she said of the legendary Broadway and Hollywood star whose film credits included feature roles in "Mr. Deeds Goes to Town" (1936), "You Can't Take It With You" (1938), "Mr. Smith Goes to Washington" (1939), and "The More The Merrier" (1944), for which she received an Oscar nomination for best actress. "The home has been totally remodeled since she was here, but people still walk by and say, 'Oh, I remember when Jean Arthur lived there!' That's pretty neat."

Sharpe creates her art in her home studios on Carmel Point and in the Village, as well as at her Dolores Street gallery.

"If I didn't paint, I wouldn't know who I was," she said. "There's no point at which you feel like you've done it all and you know everything. You just keep reaching out to learn more, trying new things."

Sharpe — whose work can be found at kathysharpestudio.com — recently was honored with a one-woman show at Gallery 9 in Los Altos, where she has shown her art for 20 years. Her paintings and handmade greeting cards are scheduled to be exhibited in a show on May 2 at The Cos Bar, a luxury cosmetics and skincare boutique in Carmel Plaza.

Dennis Taylor is a freelance writer in Monterey County. Contact him at scribelaureate@gmail.com.

Be prepared for emergencies register your phone number at www.alertmontereycounty.org

ASILOMAR

Guard, said there is one physician's assistant, two nurses, seven emergency medical technicians and a medical planner at Asilomar. The guard was deployed March 13.

"At this time, there are no passengers remaining that have COVID-19," Drudge told The Pine Cone. "They still have to complete the 14-day quarantine from the date they arrived prior to being released by the CDC.'

While the presence of people with the virus or symptoms of the virus has concerned some Pacific Grove residents, officials have said the quarantined people pose no danger to the public because they're confined to their rooms at Asilomar.

■ Asilomar patient thanks chamber

A woman who is being quarantined at Asilomar with her partner offered her gratitude to the Pacific Grove Chamber of Commerce for giving her a plant — one of many items the chamber donated to former Grand Princess cruise ship passengers who were holed up at the resort.

Chamber president Moe Ammar said that days after the passengers from the cruise ship were taken to Asilomar to recover, the chamber gave them items donated by local shops.

"We are treating these people like they are not only hotel guests, but guests in our home, because they have been through a lot," Ammar said.

The goods the P.G. Chamber donated included books, puzzles, flowers, plants, and even stuffed animals. It was the chamber's idea to deliver the items, Ammar said. Food, however, cannot be donated.

One of the cruise ship passengers, a woman, sent Ammar an email to express her gratitude after she received a plant from the chamber.

"She put it on her window and she took a picture of it," Ammar told The Pine Cone. "And she said in an email message, 'Thank you so much, it brightens our room. We are planning to return here next year to truly enjoy your community.

The unidentified woman is being quarantined at Asilomar with her male partner.

On Tuesday morning, Ammar and chamber marketing and events manager Peter Mounteer delivered flowers, binoculars, books and "tons of current national magazines."

A personable guard with a private security firm at Asilomar gladly accepted the gifts and said he would get them to the passengers. Officers with the U.S. Marshal's office are also providing security.

Some of the businesses that contributed items include Hayward Lumber, Chatterbaux, Jan Roehl Consulting, Cream & Crumble, author Patricia Hamilton and resident Jean Anton, Ammar said.

GAVEL From page 4A

Hunting has been regulated in the state of California since the 1850s. Hunting laws and regulations exist to sustainably manage wild animal populations and protect species survival, to protect recreational hunting and to ensure a level playing field among hunters, and for public safety.



Sunday Service ~ 10:30 a.m. Morning Prayer ~ Weekdays 9 a.m. Centering Prayer ~ Thursdays 5:30 p.m.

www.allsaintscarmel.org Email: info@allsaintscarmel.org

For the health and support of our community, live services are suspended until after April 5. Sunday sermons will be recorded and available to all at: www.churchintheforest.org Church in the Forest a multi-denominational church The Rev. Joanne Swenson, Th.D. Senior Minister at Stevenson School, Pebble Beach Sundays at 9:45 am

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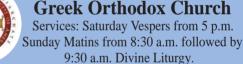
First United Methodist Church of Pacific Grove

We will not hold our regular service on March 22 or 29.

Our closure was a difficult decision but made for the safety of our community. We will re-evaluate at the end of March. God bless you all ... stay safe! Check our Facebook page

www.facebook.com/FUMCPG 915 Sunset Drive @ 17-Mile Drive

(831) 372-5875 • www.butterflychurch.org Saint John the Baptist



Lincoln and 9th Street, Carmel by the Sea (entrance from Lincoln). (408) 605-0621 or fatherion@gmail.com Full schedule: www.stjohn-monterey.org

Church of the Wayfarer

(A United Methodist Church)

Worship With Us This Sunday March 29 10 am. Online at: https://vimeo.com/user38757153 **WORSHIP SERVICE**

Church Message: 'Worth the Wait: An ^{1e} Waytarer **OPEN LETTER TO WESLEY HAM'**

Pastor Luke Ham

Lincoln & 7th, Carmel by the Sea

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Coronavirus Update



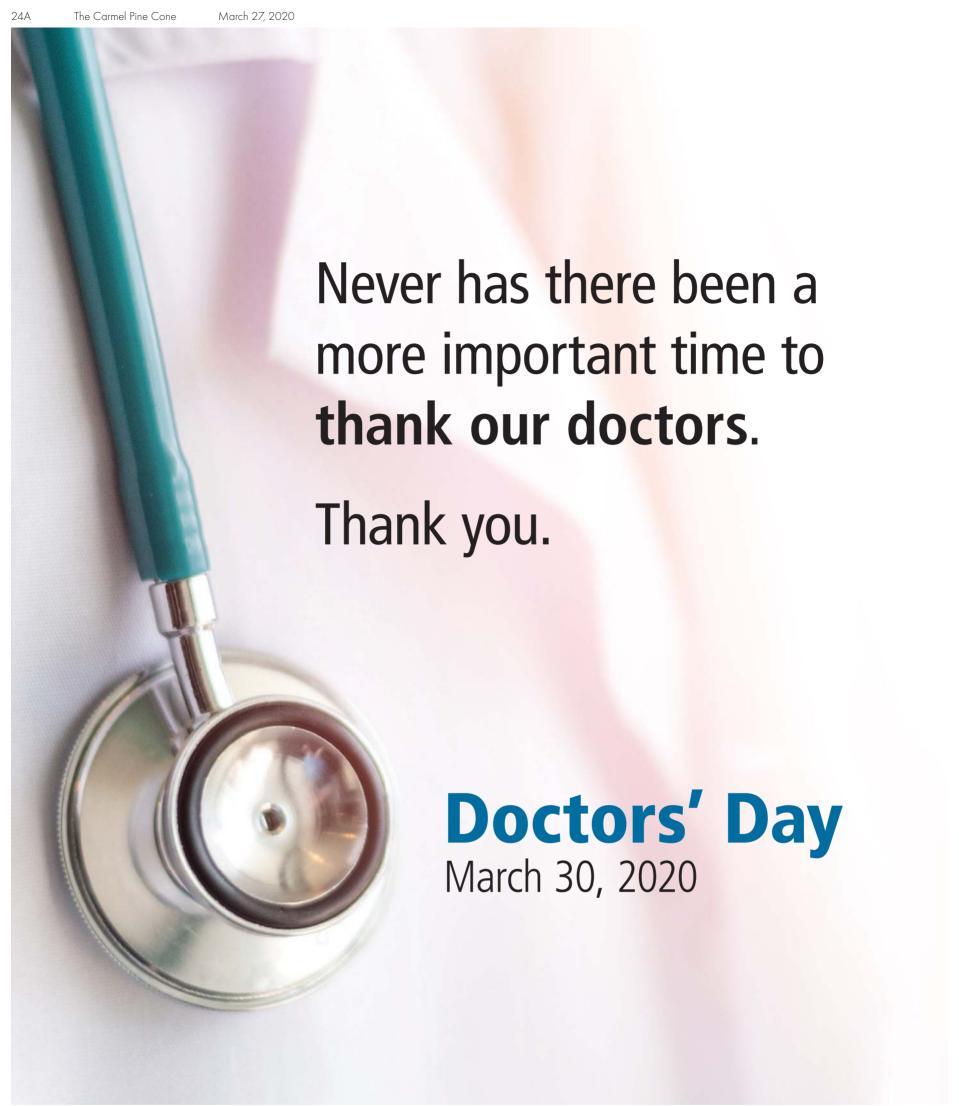
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SECTION RE ■ March 27-April 2, 2020

The Carmel Pine Cone

Real Estate







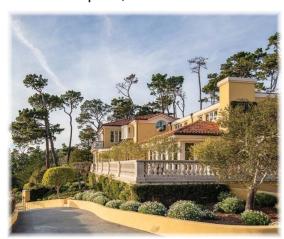
■ This week's cover property, located in Pebble Beach, is presented by Shelly Mitchell Lynch and Vicki Mitchell of Carmel Realty Company (See Page 2RE)



The Carmel Pine Cone

Real Estate

March 27-April 2, 2020



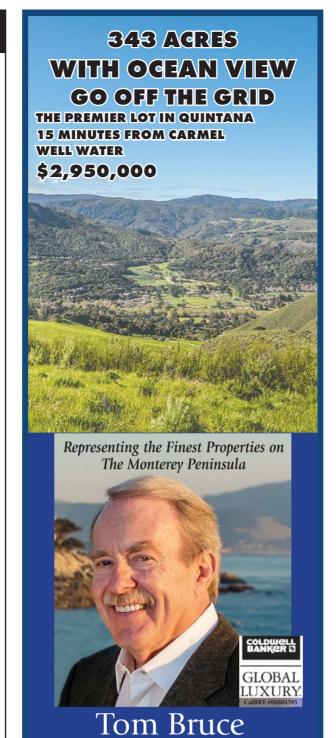
6 Bed, 7+ Bath | \$7,250,000 | Pebble Beach www.1491Bonifacio.com

An elegant Mediterranean style home fashioned after Southern European villas awaits the sophisticated eye. Majestic panoramic ocean views from the Pebble Beach Golf Links and Carmel Bay to Point Lobos are seen from this gated and private estate featuring six bedroom suites, his/her offices, formal entry, elegant living & dining rooms, kitchen/family room and expansive terraces.

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Real Estate Sales March 15 - 21

The Carmel Pine Cone

Carmel

Casanova Street, 4 SE of 12th — \$725,000 Pot d'Or LLC to Jev Thousand Oaks LLC 010-175-016

San Antonio, 4 SE of Eighth — \$2,600,000 Christine Reynolds and Karen and Penne Tomajan to SA 5SE of 8th Realty 010-269-009

Lincoln Street, 3 NW of 13th — \$2,632,500Paws Inn Carmel LLC to Steve and Bonnie Cassriel 010-174-007

See HOME SALES page 4RE

March 27, 2020





Here on the Monterey Peninsula we are under the same shelter in place orders as the rest of the state. Many of our clients and friends from out of town have come here to hunker down and spend time with family. My son and his fiance wanted to get out of the city and are with us. My other son and daughter plan to head this way as well. It's all so strange and surreal but as I look out to the Pacific its also spectacular. We are in uncharted waters but are fortunate to have each other and this beautiful Monterey Peninsula as our home. We will weather this storm and come out stronger on the other side. It's an amazing time to take long walks along the shore or in the hills and get back to the basics.

We are open for business and have been for the past 36 years. Please know that we are here to help so don't hesitate to call on us if we can be of service. We are well connected and more than happy to check up on your property or loved ones. We remain confident in our government, our community and the incredible resilience and resourcefulness of all of us.

BEST.



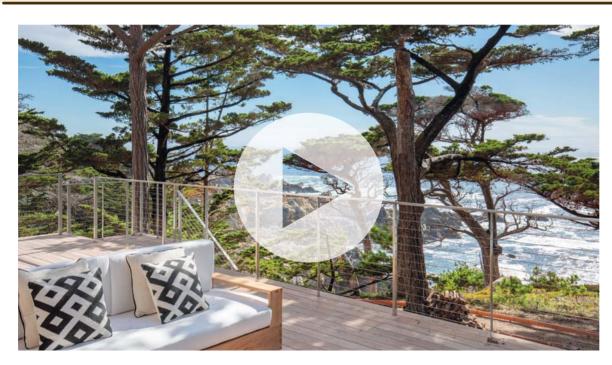


A Little Extra Time at Home?

