**Storms move on but devastation lingers**

By **CHRIS COUNTS**

After high surf and heavy rains on Jan. 9 battered a sandy bluff that supports Scenic Road, a work crew is busy fixing a broken sewer line near Valley View Avenue. But little has been done yet to address the erosion that is undermining the heavily traveled road.

From the beach below, the edge of the pavement can be seen dangling precariously off the steep and sandy bluff. The troubles along Scenic are a reminder that a plan has been in the works for more than a decade to armor the bluffs to protect the road and sewers lines.

But that scheme, known as the Scenic Road Protection Structure, remains bogged down in a lengthy planning process — despite repeated warnings from residents that Scenic Road is at risk.

Besides providing access to homes and Carmel River State Beach, the street is famous among tourists for its views of Point Lobos, Carmel Bay and landmark houses.

**Sewer gets repair**

General manager Barbara Buikema of the Carmel Area Wastewater District reported Thursday that the sewer line should be fixed by the weekend. The Carmel Area Wastewater District cut off sewer access and Cal Am shut off water to five homes until the repairs can be made.

“The project is taking a bit longer than anticipated simply because of the difficulties of working in sandy soil,” Buikema said. “We think the contractor should be able to make good progress today and by Friday have it all but-tuned up.”

While the sewer line repair has been inconveniences for PG&E and the City of Monterey are working to limit the damage. A new sewer line (right) is installed along Scenic Road after erosion of a sandy bluff supporting the road turned the old one.

**City officials say rain, wind damage exceeds $1.5M**

By **MARY SCHLEY**

**City forecasts: DURABLE damages, new cost**

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**DURING LAST week’s storms that felled dozens of trees, overwhelmed streets and storm drains with runoff and brought widespread power outages, city administrator Chip Rerig issued a “proclamation of existence of a local emergency due to the 2022-23 atmospheric river winter storm event,” and the city council unanimously ratified it Tuesday.

The declaration gives Rerig expanded decision-making powers and makes the city eligible for financial and logistical assistance from local, state and federal governments. Specifically, it provides him the authority to “mitigate the effects of the local emergency” and declares that “all expenditures made in connection with this local emergency, including mutual aid activities, shall be deemed to be for the protection and benefit of the inhabitants and property of the city.”

“We’ve obviously gotten pretty battered here,” Rerig told the council at a special meeting Jan. 17.

**Hillside gives way in Skyline Forest, threatens nearby homes**

By **KELLY NIX**

A LANDSLIDE in Skyline Forest Tuesday took down numerous legacy Monterey pine trees and appears to be threatening at least two homes nearby, while a city engineer said there are plans to assess the slide and try to prevent it from creeping any further.

“From the slide occurred just downhill from homes in the Skyline Forest neighborhood of Monterey. On Wednesday, a sizable crew from PG&E and a tree service were on scene, cutting trees to protect power lines. The effort forced PG&E to cut power for several hours to a couple of dozen homes in the neighborhood.

**When it’s safe**

Monterey’s acting city engineer, Tom Hartt, said that the city is aware of the potential threat to homes closest to the slide and it will assess the situation once it’s safe.

**SPCA: Weather could be reason for sick seabirds**

By **KELLY NIX**

An EXTRAORDINARY number of shorebirds have turned up sick and SPCA Monterey County officials — who are rehabilitating the creatures — believe the powerful storms the Peninsula has experienced for several weeks are to blame. Since the beginning of the month, the SPCA has rescued 25 red phalaropes, which were found emaciated, cold and lethargic. It received 10 of the bird species on Monday alone. Red phalaropes, which spend most of their lives at sea, weigh less than 2 oz. and are about the size of a robin.

“The annual average of phalaropes we rescue is six,” SPCA Monterey County spokeswoman Beth Brookhouser told The Pine Cone Monday.

The birds have been found in bad shape all over the county, including Carmel, Pebble Beach, Big Sur, Monterey, Seaside, Marina and even Cachagua.

**CARMEL HIGH School principal Jonathan Lyons remains on paid administrative leave as he has for the past month, and this week, the Carmel Unified School District announced a temporary principal is taking his place.

“We knew coming back after break that if we were still in a position that Jonathan Lyons is not back, it would make sense to bring in an interim,” CUSD superintendent Ted Knight said Wednesday. “We’ve obvi-ously gotten pretty battered here,” Rerig told the council at a special meeting Jan. 17.

**Rain Gauge**

<table>
<thead>
<tr>
<th>Last 7 days</th>
<th>Since Oct. 1</th>
<th>5-year avg.</th>
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<td>4.79 in.</td>
<td>29.10 in.</td>
<td>14.91 in.</td>
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Not-so-gentle giant

SHE DOESN'T like them very much. Of course, she's never said that out loud, and she's sure her dogs are unaware of her feelings. She actually liked them more when they were smaller, and she didn't have to rely on her husband to hold the leash to keep from flying behind them like a cartoon character.

Buella is a black-and-white merle Great Dane, now 9. “Danes are only supposed to live eight years,” her person said. “I was attracted to her because I've always liked cow prints. I thought the puppies were so cute, like mini horses in cowhide. Full grown, not so cute.”

Buella is actually a gentle giant, her person says, from her Monterey home, but if she steps on your foot, she might break it, and if she playfully bats another dog with her paw, she might knock it over.

The other family dog is Roxy, a Swiss mountain dog who was part of the package when her person got married. “Roxy is very loyal, very affectionate,” her person said. “She used to be a big hiker with my husband, but now that she's 15, she's starting to take it easy.”

Roxy also used to love the beach, but she hasn't been to the seashore lately, and Buella's never set foot in the sand. Her person can't imagine managing such a big dog in the surf and sand, and among all those other dogs.

“You have to train Great Danes from Day One, or they get your head off,” her person said. “We were a little lax in that department, so she's in charge. If we take her to the vet, she spread-eagles outside the door, and we can't get her inside. The vet comes to us now.”

If you have to train Great Danes from Day One, or they own you,” her person said. “We were a little lax in that department, so she's in charge. If we take her to the vet, she spread-eagles outside the door, and we can't get her inside. The vet comes to us now.”

Roxy and Buella’s person says she's never, ever getting another dog.

“But when we do,” she said, “I'm thinking maybe two Great Danes.”

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Sandy Claws

By Lisa Crawford Watson

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City stays mum on reason for investigation of police chief

By MARY SCHLEY

The POLICE chief who was awarded by city administrator Chip Reiger and others for his “proven track record of strong and empathetic leadership, and a friendly, mentoring demeanor,” and was described as “a well-rounded police officer and an excellent communicator,” when he was hired in May 2022, remains on paid leave.

Requests for comments and information from Reiger and assistant city administrator Maxine Guillo again went unanswered this week.

Alan Ward is the first Carmel P.D. chief in decades if ever, to be put on administrative leave pending an investigation, according to long-time residents and current and former employees.

Before joining Carmel P.D., Ward retired from Merced Police Department after spending more than two decades there and working his way up through the ranks. Merced P.D., incidentally, has suffered its own internal issues and allegations of harassment with the Merced City Council this month narrowly voting to ask the state attorney general’s office to investigate its policies and procedures.

Contract terms

According to Ward’s contract, which calls for an annual salary of $203,495 plus benefits, if the city decides to terminate the agreement without cause, he’s entitled to two months’ salary as severance. But if he’s fired for cause, he’s owed nothing.

“Cause” is defined as conviction of or pleading guilty to any crime or offense, other than minor traffic violations and similar incidents, “which, in the determination of the city council, is likely to have a materially adverse impact on the city or the public safety director’s reputation,” conviction of any crime involving an “abuse of office or position” or of “moral turpitude,” repeated failure to carry out the city administrator’s directives, or any gross negligent action or inaction that “impedes or disrupts the operations of the city or its organizational units, is detrimental to employees or public safety, or violates the city’s properly established rules or procedures.”

If Ward were to resign with 30 days’ notice to the city, he wouldn’t get any severance but would be entitled to any outstanding salary, accrued vacation time and any other accrued and unused benefits, according to his contract. He started the job with 80 hours of vacation leave in the bank, with the ability to earn another 80 hours per year for his first four years of service, and accrues eight hours of sick leave each month. He is also entitled to taxpayer-funded retirement contributions, as well as deferred compensation of $150 per month.

Cmrd. Jeff Watkins is overseeing the department as interim chief while Ward is out. If Ward is convicted of “abuse of public authority, including waste, fraud and violation of the law under color of authority, or a crime against public justice or of moral turpitude,” he’ll have to reimburse the city for his paid leave.
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Dog, wallet and earring go home

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.

NEW YEAR’S EVE

Carmel-by-the-Sea: A 24-year-old female from Hillsborough was arrested at U-nipper and Fourth for driving under the influence. She was taken to Monterey County Jail.


Pacific Grove: Dead body at a residence on David Avenue.

Carmel-by-the-Sea: Report for a lost diamond ring at the Crossroads.

Carmel-by-the-Sea: 85-and-2-on Ocean Avenue. All parties contacted and identified.

Carmel-by-the-Sea: Report of found property near the beach. Items were later returned to owner.

Carmel-by-the-Sea: Wallet found on the beach turned in for safekeeping. Wallet was returned to owner on Jan. 2.

The gavel falls

New Year's Eve

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

Monterey County District Attorney Jeaninne Pacioni

Sheriff’s Log

Police & Sheriff’s Log

Jan. 17 — Nicholas Charles Howder, age 34, of Monterey, was convicted of evading a peace officer causing death, evading a peace officer against traffic, evading an officer with willful disregard, vehicular manslaughter, and driving on a suspended license.

On Feb. 16, 2022, Salinas Police Department detective Austin Scaggs initiated a traffic stop on a stolen vehicle. Howder was initially compliant with the traffic stop but then changed his mind and led in the stolen vehicle.

During the 5-mile pursuit, Howder failed to stop for four red lights and reached speeds of over 100 mph. The pursuit ended when Howder lost control of the vehicle and struck a pole, sending the vehicle flipping through the air. The vehicle landed upside down in a ditch off Blanco Road at the entrance to the Monterey Peninsula Golf Course. Howder’s female passenger was killed in the collision.

The Honorable Jennifer O’Keefe presided over the three-day trial. Howder’s convictions are considered a third strike under California’s three strikes law. Based on Howder’s prior strike convictions, Howder faces a state prison sentence of 25 years to life when he is sentenced on Feb. 9, 2023.

The case was investigated by Scaggs and Monterey County District Attorney investigator Terri Edwards.

The case was prosecuted by the Monterey County District Attorney’s Office auto-mobile insurance fraud unit.

The gavel falls

New Year’s Day

Carmel area: Resident reported a civil issue involving a tree on a neighbor’s property on Lower Trail.

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In a civil complaint filed Dec. 27, 2022, Candace Bell alleges that when she was 16 and 17 years old and a boarder at the Monterey school, a teacher, whom she does not identify, sexually abused her, sometimes in his office.

“On repeated occasions from 1970 through 1972, the perpetrator teacher used his position of authority over Bell to engage in unlawful sexual battery, including statutory rape, among other tortious misconduct, resulting in injuries and damages to Bell,” her suit says.

The teacher, Bell says, “used his position of trust and authority” to groom and abuse Bell and forced her to engage in sexual acts without her consent and despite her “verbally and physically resisting him.”

“Concealed” While the unidentified man “openly displayed sexual grooming conduct” with students, York School officials “failed to intervene to stop the abuse,” warn parents and reprimand the teacher, she contends.

The “teacher’s abuse was known to” York School, which Bell refers to as “Doe 1” in her complaint. “Doe 1 ignored this information, dismissed it, and concealed the reported abuse from Bell’s parents and before deputies led her to back to a county jail.