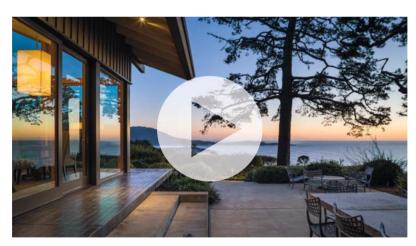
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3188 17 MILE DRIVE, PEBBLE BEACH 6 Beds, 6+ Baths \$26,500,000



SOPHISTICATED TIMELESS ESTATE, PEBBLE BEACH 8 Beds, 9+ Baths • \$24,950,000



29798 HIGHWAY 1, CARMEL HIGHLANDS 3 Beds, 3+ Baths • \$9,225,000



1560 VISCAINO ROAD, PEBBLE BEACH 5 Beds, 5.5 Baths • \$5,250,000



4085 SEGUNDA DRIVE, CARMEL 4 Beds, 4.5 Baths • \$4,200,000

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HOME SALES

Carmel (con't.)

26187 Camino Real - \$3,600,000

Clare and Roman Kristl to Jamie Einerson and Christopher Caren 009-393-010

Fifth Avenue, SW corner of Dolores Street -

Del Dono Court LLC to Esperanza Carmel Residential LLC 010-138-021

Carmel Valley

25490 Via Marquita - \$385,000

Phillipe Becker to Raymond, Cecilia, Johnathan and Cassidy Sequeira 169-341-007

245 Vista Verde - \$385,000

Steven and Gayle Wood to Charles and Sharon Clarke 197-041-015

28 Camino de Travesia — \$800,000

Annie Bohlman to Bruce and Jacqueline Lautzenhiser 189-433-010

14 Paso Hondo — \$845,000

Mark and Jo Gooden to Thomas Lawry



26187 Camino Real, Carmel

189-271-009

105 White Oaks Lane - \$880,000

John and Maxine Kent to Robert Daw and Brenda Davis 189-291-011

542 Country Club Drive - \$1,265,000

James Smith to Joseph and Gail Mello 187-321-007

3602 Eastfield Road — \$1,398,000

Anthony Ricci to Jennica Wichert and Robert Sims 015-562-024

215 Vista Verde — \$1,525,000

Adriana Granat to John and Gloria Keyes 197-041-020

7 Los Robles Drive — \$2,700,000

John and Sandra Bonifas to Wayne and Elaine Rainey 187-081-032

5465 Quail Meadows Drive - \$3,675,000

David Gellerman and Kessler Trust to Michael and Shamiran Achiro 157-171-039

24 Potrero Trail - \$4,250,000

CA Portero Trail Retreat to Gregory and Diane Evans

6 Vuelo de las Palomas — \$4,650,000

Timothy Gonzales and Ann Mather to Michael and Corinne Roffler 239-041-015

Highway 68

2969 Highway 68 unit D27 — \$276,500

Monterey Motorsport Park LLC to LMS 4X4 & Customs LLC 259-022-083

20260 Franciscan Circle - \$800,000

Carol Kurtz to David and Kylie Fales 161-281-003

364 San Benancio Road - \$2,070,000

MBC California Property III LLC to Mark Farr 416-631-001

See **ESCROW** page 9RE

1450 Susan Way | Pebble Beach

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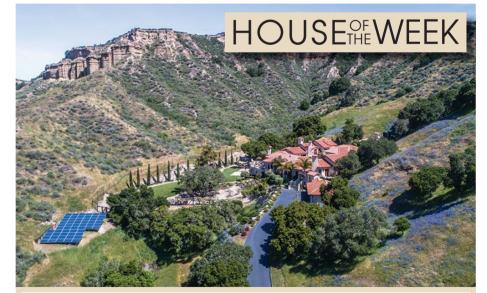
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3 beds, 4.5 baths • \$2,750,000 • www.1277LisbonLane.com



3 beds, 2 baths • \$1,649,000 • www.1061TheOldDrive.com



Sheltering isn't that bad — provided you can have Snickers with your merlot

DAY 1: The order to Shelter in Place comes down from the Monterey County Public Health Office. Though expected, the reality is sobering. I had just come from Safeway at the Crossroads. People scurrying up and down the aisles throw-

ing anything they can grab into shopping carts. The checkout lines are snaking up the grocery aisles. The scene reminds me of the movie "Casablanca," where everyone is desperately trying to leave Paris as the Nazis are approaching. I curl my fin-

Just Sold!

gers under the chin of my own Ilsa, look deeply into her eyes and say: "We'll always have Purell."

DAY 2: Rain, so we can't even walk around our compound. Still, Shelter in

en its hardened pocket. I settle on old NBA playoff games. Bird and Magic in short shorts. A sharp pang of appetite inspires me to make an early lunch. But I just had breakfast an hour ago. Anxiety = food.

DAY 4: The good news is that when I got the order to shelter in place, I was in a wine store. I tried to stay there but ultimately I had to leave because the pro-

prietor was forced to close

– but not before my shopping cart runneth over with fine vintages. We're supposed to sanitize frequently used objects. The corkscrew has pushed my smartphone into second place on that list. I am good at pairing wine and food. A velvety merlot was up to the challenge of a Snickers bar. Chardonnay paired well with vanilla wafers. I'm saving the cabernet for my chocolate Easter bunny.

DAY 5: Getting nervous about food supply. What's available online? Everyone still out of toilet paper. Don't you regret all the houses you TP'd on past Halloweens? I find Barilla bucatani, thick spaghetti that stands up to the heartiest meat sauce and almost curls itself around a fork. The price is three

See GERVASE next page



By JERRY GERVASE

Place is a lark. We've decided to make this a day of relaxing, reading, and lounging doing nothing that approaches work. I am an early riser and today is no exception. A cup of fresh coffee and online news services. Bad news is viral. The stock market has jumped from a plane without a parachute. Supermarket shelves are empty. Toilet paper is rolled gold. We begin to rewatch "The Crown." Philip and Margaret are royal pains in the aristocracy. Message to Elizabeth from Kermit the Frog: It's not

DAY 3: Sports withdrawal hits me like a Mike Tyson jab to the stomach. I discover cage boxing on one of the ESPN channels. Cage boxing? This is cockfighting with humans. Two gladiators, so tattooed one cannot tell their skin color, are engaging

in what we used to call "fighting dirty." One fighter goes down. I'm expecting thumbs up or down from the spectators. I find comfort in hugging my old, old baseball glove. Age and lack of use have stiffened the leather. I rub it with Neatsfoot oil but all the balm in Gilead cannot soft-



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POLICE LOG

THURSDAY, MARCH 12

Carmel-by-the-Sea: Vehicle check at Ocean and Del Mar was found to have registration expired over 6 months and was subsequently towed.

Pacific Grove: Burglary on 17th Street.

Carmel-by-the-Sea: Police responded to a 911 call for a domestic dispute at San Carlos and Fifth that was reported to be physical. Upon further investigation, there was an active protective order on file. The restrained party, a 25-year-old male San Jose resident, was arrested and lodged at county jail. The dispute was determined to be verbal only.

Pacific Grove: A 33-year-old male unlicensed driver on Linwood Street was cited.

Pacific Grove: Sinex resident lost personal property on an MST bus in this location.

Pacific Grove: Traffic stop on John Street resulted in a warrant arrest of a 31-year-old male and a citation for vehicle code violations

Carmel Valley: A 27-year-old male was located on Panetta Road with a motorcycle he had just stolen from a residence. He was arrested

Big Sur: Deceased person reported at a location on Highway 1.

FRIDAY, MARCH 13

Carmel-by-the-Sea: Vehicle observed parked at 12th and Camino Real with expired registration over 6 months and subsequently towed from the roadway.

Carmel-by-the-Sea: A report of a win-

See **SHERIFF** page 10RE

GERVASE

From previous page

times what I'd pay in a supermarket. Available in a five pack, so I place an order. Then I find whole tomatoes packed in olive oil and garlic in 28 oz. cans on eBay. I spring for six cans. They're about double normal price but along with the bucatini I can chow down on my favorite comfort food until the confinement ends, unless it's extended. A friend sends me a video from a doctor at Zanjan University in China who recommends three slices of lemon in hot water to supercharge your immune system. I know vitamin C is a good cold and flu fighter, so why not try it?

DAY 6: I discover Championship Bull Riding on television. I'm rooting for the bull. One named Berserk throws its rider in 2.5 seconds. OMG, re-runs of "The Jeffersons" are still on. After two minutes of George Jefferson I look forward to an hour of the pillow guy. Wow, "Bar Rescue" is really, really good. Save beer by turning those taps off. "How It's Made" is mes-

merizing. Did you know that early hockey pucks were made of wood? The modern puck is a modern miracle. Dimpled sides create friction with the hockey stick. And they're frozen before games so they slide better on the ice. Amazing stuff.

Hairy alien

DAY 7: We are energized. Let's clean the refrigerator. Ugh, there's sour cream that's eligible for Social Security. Yes, we need two jars of martini olives. And the vodka must be chilled. I break the plastic hinges on the snack drawer cover. It's \$81 to replace it. Super Glue to the rescue. Hygienic practices firmly in place. Still showering and shaving. I missed getting my normal haircut before barbershops shuttered. Very long white hair. The guy in the mirror looks like an albino version of Chewbacca.

Then the best daughter in the world brings us a bag of groceries. Readers send encouraging emails. Filet mignon sale at 7D Steakhouse! Buckets of rain cleansing the land. We are c-c-comfortable while cocooning. Blessings abound.

Contact Jerry at jerrygervase@yahoo.



PROPERTIES

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Resort like living in this stunning remodeled Post Adobe with spacious views overlooking the Village of Carmel Valley. Over 2600 sq ft home with an extraordinary ster suite and additional 2 bedrooms and bath. Located on a level acre with another beautifully built 1000 sq ft studio with soaring ceilings for the artist or car collector. A very special property for Carmel Valley living at its best! \$2,149,000.

WE ARE HONORING THE SHELTER IN PLACE ORDER.

PLEASE CONTACT US FOR QUESTIONS AND MORE DETAILED INFORMATION.

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PUBLIC NOTICES

FICTITIOUS BUSINESS NAME STATEMENT File No. 20200448
Filing type: ORIGINAL FILING
The tollowing person(s) is(are) doing business as: CALIFORNIA COTTAGE
ANTIQUES, 471 Wave St., Monterey, CA 93940,

CA 93940.
Mailing address: 86 Puffin Lane,
Watsonville, CA 95075
County of principal place of business:
MONTEREY

MONTEREY.
Registered Owner(s):
RICHARD JOSEPH JADRICH, 86 Puffin
Lane, Watsonville, CA 95076.
PATRICIA LYNN JADRICH, 86 Puffin Lane,
Watsonville, CA 95076.
MATTHEW DAYID JADRICH, 86 Puffin
Lane, Watsonville, CA 95076.
This business is conducted by a joint
venture.

venture.

The registrant commenced to transact business under the fictilious business name or names listed above on Jan. 31, 2020. S/Richard J. Jadrich Feb. 25, 2020

S/Richard J. Jadrich Feb. 25, 2020
BY SIGNING, I DECLARE THAT ALL INFORMATION IN THIS STATEMENT IS TRUE AND CORRECT. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000] I am also aware that all information on this statement becomes a public record upon filing pursuant to the California Public Records Act (Government Code Sections 6250-6277).
This statement was filed with the County Clerk of Monterey County on Feb. 25, 2020.
NOTICE-In accordance with Subdivision

This statement was filed with the County Clerk of Monterey County on Feb. 25, 2020.

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name International County of this statement does not of listelf authorize the use in this state of a Fictifious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).

Publication dates: March 6, 13, 20, 27, 2020. (PC301)

SUPERIOR COURT OF CALIFORNIA COUNTY OF MONTEREY ORDER TO SHOW CAUSE FOR CHANGE OF NAME

Case No. 20CV000615
Case No. 20CV000615
TO ALL INTERESTED PERSONS: petitioner, MADISON TYLER BOUTWELL, filed a petition with this court for a decree changing names as follows:
A Present name:

A.Present name: MADISON TYLER BOUTWELL

MADISON TYLER BOUTWELL
Proposed name:
MADISON TYLER MARKOVA
THE COURT ORDERS that all persons
interested in this matter appear before
this court at the hearing indicated below
to show cause, if any, why the petition for
change of name should not be granted.
Any person objecting to the name changes
described above must file a written objection that includes the reasons for the objection at least two court days before the
matter is scheduled to be heard and must
appear at the hearing to show cause why
the petition should not be granted. If no
written objection is timely filed, the court
may grant the petition without a hearing.
NOTICE OF HEARING:
DATE: April 10, 2020

may grant the petition without a hearing. NOTICE OF HEARING:
DATE: April 10, 2020
TIME: 9:00 a.m.
DEPT: 15
The address of the court is 1200
Aguajita Road Monterey, CA 93940.
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: The Carmel Pine Cone, Carmel.

[s] Lydia M. Villarreal
Judge of the Superior Court
Date filed: Feb. 14, 2020
Publication dates: March 6, 13, 20, 27, 2020. [PC302]

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 20200449
The following person(s) is(are) doing business as

ness as: Mandarin Garden, 925 N. Main St, Salinas, CA 93906, County of Monterey Registered Owner(s): Ren H Zhao, 644 Donner Way, Salinas, CA 93906

ngzhen Huang, 644 Donner Way, Sali-s, CA 93906 nas, CA 93906 This business is conducted by a married

couple.
Registrant commenced to transact business under the fictitious business name listed above on N/A.

S/Ren H Zhao

S/ Ren H Zhao
This statement was filed with the County
Clerk of Monterey County on February
25, 2020.
3/6, 3/13, 3/20, 3/27/20
CNS-3348720#
CARMEL PINE CONE
Publication dates: March 6, 13, 20, 27, 2020. (PC303)

SUPERIOR COURT OF CALIFORNIA COUNTY OF MONTEREY

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case No. 20CV000834
TO ALL INTERESTED PERSONS: petitioner, LEE EDWARD DRUCK, filed a petition with this court for a decree changing names as follows:
A Present name.

A.Present name:
LEE EDWARD DRUCK

A present name:
LEE EDWARD DRUCK
Proposed name:
LEE FOWARD DEIDIG
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING:
DATE: April 24, 2020
TIME: 9:00 a.m.
DEFT: 14
The address of the court is 1200
Aguajito Road, Monterey, CA 93940.
A copy of this Order to Show Cause for hearing on the petition in the following newspaper of general circulation, printed in this county: The Carmel Pine Cone, Carmel.
(5) Lydia M. Villarreal
Judge of the Superior Court
Date filed: Feb. 27, 2020
Publication dates: March 6, 13, 20, 27, 2020. [PC307]

SUMMONS - FAMILY LAW CASE NUMBER: 20FL000195

NOTICE TO RESPONDENT:
PAUL K. RUE
You have been sued.
PETITIONER'S NAME IS: CHRISTINE LAURA RUE

You have 30 CALENDAR DAYS af-

You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a Response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call, or court appearance will not protect you.

If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs.

For legal advice, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/self-help), at the California Legal Services website (www.lawhelpca.org), or by contacting your local county bar association.

NOTICE — THE RESTRAINING ORDERS ON PAGE 2: These restraining orders are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered, or the court makes turther orders. They are enforceable anywhere in California by any wenforcement officer who has received or seen a copy of them.

FEE WAIVER: If you cannot pay the

law enforcement officer who has received or seen a copy of them.

FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party. The name and address of the court is: SUPERIOR COURT OF CALIFORNIA, COUNTY MONTEREY.

COUNTY MONTEREY

COUNTY MONTEREY
1200 Aguajito Road
Monterey, CA 93940
The name, address and telephone
number of the petitioner's attorney, or petinumber of the petitioner's after tioner without an attorney, is: CHRISTINE LAURA RUE P.O. Box 7512 Carmel, CA 93921 831-717-7373

This summons was filed with the County Clerk of Monterey County on Feb. 21, 2020

Publication Dates: March 13, 20, 27, April 3, 2020. (PC 310)

SUPERIOR COURT OF CALIFORNIA COUNTY OF MONTEREY

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

TO ALL INTERESTED PERSONS: petitioner, SARAH KIMBERIY COWEN and
JEFREY THOMAS MOLINA, filed a petition with this court for a decree changing
names as follows:
A Present name:
ZACHARY LYLE COWEN
Proposed name:

A Present name:

ZACHARY IVIE COWEN

Proposed name:

ZACHARY IVIE MOLINA

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING:

DATE: April 17, 2020

TIME: 9:00 a.m.
DEPT: 15

The address of the court is 1200

Aguajito Road, Monterey, CA 93940.

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following, newspaper of general circulation, printed in this county: The Carmel Pine Cone, Carmel.

(5) Lydia M. Villarreal

Lydia of the Superior Court
Date filed: Feb. 21, 2020

Publication address: March 13, 20, 27, April 3, 2020. (PC311)

SUPERIOR COURT OF CALIFORNIA COUNTY OF MONTEREY

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

FOR CHANGE TO COMMITTEE TO ALL INTERESTED PERSONS: petitioner, BARBARA JEAN IRVINE-SUPERNO-WICZ, filed a petition with this court for a decree changing names as follows:

A. Fresent name:

BARBARA JEAN IRVINE-SUPERNOWICZ

BARBARA JEAN IRVINE-SUPERNOWICZ Proposed name:
BARBARA JEAN IRVINE
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING:
DATE: April 10, 2020.

TIME: 9:00 a.m.
DEFT: 14

The address of the court is 1200

IME: 9:00 a.m.
DEPT: 14
The address of the court is 1200
Aguajito Road, Monterey, CA 93940.
A copy of this Order to Show Cause
shall be published at least once each week
for four successive weeks prior to the date
set for hearing on the petition in the following newspaper of general circulation,
printed in this county: The Carmel Pine
Cone, Carmel.
(s) Lydia M. Villarreal
Judge of the Superior Court
Date filed: March 2, 2020
Publication address: March 13, 20, 27,
April 3, 2020. (PC314)

SUMMONS - FAMILY LAW CASE NUMBER: 20FL000057

NOTICE TO RESPONDENT: NICKLAIR NAPOLEON, JR. You have been sued. PETITIONER'S NAME IS: YOLANDA FRAZIER NAPOLEON

You have 30 CALENDAR DAYS af

You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a Response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call, or court appearance will not protect you.

If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney tees and costs.

For legal advice, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/selfhelp), at the California Legal Services website (www.lawhelpca.org), or by contacting your local county bar association.

NOTICE — THE RESTRAINING ORDERS ON PAGE 2: These restraining orders are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered, or the court makes turther orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them.

FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party.

The name and address of the court is: SUPERIOR COURT OF CALIFORNIA, COUNTY MONTEREY 1200 Aguajito Road Monterey, CA 93940
The name, address and telephone number of the petitioner's attorney, or petitioner without an attorney, is:
Kari D. Rawlings, Rawlings Law 149 Bonifacio Pl.
Monterey, CA 93940
831-646-2004
This summons was filed with the Counterey.

This summons was filed with the Coun-Clerk of Monterey County on Jan. 22,

Publication Dates: March 13, 20, 27, April 3, 2020. (PC 317)

SUPERIOR COURT OF CALIFORNIA COUNTY OF MONTEREY

A.Present name: TIFFANY ANN WIEMKEN

MONTEREY.
Registered Owner(s):
SARAHI SOTO, 831 Bautista Drive, Apt.
5. Salinas, CA 93901.
This business is conducted by an individual.

The registrant commenced to transact business under the fictitious business name

r names listed above on March 2, 2020.

or names listed above on March 2, 2020. S/Sarchi Soio March 13, 2020
BY SIGNING, I DECLARE THAT ALL INFORMATION IN THIS STATEMENT IS TRUE AND CORRECT. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000] I am also aware that all information on this statement becomes a public record upon filing pursuant to the California Public Records Act (Government Code Sections 6250-6277).
This statement was filed with the County Clerk of Monterey County on March 13, 2020.
NOTICEIn accordance with Subdivision

Ihis statement was filed with the County Clerk of Monterey County on March 13, 2020.

NOTICE-In accordance with Subdivision (a) of Section 17920, a Ficititious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Ficititious Business Name Statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).

Publication dates: March 20, 27, April 3, 10, 2020. (PC319)

FICTITIOUS BUSINESS NAME STATEMENT File No. 20200550 The following person(s) is(are) doing business as:

The following person(s) is(are) doing business as:
Equus Workforce Solutions, 730 La
Guardia St., Salinas, CA 93905, County of Monterey
Mailing address: 805 N. Whitington Parkway, Suite 400, Louisville, KY 40222
Registered Owner(s):
Arbor E&T, ILC, 805 N. Whitington Parkway, Suite 400, Louisville, KY 40222;
Kentucky
This business is conducted by a limited liability company
Registrant commenced to transact business under the fictitious business name listed above on N/A
S/Steven S. Reed Secretary
This statement was filed with the County
Clerk of Monterey County on March 10, 2020
3/20, 3/27, 4/3, 4/10/20

2020 3/20, 3/27, 4/3, 4/10/20 CNS-3352989# CARMEL PINE CONE Publication dates: March 20, 27, April 3, 10, 2020. (PC320)

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 20200579
Filing type; ORIGINAL FILING
The following person(s) is(are)
doing business as: PACIFIC LIVING
CONCIERGE SERVICES, 440 Junipero
Ave., Pacific Grove, CA 93950.
County of principal place of business:
MONTEREY,
MONTEREY,
LORRAINE MARIE SCHIMPF, 440
Junipero Ave., Pacific Grove, Ca 93950.
MARLENE LEFMANN, 15280 Bohlman

Rd., Saratoga, CA 95070. This business is conducted by a general

kd., Saratoga, CA 73070. This business is conducted by a general partnership. The registrant commenced to transact business under the fictitious business name or names listed above on N/A. S/Lorraine Marie Schimpf March 13, 2020

BY SIGNING, I DECLARE THAT ALL INFORMATION IN THIS STATEMENT IS TRUE AND CORRECT. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000) I am also aware that all information on this statement becomes a public record upon filing pursuant to the California Public Records Act (Government Codesctions 6250-6277).

This statement was filed with the County Clerk of Monterey County on March 13, 2020.

NOTICEIn accordance with Subdivision

Clerk of Monterey County on March 13, 2020.

NOTICE-In accordance with Subdivision (a) of Section 17920, a Ficititious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Ficitious Business Name Statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 1441) et sea, Business and Professions Code).

Publication dates: March 20, 27, April 3, 10, 2020. (PC321)

File No. 202004 Filing type: ORIGINAL FILIN The following

County of Principal Place of Business: Monterey.

Monterey.

Name of Corporation of as shown in the Articles of Inc./Org./Reg.: THE CMH PROPERTY GROUP INC., 17750 Moro Rd., Ste. #G100, Salinas, CA 93907.