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By MARY SCHLEY

MONACO BUSINESSMAN Patrice Pastor added to his considerable Carmel portfolio earlier this month when he pur-
chased a commercial property on Lin-
coln Street for $6.2 million, according to
records at the Monterey County Assessor’s
Office.
Pastor bought the commercial property
south of Ocean that includes The Cottage
restaurant, apartments and other retail
space from longtime owner Richard Wag-
nor, with escrow closing Jan. 3.
Pastor purchased the complex under the
name of his local company, Esperanza
Carmel.
Esperanza Carmel has now accumulated
nearly $90 million worth of residential
and commercial properties in the city and
beyond over the past seven years, among
them Rocky Point restaurant in November
2021 for $8 million, the Eastwood Build-
ing on San Carlos and the property next
door for $11.2 million, L’Auberge Carmel
at Monte Verde and Seventh for $13 mil-
lion and The Pit at Dolores and Fifth for $9
million. He also owns three homes on Sce-
nic (one of which has since been demol-
ished to make way for a swimming pool),
two commercial buildings on Dolores and
one on Ocean, an office and apartment on
Seventh, and the Colonial Terrace Inn at
San Antonio and 13th, which he’s since
rebranded the Carmel Beach Resort and is
in the process of remodeling.
Pastor has several projects under-
way, including his longstanding efforts to
develop the blighted property at Dolores
and Fifth and his ongoing campaign to turn
the property south of the Sevenths & Dolores
Steakhouse into a useful development.

“Fits well”
The great-grandson of the founder
of construction company J.B. Pastor &
Fils, Pastor has run the family business
— which now focuses on real estate devel-
opment — since 1995, overseeing more
than 100 luxury real estate development
projects in Monaco and London. He is par-
ticularly fond of Carmel.
“We had the opportunity to purchase
this lovely property which fits well with our
existing portfolio in Carmel,” Esperanza
Carmel managing director Chris Mitchell
said of Pastor’s acquisition of the Wagner
building.
“We have no major development
plans for this property, however, we will
look to upgrade the quality of the building,
including the refurbishment of the existing
apartments, improving the facades of the
commercial units, and attending to various
general maintenance requirements.”

ORDINANCE BANNING FRACTIONAL
OWNERSHIP DELAYED AGAIN

By MARY SCHLEY

AFTER CITY attorney Brian Perlik
made some last-minute tweaks to a pro-
posed ordinance updating the ban on times-
shares to specifically include fractional
home ownership, the city council again
decided to put off possible adoption of the
law, this time to the February meeting.
“The proposed ordinance confirms
the existing prohibition of timeshares and adds
new prohibitions with respect to adver-
tisement and sale of timeshares and frac-
tional interest ownerships,” according to
planning director Brandon Swanson, with
clearer language confirming that timeshares
and fractional interest ownerships,
“are treated identically under the existing
city code.” Owning or advertising a share in
a house could garner fines and other
punishment from the city, according to the
proposed ordinance.

Because the hearing was already on the
agenda, even though it wouldn’t be held,
Mayor Dave Potter invited people to com-
ment on the ordinance.

Part-time resident William Hanson,
who splits his time between here and Wis-
consin, said allowing fractional ownership
could lead to legalizing short-term rentals,
and he urged the council to adopt the ordi-
nance when it comes up for discussion.

“We do support the updates proposed
in this ordinance with regard to these time-
share items and appreciate the tightening
of the language,” Carmel Residents Asso-
ciation board member Nancy Twomey
said.

Criminalizing
Andreas Madsen, chief revenue officer
for Pacaso — a company that sells frac-
tional ownerships and manages shared
homes — called in to “reiterate my com-
mitment and Pacaso’s commitment to
working with the city” and acknowledged
the firm should have been communicating
with the city on the issue much earlier in
the process.

“In the past few months, I’ve had some
great conversations with city staff and
members of the community,” he said, and
requested the chance to perhaps hold a
community forum to get more feedback
from residents and business owners before
the council takes up the matter again.

The government and community
affairs director for the Monterey County

See BAN page 16A
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ALL SALES FINAL
A MONTEREY County Sheriff’s deputy who spent a decade helping keep citizens safe before she was diagnosed with cancer last year said she’s determined to beat the disease and return to her job. Meanwhile, a law enforcement group has started a fundraiser to help the single mom pay her bills.

Deputy Nora Fausto, 36, believed she was in good health until she began experiencing some physical issues, including extreme fatigue, loss of appetite and headaches. She also felt “small lumps” in her throat. A visit to her doctor led to tests and a subsequent diagnosis in May 2022 of non-Hodgkin’s lymphoma, a cancer that attacks the lymphatic system.

“I mentioned extreme fatigue because I was used to working 16-hour shifts and I’d never felt that tired,” Fausto, of Soledad, told The Pine Cone.

The diagnosis forced Fausto to take leave from her job to concentrate on her health. She’s on her 12th chemotherapy session.

“The doctors told me after one scan that [the cancer] had been spreading, but I’ve had a few more chemo treatments since then, and the next scan is at the end of this month,” Fausto explained. “Hopefully I will get good news.”

Fausto is optimistic she’ll beat the disease, and she plans on returning to her deputy sheriff job once she’s done that.

“I have everything to fight for, and I will,” she said.

Donations trickling in

In the meantime, however, Fausto’s bills are growing. No longer working, she’s responsible for paying her own medical insurance premium — which amounts to more than $2,000 per month for her and her two children — and pay for medical expenses not covered by her plan. A recent weeklong admission to the hospital for pneumonia didn’t help her financial outlook. While the bill hasn’t come in yet, her share could be costly.

Deputies in the sheriff’s office held a fundraiser for Fausto in December. “My own department stepped up,” she said. “I feel like they are my family, as well.”

And the Deputy Sheriff’s Association of Monterey County — the union that represents deputies — launched an online fundraiser a couple weeks ago in hopes of raising at least $75,000 for Fausto. The group posted the fundraiser on the Peace Officers Research Association of California website.

See DEPUTY page 11A
Amid controversy, P.G.’s ‘diversity’ task force gets three new members

By KELLY NIX

The PACIFIC Grove City Council appointed three new members to the city’s Diversity, Equity and Inclusion Task Force during a contentious meeting Wednesday night in which friends of an incumbent — who was originally not selected to serve a second term — pleaded for her to be reappointed.

Mayor Bill Peake, tasked with recommending to the city council who should be on the five-member DEI task force, did not recommend incumbents Kim Bui and chair Tina Rau be reappointed, but he did reappoint Nadja Mark. The three incumbents had applied for second terms, while two other incumbents, Edward Juarez-Lefèvre and Kristy Markowitz, did not reapply.

Appointed after all

However, at Wednesday night’s city council meeting, several friends and supporters of Bui petitioned for her to be reappointed, saying she’s a good representative for Pacific Grove’s Asian American citizens.

Their wishes were met when council members — while fixing an error in the ordinance regarding task force members’ terms — decided to appoint Bui to the panel, upon a motion by councilman Luke Coletti. Bui and Mark will serve on the task force until January 2024.

The council then appointed applicants Katherine Hoops, Juan Mosquera and Donna Stevens to serve on the DEI task force until January 2025.

Peake said Wednesday that the city had an extraordinary number of qualified people apply for the task force and other city panels this time around. Council members Wednesday night also appointed members to several city commissions and committees, but with much less controversy.

The passions over who should be on the DEI task force first erupted at the group’s Jan. 9 meeting after Mark learned that several of her colleagues would no longer be serving.

“I surprisingly have tears,” Mark said during the online meeting. “Not just because I respect every one of my peers, but I’m a little bit enraged and indignant that the best of us were not tapped to come back.”

However, incumbent members of the task force and other city committees and commissions are not guaranteed subsequent terms. In an agenda report to the city council this week, Peake explained how regular changes on the panels are good for Pacific Grove and its residents.

“Incumbents are not automatically reappointed, as that would defeat the purpose of terms, which create opportunities for others to serve and provide alternative perspectives,” Peake said.

‘Less divisive’

Resident Carol Marquart at the Jan. 9 meeting echoed a growing number of residents’ concerns that the DEI task force is only inclusive and accepting of citizens who are in lockstep with its goals, and she called for new members to replace the incumbents.

“It’d like to see a new group of people with the same passion that you have — only less divisive,” Marquart said at the meeting.

For example, after it was discovered late last year that Rau had mocked Catholics and other Christians in a Twitter post, Rau doubled down on the comment and initially refused to apologize. Her task force colleagues also refused at first to condemn the anti-Christian comments — which

See DIVERSITY page 14A
Afghan refugees settle into new Marina home

By ELAINE HESSER

THIS TIME last year, it was a dry and sunny 80 degrees or so in Abu Dhabi, where Nazir and Samra Noory were living in a refugee camp with their two daughters. They had fled their middle-class home in Kabul, Afghanistan, with three suitcases, and the refugee camp became their home for the next eight months.

Nazir’s business worked with the U.S. military, and even before the Americans left in August (with him and his family not far behind), he and Samra received threats from the Taliban in the mail, by phone and in person, warning them to join the Taliban or die. But that was more than 7,000 miles from their new lives, Nazir’s job in accounts payable at CSUMR, and the Marina townhome they moved into the week after Christmas.

The most joyful change was the arrival of baby Sadiya in mid-July. Her sisters, Salwa, age 5, and Zalo, 7, love to dote on her, as do her parents and their closest American friends — a circle of sponsors led by Marina resident Bob Branson. They brought the family to the Peninsula and has shepherded them from their arrival, to a temporary church-supplied house where they stayed during the fall, and finally, to the university’s subsidized housing in Marina.

The sponsors — along with more than 100 donors — have provided $40,000 in cash, plus cars, furniture and a genuinely warm welcome over the past six months.

Chaos, violence

The Noorys recalled a hair-raising bus ride to the airport in Kabul, where members of the Taliban were literally beating people away with sticks. When they first arrived in Monterey, Samra and the two older girls were frightened by the sound of sirens — a holdover from the chaotic last weeks in the capital. Samra said that back then, when Nazir went to work, she feared he might not make it home.

She doesn’t worry about that anymore. In fact, the scariest thing Samra’s been through lately is learning to drive.

“I never had to before,” she said, describing the written test as “tricky.” “The English was easy for me to read,” she said, but the content was tough.

Then she took to the road — “I thought, ‘This is a nightmare, how can other people drive?’” — but she learned and got her license. Now she can take Sadiya to the doctor, go shopping and take care of everyday errands.

Zalo entered school at La Mesa in the fall as a second-grader, which was concerning, since she didn’t finish first grade in Afghanistan. But with the help of tutors who came to the house over the summer, she’s doing well, especially in math. Education is important to Samra and Nazir, who compared his daughters’ life here to what they were living in a refugee camp with their two daughters. They had fled their middle-class home in Kabul, Afghanistan, with three suitcases, and the refugee camp became their home for the next eight months.

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would have faced in Kabul. “They are girls, and they can study. In Afghanistan, they would not be able to study or work, or even travel without family members. They cannot live a normal life. Our kids will study here and have a family members. They cannot live a normal life. Our kids will study here and have a

Nazir said that he will make sure they know how they got here: “I will tell them why we came out and how we came out and left our country. I’m sure they remember the last days. We were facing the Taliban everywhere.”

Samra added, “There was a time in the car when the Taliban army was on one side of the road and the Afghani army was on the other side, and we were passing between them,” as they fired on each other. “They both remember that.”

For Christmas, the Monterey Police Department brought Santa with a large bag of toys to the family at their former home in Monterey, and the girls were fascinated by the police officers. “Salwa keeps saying, ‘I want to be a cop,’” laughed Samra. The sponsors provided a Christmas tree and ornaments, too.

Their new home has three bedrooms and a backyard where the girls can play, and ornaments, too.

When prompted, Nazir said of Kabul, “Of course, I miss a lot of things,” including the culture, friends and extended family members. “But now, we are learning a new culture,” he insisted. The family has some financial needs, and if you’d like to donate, you can do so at gofund.me/e9f455c2.

**DEPUTY**

California’s website.

Deputy Nora Fausto is an amazing hard working deputy who is always there for her coworkers and family,” according to the sheriff’s association. “Her prognosis is good, but she needs our help to continue. Please help us help Nora.”

Donations are trickling in. As of this Wednesday, only $7,125 had been raised toward the $75,000 goal.

Jeff Woods, who operates YouTube channel California Republic, talked about Fausto in a recent video. Woods also informed the media of her story in hopes to encourage others to get checked by their doctor if they’re experiencing changes in their health.

Help needed

In Fausto’s case, physicians discovered the disease when it was in stage 2. While most people diagnosed with non-Hodgkin’s lymphoma in that phase survive the disease, there are no guarantees, and the episode has been emotionally and physically stressful.

Fortunately, Fausto has a lot of support from her friends and family, including her 12- and 13-year-old kids.