State of Inc./Org./Reg.: CA

This business is conducted by a corporation.

tion.
The registrant commenced to transact business under the fictifious business name or names listed above on Feb. 20, 2020. S/ chantel Henson, CEO/President Feb. 20, 2020

5/ chantel Henson, CECI/President Feb. 20, 2020
BY SIGNING, I DECLARE THAT ALL INFORMATION IN THIS STATEMENT IS TRUE AND CORRECT. A registrant who declares as true information pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars. I am also aware that all Information on this statement becomes public record upon filing pursuant to the California Public Records Act (Government Code Sections 6250-6277).
This statement was filed with the County Clerk of Monterey County on Feb. 20, 2020.
NOTICE-In accordance with Subdivision

(a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code). Publication dates: March 20, 27, April 3, 10, 2020. (PC322)

FICTITIOUS BUSINESS NAME STATEMENT

File No. 20200567
The following person(s) is(are) doing busi-

The following person(s) is(are) doing business as:
Bridge Home Health, 6 Quail Run Circle, Suite 104, Salinas, CA 93907,
County of Monterey
Registered Owner(s):
Bridge Home Health Central Coast LLC,
3636 Noble Drive, Suite 450, San Diego,
CA 92122; CA
This business is conducted by a limited liability company
Registrant commenced to transact business under the fictitious business name listed above on N/A
S/ Joseph Montesorte, CFO
This statement was filled with the County
Clerk of Monterey County on March 11,
2020

2020 3/27, 4/3, 4/10, 4/17/20 CNS-3351901# CARMEL PINE CONE ublication dates: March 27, April 3, 10, 17, 2020. (PC323)

FICTITIOUS BUSINESS NAME STATEMENT File No. 20200593 The following person(s) is(are) doing business (s):

ness as: LAMPLIGHTER LLC, 255 E. Bolivar Street, Salinas, CA. 93906, County of Monterey Registered Owner(s): Millennium Housing Corporation, 611 Anton Blvd. Ste. #890, Costa Mesa, CA. 72626.

This business is conducted by a Corporation.
Registrant commenced to transact business under the fictitious business name listed above on N/A MILLENNIUM HOUSING CORPORA-

TON S/Lori Carraway, Vice-President This statement was filed with the County Clerk of Monterey County on March 16, 2020

2020 3/20, 3/27, 4/3, 4/10/20 CNS-3352989# CARMEL PINE CONE Publication dates: March 27, April 3, 10, 17, 2020. (PC324)

LEGALS DEADLINE: Tuesday 4:30 pm

NOTICE TO BIDDERS BID NO. 20-01

For the Pavement Improvement Project At various locations in The Santa Lucia Preserve

NOTICE IS HEREBY GIVEN that the Board of Directors of the Santa Lucia Community Services District ("District") hereby calls for sealed bid proposals to be received by the Director of Operations of the District, at the Gate House, One Rancho San Carlos Road, Carmel, California 93023 on or before Friday, **April 24, 2020** at 10:00 am U.S. Pacific Time Zone, verified at www.time.gov.

Description of Work: These bids shall cover all the furnishing of all labor, material, equipment, mechanical workmanship, transportation and services which are required for construction of pavement improvement on the Santa Lucia Preserve. The work generally includes, but is not limited to, Micro Surfacing Type II with micro seal emulsion (MSE) and fog sealing of curbs, traffic control, and other items that are required, standard specifications or the Invitation to Bid. The Director of Operations has estimated the following material quantities 50,393 square yards of Type II Slurry with Micro Seal Emulsion and 14,191 lineal feet of fog seal (curbs). These quantities are preliminary/approximate estimates and not to be used or relied upon for bidding purposes. Bids are required for the entire work described in the Bid Documents.

Contractor's License Requirement. The bidder and all subcontractors of the bidder shall possess a valid California contractor's license issued by the Contractor's State License Board (www.cslb.ca.gov) for the type(s) of work they are proposing to perform at the time the bid is submitted. The bidder shall possess at a minimum the following California contractor's license Class A or C-12 The Contractor must be properly licensed as a contractor from contract award through be properly licensed as a contractor from contract award through contract acceptance (California Public Contract Code § 10164). When the Contractor submits its bid to the District, the Contractor must list each Subcontractor whom the Contractor must disclose under Public Contract Code Section 4104 (Subcontractor Listing Law), and provide all required information

Contractor Registration Requirement. Pursuant to California Labor Code Section 1771.1(a), a contractor or subcontractor shall not be qualified to bid on, be listed in a bid proposal, subject to the requirements of Section 4104 of the Public Contract Code, or engage in the performance of any contract for public work, as defined in this chapter, unless currently registered and qualified to perform public http://www.dir.ca.gov/Public-Works/PublicWorks.html

Bidding Procedures. Bids must be made on a proposal form which is bidding Procedures. Bids must be made on a proposal form which is included with the contract specifications and must be signed by the bidder and accompanied by a deposit in the amount shown on the Bidder's Bond which is part of the Proposal, and sealed within a bid envelope. The bid envelope is to be addressed to:

"Sealed Bid – Bid No. 20-01 – Pavement Improvement, Santa Lucia

Community Services District, Attn: Director of Operations David Simpson, Gate House, One Rancho San Carlos Road, Carmel, California 93923." The deposit may be cash, cashier's check made payable to the District, certified check made payable to the District (certified without qualification and drawn on a solvent bank of the State of California or

a National Bank doing business in the State of California), or bid bond executed by an admitted surety insurer, made payable to the District, or the bid will not be considered. This deposit is to serve as agreed liquidated damages should the party or parties to whom the contract is awarded fail to enter into the contract after the award, or fail to give the bond required for the faithful performance of the contract, or fail to furnish any other bond required by law.

At 10:00 am April 24, 2020 the Bid Proposals will be taken by the Director of Operations of the District and opened and publicly read by him or his authorized representative. All bids received after this time will be returned unopened. The bids, together with a report of the bidders and the respective amounts of the bids, will be presented to the Board of Directors of the Santa Lucia Community Services District on Tuesday, April 28, 2020. The successful bidder shall furnish a performance bond and a payment

Questions. Direct any questions to:

Director of Operations David Simpson Santa Lucia Community Service District One Rancho San Carlos Road Carmel, CA 93923 831-620-6772 dsimpson@santaluciapreserve.com

Obtaining SCHEDULE and CONTRACT SPECIFICATIONS may be obtained by contacting the Director of Operations. Each bidder shall furnish the District with the name, address, and telephone number of the firm requesting specifications. It is the bidder's responsibility to regularly check for any addenda that may be issued prior to the bid opening date. Failure to acknowledge receipt of an issued addendum will be cause for a submitted bid to be deemed non-responsive. The Plan Holders' List is available by contacting the District.

Prevailing Wage Rates. This Project is subject to the prevailing wage requirements applicable in Monterey County for each craft, classification or type of worker needed to perform the work, including employer payments for health and welfare, pension, vacation, apprenticeship and similar purposes. These prevailing wage rates are available online at http://www.dir.ca.gov/DLSR.

The Contractor's attention is directed to Section 1776 of the California Labor Code relating to accurate payroll records, which imposes responsibility upon the Contractor for maintenance, certification, and availability for inspection of such records for all persons employed by the Contractor or the Subcontractors in connection with the Project. The Contractor shall agree through the Contract to comply with this section and the remaining provisions of the Labor Code.

Each Contractor and Subcontractor must pay no less than the specified rates to all workers employed to work on the Project. The schedule of per diem wages is based upon a working day of eight (8) hours. The rate for holiday and overtime work must be at least time and one-half. The Contract will be subject to compliance monitoring and enforcement by the California Department of Industrial Relations, pursuant to Labor

Nondiscrimination. This Contract is subject to state contract nondiscrimination and compliance requirements pursuant to the Government Code, Section 12990.

Payment of Withheld Funds. The Contractor may elect to receive 100% of the progress payments due under the contract from time to time, without retention of any portion of the payment by the District, by depositing securities of equivalent value with the District in conformance with Public Contracts Code Section 22300. Such in conformance with rubit Contracts Code Section 22300. Such securities, if deposited by the Contractor, will be valued by the District and the Districts decision on valuation of the securities will be final. If the Contractor elects not to deposit retention funds into an escrow account, then the District will withhold 5% of each payment as retention pursuant to Public Contracts Code Section 7201.

Addenda, Any addenda issued prior to the bid opening shall constitute

part of the Contract Documents. Subject to the limitations of Public Contract Code Section 4104.5, District reserves the right to issue addenda prior to bid time.

The Board reserves the right to reject any and all bids and any or all items of such bids and to waive any informality or irregularity in any bid but if the bids are accepted, the contract for the improvement will be let to the lowest responsible bidder for the Project.

Date of Publication: March 13th & March 27th, 2020 By order of the Board of Directors of the

Santa Lucia Community Service District. State of California Forrest Arthur General Manage

Publication date: March 13, 20, 27, 2020 (PC316)

ty Cler 2020

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

Case No. 20CV001013
TO ALI INTERESTED PERSONS: petier, TIFFANY ANN WIEMKEN, filed a fion with this court for a decree changnames as follows:

A Present name:
IlFFANY ANN WIEMKEN
Proposed name:
IIFFANY ANN SIERRA
THE COURT ORDERS that all persons
interested in this matter appear before
this court at the hearing indicated below
to show cause, it any, why the petition for
change of name should not be granted.
Any person objecting to the name changes
described above must file a written objection that includes the reasons for the objection at least two court days before the
matter is scheduled to be heard and must
appear at the hearing to show cause why
the petition should not be granted. If no
written objection is timely filed, the court
may grant the petition without a hearing.
NOTICE OF HEARING:
DATE: April 17, 2020
TIME: 9:00 a.m.
DEPT: 15
The address of the court is 1200
Aguajito Road, Monterey, CA 93940.
A copy of this Order to Show Cause
shall be published at least once each week
for four successive weeks prior to the date
set for hearing on the petition in the following newspaper of general circulation,
printed in this county: The Carmel Pine
Cone, Carmel,
5) Lydia M. Villarreal

printed in this county: The Carmel Pine Cone, Carmel, (s) Lydia M. Villarreal Judge of the Superior Court Date filed: March 11, 2020 Publication dates: March 20, 27, April 3, 10, 2020. [PC318]

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 20200574
Filing type: ORIGINAL FILING
The following person(s) is(are) doing business as: SS CONSUITING
SERVICES, 841 Bautista Drive, Apt. 5,
Salinas, CA 93901.
County of principal place of business:
MONTEREY.
Registered Owner(s):

FICTITIOUS BUSINESS NAME STATEMENT

The following person(s) is(are) doing business as: HOMES BY HENSON REAL ESTATE TEAM, 17760 Moro Rd., Ste. #G100, Salinas, CA 93907.
County of Principal Place of Business:

ESCROW From page 4RE

Monterey

2107 Golden Oaks Lane -\$440,000

Anthony Sedillo to George Moore 001-943-005

1206 Golden Oaks Lane -\$530,000

Betty Lou Olsen to Juanjuan Zang 001-942-011

5 Pinehill Way - \$875.000

Hans Wiedenhoeffer to Aaron Hartesveldt 014-091-005

Pacific Grove

1355 Lighthouse Avenue -\$755,000

Kevin and Linda Smith to Otto Grove LLC 007-031-017

511 Lighthouse Avenue -\$1,013,500

Kirke and Rebecca Erskine to David and Liliana Waissbluth 006-271-001

887 Sinex Avenue — \$1,135,000

Hugh and Melinda Hardin to Robert and Jennifer Gorman 006-621-017

42 Quarterdeck Way — \$1,210,000

Joyce Riley to Michael and Adrienne Chernus 006-043-003

1256 Surf Avenue - \$2.085.000

Thomas and Jill Houlette to Richard and Jillian Wald 006-011-007

Seaside

1778 Fernando Street - \$488,000

ZBS Law LLP to Champery Real Estate 012-111-027

1149 Birch Avenue — \$520.000

Robert Miller to John Whitt 012-072-036

6290 Harcourt Avenue -\$540,000

Cathy Thornton to Champery Real Estate 011-355-008

1350 Wanda Avenue - \$655,000

James Waidler to Chandi Totlani 012-333-015

1670 Wanda Avenue - \$725,000

Phyllis Stewart to Travis Runnels 012-682-025

1200 Hilby Avenue — \$765,000

Monterey Bay Christian Center to Susana Silva 012-391-002

Number of sales: 34 Total value:

\$56,198,500

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> Be prepared for emergencies register your phone number at www.alertmontereycounty.org

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CaDRE#01899815 **831.392.6411** AJHPROPERTIES.COM



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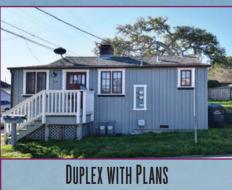
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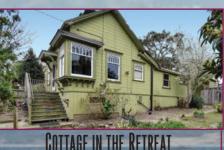
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Everybody reads The Pine Cone

SHERIFF

From page 7RE

dow-smash vehicle burglary on Mission .

Carmel-by-the-Sea: Report of a burglary of a parked vehicle at Mission and 10th.