“[I] couldn’t be more grateful,” she said. “God is great and he has sent me so many good people in my life and they are checking on me. And it helps, it really does.”

To donate, go to at porac.org/fundraiser/deputy-nora-fausto.
Big slide south of county line cuts off Highway 1

By CHRIS COUNTS

WITH THE rain letting up after weeks of wet winter weather, road crews are working on clearing Highway 1 in Big Sur from the north. But it could be awhile before the route is open all the way to Hearst Castle and Cambria.

A “significant” slide is covering both lanes of traffic near Ragged Point, a hamlet located just inside the San Luis Obispo county line. “The highway is impassible at this location and is expected to be closed for several weeks to months,” Caltrans reported.

Kevin Drahbinski of Caltrans told The Pine Cone that clearing the slide at Ragged Point is a top priority for his agency but they have to proceed with caution. The work will begin at the top of the slide, and a power pole will need to be removed first. “We would like to be able to open it as soon as possible so crews and supplies can get in,” Drahbinski said, “but there’s instability in the slide, and we always prioritize safety.”

Stranded down the coast

Longtime Big Sur resident Peggy Horan, who lives south of the closure, told the newspaper that she and her family are unable to get essential items because they can’t drive on Highway 1. “We’re running low on supplies like gasoline, propane, food and prescription medications,” Horan said. “We’re not starving and we’re better off than others — there are people who are out of propane, so they can’t cook or get heat. People are running out of everything. It’s a really bad situation.”

On Monday, Highway 1 was closed from the elephant seal lookout in San Luis Obispo County to just south of Deetjen’s—a distance of about 45 miles. But by Tuesday afternoon, after two slides were cleared, the northern end of the closure was moved to just south of Esalen, making another 11 miles of the road accessible, along with the popular workshop and hot springs retreat. Esalen reopened Tuesday after a two-week closure.

Caltrans announced it is still assessing whether it’s feasible to bring a supply convoy to those who live along sections of the highway that are cut off. “The road has sustained new damage in several areas which will need to be assessed to determine when a convoy will be viable,” the agency said.

Wet weather closes trails

Also in Big Sur, nearly every hiking trail is closed. Earlier this week, the United States Forest Service closed all of its trails in Big Sur and elsewhere. “Officials today issued a 60-day closure order for four ranger districts in response to the extreme winter storms that delivered punishing rain and wind across the forest this week,” the federal agency trans reported.

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residents. Buikema noted that no sewage was spilled, and once repairs are complete, the infrastructure will be more secure than it was before.

Several hundred yards of Scenic Road remain closed to motorists, bicyclists and walkers due to the dangerous conditions.

Bad memories of ’08

The erosion undermining Scenic Road brings back memories of 2008, when the river migrated so close that it destroyed a portion of the Carmel River State Beach parking lot and its restrooms.

Many blamed the disaster on the National Marine Fisheries Service, which required the county to cut a northwesterly channel in the Carmel River Lagoon Sandbar to release floodwaters from the swelling lagoon. But the channel quickly moved toward the bluff and undermined the road.

County spokesperson Maia Carroll told The Pine Cone a complete assessment of the damage may take “several weeks.” She said the assessment will examine “potential options and associated costs for FEMA funding requests.”

“There are so many storm assessments being gathered right now,” Carroll said.

A one-time Carmel resident who now lives in Monterey, SCENIC

From page 1A

Days after the recent storms had passed, trees were still coming down in neighborhoods throughout the Monterey Peninsula, including this one Sunday in Pacific Grove.

Charles Beren placed some of the blame for the troubles along Scenic Road on the county for not addressing the situation sooner. He said there’s simply too much deferred maintenance of county roads.

“These things don’t happen overnight,” Beren said.

“It’s impossible to go anywhere in the county and not see the bad condition of our roads.”

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My name is Stan Walter and I’m from Wabash, Indiana. After college graduation and serving with the US Army in Korea, I became an expert in the gold, silver and coin industry. I’ve been active in my community as a city councilman, a member of the Rotary Club, as well as a deacon of my church. Did you know that you may never again be able to get this much money for those old gold and silver coins? We’re now offering two contact-free methods for selling your old or unused gold and silver coins, jewelry and valuables; visit us at one of our upcoming event locations or call to schedule a private appointment in the comfort of your own home.

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CLOSED

From previous page

announced.

 Trails in state parks are also closed, at least for now. “Big Sur state parks continue to be closed until further notice while staff works to clean up and repair storm damage,” state parks posted on social media. “We are assessing conditions daily, and with more rain on the way, we will post updates as they are available.”

How wet has Big Sur been of late? According to National Weather Service forecaster Alexis Clooser, 42.94 inches of rain was recorded from Dec. 26 through Jan. 18 on Three Peaks, a remote peak in the Santa Lucia Mountains. At another distant site, Chalk Peak, just under 38 inches of moisture was registered over the span.

At a much lower elevation in Big Sur Valley, 25.09 inches of rain was tallied.

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

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three hard-hit counties — Sacramento, Merced and Santa Cruz — last week, and followed up by adding Monterey, San Luis Obispo and Santa Barbara counties late Tuesday. Now, those counties can seek money and help from the Federal Emergency Management Agency.

“The declaration will open federal assistance to people and businesses in Monterey County affected by the recent 2023 winter storms,” county communications coordinator Maia Carroll said. “Storm victims can apply for assistance if their home or business sustained storm-related damage. Assistance includes grants, low-cost loans or other programs.”

Property damage can be reported through the county’s damage assessment survey at arcgis/IfPefel1.

City damages

“Our expectation is that damages in the city will exceed $1.5 million,” Rerin said last week. Major items that need repair include damaged streets, broken stairways and boardwalks at the beach, rutted pathways, and parks full of downed trees and blocked paths, not to mention leaky city buildings and other infrastructure issues.

“The genesis of this issue is so we can apply for reimbursement of some of our expenditures,” he said, including the copious amounts of overtime worked by police officers and public works employees during the storms, which kicked off on New Year’s Eve and were fairly unrelated in the 15 days that followed, bringing numerous systems with high winds and more than 10 inches of rain.

Her sons — Carlos, Supervisor Wendy Rerin and Supervisor Robert Hernandez — predicted last week that the Monterey Peninsula would become an “island” for several days because of flooding along the Salinas River, interim Police Chief Jeff Watkins booked six rooms at the Hofsas House hotel for workers who might not be able to make it home.

“We only had to pay if we used them,” Rerin said. “But with the potential last week of the Peninsula becoming an island, we wanted to make sure our staff was somewhere safe and warm and secure to stay.”

Rerin called the storms “a historic event” and noted it’s been a quarter-century “since we’ve sustained something this significant.” He said he was pleased no one was hurt in the most recent storms, and praised residents and city employees who worked together to make it through.

Councilwoman Karen Felterd wanted the proclamation to mention damage in Mission Trail park, where fallen trees and wooden streams have blocked and damaged trails, but city attorney Brian Perik said the document is internally broad.

“This resolution is broad enough to encompass any damage that this storm or storms come after this cause the city,” he said.

Mayor Dave Potter suggested the county and the city join forces to fix a badly damaged stretch of Scenic Road above River Beach, since city residents and tourists frequent use the road, even though it’s located in the county, and Perik said civil officials could pursue if that wanted to.

The council unanimously voted to adopt the resolution. It will have to revisit the issue every 30 days to determine whether the emergency still exists, according to Perik.

Free tally

At last Thursday’s council and beach commission meeting, city forester Sara Davis said crews responded to 88 sites for fallen trees and other problems during the storms. Many included multiple trees down and three dozen “branch incidents” involving city trees.

“I have record of 14 private tree problems, but I don’t hear about those all of the time,” she said.

Davis said she was aware of seven structures that were hit by large limbs along with the dramatically crashed vehicle at Juniperio and Seventh.

“Of all of our cases that we worked on, in 24 of those, PG&E was involved,” she added.

The “hot spot” in town that saw the most destruction stretched from First to Fourth Avenue between Torres and Guadalupe, according to Davis. “That’s where the largest number of trees came down,” she said, and many residents were without power for several days as a result.

Mrs. Davis said city and tree contractors focused on clearing designated evacuation routes out of town first and then getting to work on the rest of the problems.

“I think we’ve done a pretty good job,” she said.

This week, some streets were closed in anticipation of dangerous trees being taken down, and many of the streets were lined with tree debris, cut branches and trunk, and yellow caution tape.

DIVERSITY

From page 9A

some called hypocritical considering the task force promotes “diversity and inclusion.”

Resident Janet Cohen acknowledged Raul’s social media post, but was dismayed that she was not given the chance to continue with the panel.

Cohen also called Peake’s initial decision to not reappoint Bui a “sad, disheartening act of injustice.”

The DEI task force is perhaps best known for getting Pacific Grove’s longstanding Festival of Lanterns cancelled after it was overrun by claims by some residents — including several who had proudly participated in the event — that it was racist.

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UNDER APPLICATION FORM

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THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (STATEMENT)

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT

FILED UNDER THE BUSINESS ACT OF 1988, BUSINESS AND PROFESSIONS CODE, SECTION 17920. STATEMENT IS TRUE AND CORRECT.

STATEMENT OF ABANDONMENT OR OR VIOLATION OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OR VIOLATION OF FICTITIOUS BUSINESS NAME

FILED UNDER THE BUSINESS ACT OF 1988, BUSINESS AND PROFESSIONS CODE, SECTION 17920. STATEMENT IS TRUE AND CORRECT.

FILED UNDER THE BUSINESS ACT OF 1988, BUSINESS AND PROFESSIONS CODE, SECTION 17920. STATEMENT IS TRUE AND CORRECT.
PRINCIPAL
From page 1A

highly recommended as a temporary replacement, according to Knight. "Joe is a highly experienced retired administrator" who started out as a math and science teacher in Duarte and went on to serve in various districts as vice principal, principal, staff development director, assistant superintendent and superintendent. "In his retirement, he is serving as a management consultant and coach and has served interim principal positions in high school and elementary school," Knight said. His education and training include a doctorate in educational management from the University of Laverne, a master's degree in psychology and biology with a minor in chemistry from CSU Los Angeles.

Short-timer

Rudnicki was on campus this week, touring the grounds and meeting staff and students, according to Knight. The school's two vice principals, Craig Tuana and Debbie Puente, have been overseeing CHS since Lyons' departure and will "still continue to do more than their fair share, I'm sure," Knight said.

Knight said Rudnicki was on a list of eligible interims and is ideal, since the district is not looking for a long-term solution at this point.

"In a situation like this, you want somebody who's retired," he said, because "you're not going to expect someone who's in a vice principal job to leave and take a job when they might not be here in a week."

Retirees with state pensions are limited to working no more than 560 hours per year, and in the principal's job, the time can rack up quickly.

"He'll work as long as we need him or until he maxes out," Knight said. Rudnicki is being paid $18,279 per month. According to the state, he is also collecting annual retirement. In 2021, he received $162,342 from the California Teachers Retirement System.

"Right now, we're just putting someone in who we know can support us over the next couple of months, and we'll see where we end up with this leave," Knight said.

"We're really excited to have someone of his caliber here. He's hopping right in to make sure everyone feels safe and supported," he said.

At Wednesday night's Carmel Unified School District Board of Education meeting, trustee Anne Marie Rosen mentioned meeting Rudnicki during a visit to the high school earlier in the day.

"It's amazing. He was shell shocked and still was able to handle himself with composure," she said. "I don't know how he did it."

No one else at the meeting mentioned Rudnicki or Lyons.

It's unknown if or when Lyons, who was hired as principal in July 2019, will return. He began teaching high school in 1997 and held jobs as assistant principal and principal at several Southern Californian high schools before coming to Carmel High. Before coming to Carmel, he was assistant principal at La Cañada High School. Lyons has a master's degree in educational leadership, a B.A. in communications, and teaching credentials in social science and English.

He replaced outgoing principal Rick Lopez at CHS and took the reins with an annual salary of $170,189, plus health insurance and other benefits. In 2021, he received $200,027 in total pay and $51,596 in benefits.

BIRDS
From page 1A

It's unclear why the numerous storms are causing the birds to become ill, but the SPCA has a few theories.