Pacific Grove: Dog bit neighbor on Del Monte.

Pacific Grove: Burglary from a commercial business on Forest Avenue.

Carmel Valley: Online report of stolen property from a residence on Encina Drive.

Carmel Valley: A daughter requested a welfare check on her elderly mother on Via Contenta.

Carmel area: Deputies investigated a burglary at a residential construction site on Bay View Avenue.

Carmel area: Deputies responded to an ongoing civil dispute between father and daughters on Highlands Drive.

Carmel area: Deputies responded to the report of a possible runaway juvenile. The juvenile was located and had not been attempting to run away.

Big Sur: A vehicle burglary on Highway 1 was reported.

Carmel area: Grand theft from two unlocked vehicles on Rio Road.

Carmel-by-the-Sea: A call for a welfare check was conducted on Lincoln south of Ocean. Upon further investigation, the subject met the criteria to be placed on a 72-hour mental health evaluation and put on a hold. The subject was transported to the hospital.

SATURDAY, MARCH 14

Carmel-by-the-Sea: Caller at Lincoln and Ocean reported a lost wallet.

Carmel-by-the-Sea: Caller reported a found wallet on Mission south of Ocean. Turned in to the police department and returned to the owner shortly after.

Carmel-by-the-Sea: Wallet found at San Carlos and Seventh and turned in to the police department for safekeeping.

Carmel-by-the-Sea: Intoxicated subject fell into bushes at Junipero and Fifth.







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I'm hoping everyone is safe and with loved ones during this extremely challenging time. I feel fortunate to be with my family as we shelter in place in Carmel Valley. If I can be of any service to you with real estate questions during this time, I'm available by phone or email, with no obligation.-David

DAVID CRABBE dcrabbe@comcast.net 831.320.1109

DRE: 01306450



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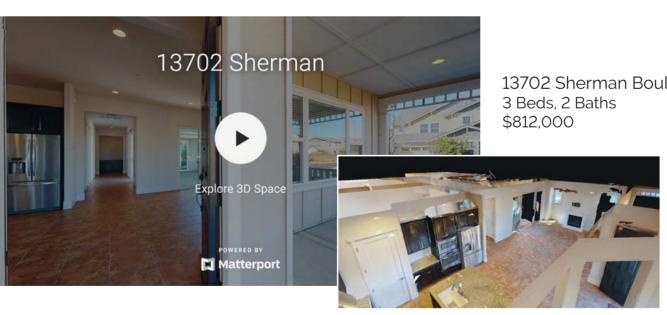
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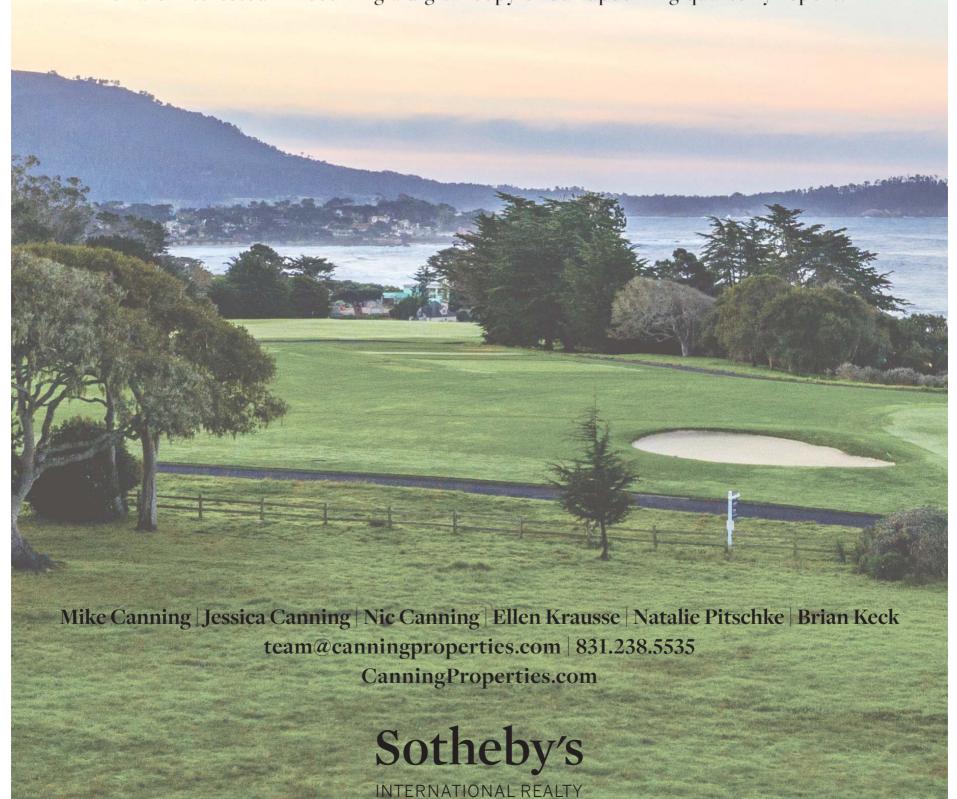




From our family to yours, we hope that you stay healthy, safe and happy during these challenging times.

We have been blessed to call this incredible community HOME for over 30 years and want to give back to those who serve this wonderful area. While you're at home enjoying a rainy reprieve and practicing safe social distancing, consider supporting our friends and local businesses as they're among those most impacted during these challenging and fluid times. For an up-to-date list of available businesses or restaurants that are open, please visit our website or with the city's Chamber of Commerce.

In accordance with CDC Guidelines, we're unable to show properties during the Shelter-In-Place Order, but we've added additional content to our website including additional photos, property features and select pre-recorded video tours of our listings – for you to experience virtually. Feel free to reach out if you have questions about our properties, want to learn more how to support this community, or are interested in receiving a digital copy of our upcoming quarterly report.







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Dr. Harsha R. Mittakanti, medical director, robotic-assisted surgery at Community Hospital



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What are probiotics and do they help, or is this just another breeding ground for expensive pseudoscientific hype?

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Chef Matt Masera, a consultant working with Earthbound Farm, pulls out all the stops in this fanciful and healthful veggie paella.

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At Carmel Valley Atheltic Club, trainer Megan Canning works with Ann Houle on her strength, balance and stability — things everyone needs, not only in the gym, but in everyday life.

— Photo by Paul Miller









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Editor's Note





WHEN I was a youngster in the 1960s and 70s, we used to talk among ourselves about how old we'd be in the magical year 2000. Our parents — never mind our grandparents — seemed ancient to us already, and they gave us a notion of what old age would be like. And we know we've arrived, because that music we loved at prom is on the oldies station.

But in the last half-century or so, there have also been incredible medical advances. Parts of the eyes, joints and even vital organs can be replaced, transplanted or treated in ways that would have seemed miraculous to our grandparents. And we're here to help you learn what's out there and whether it's right for you.

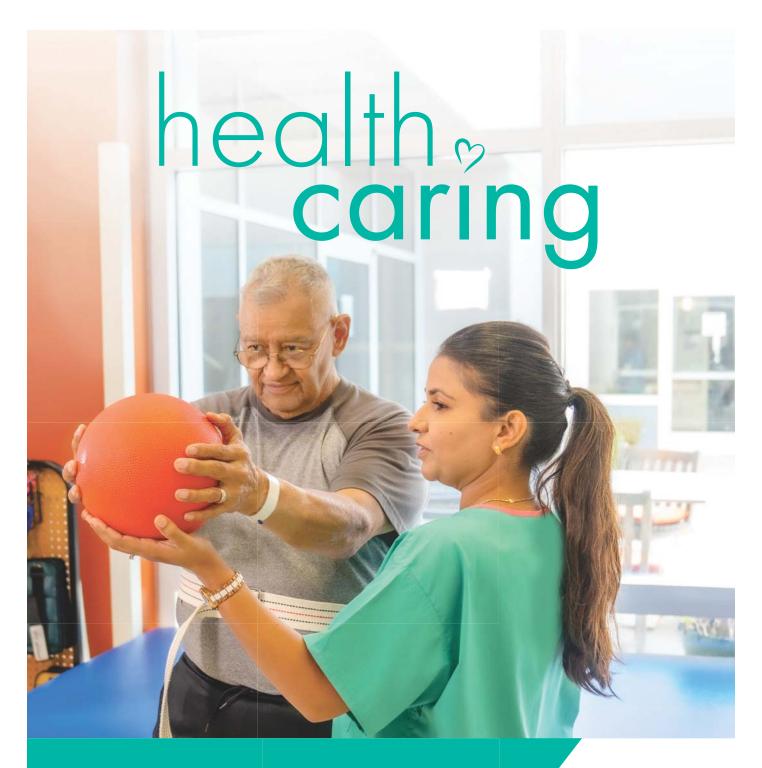
For this issue, Sally Baho looked into when it makes sense to replace a knee or hip, while Dennis Taylor talked to Dr. Richard Gray, a cardiologist, about the advancements in cardiac care he's seen over his career.

Trendy probiotics are overrunning the stores — but do they really help? And why did reaching for a glass of water make your back feel like you were doing the labors of Hercules? We've got all that along with the Lighter Side and a celebratory veggie paella ready to burst out of the kitchen.

Read on, and have a wonderful spring!

Cheers,

Elaine Hesser Editor



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PRIMING THE PUMP

Heart-healthy workouts for limited mobility

By ELAINE HESSER



some People can do do unexpected things in wheelchairs — play basketball, dance competitively and even perform gravity-defying tricks in a skate park. For others, just moving a manually operated wheelchair or maneuvering in a small living space — even with a motorized chair — are praiseworthy achievements.

But almost everyone needs regular heart-pumping exercise (also called cardio) to maintain good health. According to Monterey cardiologist Dr. David Clark, even if you can't go for a run or brisk walk on the beach, you can — and should — still get your heart rate up a few times a week to maintain cardiac health.

"Your heart is a pump that you want to be strong, and exercise makes your heart muscle stronger and more efficient," he said. He added that a healthy heart and good circulation have positive effects on other organs, like the kidneys, and benefit the brain, too. Most recently, atrial fibrillation (a type of irregular heartbeat) was shown to be among the many conditions that improve along with heart health.

"Your heart's a real machine," said Clark, and it needs to be maintained for peak performance.

So what does a person with limited mobility do? Jeanine Yip, a physical therapist with Montage Health had several ideas.

"Most people think of cardio as running, walking or biking, but some people can't put weight on their legs, because of paralysis, pain or poor balance," Yip said. She noted that while some get special bicycles that allow them to recline — called recumbent bikes — or pedal with their arms, it's hard for some patients to get regular access to the rec trail or other such outdoor areas.

"They need something to do at home," she said. According to an article from the Cleveland Clinic Yip referred to, that "something" should boost your heart rate to 50 to 60 percent above where it normally is, and should be done for about 150 minutes a week.

For those who prefer to exercise without doing math, Yip said the Borg Scale of Perceived Exertion uses difficulty in carrying on a conversation to measure how hard a workout is on a scale of a 1 to 10, with 5 to 7 as the target intensity range for most people. That means chatting with a friend or singing along to music should be challenging but not impossible.

Before getting moving on your own, Yip recommended seeing a physical therapist or physical trainer who has experience working with disabled clients. She said such a



David Clark

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safely.
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are a surprising number of

those moves that can be done in the comfort of your living room, either on your own, or with a partner.



Physical therapist Jeanine Yip shows how to get your heart rate up while seated.

The simplest is just to buy a rocking chair.

That's right, the symbol of retirement leisure is also a dandy piece of exercise equipment. Who knew? Rocking back and forth is stress-reducing and believed to relieve back pain (supposedly, JFK used one to keep his sore back more comfortable). But if you keep the chair moving — and just try it without using your legs — some sources estimate you can burn 150 calories in an hour. That's about the same as 30 minutes of playing with your kids or cleaning the gutters.

People who need wheelchairs or have other difficulties moving can often benefit from a gym membership. Many adults who are 65 and older have heard of Silver Sneakers, a program available through some Medicare plans that allows seniors to join a gym at a greatly reduced cost. Make sure the one you choose has instructors who are experienced in adapting exercises to diverse physical needs.