"We don't know for sure, but a sudden issue like this during severe winter storms can be caused by a few things," Brookhouser explained. "The high winds could be knocking them off course when they try to fly and they get lost or in a location not suitable for them. For example, one was found in Cachagua and others were found in people's backyards instead of along the shoreline."

Whatever the reason for their poor health, SPCA Wildlife Center staff is treating the small birds so they can be released back into the wild. The SPCA has also treated a few other types of seabirds, such as cormorants, murres, scoters, turnstones, and grebes that Brookhouser said "were likely impacted by the storm, but not quite as many as the phalaropes."

For information or to donate to the non-profit SPCA, visit spcarmel.org.
The dry and sunny weather for much of this week on the Peninsula has given some residents the idea that no more power outages were on the immediate horizon. But on Wednesday, PG&E reported that many customers in Pacific Grove, Pebble Beach and Monterey were without power.

One of them was former P.G. Mayor Carmelita Gar- cia, who told city council members during their meeting Wednesday night that she was without power and didn’t know why, although she noted that a tree had fallen near her home.

“I would really like to know what’s going on, because I’m really fed up,” Garcia said. She decided to come to the council meeting because her internet was out.

The power was restored to most of the affected areas on the Peninsula by Thursday morning.

PG&E administrative services director Tori Hannah told council members that the city incurred about $300,000 in damages to city property. Officials from the city’s Office of Emergency Services, FEMA and the city were expected to meet to go over the damage Thursday before it reached $1 million.

The city had about $30,000 in overtime for workers because of the storm.

Monterey County officials have estimated there has been at least $50 million in damage from the infrastructure damage, including to roads, buildings, bridges and other facilities.

Meanwhile, Gov. Gavin Newsom announced that the White House had included Monterey County in its Presi- dent’s Major Disaster Declaration, which originally only included the counties of Santa Cruz, Merced and Sacra- mento. The designation makes federal funding available for Monterey County residents impacted by storm damage.

“Assistance can include grants for temporary housing and home repairs, low-cost loans to cover uninsured prop- erty losses, and other programs to help individuals and business owners recover from the effects of the disaster,” according to the White House.

Association of Realtors, Adam Pintzer, said the ordi- nance would very likely be enforced.

“If people choose to co-own a home, and let’s say they’re family members and then text each other” to dis- cuss taking turns using the house, “under this ordinance, doesn’t that constitute them doing something illegal?” he asked. “And even if it wouldn’t be enforced upon them, does that not become an ambiguous and vague and discre- tionary application of the law?”

Denver, Colo., resident Mike Coughlin and his wife, Anne, have been visiting Carmel since they were married here 29 years ago and own a quarter of the Dolores Street Pacaso house that sparked the discussion and legal spar- ring between the family members and city. He said and his wife spent a few months in Carmel each year, usually a month at a time, and he implored the council to meet with co-owners of an “adoption ordinance” that would effectively criminalize the shared ownership of homes in Carmel by-the-Sea.

“THERE are hundreds of us who co-own a share of a home in Carmel,” he said. “We are passionate about Car- mel, we’re defending its character, and we look forward to having a discussion with you in the month that’s created by this extension.”

**HUMILATION**

The abuse left Bell with ongoing emotional distress, disgrace, humiliation, loss of enjoyment of life, and she will “continue to be prevented from performing daily activities and continuing her life-style of employment,” accord- ing to the complaint filed for her by her San Francisco attorneys.

Besides sexual abuse and battery of a minor, Bell alleges negligent hiring and supervision, false imprison- ment, negligent infliction of emotional distress. She’s seeking an unspecified amount in monetary damages exceeding $25,000, including punitive damages.

Although the alleged sexual abuse against Bell occurred about five decades ago, California in 2020 expanded the statute of limitations for sexual assault victims, allowing them to file claims for damages in such cases.

**SENTENCED**

maximum of 45 years in prison.

Kensington’s lawyers blamed Turner for Burchard’s mur- der, calling her “a stalker who he could not stop.”

**SAWNSUIT**

from law enforcement, and took no action to prevent fur- ther ongoing abuse of Bell while she was enrolled as a student.

The lawsuit goes on to say that the “ongoing sexual relationship between the perpetrator teacher and Bell was common knowledge” among York School officials and the administration.

Bell recounts in her civil complaint an instance when the teacher invited her to stay in his on-campus house and she “woke up in the middle of the night with the perpetra- tor teacher on top of her.”

York school officials did not respond to questions from The Pine Cone.
**Art Roundup**

**By CHRIS COUNTS**

her creativity to explore the “interconnected relationship between humans and nature.” She has created several large-scale public art installations, including the Wall of Birds at The Cornell Lab of Ornithology.

“Art is a powerful tool for communication,” said the artist, who lives in San Francisco. “It has the ability to touch an individual from all angles — intellectual, visual, emotional, or both. Nature does the same thing.”

The show continues through March 26. The museum is located at 559 Pacific St.

**Wake up and paint**

Monterey Peninsula plein air painter Laura Lindem, whose latest work can be found at the Nancy Dodds Gallery in Sand City, brush and canvas to capture colorful local scenes. Her favorite subjects include Point Lobos State Reserve and San Juan Bautista.

“I pretty much do all my paintings on the spot,” Lindem explained. “I want my paintings to be a record of what I saw on that day.”

Lindem said she works quickly when she finds a scene she likes. “When the light changes, you have another challenge, but a fun one.” And if a person steps into view, Lindem adds them to the painting. “I leave quite a bit of room in the foreground in case the right person shows up.”

She has created several works inspired by the ideas of the Old West and present their own unique interpretations.

Located at 613 Ortiz Ave., Unit A, the gallery hosts a reception at 2 p.m. It’s open Saturdays and by appointment. For more details, visit sylvan-galleries.com.

**‘Migrations’ opens at museum, Sand City gallery celebrates ‘The Old West’**

NEW ART at the Monterey Museum of Art is “Migrations,” an exhibit that captures painter Jane Kim’s passion for the natural world.

Kim is a muralist and a scientific illustrator who uses his creativity to explore the “interconnected relationship between humans and nature.” She has created several large-scale public art installations, including the Wall of Birds at The Cornell Lab of Ornithology.

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**Laverne G. Seeman**

Laverne was born in San Jose, CA on August 22, 1930, the only child of Gertrude Rudolph Seeman and Charles Seeman.

She graduated from Salinas High School and Hartnell College. She studied bookkeeping and made that her career for the natural world.

She was well known for her creativity to explore the “interconnected relationship between humans and nature.” She has created several large-scale public art installations, including the Wall of Birds at The Cornell Lab of Ornithology.

“Art is a powerful tool for communication,” said the artist, who lives in San Francisco. “It has the ability to touch an individual from all angles — intellectual, visual, emotional, or both. Nature does the same thing.”

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Located at 613 Ortiz Ave., Unit A, the gallery hosts a reception at 2 p.m. It’s open Saturdays and by appointment. For more details, visit sylvan-galleries.com.

**John B. Odello**

John B. Odello passed away peacefully on January 13th with his family by his side.

John was born on January 10, 1943, to Isabell and Bruno Odello. Raised in Carmel, John attended Junipero Serra Grammar School, Carmel High School and then went on to attend Cal Poly, San Luis Obispo. After graduating from Cal Poly, John returned to Carmel and began working on the family ranch. He farmed through the floods of 1955 and 1997. After the two devastating floods, the family farming operation ceased.

John continued working the artichoke processing plant in Salinas, until his retirement in 2000.

Two Italian families came together when John married Marie Giannini. John and Marie loved to travel, especially to Lake Tahoe and Italy. They also went on numerous cruises. John was a devoted husband, father, brother, uncle, friend and grandfather.

John coached basketball, baseball and soccer at local Carmel schools.

John loved the 49ers, Golden State Warriors and Pittsburgh Steelers. He loved nothing more than a dinner together with family, especially with his grandchildren, who were his pride and joy.

He loved going for Oreo shakes and root beer floats at RG Burgers with his grandchildren.

John is survived by Marie, his wife of 52 years, sons, Peter (Lisa) and Brian (Erina), grandchildren, Alexandra, Madison, John David, Mya, Aly and Kylee; his sister, Clare Berry; his brother, Michael (Victoria) Odello; brother-in-law, Ron (Cathy) Giannini; nephews, Jake Odello, Michael and Kevin Giannini; nieces, Kim Chiewpanich and Jose (Justin) Iby; great nieces, Dillan and Jordan Chiewpanich.

The family would like to express their thanks and gratitude to Dr. Michael Plaisance for his exceptional care of John over the years.

Funeral Services will begin at 11 a.m. Wednesday, January 25, 2023, at Santa Rosalia Chapel at San Carlos Cemetery, 792 Fremont St., Monterey, CA 93940.

Entombment to follow at San Carlos Cemetery.

In lieu of flowers, the family requests donations in John’s memory to Monterey County Education, P.O. Box 7461, Spreckels, CA 93962 or to the donor’s favorite charity.

Arrangements by Struse & Laporte, Salinas, CA. Visit www.struseandlaporte.com for online condolences.
Championship aspirations are more than a dream — they’re a goal

SANTA CATALINA and Stevenson missed the Central Coast Section playoffs a year ago despite impressive overall records, and Carmel also stayed home after battling tougher competition in a higher league.

But all three schools are harboring realistic postseason hopes this season, with rosters loaded with solid returning players and talented underclassmen.

Carmel will once again play in the Mission Division — considered the Pacific Coast Athletic League’s second-toughest — with 15 players who were on last year’s varsity roster.

That list is topped by senior Nikki Benak, a tenacious four-year starter who earned first-team all-division honors during the 2021-2022 season. Benak, who moves between varsity roster.

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PHOTO/KERRY BELSER

Peninsula Sports

By DENNIS TAYLOR

more experience comes from senior wing Sophia Bone (2 goals, 1 assist) and a strong group of returning juniors including striker Morgan Mayer (3 goals, 3 assists), midfielder wing Fiona Hirschfeld and defenders Julia Blakeley, Olivia Bartle, Abby Paschal and Ella Gallagher.

Talented defenders

The defense is strengthened by multiple first-year players. Senior Emma Heiser, the PCL’s Goalie of the Year in field hockey, was recruited to play the same position in soccer and ranks second in the league with 36 saves. Heiser is backed by last year’s starter, senior Beny Paz, who made 57 saves last season.

Senior Peyton Kelly, a water polo goalie and three-year basketball veteran, earned the starting job at left defender, where she’ll often be matched against the opposing team’s top scoring threat. Julia Jackson, a sophomore, is competing for playing time at right defender.

An exceptional crop of freshmen includes fleet and petite Ava Stahl (3 goals, 1 assist) and Zana Balaban at the wing, central midfielder Ryan Lott (2 goals, 3 assists), and reserve goalie Adi Clark.

“T his squad has a lot of depth — something we haven’t had in recent years — with a lot of good players I can plug in at multiple positions,” said first-year head coach Steven Russell, who has 27 players on his varsity team. “In terms of skill, I expect to be able to compete with anybody in our league, but we’re still figuring out how to work together.”

Carmel expects to contend with Solead, Rancho San Juan, Pajaro and Monte Vista Christian for the title in the Mission Division, which also includes North County and Pacific Collegiate.

Neither Santa Catalina nor Stevenson made the postseason playoffs a year ago, despite winning seasons in the Santa Lucia Division, where the Cougars were 7-4, and 10-4-1 overall, and the Pirates were 7-3-2 and 11-5-3.

Both hope to rectify that shortcoming this season after being promoted to the Cypress Division, where the competition will come from Seaside, King City, Notre Dame, St. Francis and York.

Fast start for Catalina

Fourth-year head coach Julian Salas has eight varsity veterans, and some exceptional underclassmen at Catalina (4-0-1 at the beginning of the week), a team captured by a sophomore, central midfielder Olivia Da Silva.

“When Olivia is there, you can feel her presence. When she’s not, it changes the team’s mentality,” he said of Da Silva’s leadership. “She produces a lot of our offense (2 goals, 4 assists) and also drops back to defend.”

The other captain, senior Elle Leatherberry, is a fourth-year starter at defensive midfielder — a player Salas credits as a strong communicator who provides a buffer between the coaches and her teammates.

Pedroni was all-division

Liliana Pedroni, who earned All-Santa Lucia recognition as a junior, returns to the starting lineup as a defender, where her aggression and competitiveness make her a standout.

The Cougars’ strong defense is also bolstered by junior Megan Barry-Schoon, a physical and technical midfielder, sophomore Sofia McHugh, who plays on the right side of the backfield, and senior Eve Andrews, a skilled midfielder who can also play defense.

Junior Gaby Salazar typically draws the toughest defensive assignment, contending with the opposing team’s top scoring threat, and also steps up to the forward position when needed.

And junior Romina Leal has been a stalwart at center back, and a major factor in Catalina’s defense, which has surrendered just five goals this season, despite fielding a

PHOTO/KERRY BELSER

Senior Peyton Kelly, left, plays Carmel’s crucial left-side defender position, and midfielder Taylor Forrestan, right, leads Stevenson in scoring as a freshman.

Continues next page
From previous page

first-year goalie.
The Cougars’ goalkeeper, senior Tarr Reilly (who also plays rugby), has exhibited toughness and athleticism between the posts, stopping 75 percent of shots on goal.

Three exceptional freshmen

A strong offense had been galvanized by a trio of standout freshmen. Federica Hernandez, who plays forward and midfielder, leads the team with eight goals, midfielder Delilah Fujita has scored five, second-best on the squad, and center midfielder Manuela Hirschfeld, a standout passer, has scored once and assisted on two other goals.

Senior midfielder Harriet Meyer, a first-year varsity player, has three goals and Da Silva, the sophomore co-captain, has two, with four assists.

Other notable contributors include sophomores Regina Ortega (midfielder), Sawyer Vogel (center back) and Piper Butler (forward and midfielder).

“The Cypress Division looks pretty good, but our goals are to win the league and make the playoffs, and I think they’re realistic,” Salas said.

Stevenson, 4-3-1 when this week began, has 11 players this season who were also on the varsity roster a year ago, when the Pirates went 11-5-2 overall but narrowly missed qualifying for CCS.

Notables on that list include 2022-2023 co-captains Amber Voluntad (a senior) and Chloe Vogel (a junior), plus junior Mack Bellomo (5 goals, 5 assists in 10 games a year ago) — all midfielders — and senior Harmony Jones (3 goals, 1 assists last season).

Jones plays forward for the soccer team, despite being honored as Defensive Player of the Year in field hockey after amassing a PCAL-best 55 saves during the regular season. Ten of her field hockey teammates also play soccer, including the Pirates’ top three scorers this winter.

Stevenson’s top offensive force so far is midfielder Taylor Farahmand — a freshman — who has found the net four times and dealt two assists.

Forwards Nimi Stewart, a junior, and Evie Moore (a second-team All-PCAL defender in field hockey), a senior, have scored three goals each.

Sadie Marinester has tallied twice and Misha Lauer and Beckett Judd-Wade have one goal each.

Lena Madler, a senior, earned first-team All-PCAL honors as a midfielder in field hockey and plays the same position in soccer, and Georgia Bonifas is the full-time goalkeeper for the Pirates as a freshman.

Other returning varsity players for Phillip Koshi (head coach since the 2019-2020 season) are midfielder Mia Schlenker and defenders Molly McConnville, Katrina Bauer and Siena Barsotti.
Answers, please

The BIG storms of January 2023 have moved on but are still very fresh in everyone’s mind, which makes this the perfect time to do a poststorm — not only on what happened, but what didn’t happen. As they say on the TV news, the storm door may have closed, but the damage remains and so do the questions.

Before we get to the questions, it behooves us to recognize the tremendous efforts of everyone at the Monterey County Sheriff’s Office, the office of emergency services and the county public works department. Same thing at the city halls, fire stations and police departments in Carmel and the other Peninsula cities, not to mention at PG&E and the other companies whose wires are strung on poles. All of these people did a great job and put in very long hours under trying circumstances, and they deserve the public’s thanks.

There were a few problems with the storm response that warrant some analysis, however. As you can probably tell from the paragraph just above, we raise these questions reluctantly, not only because most people who responded to the storm emergency did so very competently, but because these days, it’s considered bad manners — even for a newspaper — to cast doubt on what the government does. “How dare you?” is the response we’re expecting from some people to this editorial.

Nevertheless, it must be said that ordering people to leave their homes should only be done for a very good reason. Same thing with keeping them out. Making a public announcement that a disaster is about to occur is another thing that should only be done for a very good reason.

Unfortunately, during the recent storms, there were occasions when evacuation orders were issued and dire warnings uttered in a way that seemed almost cavalier — as if high-level officials were acting without really thinking.

For example, during the storm of Jan. 9, when more than 3 inches of rain fell, evacuation orders were issued for the Carmel River stretching from Robles del Rio all the way to Rio Road and the Carmel River Lagoon. In the short term, these orders proved to be warranted, as some flooding did occur in Carmel Valley Village. None occurred down river, however. And even after the storm abated and the river receded, the evacuation orders were kept in place for two days. Why? In areas where no flooding occurred, and with no more heavy rain in the immediate forecast, the orders should have been rescinded as soon as the river started to go down.

Similarly, on Jan. 14, when about 2 inches of rain fell on the Peninsula, evacuation orders were again issued for the Carmel River from the Village to the lagoon, yet for anybody who kept a close eye on the stream gauges and the weather forecast, it had to be obvious at the time that there was no realistic chance the river would flood any homes or businesses. Why were these Jan. 14 evacuation orders issued?

And finally, it must be pointed out that District 4 Supervisor Wendy Root Askew committed a major error when she sent a frightening email to her constituents in the early hours of Jan. 12, warning of a “high probability” that all roads connecting the Peninsula to the outside world would be closed within hours because of flooding, and would probably stay closed for several days. Making a statement like that causes a lot of disruption. Why did she do it? Not only did none of the roads she warned about end up being closed, but they stayed well below the inundation stage. And it wasn’t raining.

People in high-level government positions have a lot of power, and with that power comes an obligation to be willing to be held responsible to the public for what they do. Does anyone disagree with this statement? We hope not, and we look forward to getting specific and meaningful answers from Sheriff Tina Nieto, County Administrator Officer Sonia de la Rosa and supervisor Wendy Root Askew to the questions we have just posed.
A BLANK canvas will look like a meaningless void to some, but that’s where Stephanie Baptista found a portal.

Three years ago, while enduring long days as a caregiver for her ailing grandmother, Baptista bought herself some cheap art supplies, started applying paint to an empty canvas, and discovered a brand-new world of possibilities.

“She painted to combat boredom, to relieve stress and anxiety, and to develop a creative hobby. And then, something unforeseen happened. Almost immediately, she began to make money from her art. I posted that first painting on my Instagram page and almost right away, somebody messaged me and asked, ‘Can I buy that?’” she recounted, the woman, mom and self-employed nail technician/nail artist. “I was absolutely amazed — ‘Really? You actually want to buy it?’ I honestly had no real plan to sell anything, ever. It was a huge surprise and a very big moment for me.”

More amazing is that those moments keep coming. Baptista, a self-taught artist, has sold most of her best work to strangers who have found her online, to friends, acquaintances, family and nail clients (many of whom are also artists). Six of her paintings are on display at Mee Memorial Hospital in King City.

She created a line of Christmas cards that sold out in two days at Spencer’s Stationery in the Crossroads shopping center. Several of her pieces were purchased from an art show at El Vaquero Winery in Corralitos, which has added some of her paintings to its décor. Baptista recently painted outdoors for the first time on Laguna Beach and sold that seascape straight off her easel to a man who asked for more. She regularly gets requests for commissions.

Cathartic pastime

“What’s exciting is that I’ve never had an art class, I haven’t taken any workshops and I’m still just learning how. I learn something new every day,” she said.

“The pandemic was absolutely awful for a lot of people, but for me, it was my chance to paint all day, every day and that was just fun,” Baptista said. “I’ve always suffered from anxiety and it was stressful that I couldn’t work, but painting became my therapist.”

Her cathartic pastime has since evolved into a full-time obsession. Baptista paints nearly every evening, after an eight-hour workday at Nails by Stephanie Baptista in Carmel Ranch. She sometimes works until 2 a.m. or later in the living room of the small Marina apartment that she shares with her partner, an advocate, a trusted professional.

She began by painting pictures on her clients’ fingernails.
work is undocumented, but their master work, “The Way of Peace,” was restored by the UCLA Film and Television Archive in 2017. Originally created with the American Lutheran Church, it premiered at Constitution Hall in Washington, D.C. on April 23, 1947. The 18-minute film is “an ominous portrayal of the fate of mankind if hatred continues to make atomic warfare certain.”

The production costs far exceeded the payment by the church, and Chang and Sloan soon closed their studio.

Surprising omission
After several years of producing three-dimensional utilitarian art, such as a decorative bronze ashytray that in 1950, retailed for $18.50. Chang was drawn back into the theater arts when costume designer Irene Sharaff needed detailed Siamese masks for filming “The Uncle Tom” bal- let sequence of “The King and I” (1956). Chang was paid for his work on the masks. Sharaff won an Oscar for Best Costume Design.

Chang and Gene Warren, a former associate at Pup- pettes, formed Projects Unlimited. One of their first projects was creating effects for their old boss, George Pal, who was making the live-action film, “Tom Thumb” (1958). As they worked — largely uncredited — on myriad films, they built a reputation for being able to create the seemingly impossible on a very tight budget. Some were low-budget B-movies, like Vincent Price’s “Master of the Universe” (1961). Others were Oscar winners, like “The Wonderful World of the Brothers Grimm” (1962) and “Cloudburst” (1965). Chang created the elaborate headdress worn by Elizabeth Taylor, and again, Sharaff won an Oscar for Best Costume Design.

For “The Time Machine” (1960), Chang was very involved. He built the time machine and the futuristic splinter, and created many of the effects of earth’s evolution as the machine moved through time. Appropriately, Warren and Chang were credited on screen.

However, when the movie was awarded the Oscar for Best Achievement in Special Effects, Warren and another partner, Tim Barr, received the statuettes. Warren was visibly confused that Chang, who was in attendance, was not mentioned. His only remark from the stage was: “It’s an honor to share this with our associate, Wah Chang.”

Baby dragons
Desilu Studios called on Projects Unlimited to design many of its props and creatures for its production of the TV show, “The Outer Limits” (1963-1965). Chang took the lead in 1964, as Desilu prepared its next sci-fi series, “Star Trek” (1965-1969). He created props for the pilot including the flip-style communicator and tricorder. As the series progressed, Desilu continued to call on Chang. He created many of the creatures for “Star Trek,” from the horrific Gorn to the cuddly tribble. While he received no screen credit, research shows he also designed Spock’s Vulcan Lyre and Romulan Bird of Prey spaceship.

In 1966, union artists at Desilu objected to the use of Chang, who was not in the union. When Chang tried to join, his membership was denied. He was essentially black-balled from television production. Before leaving Hollywood, he created special props for two movies released in 1968 — uncredited for “Planet of the Apes” and credited for “Voyage to the Planet of Prehistoric Women.”

Upon settling in Carmel Valley, Chang joined the Carmel Art Association and began producing bronzes of endangered species. His bronze repertoire expanded to include his popular dragons. Chang also returned to film production with nature documentaries.

The only one I can nail down was his “Clown of the Sea” about sea otters. It debuted at the Berkeley Film Festival in June 1974. The Changs enjoyed their years in Carmel Valley. Even as Chang’s body failed to the point he could no longer walk, he continued to sculpt. Gentile died in 1997 and Wah in 2003. Chang’s molds were destroyed per his will, and his existing bronzes donated to the Carmel Art Association and sold for its benefit.

Chang’s legacy lives on in the ageless body of his work, both on film and in his sculpture — which, on the Monterey Peninsula, includes his depiction of Dennis the Menace.

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Wah Ming Chang’s 1987 sculpture of Dennis the Menace (left), created for Hank Ketcham’s studio, was moved in 1996 to the Family Birth Center at CHI-CMFP (above). The writer of History Beat had the pleasure of meeting Wah Chang at a Carmel Art Association show and proudly owns the artist’s “Sleeping Baby Dragon” (1960).
Learn anything?  
Dear Editor,

Your editorial last week was entitled, “The lessons of 1995,” but usually, “lessons” mean we learned something. Well, the river flooded in all the familiar places. Homes were inundated, and many of our residents suffered immeasurable damage again as a result of not learning from past events.