The main advantage of a fitness club is safety — you're indoors, in a controlled environment with no tree roots or gopher holes in the way, and ideally, there are enough qualified employees to help you learn to use the equipment safely.

Some of the machines, like one called the NuStep cross-trainer (see photo), can be outfitted with straps to keep paralyzed limbs securely in place. If you've ever done physical rehab at one of Montage's facilities,

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WHEN THOSE OLD JOINTS JUST AREN'T THE SAME

AS WE get older, we become more aware of our joints — maybe because they start to hurt, or because everyone seems to be getting them replaced. In fact, according to Harvard Health Publishing, in the United States alone, surgeons

perform more than 600,000 knee replacements and 330,000 hip replacements a year.

lainta ara tha cartil

Joints are the cartilage-filled areas where two bones meet: shoulders, hips, wrists and so on. While the most common joints that are replaced are knees and hips, all the others can be replaced, too, even your thumb or big toe.

Ultimately, our joints allow us to enjoy what our peninsula has to offer, whether it's walking the dog on the beach or playing a round of golf at one of the many courses around here, so it's important to keep them healthy.

There are many reasons a joint may need to be replaced. They include developmental problems, hereditary issues, repetitive use injuries, trauma or overuse. The most common pain associated with aging and joints — and the one that often leads to replacements — is arthritis, which is stiffness and inflammation in the joints.

So when should you think about a joint replacement? Dr. Kartheek

By SALLY BAHO Reddy, an orthopedic surgeon at Natividad Medical Center and Precision Orthopedics in Salinas recommended starting with a conservative approach. Joint pain doesn't always mean immediate joint replacement. Initial treatments — if there's still a good amount of healthy cartilage in the joint and it isn't hurting too much — include exercise and physical therapy to strengthen the muscles around the joint, and weight loss to decrease the force applied to the joints that are weight-bearing, such as hips and knees. Medications, including steroid injections in the joints, can decrease inflammation and pain. Reddy explained, "If the patient has a decreased quality of life and JOINTS cont. on page 12

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is not able to sleep, or perform their daily activities or hobbies due to their degenerative joint disease/arthritis, or if the conservative treatments have failed, then they may be a candidate for joint replacement."

He continued, "Research studies have shown that with knee replacements, range of motion and mobility before surgery is one of the best predictors of expected motion after surgery." That means the outcome will most likely be better if you replace your knee before the arthritis progresses to the point of causing a significant amount of stiffness.

Further, as arthritis worsens, people sometimes become less active — because it's painful — and use the joint less, which weakens the muscles around it, making it more difficult to mend and resume normal activities after surgery.

Finally, if left untreated, the joint may become deformed and can make the operation more difficult, which could require specialized implants.

If you are considering having a joint replacement, there are a few things Reddy recommends to decrease the risks of complications: Quit smoking, because that habit increases the risk of infection. If you are overweight, losing a few pounds will not only decrease your risk of infection, but it will also decrease the force and the pressure on the joints.

Within the limitations caused by pain, and in consultation with your physician, increase the range of motion and strengthen the muscles around the joint. This helps with your movement all around, and will also help with rehabilitation and recovery, post-surgery.

During a hip replacement, the surgeon has two options: the traditional hip replacement or a minimally invasive technique. In the traditional method, one larger incision is required and the joint is sawed off and replaced with an artificial hip. Since it's a ball-and-socket joint, replacement involves removing the ball and

socket and replacing them with a metal or ceramic ball and an artificial plastic or ceramic socket.

In the newer technique, which is far less invasive, two smaller incisions are made. The same implants are used, but different surgical instruments and X-rays are used. Red-



Kartheek Reddy with knee surgery patient Edwina Sanson

dy prefers this technique, stating, "One of the biggest benefits that I see with this approach is not having to give my patients any restrictions after surgery."

Speaking of post-surgery, people shy away from operations like joint replacements for fear of being off their feet for a long time.

Obviously, recovery time will vary from person to person and will depend on a variety of things such as age, fitness level and overall health.

Reddy explained, "For knee and hip replacements, patients recover in the hospital an average of one to three days. Then from the hospital, the patient may go home or may need to go to a rehabilitation center, depending on how well they are mobilizing." The incision usually heals within two weeks.

"I like my patients to really concentrate on regaining range of motion for the first six weeks after surgery," Reddy said. "Once they have regained range of motion, then I recommend working on strengthening, which can continue to improve throughout the year after surgery."

So, check in with your joints regularly. Keep your weight in check and stay active —assuming it doesn't hurt you to do so. If you feel pain in your joints, don't ignore it — have it checked out.



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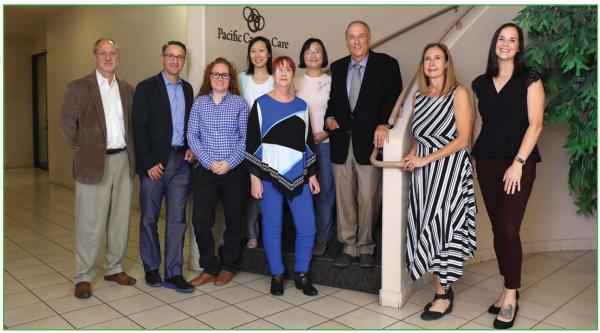
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The Lighter Side

It's for your own good, darling

By ELAINE HESSER

WHEN LAST we left our neighbors Siegfried and Wilhelmina Dorkle (aka Siggy and Willie), they were celebrating Christmas somewhere in the Midwest. Siggy was having a bit of trouble navigating a town without estate-bottled chardonnay or gluten-free crackers, while Willie was basking in the dust-covered glow of familial love.

They've since come home, of course, and had you joined them for breakfast at Katy's Place last week, you would have been witness to a lively exchange about exercise.

"It's five blocks," Siggy lectured, as Willie caught her breath. "Five little blocks."

"Uphill," pointed out Willie, between gasps.

"Lincoln to Mission? It's not exactly Mt. Whitney, now, is it?" Siggy said. "Why don't you get back in shape? Summer's coming, you know."

"What does that have to do with anything?" Willie asked. "It's not like we're having swimsuit season. Not that I ever want to see you in a Speedo again."

Unlike the Midwest, where Willie had grown up, no sweltering summers necessitated swimsuits here. "Heck," Willie thought to herself, "you can barely find a good time of year for a sleeveless blouse." Being buried in layers all year made a woman careless about her figure, she thought.

Siggy, meanwhile, nursed his pride. "I looked good in that Speedo," he protested weakly.

"You looked like a Thanksgiving turkey with a black silk hanky tied around one end." The waitress brought more coffee while Siggy reflected a bit. Willie was right. He wasn't that dashing pilot freshly back from Korea, or the naturally slender Padres hoopster and track star of his youth. It seemed like just yesterday he was shooting from center court, or sprinting ahead of



everyone to the finish line ...

"Siggy!" The waitress' voice snapped him out of his reverie. "Chocolate-chip pancakes with bananas today, or the Belgian waffle?"

"I'm having the blueberry wheat-germ pancakes," he announced. Fiber. Fiber would bring back that body. And those antioxidants in the berries, too.

"I'll just take a cup of fruit and some dry toast," said Willie, whose color had by then returned to normal. That was the problem with being so pale — she always flushed red as a beet when she exerted herself. People were always worrying about her, although for a pleasingly plump 80-ish gal, she had surprisingly low blood pressure and great cholesterol numbers.

They grew quiet. Siggy returned to mentally reliving his glory days and Willie continued to convince herself she was in good shape. Sure, she was a little out of breath. Siggy's 6-foot strides often left her, at barely 5 feet, in the dust. But it was her husband who worried her. He was one of those ticking time bombs, she was

LIGHTER SIDE cont. on page 26



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HEART cont. from page 9

you've likely encountered the apparatus, which works both arms and legs in a low, seated position, eliminating most of the impact while still allowing you to increase your heart rate.

Water workouts are also great, and Montage's wellness centers include lifts to help people in and out of its pools. Many other forms of exercise are adaptable for those with limited mobility. Zumba classes, for example, have versions that can be done while seated.

Yip demonstrated a simple boxing workout that can be done sitting down. Buying a punching bag is pricey, but if you can find a partner, you can get in some great cardio for less than \$100. First, you need a pair of lightweight boxing gloves for the person doing the exercise. They should cover the fingers, and a Velcro-type closure is just fine. No need to lace up.

The partner needs a pair of boxing mitts — gloves with thick padding that the "boxer" will punch. As the boxer learns to throw jabs and hooks, the partner may move their hands around to get the other person to aim higher, or twist a little and use their abdominal muscles. Alternating rapid series of punches with slower ones provides a simple but efficient workout. (It also releases a lot of aggression and may be helpful in lowering stress levels during the campaign season.)

Yip recommended using lively music or a metronome to keep a steady rhythm for boxing or any other workout. Music students know that a metronome is that pyramid-shaped device musicians use to keep tempos constant, but its clicking sounds also can help make a workout consistent. And now you can download an app to your phone to take the rhythm with you.

Golfers who aren't so steady on their feet any longer may be delighted to discover that there are mini wiffle balls and shorter clubs they can use to hit a bucket of balls right in their backyards. Anyone who's ever been driving when their jam comes on is well aware that seated dancing is not only possible, but fun.

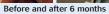
For more adventurous souls, Yip said, kayaking (with a partner for safety) and many variations on surfing can get people outdoors and in the water. Or, you might prefer streaming "Big Little Lies" while you use some stretchy exercise bands to do rapid sets of bicep curls or other exercises that use the bands' resistance to build muscle and increase heart rate.

Yip recommended consulting a doctor, and getting some sessions with a physical therapist or trainer to make sure you're doing whatever exercise you choose safely and not aggravating any existing problems. Once that's taken care of, whether you can do a little or a lot, it's time to get moving. «

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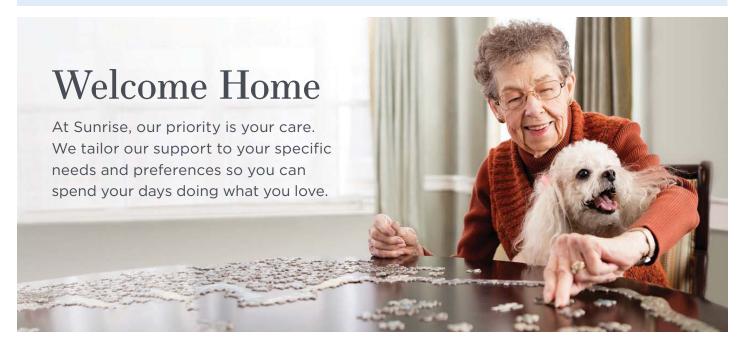
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ProFILES

Dr. Richard Gray

By DENNIS TAYLOR

MOST OF his friends were retired or retiring by 2009, the year Dr. Richard Gray accepted an offer from Community Hospital of the Monterey Peninsula to become medical director of the Tyler Heart Institute. He was 65 at the time.

Eleven years later, the veteran cardiologist just signed on for another three-year hitch.

"As a person who spent the 1970s, '80s, '90s, and early 2000s in the medical field, I can remember a time when we thought of somebody 60 or 65 as elderly," he

Richard Gray

said with a laugh. "Now that I'm 76, I don't think I'm anywhere near elderly."

Gray's 45-year career in cardiology has provided the best possible vantage point to marvel at spectacular advances in medicine and technology that have changed his profession.

He's always enjoyed being a cardiologist, he said ... but, oh, to be young again.

"If I were just starting, I'd be very excited. The way this profession has evolved over

the past 10, 15, maybe 20 years is truly amazing," said the Carmel Valley resident. "There's so much more to be studied, of course, but a light is shining today in a dark tunnel in ways we never saw before."

The doctor extended an open palm to show a silver cylinder, no larger than a small paper clip — a pacemaker that can be implanted into the heart through the leg using a catheter.

The tiny device, one of cardiology's newest innovations, has no battery box. There are no leads (wires that connect a pacemaker to the heart), which can fracture or become infected. And the motion of the heart perpetually charges its battery.

It's only one example of the astonishing advances

he's witnessed during his long career.

Gray grew up in Grand Forks, N.D., where his grandmother encouraged him to become an engineer.