Maybe a well-maintained dam on the river could control the water flow, and as a byproduct provide water storage that we could dearly use for newly mandated housing and for home remodeling. Of course, and why not add a hydroelectric generator in time of excess water flows — creating power that is more environmentally beneficial than burning fossil fuels we consume every day.

Also, it could replace the fossil fuel generation necessary for any desal plant that might get built, alternately eliminating the desal altogether.

Buck Jones,
Carmel Valley

The price of online shopping

Dear Editor,

Anyone who shopped online during the holidays could easily see the impact it has on our environment. Online shopping may be convenient and fun, but unlike other shopping, it does not contribute to our local economies.

I don’t appreciate the beauty of our area when I was younger but now I want to paint everything I see,” she said. “Sometimes in the morning, if I’m a little early for work, I’ll just drive around for a little bit, taking pictures of things I want to paint later.”

Baptista said she saves most of the income from her art sales, hoping to someday paint in Italy, Portugal and other picturesque locales.

“My dream is to travel and paint. I want to keep painting for the rest of my life, and I literally want to do it every day,” she said. “It makes me feel sad when I don’t get to do that.”

Valentines at Spencer’s

Baptista and her husband, Jaime Pinedo, who works at the Monterey County Superior Court, are parents of a 14-year-old son, Jacob, who helped create her new website, and a 7-year-old daughter, Anicia, who draws, paints, and makes charm bracelets.

“Baptista’s colorful portfolio of work is largely seascapes, landscapes, still lifes and splashy, whimsical pieces. She paints with acrylics and gouache, using both brushes and palette knives, and all her artwork is improvisational — Baptista never draws or plans a painting in advance, she said. And she’s never short of inspiration.

I spent 40 years manufacturing packaging materials. Uninformed consumers think that because corrugated boxes are recyclable they do no damage to our environment.

When a product comes in a small box from a manufacturer, it’s ready to be shipped and could be headed to a local shop. But when you order online, they place small boxes inside larger ones cushioned with polyethylene air pillows and with some kraft paper.

The energy required to pick up the boxes, sort them, send them a recycler, have them processed into new liner board, have that liner board processed into corrugated board, produced into new boxes and then shipped to places like Amazon to be reused again makes little environmental sense. The polyethylene, although recyclable, is not set up in any local system to easily recycle.

Buy local. Don’t ask for bags when something is already in a bag or box. Put a few items in your hands and carry them to your car.

I bought a newspaper a few days ago and was asked if I wanted a bag? Use common sense. Buy locally and put yourself on the back when you carry your item to your electric car (and that’s another story) telling yourself that you are environmentally conscious.

John Comer,
Carmel
IT’S ONE of those ideas that seems so simple and ingenious in hindsight, you might imagine scientists slapping themselves on the foreheads, asking, “Why didn’t I think of that?”

That’s what Dr. Harlan Grogin said as he explained the science behind the Watchman implant, a small parachute-like device placed in the heart to prevent strokes. Grogin, a specialist in cardiac electrophysiology (which focuses on electrical activity in the heart) with Salinas Valley Memorial Healthcare System, has been implanting the devices for about three years.

According to Karina Rusk, spokesperson for SVMH, the procedure has been performed there nearly 180 times, on patients ranging in age from 45 to 102.

Grogin said that the Watchman device is designed to help people who have atrial fibrillation (AFib), a kind of abnormal heart rhythm. A 2015 study published on the National Institutes of Health website estimated that AFib affects 2.3 million people in the United States, and that number was expected to grow to 5.6 million by 2050. It becomes more prevalent as people get older and can quintuple the risk of stroke, “with an exponential increase with advancing age.”

While some people with AFib might not have any symptoms, Grogin said others experience dizziness, lightheadedness, have a sensation of “butterflies in the chest,” or simply feel anxious. Over years or just months, episodes of AFib can worsen, last longer and become persistent, then chronic.

Grogin noted that with the proliferation of wearable smart technology and phones that can take EKGs — many alert users if they have symptoms of AFib — more people are becoming aware of the condition.

Cul-de-sac

The “atrial” in AFib refers to location. The heart has four chambers — the lower ventricles, which push blood out into the lungs and body, and the left and right atria (or atria, if you prefer) on top, which receive the blood as it returns to the heart.

As the name implies, during AFib the top chambers’ rhythm is irregular and chaotic. In the left atrium, there’s a small pouch Grogin said was “like a cul-de-sac.” It’s called the left atrial appendage, and the Cleveland Clinic says its function is unknown, although other medical websites suggest that it acts as a “decompression chamber” if pressure in the left atrium becomes excessive.

What is known is that in someone with AFib, the irregular heartbeat can allow blood to pool there and form a clot, which could end up in the brain, causing a stroke.

Grogin said that that’s why, after assessing a patient’s other risk factors (history of heart failure, age over 65, diabetes, heart valve issues and so on), a doctor might put someone with AFib on blood thinners (like warfarin) to keep clots from forming.

However, not everyone does well on those meds. For example, Grogin said that some people get frequent nosebleeds or gastrointestinal bleeding if they take them. People who are at a higher risk of falling, including those using walkers and wheelchairs, are also not good candidates, as a blow to the head could cause dangerous bleeding into the brain. For the same reason, those who enjoy skiing, bicycling or...
JAYME ROCK, a cardiologist with Montage Medical Group, describes herself as having grown up in a hospital. That’s because her mother was a cardiac nurse at the hospital in the small town in eastern Ohio, where Rock was born and raised. Her father would drop her off there on the way to his afternoon shift at the steel mill. In those less complicated days, she would, as she put it, “walk around like I owned the place. Everyone knew me, and I had free rein.”

Being familiar with and comfortable in such a setting from a young age, it’s not surprising that she chose the same profession as her mother, although she clearly took it to the next level. Rock graduated from Ohio University College of Osteopathic Medicine and completed her residency in internal medicine at Riverside Methodist Hospital in Columbus, Ohio, as well as a fellowship in cardiovascular medicine at University of Toledo Medical Center — also in Ohio.

When it comes to her specialty — heart health — she said there’s good news and bad:

• Heart disease is the nation’s — and the world’s — leading killer. In the United States, it takes the life of 1 in 3 women and 1 in 4 men. While heart attacks occur with equal frequency in both sexes, women are more likely to die from them.

• The three main risk factors for heart disease are high blood pressure, high cholesterol, and smoking. According to the CDC, almost half (47 percent) of all Americans have at least one of those.

• Some warning signs of possible heart problems include chest pain, pain that spreads to the arm (the left more often than the right), throat or jaw pain, worsening shortness of breath, swelling of the legs or ankles and an irregular heartbeat.

• The percentage of those with heart disease has been dropping, largely because of improvements in medical care and reduction of risk factors associated with heart disease, such as high blood pressure, high cholesterol, smoking and obesity.

Rock offered specific suggestions to help everyone keep their hearts healthy. After reminding her patients that they can’t choose their parents, age or sex, she lets them know that the three main risk factors are modifiable.

Control what you can

The benefits of quitting smoking and the risks of using apply to other forms of tobacco as well as cigarettes. Quitting is difficult, but there are a number of aids available, from patches to support groups. When it comes to blood pressure, the American Heart Association has helpful guidelines, which you can find at heart.org/en/healthy-topics/high-blood-pressure.

Rock said, “High blood pressure and high cholesterol are two modifiable risk factors. Having these diagnoses increases the risk of having heart disease.”

Blood pressure can often be reduced without medication, as recommended by the Mayo Clinic. Quitting tobacco, weight loss, regular exercise, a healthy diet (with

ROCK cont’d page 31A

Dr. Jayme Rock

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The Carmel Pine Cone     January 20, 2023

To-do list for a healthier heart

By CLAY SHANNON

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February is American Heart Month

Heart disease is the leading cause of death for both men and women in the United States. The good news is that it is also one of the most preventable. Being physically active, making healthier food choices, not smoking, getting plenty of sleep, and finding healthy ways to reduce stress can help prevent heart disease.

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Learn more at montagehealth.org/heart.

Practice 10 heart-healthy habits

1. Get active.
2. Improve sleep.
3. Quit smoking.
4. Eat better.
5. Drink less alcohol.
6. Cut down on salt.
7. Manage a healthy weight.
8. Manage stress.
9. Know your numbers — blood pressure, cholesterol, and triglycerides.
10. Get regular health check-ups.
of Golden State Heart and Vascular practice in Ryan Ranch said. “The cardiovascular problem that never gets adequate coverage, but nonetheless is highly prevalent and hugely impactful in our community, is peripheral arterial disease and its more advanced form, critical limb ischemia.”

Before looking at those two conditions, a brief review of the cardiovascular system might be helpful. Arteries are vessels that generally carry oxygen-rich blood away from the heart, to organs and muscles that need it to make energy and function. Deoxygenated blood returns to the heart through veins.

While heart attacks and strokes rightfully receive a lot of attention, Dr. James Joye of Golden State Heart and Vascular practice in Ryan Ranch said. “The cardiovascular problem that never gets adequate coverage, but nonetheless is highly prevalent and hugely impactful in our community, is peripheral arterial disease and its more advanced form, critical limb ischemia.”

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CHEF FABIAN Di Paolo’s cherished Ducati motorcycle hadn’t even arrived when he prepared this ceviche recipe for Healthy Lifestyles. The new chef at Shearwater Tavern in the Carmel Mission Inn enjoys using a wide variety of ingredients from his travels (see bio) to bring big fla-
tors to his meals.

Ceviche is popular in Peru and other Latin cuisines. Raw fish — in this case, hamachi (yellowtail) — is cured with acid, usually lime or lemon juice, and combined with some finely chopped crunchy veggies, chiles and/or avocado cubes. You can eat it with a spoon or scoop it up with chips.

In this recipe, amounts shown in ounce-
es are measured by weight, not volume. If you don’t have a kitchen scale, you might want to consider investing in one — you can find them for less than $60. A good scale is a baker’s best friend, and is essen-
tial if you’re tackling portion control for the first time. (Sposiler alert: an ounce of cheese probably isn’t as much as you think it is.)

Di Paolo’s recipe calls for a Peruvian chile known as aji limo. It’s significantly hotter than a jalapeño, but not as sweat-in-
ducing as a Thai chile or Scotch bonnet. You can substitute something that suits your own heat tolerance — a serrano’s not a bad choice if you want to stay close to the aji limo. The chef also said you could use half 4 habaneros, or a chile paste called aji amarillo that may be easier to find.

There are two types of Peruvian corn in the garnish, but if you can’t find them, you can omit them.

Leche de tigre — the “tiger’s milk” in the marinade — uses 6 ounces of white fish, and di Paolo noted that in the restau-
rant, they repurpose fish scraps to make it. You might find the cilantro stems an odd addition, but they’re quite flavorful and since they’re going to be blended, there’s no point using pretty leaves.

Although the fish in ceviche becomes opaque and firms up as it marinates, it’s still uncooked, so this dish isn’t a good choice for pregnant women, children, the elderly or anyone with a compromised immune system. For everyone else, it’s a low-fat flavor bomb and a satisfying, pal-
teasing appetizer.

Ingredients

Serves one

Ceviche

5-6 ounces uncooked hamachi (Pacific yellowtail)
3 limes, juiced
2 1/4 teaspoons olive oil

Instructions

1/4 cup coconut leche de tigre (recipe follows)
3/4 ounce red onions, julienne
1/3 ounce cilantro, chopped
Aji limo or other hot pepper, minced
1 ounce avocado, cut in cubes
Salt and pepper to taste (the chef rec-

Leche de tigre

Leche de tigre, or tiger’s milk, is the Peruvian term for the citrus-based marinade that cures the seafood in a ceviche.

2 cups fresh lime juice
5 ounces firm white fish, such as sea-

Garnish (optional)

Maiz cancha (Peruvian dried yellow corn used for popping, dry maiz can-

Chef Bio

Born to an Italian family and raised in Buenos Aires, Argentina, Chef Fabian di Paolo re-
members helping his family in the kitchen at age 8, getting things ready for Sunday family gather-
ings. He went to culinary school and was hired at the legendary J’Atelier de Joel Robuchon —
Saint-Germain.

He’s also worked in luxury hotels and at Daniel Boulud’s namesake café in New York City. After his first winter in the Big Apple, however, di Paolo moved to Miami, where he was one of the opening chefs at the Westin Diplomat Resort & Spa. He went to Washington, D.C., for an opportunity to open Chef Jean-Georges’ J&G Steak House, where he became executive pastry chef, and later, chef de cuisine. After returning to Miami for stints at several other hotels — including a South Beach property owned by Gloria and Emilio Es-
tefan — and creating a popular food truck, di Paolo decided to come west and took over as executive chef at Sheawater Tavern at the Carmel Mission Inn.

When he’s not working, di Paolo enjoys riding his Ducati and looks forward to exploring the Peninsula and Big Sur Coast.

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Translate your New Year’s resolution into reality!
HEALTHY LIFESTYLES

from page 26A

reduced sodium), limited alcohol consumption, sufficient sleep, stress reduction, regular blood pressure checks and support from others can all help you achieve your health goals.

According to Johns Hopkins Medicine, which offers general cholesterol guidelines, adult ranges, as measured in blood tests, go from normal (less than 200) to borderline high (between 200 and 239) to high (240 and up).

Guidance for managing cholesterol is similar to that for managing high blood pressure — improved diet, exercise and possibly medications. It’s also important to work toward attaining your target body weight. Obesity increases the risk of cardiovascular disease by 46 percent in men and 64 percent in women.

Waist circumference is another indicator of potential problems, as carrying weight around the abdomen — the so-called “apple shape” — is associated with higher risk for heart disease. For women, that measurement should be less than 35 inches and for men, less than 40 inches.

Work up a sweat

Rock recommended two heart-healthy diets — the DASH diet (Dietary Approaches to Stop Hypertension) and the Mediterranean diet, for which many online and print resources are available. Increased physical activity is also important. Aim for 150 minutes of moderate intensity exercise each week. Rock defined that as working up a sweat but still being able to hold a conversation.

Most people have only limited control over stress. It can be debilitating because it increases inflammation, which is associated with risk factors for heart disease, like high blood pressure. Increased stress can also lead getting less sleep, being less likely to exercise, making poor food choices or failing to monitor your weight. Also, increased cortisol (a stress-related hormone) can cause more fat around the abdomen, which, of course, equals larger waist circumference.

Physicians regularly decry a sedentary lifestyle, which can start early. Inactivity at a young age can increase risk factors such as obesity and lead to long-term elevated risk for diabetes, hypertension and cardiovascular disease.

Rock had this to say: “Moving is important. I tell my patients who are inactive or functionally limited that any form of movement is better than sitting and doing nothing. Swimming, walking in the pool or riding a bike, or even using a cycle ergometer (stationary bike that measures the user’s effort) all provide benefits. The cycle ergometer can be used when watching television and you can adjust the resistance. Even trying to walk through their home, doing several laps a day, is helpful. If you don’t have access to a gym or fitness center, you can lift soup cans or purchase resistance bands to help with strength and conditioning.”

In summary, she said, doing what you can to eliminate or reduce risk factors for heart disease can greatly increase your chances of improving heart health.
similar sports, also shouldn’t take them.

That’s where the Watchman implant comes in. It’s called plaque, which can interfere with the oxygen in the veins.

‘Ridiculously simple’

Grogin explained the procedure, which he said takes about 30 to 60 minutes under general anesthesia. A catheter with the Watchman implant is inserted through the groin into the right femoral vein. Progress is monitored via ultrasound images relayed by a device placed in the esophagus, behind the heart. There is no direct route to the left atrium for the catheter, so it’s threaded into the right atrium and a small hole is created between the chambers.

Once that’s done, the Watchman is positioned and expanded into the left atrial appendage, closing it off.

“It is ridiculously simple,” said Grogin. “There’s great engineering behind it and the materials it’s made from, to make it safe.”

PERIPHERAL from page 28A

the veins.

When cholesterol builds up inside the arteries, it’s called plaque, which can interfere with the oxygen in blood getting to muscles and organs.

Risk of amputation

Age is one of the main risk factors for PAD, and the National Institutes of Health estimates that nearly 1 in 20 people aged 50-99 have it, increasing to more than 10 percent of people ages 70 to 79. By age 80 or older, 25 percent of men and 20 percent of women deal with the condition. According to Joye, risk factors are the same as for other coronary diseases — smoking, high blood pressure, diabetess, high cholesterol, sedentary lifestyle, poor diet and, in some cases, bad genes.

Symptoms of PAD include cramp-like pains in the hip, thigh or calf when walking. “A person may not be able to walk a quarter-mile, one block, or even to the car,” he said. “It comes on slowly over time,” and is particularly dangerous because it interferes with exercise, which is critical to improving overall circulatory health.

Peripheral artery disease also usually indicates plaque buildup elsewhere. Joye explained that the blood vessels in the legs are fairly large, compared to ones in the heart and brain, and if the larger vessels are affected by plaque, the person is likely also at an increased risk of a heart attack or stroke.

He added that the disease’s prevalence locally is related to the age of the population, with many people living into their 80s, 90s and past the century mark, as well as a large Hispanic community with a high incidence of diabetes.

J oy e noted that the other care doctors are better than others at performing thorough examinations, including checking the circulation in a patient’s foot, or noticing that a loss of hair on their legs below the knees because of poor circulation. And, he said, if leg pain wasn’t what brought the person into the office, it may not be part of the doctor’s focus.

If left untreated, Joye said that peripheral artery disease’s “natural progression” is to critical limb ischemia (ischemia means reduced blood flow). “It’s not just people getting pain when they walk, but when they’re at rest. They’ll get up in the middle of the night, dangle their legs over the side of the bed, and walk around a bit before they can go back to sleep.”

During the day, Joye said that gravity aids the flow of blood to the legs. They start hurting when the person lies down and the legs are no longer below the heart. The decreased blood flow starves the muscles and nerves of oxygen, which causes the pain. It might be on and off for two or three times a night, they might have to sleep in a chair. “That’s not normal,” Joye added.

As the condition advances, there can be ulcers that won’t heal and, eventually, gangrene — dead tissue with discolored skin, severe pain and/or numbness, and foul-smelling discharge. When things get that bad, the affected area often must be amputated.

“In the absence of change and without proper treatment, it’s a relentlessly progressive disease,” said Joye. “There are repeat trips to the hospital, emergency room and doctor’s office. But it doesn’t have to be that way.”

He said that not a lot of doctors treat critical limb ischemia, but for those who do, it’s very rewarding.

“If you can save the leg, the person can walk again, be active, play with their grandkids — it’s a huge win.” Treatment usually involves blood pressure drugs, cholesterol-reducing medications, stopping smoking and making dietary changes.

“The treatments that we have now are so much better than what we had 10 years ago,” he said.

If plaque buildup is arrested early and the patient keeps it in check, Joye said that the arteries can eventually dilate, allowing the blood flow to improve. If it continues to build up, the person might receive a stent to improve blood flow.

Lifelong commitment

In addition to lifestyle changes and meds, the arteries can be treated directly with in-office procedures that can be done without general anesthesia. According to Joye, a small needle is used to puncture the skin and insert a wire into an artery, which can be followed by the removal of plaque, angioplasty (widen the artery using a balloon), or inserting wire mesh stents to help keep an artery open.

“It’s all done through a small cut in the groin and the hole in the artery is closed with a small suture, collagen plug or staple under the skin,” Joye said.

He said he was glad for this opportunity to raise people’s awareness of peripheral artery disease and critical limb ischemia. “Ninety percent of the amputations are preventable,” he said. “It’s a matter of seeking help, getting the right diagnosis and finding a doctor who will treat these diseases.

Once a person finds the right treatment, Joye said, staying healthy requires a lifelong commitment to maintenance. “If they keep them in ‘shoes and walking without a prosthesis,’ it’s a pretty good deal, he said.
Chamber folk duo shares new record, performs Thursday in Sand City

An acoustic duo known for their chemistry and virtuosity, violinist Alisa Rosa and mandolinist Tristan Scroggins take the stage Jan. 26, 7 p.m., at the Sand Box in Sand City.

“Mandolin and violin never sounded so good,” cellist and Sand Box founder Michelle Djkic told The Pine Cone.

Describing their sound as “chamber folk,” the duo will share music from their upcoming album, “Along/Together.”

“Writing songs is also one of the deepest ways that I connect with my own sense of spirituality,” she said. “It has been said that singing a prayer is like saying it twice. Perhaps writing the music for a prayer is like saying it four times. What a blessing I have been given to do so.”

Tickets are $25. Congregation Beth Israel is located at 5716 Carmel Valley Road. For tickets, call (831) 624-2015.

Bluegrass from Canada

One of Canada’s premier bluegrass acts, The Slocan Ramblers, play Friday at the Monterey United Methodist Church. Showtime is 7 p.m.

The group’s lineup includes mandolinist Adrian Gross, banjo player Frank Evans, guitarist Darryl Pousden and bassist Alastair Whitehead. Four years ago, the ensemble earned a Juno Award — Canada’s equivalent of a Grammy Award — for Best Traditional Roots Album.

Presented by the California Bluegrass Association and part of the “Ooter Opry” music series, the concert will be preceded by a jam session at 4 p.m. and a dinner at 5:30 p.m. Concert tickets are $35 and dinner tickets are $15. The church is located at 1 Soledad Drive. For more details, visit otteropry.org.

Singer Pamela Forman and guitarist Bruce Forman (left) play jazz Tuesday at Gusto in Seaside. The show, which starts at 5:30 p.m., is the latest in a series of Tuesday shows at the Italian restaurant. Singer and guitarist Sherita Perez performs Saturday at Puma Road Winery’s tasting room in Monterey. The music begins at 7 p.m.
EcoFarm is back, Shearwater’s new chef, Morgan cellar sale, and a party for pets

The ECOLOGICAL Farming Association is hosting its 43rd annual conference at Asilomar this week, with workshops and other events running through Jan. 21. EcoFarm is the oldest and largest green farming conference in the West, bringing together farmers, ranchers, distributors, retailers, activists, researchers and educators who are focused on food and the future of agriculture. The conference features more than 60 workshops, several keynote speakers covering salient topics each day, and special events, such as mixers, music and the annual awards dinner. Many sessions are available in English and Spanish.

EcoFarm’s gala Jan. 20 will feature the Sunnie, Justin and Freshie awards, given, respectively, to those “who have been actively and critically involved in ecologically sustainable agriculture and have demonstrated their long-term, significant contributions to the well-being of agriculture and the planet,” and to “beginning and young farmers, as the next generation of leaders working to cultivate just and resilient food systems.”

Online registration for EcoFarm is closed, since the conference is already underway, but space may be available for those who want to register in person at the Asilomar Conference Grounds. Visit eco-farm.org/conference for all the details.

New Shearwater chef

Born in Buenos Aires but raised in a traditional Italian household, Fabian Di Paolo developed his culinary roots and his fondness for cooking early in life. “At the age of 8, my fondest memories involved cooking with my dad,” the team at Morgan announced. Customers are being urged to swing by the tasting room to “snag a taste of our odd lots of chardonnay and pinot noir (and a few other surprises, too)” at impressive discounts, with bottle prices ranging from $20 to $30, and a 10 percent discount on a case or more.

Wine club members will get early access from 11 a.m. to noon, and the sale will be open to the public from noon to 5 p.m. — or while supplies last. Regular tastings will be suspended for the day, but samples of a few of the cellar selections will be available. For more information, visit morganwinery.com/visit-us/events.

Panetta is chamber speaker

Former Secretary of Defense Leon Panetta will be the featured speaker at the Monterey Peninsula Chamber of Commerce’s annual awards luncheon at the Inn at Spanish Bay in Pebble Beach Jan. 25. Panetta, who is also the chairman of the Panetta Institute for Public Policy, will open the event, which begins at 11:30 a.m., with “an infor- mative and engaging presentation” on “investing in the next generation of leaders,” according to organizers.

After his talk, chamber leadership will introduce this year’s board of directors and honor the membership mile- stones of more than 600 businesses. Breaks during the luncheon will give attendees the opportunity to network with fellow members, potential customers and community leaders. The event will wrap up around 1:30 p.m. The presentation and lunch are open to the public, and the menu is still “TBD,” but the cost is $60 for members.
FOOD & WINE

and $80 for everyone else. For more information and to register, visit monterey-chamber.com or call (831) 648-5350.