"My mother was a nurse in charge of the obstetric floor of the local hospital, but I don't recall her ever trying to push me toward the medicine path," he said. "I came down with polio when I was 7, spent a lot of time with doctors, and, looking back, that may have been an influence."

Gray intended to become a neurosurgeon when he left medical school, but gravitated instead toward cardiology.

"I liked that there are physiologic things you can measure, and hear, and do. The pump is an active, beating, vital organ," he said. "I might have some bias — the brain is pretty important, too — but I think the heart kind of controls the body."

Coronary-bypass surgery was brand new in 1975, the year Gray finished his cardiology training.

The first balloon angioplasty — a procedure that allows a blocked artery to be reopened by inserting and inflating a balloon — was performed two years later.

"That was revolutionary, but also dangerous," he said. "There were times when the balloon would break through the artery, and we'd need to do an urgent-bypass surgery to correct something that had gone badly wrong."

The dilated artery often closed again until researchers developed brachytherap — radiation delivered via a special type of catheter, which is passed into the coronary arteries and across the blockage being caused by restenosis (a recurrence of narrowing in the artery).

"Then somebody came up with the idea of putting a little scaffolding inside the artery to keep it open. Today we call those stents," Gray said. "In 2003, somebody created the first drug-loading stent — added a drug coating to the stents that further reduced the tendency for the artery to close."

Diagnostic offerings early in his career included a

very-simplified form of echocardiogram (ultrasound testing), far eclipsed nowadays by two- and three-dimensional pictures of the heart. Gray said cardiologists work with "wonderful photographs" in 2020.

Other advances that have changed cardiology:

"For the last eight or nine years we've had the ability to replace a heart valve using a catheter," he said.

Advances in electrophysiology have led to new treatments for patients with arrhythmia and atrial fibrillation (irregular heartbeat), most notably the pacemaker, which today can detect arrhythmias and fire off a large, lifesaving jolt of electricity.

Advances in emergency-room procedures and techniques have vastly improve treatment for a person suffering the most acute, life-threatening type of heart attack.

"We have a full team standing by if you come to the ER with chest pains anytime of the day," he said. "An EKG shows us the kind of heart attack we're dealing with. The patient is rushed into the cardiac catheterization lab. A stent is placed, opening the artery, often avoiding any damage to the heart.

"Our goal is to reopen the blocked artery within 90 minutes, but in reality it's usually more than 50-60 minutes," Gray said. "More often than not, the patient will walk out the door the next day."

Researchers have found that the same medication used to dissolve blood clots in the heart can be used to treat stroke patients.

"Oftentimes a stroke victim will come to us with complete paralysis: they can't speak, can't hear, can't understand," Gray said. "And today they often walk out of the hospital under their own power a few days later, having had the blood clot dissolved."

Much more is known today about ways to maintain a healthy heart, thanks largely to ongoing research into the effects of cholesterol.

"It took a while to figure out, but we now know that the underlying cause of strokes, heart attacks, and coronary disease in the legs and chest is atherosclerosis (plaque and fatty materials on the inner walls of arteries)," Gray said. "We know smoking, blood pressure, diabetes, and family history are important co-factors that can accelerate the process, but it turns out cholesterol is probably the cause."

The development of statin drugs to treat cholesterol is "a bit of a miracle," Gray said.

"A lot of negative things have been written about statins, but there's massive data supporting the fact that they are markedly effective at reducing strokes, heart attacks, and sudden-death coronary disease," the doctor said. "Some people experience side effects,

but, as somebody once said, the main side effect of statins is the prolongation of life."

Rapidly advancing technology and pharmacology keep Gray excited about his profession after four-anda-half decades, he said.

"A little more than half of my career has been in academic medicine, either as the head of a heart program, or as chief of medicine at a medical school," he said. "The other half has been program development, recruiting talented people, which is what I do here," for Montage Medical Group, the Tyler Heart Institute, and Community Hospital.

Before relocating to the Peninsula, Gray practiced for 18 years at Cedars-Sinai in Los Angeles (where he met his wife, Carolyn, a research nurse), served as chair of medicine at the University of North Dakota School of Medicine, director of cardiovascular services at Health Partners, chief of cardiology at Regions Hospital in St. Paul, professor at University of Minnesota School of Medicine, and director of Sutter Pacific Health Centers in the San Francisco Bay Area.

"Honestly, I don't know what the hell I'd do other than this," Gray said. "I still love what I do every day, and I enjoy being somewhat relevant."

Dennis Taylor is a freelance writer in Monterey County. Contact him at scribelaureate@gmail.com.

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This project was supported, in part by grant number 90SAPG0052-03-01, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

Everyday Health Hazards

I threw my back out – now what?

By ELAINE HESSER

NO DOUBT it's happened to you — unless you're part of the lucky 20 percent of adults who don't have problems with back pain. You might have been doing something obviously unwise, like trying to move a sofa by yourself, or something ordinary, like reaching for a toothbrush in the medicine cabinet, when suddenly, your lower back hurts — a lot.

The lower back pain people call "tweaking a muscle" or "putting their back out" can have a wide variety of causes, but most of them aren't anything to panic about. In fact, longtime physical therapist Tony Pazzaglia of Terrapin Physical Therapy in Ryan Ranch said it's important to "avoid the belief that low back pain is

crippling." In fact, panicking probably will make it feel worse

Pazzaglia wryly noted that "Pain is an alarm system. It doesn't mean your back has gone out on you like a disloyal love interest." And for many people, simply knowing it's probably nothing serious reduces the sensation.

Numerous studies over the past 30 years have borne that out, particularly with regard to low back pain. It doesn't mean the soreness isn't real, but it does mean that addressing its mental component can

HAZARDS cont. on page 22



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help alleviate it.

Along those lines, Pazzaglia said that it's also a good idea to avoid telling your friends about your aches and pains, because "they'll have one scary story after the next" about them. "People come out of the woodwork with scary stories," he said. Instead, he recommended thinking of low back pain "like the common cold."

"We know what causes it, but it happens anyway," he said. And, like the cold, it will usually clear up on its own in about two or three weeks.

The cause can be a strain or a tear, or a problem with the spongy discs that provide cushioning between the vertebrae.

As for why someone can have just as much pain from lifting a glass of water as they can from hoisting a 5-gallon jug, that can vary from person to person. In some cases, you might have a small injury or disc problem to begin with, and a small effort at the wrong angle aggravates it. For others, it's a sign of advancing osteoporosis. How much you weigh and where you carry that weight (around the belly versus the hips, for example)

also play a part in the equation.

Obviously, if you've done something you think might have caused major trauma — like an auto accident or a fall, for example — you'll want to see a doctor.

Symptom checkers like those found on WebMD or the Mayo Clinic's websites can also help you to decide what steps to take by asking questions about things like whether the pain extends below your knees or is worse when you sleep, and whether it's associated with anything like numbness, or a new loss of bladder control. Those are some indicators (there are others) that you may have a more serious problem. Or maybe you just prefer to err on the side of caution.

The means scheduling an office visit with your regular doctor, which may lead to an MRI or X-ray.

Preventing lower back injuries includes getting regular exercise and maintaining a healthy weight, since excess weight makes it harder to stand or walk. Lifting heavy items properly, using your legs and not your back, also makes a big difference. Ideally, you should get help or use a cart or dolly to move objects of significant size. And remember, there is a time when the grandchildren truly are too heavy to swing

up into the

Oldschool advice said to rest your back if it was sore. Pazzaglia said more recent research shows



Tony Pazzaglia

that's not a great idea. Instead, it's better to keep moving as well as you can and continue your regular routine as much as possible. This keeps joints and muscles moving more freely.

"Walk, if you can continue to walk, and keep up that 30-60 minutes of exercise a day," he recommended. Beyond that, "Do whatever feels best, get enough sleep and focus on the positive."

Research shows that over-the-counter medications can relieve pain, as can heat or cold. Pazzaglia mentioned that some of the muscles that might be affected are deep below the skin's surface, and applying a heating pad or ice pack might not do any good at all — but if it seems to help, go for it.

Another item that might help is something called a TENS unit. If you've had to go to physical therapy, it's that apparatus they attach to the affected area with removable adhesive pads and then dial up or down to provide tingling electrical stimulation to the nerves to reduce pain. You can buy them fairly inexpensively at most drug stores, and they can be quite effective.

In fact, they've become so common that if you go to the ER at CHOMP with back pain, they may send you home with one.

Finally, Pazzaglia said, low back pain is "similar to a headache — it's unpleasant for everyone, but it's rarely a tumor." «



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SORTING IT OUT:

Feeding a culture of good health

By ELAINE HESSER

BACTERIA ARE bad, right? They cause infections and nasty diseases, and it seems as if we can't kill them off quickly enough. Hand sanitizers, germ-killing dishwashing liquid ... it's an all-out war.

But when it comes to your digestive system, you might want to cultivate a more peaceable kingdom. Living inside your gut are multitudes of microscopic critters with tongue-twisting names like lactobacillus and bifidobacteria.

Many say the bacteria in your digestive system outnumber the cells in your whole body. Knowing more about them could lead to improvements in treating the digestive and immune systems, among other things.

Of course, it's never too early for someone to try to make money from tantalizing bits of research. You've probably noticed an ever-growing glut of products in the grocery store, drugstore and even your local gas station/convenience store that claim to improve gut health.

Early research findings also helped create a resurgence of old-school fermentation. People are making sauerkraut, kimchi and yogurt at home, partly because those products are full of probiotics — things said to encourage and augment the life of what's called the gut biome. That's the shorthand for the community of bacteria living in each human being's — and animal's — digestive system.

In fact, as described on WebMd, there's an emerging theory that the appendix — that thing you've always been told does nothing except occasionally give surgeons something to remove — is a "storehouse for good bacteria."

Even more intriguing is the idea that those good bacteria might play a role in losing weight, and the suggestion — again, unconfirmed — that transplanting good bacteria from a naturally thin person into one who's overweight might aid the recipient in dropping unwanted pounds.

Barbara Quinn, a dietitian who works with Montage Health, and author of "Quinn-Essential Nutrition,"

and Leanne Wentworth, who works with Community Health Innovations (a joint program of Montage and Salinas Valley Memorial Healthcare System) talked with Healthy Lifestyles about the topic.

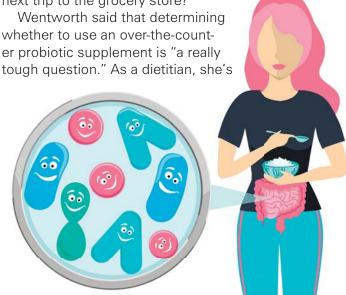
"It's a very exciting field," said Quinn. "I first heard about it maybe 20 years ago at a conference." She noted that, "It's becoming more accepted for medical professionals to prescribe probiotics for diarrhea associated with antibiotic therapy. Since antibiotics kill the good along with the bad bacteria, probiotics can help regenerate the beneficial microbes in the gut."

According to a report in last November's New York Times, probiotics can be used to treat colic, ulcerative colitis and irritable bowel syndrome, as well.

Quinn and Wentworth also discussed the importance of prebiotics. Those are foods that feed good bacteria, and are usually found in things that have lots of fiber.

"It reinforces the benefits of a healthy diet — one that's high in fresh fruits and vegetables and high in whole grains," said Wentworth.

What does all that mean for your next trip to the grocery store?



not permitted to prescribe products, and she said that there's "no exact way of knowing" what a supplement would do because supplements are not regulated in the same way drugs are.

Unsurprisingly, Wentworth and Quinn said the best advice is to talk with your doctor. If, after doing that, you want to improve your gut health, here are some suggestions.

Some foods, especially yogurt, are now labeled with probiotic content, so if you want to try upping your intake, you're looking for ones that say they have "live and active" bacteria cultures. Kefir (another fermented milk product), sauerkraut and kimchi are also probiotic foods.

All are made by introducing a small culture of bacteria — often from a previous batch of the same



Barbara Quinn



Leanne Wentworth

product — to a food or liquid and letting it sit. The bacteria consumes the sugar in whatever's being fermented, and uses it to reproduce, theoretically creating a colony which can survive stomach acid and help out in the digestive system.

If you're looking for a pill to pop, there is some question about whether isolating particular compounds (the antioxidants in berries, for example) and taking them in a pill or capsule is as beneficial as eating the whole foods that contain them. That's because scientists don't yet know the extent of the "entourage effect," which describes the theory that everything in a food works together to promote good health.

Ironically, although the gut

biome seems to contribute to immune system health, if that system's already compromised because of a disease or for other reasons, probiotics aren't always recommended.

Many such products advertise that they're raw and not pasteurized. But if your immune system's not working properly to begin with, adding more bacteria isn't necessarily helpful and can be extremely harmful.

That being said, if you want to put some 'kraut on your hot dog for that Giants game, you can feel pretty good about doing it. &

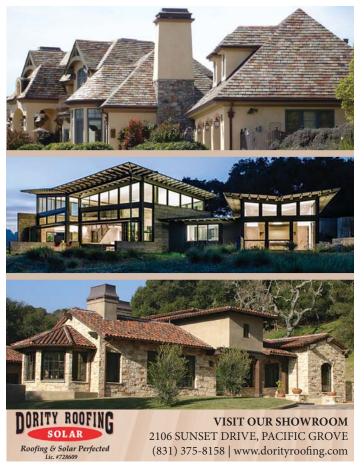


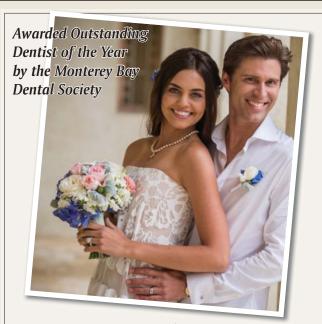
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LIGHTER SIDE cont. from page 14

sure. He wouldn't let her in the room for his last physical, and she could only imagine what kind of blood sugar numbers he was cranking out.

Siggy's mind, meanwhile, wandered to his wife's arthritic joints. He wondered if Medicare would cover what he supposed were the inevitable knee and hip replacements, and whether she should have the surgery at all at her age.

It was perhaps inevitable, after decades of marriage, that they arrived at the same moment at the same idea.

"You know," Willie ventured, intently studying a blueberry she nudged around the bowl in front of her, "I could probably go back to taking a walk after dinner every night." She paused for effect. "If you'd come with me."

"And I was just wondering if you'd help me get into something at the club besides have cocktails and watch other people play tennis," Siggy interjected. "They have that pickleball thing on Tuesdays. It looks like fun."

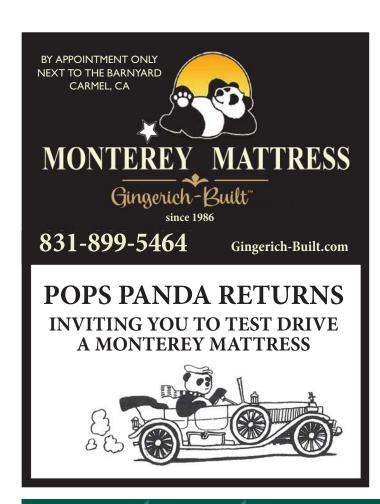
He saw from Willie's confused expression that he had to explain pickleball, so he assured her that (1) it was like tennis, but with a lot less running and (2) they could still have Negronis afterward. "If I could just get her on the court," he thought, "she could lose those extra pounds!"

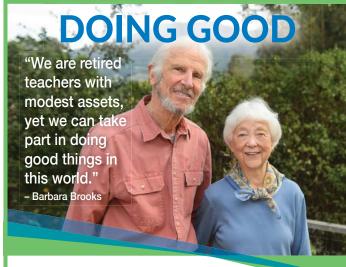
For her part, Willie thought it would be a great way for Siggy to burn off the chocolate-chip pancakes and Belgian waffles. Maybe the docs were right, and it would even bring his blood pressure back down to normal. She worried about that, what with the all the town intrigue. Siggy was certain that the Labradoodle next door was surreptitiously peeing on his hostas. "It is slightly inconsiderate," Willie would sympathize.

"Slightly inconsiderate," Siggy would then say, "is Midwestern for 'incredibly rude." But that was all beside the point. If she could just get him to walk with her after dinner, or play this silly-sounding new game together, it would be a Good Thing.

Siggy was prepared to be Willie's staunchest supporter, her biggest cheerleader — as long as he could hold onto her for another 10 or maybe 20 years. If it was an evening walk she wanted, he'd do it. If he could get her out to play with their friends, even better.

Either way, as she reached across to spear the last few pieces of his flapjack, they each knew they were going to get what they wanted.





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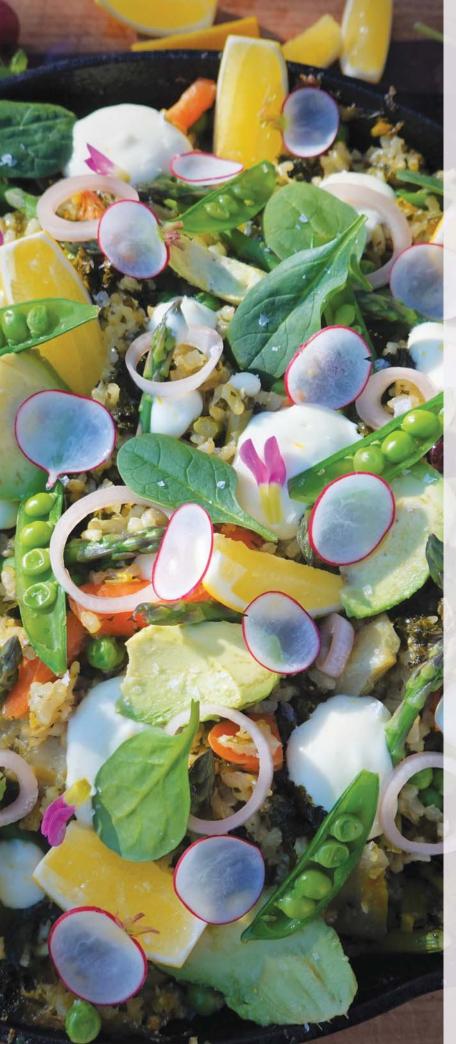
SPRING VEGETABLE PAELLA

with Meyer lemon aioli and pickled shallots

YEAH, IT looks like a lot of stuff. But if you pile all the ingredients on the kitchen counter ... OK, it's still a lot. This is a special occasion dish, maybe for Easter or Passover, or a celebratory spring brunch. If you can get your hands on Meyer lemons, by all means use them — they're fragrant, complex and not so tart. But if all you have are regular lemons, they'll be fine. As for the rest of the ingredients, nobody will look at you funny if you use frozen peas or buy your carrots and celery already chopped. This is one of those dishes you can make work with you've got — or what's easy — and it will still be impressive.







ABOUT THE Chef

By LISA CRAWFORD WATSON

CHEF MATT Masera is a renowned freelance culinary director, who works with celebrity chefs, restaurants and bakeries to plan and execute events, develop and create recipes, and style food for media. Right now, that includes consulting with Earthbound Farm's Farm Stand in Carmel Valley.

Masera said it all started with the day he "fell into pastry." Determined to get his foot in the door of a highly hyped restaurant opening in Sacramento, he accepted the only open position — pastry plater. Soon, he was coming in early to learn how the pastry chef made all those goodies.

Masera has been cooking professionally for 20 years. As a young chef, he moved to Hawaii and opened the James Beard-nominated Merriman's Kapalua on Maui. After helping to open three more restaurants for the Merriman's group, he came back

to California.



Matt Masera

In 2010, he opened celebrity chef Tyler Florence's flagship restaurant Wayfare Tavern in San Francisco, where he cooked for former President Obama, and ultimately became chef de cuisine and Florence's corporate pastry chef.

Masera returned to Sacramento to help launch 4-star

vegetarian restaurant Mother, a showcase for local farmers and produce. He also spends time working with the international organization, World Central Kitchen, to provide meals for disaster relief efforts.

He said he wanted to take the Farm Stand back to its roots. "We're updating our menu, offering more made-to-order foods," and paying more attention to ingredients' growing seasons. "It's been an interesting learning experience for someone used to restaurant kitchens," he said.

SPRING VEGETABLE PAELLA WITH MEYER LEMON AIOLI AND PICKLED SHALLOTS

INGREDIENTS

Serves 8-10:

Meyer lemon aioli

1 whole egg

1 teaspoon kosher salt

2 teaspoons Dijon mustard

Zest from 1 1/2 Meyer lemons

Juice of 1 Meyer lemon

1 1/4 cup vegetable oil

Pickled Shallots

3/4 cup water

1/2 cup red wine vinegar

1/4 cup sugar

2 large shallots

Paella

- 8 cups low-sodium chicken or vegetable stock
- 1 teaspoon saffron threads
- 1/2 large leek, thoroughly rinsed and roughly chopped
- 1/4 large yellow onion, roughly chopped
- 1/4 large fennel bulb, roughly chopped
- 1 yellow bell pepper, roughly chopped
- 1 jalapeno, seeds removed, roughly chopped
- 4 cloves garlic
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon ground coriander
- 2 teaspoon ground cumin
- 5 teaspoons salt
- 2 teaspoons fresh cracked black pepper
- 2 1/2 cups of paella rice (Bomba works best, you can also use Arborio)
- 1/2 bunch of curly kale, de-stemmed and roughly torn into large pieces
- 5 baby carrots, cleaned and chopped into large chunks
- 3 artichoke hearts or 1 cup of storebought artichoke hearts, rinsed and cut into sixths
- 1 bunch of asparagus, cleaned and cut into 1-inch slices, reserving the tips.

1/4 cup kalamata olives, sliced
Zest and juice of 1 Meyer lemon
1 bunch parsley, finely chopped
1 cup English peas

2 radishes, thinly sliced

1 avocado

1 cup baby spinach leaves

Sea salt and extra-virgin olive oil for finishing

DIRECTIONS

Aioli

1. Place the egg, salt, Dijon mustard, lemon juice and lemon zest into a food processor or blender and mix thoroughly. Slowly add the oil in a steady stream until the mixture thickens. Refrigerate until ready to serve. The aioli will keep for a few days.

Pickled Shallots

2. Peel the shallots and slice them into rings, about 1/8th of an inch thick. Place them in a small container with a lid. In a small saucepan, bring the water, red wine vinegar and sugar to a boil. Pour the solution over the shallots to cover them. Place the lid on the container and refrigerate until fully cooled. The shallots will keep for several days.

Paella

- **3.** Combine the stock and the saffron threads in a large pot and bring to a simmer.
- **4.** Place the leeks, yellow onion, fennel, yellow bell pepper, jalapeno and garlic into a food processor and pulse until everything is finely chopped.
- 5. In a 12-inch cast iron skillet or 14-inch paella pan, heat the olive oil over medium-high heat, just until it begins to smoke. Add the chopped vegetable mixture, coriander, cumin, salt and pepper, and sauté for 5 minutes or until the water has evaporated.
- **6.** Add the rice, curly kale, baby carrots, artichoke hearts, cut asparagus stalks (not the tips), olives, Meyer lemon zest and juice to the pan and sauté for 3 minutes.

Reduce the heat to medium-low and fold in the chopped parsley.

- 7. Carefully add the hot stock to the pan. If it doesn't all fit, add as much as you can and keep adding as it cooks down, until you have used all the liquid.
- 8. Simmer the rice uncovered for 25 minutes and check it. If the grains on the top of the pan are still too firm, you can cover with aluminum foil and cook for 10 minutes more.
- 9. When all the liquid has evaporated, and you start to hear the rice sizzling, add the asparagus tips to the top of the rice. Let the pan sizzle for about 5 minutes and turn the heat off. Allow it to rest for 10 minutes. Fold in the fresh peas and fluff the rice a bit before serving. The heat from the rice will cook the peas just enough.

To serve:

Garnish the paella with dollops of the aioli or serve it on the side. Using a spoon, scoop out chunks of the avocado and place around the top of the pan along with the pickled shallots, sliced radishes and baby spinach leaves. Add a healthy drizzle of extra-virgin olive oil and a sprinkling of sea salt over the top.

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