Open house

The Great British Bake Shop will partner with Gold Leaf Spice & Teas, Inc., to host an open house Jan. 25 from 2 to 4 p.m.

The bakery, opened by British expats Lesley Everett and Chris Swainson last summer at 8 W. Gabilan St. in Salinas, will provide samples of its popular meat pies and complimentary “cuppas” from Gold Leaf, which is located next door.

Long before establishing their brick-and-mortar spot, Everett and Swainson had missed the meat pies and sausage rolls that are staples of their home country and began baking and sharing them with their American friends, who went crazy for them, too. They soon began making their goodies at Sweet Reba’s in the Crossroads a couple of times a month and selling them there under the P.G. Pyes name.

One specialty, the ham and egg pie, is based on an original recipe from May Oxborough, Everett’s grandmother, who was born in Suffolk, England, in 1902, and baked the pies only once a year, just after Christmas. Now, at the Great British Bake Shop, they’re available all year long.

Those who drop by the open house will meet the couple and their team, and will have the opportunity to sample various sweet and savory treats along with the tea.

For more information, visit the greatbritishbakeshop.com or call (831) 356-0005.

CRH beneficiaries

Coastal Roots Hospitality announced the charities that will receive the proceeds from this year’s Pick It Up — Pay It Forward program. Through the initiative, CRH donates 10 percent of all proceeds from takeout orders from its three restaurants, Rio Grill in the Crossroads, Tarpy’s on Highway 68 and Montrio in downtown Monterey. Last year’s contributions totaled more than $150,000, according to owners Ken Donkersloot and Mona Calis.

See WINE next page

Valentine’s Dinner

LOVEBIRDS SPECIAL FOR TWO

Special Prix Fixe Menu
$150+ Per Couple
Available February 10–14, 5:00–9:00pm

Treat your beloved to a romantic three-course dinner accompanied by two glasses of champagne, and two chocolate covered strawberries.

Reservations are required.

For reservations and menu visit: http://linktr.ee/quaillodge

Farmers of all sorts are gathering at Asilomar Conference Grounds to learn, share and network during EcoFarm.

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FOR RESERVATIONS, CALL 831-384-0925 • VISIT WWW.CASINOMONTEREY.COM
**WINE**

From previous page

The program began in the last quarter of 2020 in partnership with the Food Bank for Monterey County, which received more than $50,000 for its mission to end hunger and promote good nutrition.

This year's recipients are CASA of Monterey for this month and next, Dorothy's Place in March and April, Loaves, Fishes and Computers in May and June, MY Museum in July and August, Monterey County Rape Crisis Center in September and October, and The Bridge Restoration Ministry in November and December.

For more information, visit coastalrootshospitality.com.

**Gumbo!**

Leonard Leon at Bon Ton L'Roy's Lighthouse Smokehouse boasts "the only authentic New Orleans gumbo in town," made with house-smoked andouille sausage and Tasso ham. "I made my first Gumbo nearly 30 years ago at Zigzag restaurant, a Post Ranch project in Carmel," he said. At his restaurant in New Monterey, Leon offers two classic gumbos—one with chicken, sausage and ham, and a seafood version with crawfish, shrimp, cuttlefish and crab (when available).

Bon Ton L'Roy's also features other Nola classics like etouffee (Cajun stew), jambalaya, red beans and rice, and po'boys, as well as pecan pie, banana bread pudding and Bananas Foster. There's a lot of live music there, too.

The restaurant is located at 794 Lighthouse Ave. and is open daily. Call (831) 375-6958 for more information.

**Taste through Italy**

Il Fornaio in the Pine Inn at Monte Verde and Ocean is inviting guests to "taste your way through Italy" via a seasonal menu that's available for dining in and takeout through Feb. 2. The menu showcases "authentic Italian dishes inspired by culinary traditions throughout the diverse regions of Italy."

The lineup includes baked pear salad with bitter greens and gorgonzola in pomegranate dressing, butternut squash tarts with sage cream sauce and crispy sage leaves, roasted salmon with fresh vegetables and potatoes, and banana bread pudding with Nutella and gelato.

These dishes can be ordered a la carte by guests who dine in or prepared as a five-course meal to go for two for $85. For reservations or to order, visit lifornaio.com.

**Birch Bark gala**

Birch bark is celebrating its 10th anniversary with a party at Carmel Valley Ranch Feb. 9 from 5 to 9 p.m. "Fall in Love with Birch Bark" will honor the organization's "success in saving the lives of beloved animals whose lives would have been lost if not for our volunteers, our veterinary partners, and our supporters."

Guests will enjoy small plates, beer and wine, and an opportunity to bid on silent auction items while mingling with other devoted animal lovers.

Tickets and sponsorship opportunities are available, and all monies raised from the event will support Birch-Bark's mission of ensuring "support is always available for those pets and families, who need it the most."

The gala will be held at Carmel Valley Ranch at 1 Old Ranch Road in Carmel Valley, and tickets are $150 per person. Visit birchbarkfoundation.org to learn more and to purchase tickets.

---

**RECEPTION**

January 26th

**SHANE PENNINGTON**

3pm-5pm

---

**FORAY**

Carmel's newest fine dining experience

Foray returns from winter closure January 26th

Thursday ~ Sunday 5pm

Happy Hour 5 ~ 6pm

NEC 5th Ave. & San Carlos St.
www.forayrestaurant.com info@forayrestaurant.com
831.250.6100

---

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Cold Craft Beer • Local Wines • Top Shelf Spirits
Try our Carving Station, Thursday - Saturday, 4pm - til sold out
Herb-Crusted Prime Rib and More

---

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Sunset concert postponed

Due to wild and wet weather, last Saturday’s concert by The Brentano String Quartet and soprano Dawn Upshaw at Sunset Center was postponed. A new date hasn’t yet been determined.

“We understand the forecast predicting floods and the possibility of the Monterey Peninsula becoming an island over the weekend, we want to prioritize everyone’s safety,” Alcide Guillory of the Chamber Music Monterey Bay reported at the time.

The organization will reach out to ticket holders with details and the concert being rescheduled. Visit chambermusicmontereybay.org.

Live music Jan. 20-26

Bernardus Lodge & Spa in Carmel Valley — pianist Michael Culver (jazz, Friday at 6 p.m.), singer and guitarist Kevin Pfeiffer (Saturday at noon), pianist Martan Mann (jazz, Saturday at 6 p.m.), guitarist John Sherry (folk, rock and blues, Sunday at noon and Wednesday at 4:30 p.m.) and multi-instrumentalist Gary Regina (jazz, Tuesday at 4:30 p.m.). 415 W. Carmel Valley Road.

Big Sur River Inn — singer and guitarist Rick Chelew (60s music, Saturday at 12:30 p.m.) and Tom Faia and singer Kate Miller (Sunday at 2 p.m.). 1 Del Fino Place.

Chico restaurant in Monterey — The Dave Holodiloff Duo (bluegrass and jazz, Sunday at 7 p.m.), singer Lee Durley (jazz, Tuesday at 7 p.m.) and The Ben Herod Trio (jazz and swing, Wednesday at 7 p.m.). 301 Alvarado St.

Cypress Inn — singer and pianist Dino Vera (jazz, blues and r&b, Friday at 7 p.m.), pianist Gennady Loktionov and singer Debbie Davis (cabaret, Saturday at 7 p.m.), The Andrea Carter Trio (jazz and blues, Sunday at 11 a.m.) and singer Lee Durley and pianist Joe Indence (jazz, Thursday at 6 p.m.). Lincoln and Seventh.

Continues next page
Fernwood Resort in Big Sur — Forrest Day (rock and hip-hop, Friday and Saturday at 10 p.m.). 47200 Highway 1.

Folktrane Winery in Carmel Valley — singer and multi-instrumentalist Rory Lynch (Friday at 3 p.m.), singer and guitarist Talmage Owens (Saturday at 3 p.m.), singer and guitarist John Vicino (Sunday at 2 p.m.) and singer and multi-instrumentalist Meredith McHenry (Monday at 3 p.m.) and singer and guitarist Alex Lucero (Thursday at 3 p.m.). 9840 Carmel Valley Road.

Gusto Pasta and Pizza in Seaside — singer Pamela Forman and guitarist Bruce Lips (Tuesday at 5:30 p.m.). 1901 Fremont Blvd.

Henry Miller Library in Big Sur — singer and guitarist Donald Longstreth of the rock band Dirty Proectors plays a solo show (Saturday at 6:30 p.m.). 48603 Forman at 3 p.m.). 8940 Carmel Valley Road.

Hyatt Carmel Highlands — singer and pianist Dino Vera (jazz, blues and r&b, Saturday at 8 p.m. and Thursday at 7 p.m.). 120 Highlands Drive.

CALENDAR

Jan. 21 — Linda Hirschhorn in concert at Cong. Beth Israel! Internationally renowned singer and composer Linda Hirschhorn will perform at 7:30 p.m. on Cong. Beth Israel, 5716 Carmel Valley Rd. Ms. Hirschhorn will also lead a vocals workshop at CBI that afternoon from 2:30-4:30 p.m. There will be no one turned away for lack of funds — one ticket admits you to both events. Contact Abby at CBI to purchase tickets: shalomcbi@aol.com or (831) 242-3153. Free parking. Supported by the Rachel Sammet Cantor Memorial Fund.


Jan. 26 — Carmel Residents Association hosts “Monterey Bay Through the Eyes of Early California Artists.” Gain new insights on how these painters were inspired by the nature that surrounds us and their local life and times. Free and open to the public, our doors open at 6:30 p.m. for a class of wine and our program starts at 7 p.m. at the Carmel Woman’s Club’s Hall at North and San Carlos. And for details visit www.camelnresidents.org.


To advertise, email anne@carmelpinecone.com

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page 40A

Restaurant

PUBLUC NOTICES

NOTICE OF PETITION TO ADMINISTER ESTATES OF PETER C. SANDERS
Case Number: 23/18560

To all heirs, beneficiaries, creditors, contingent creditors, and persons having or claiming to have any interest in, the estate of Peter C. Sanders, if deceased, or his will or estate, or both, if living, notice is hereby given that a petition to administer estate of the decedent, Peter C. Sanders, if deceased, or his will or estate, or both, if living, has been filed in the Superior Court of California, County of Monterey, pursuant to Section 15000 of the Probate Code, as follows:

The petition requests the decedent’s estate to be administered by the undersigned court-appointed executor, Therese Marie Catalano of the State of California, and for the filing of an inventory of the decedent’s estate as filed in the Superior Court of California, County of Monterey.

The petition requests the decedent’s estate to be administered by the undersigned court-appointed executor, Therese Marie Catalano of the State of California, and for the filing of an inventory of the decedent’s estate as filed in the Superior Court of California, County of Monterey.

You may object to the granting of the petition if you should appear of the record of the files of this court and be heard on the objections.

If you object to the granting of the petition, you should file your objection within 30 days of the date of the first publication of this notice, and should file a copy of the objection with the court at the address stated below.

To view this site online — alertmontereycounty.org

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and guitarist Sam Cauthorn (Friday at 5 p.m.), singer and guitarist Sherita Perez (Saturday at 5 p.m.) and guitarist Glenn Bell (jazz, Sunday at 5 p.m.). 281 Alvarado St.

The Sardine Factory in Monterey — singer and multi-instrumentalist David Conley (pop and rock, Friday at 8 p.m.) and guitarist Kyle Korvetk (pop and rock, Thursday at 8 p.m.). 653 Cannery Row.

Sly McFly’s in Monterey — RetแรeruapieXpect (classic rock, Friday at 9 p.m.). The Bridget Marie Band (rb& f&k, Saturday at 9 p.m.), Rhythm Tribe West (rock, Sunday at 9 p.m.), The Long Distance Flyers (classic rock, Monday at 9 p.m.), Victory Lane (classic rock, Tuesday at 9 p.m.), Johnny Tsunami (rock, Wednesday) and V & the Flipside (rb& k& funk, Thursday at 9 p.m.). 700 Cannery Row.

Trailside Cafe in Carmel Valley — singer and guitarist Brad Wilson (rock and blues, Friday at 6 p.m.). 3 Del Fino Place.

Wild Fish restaurant in Pacific Grove — The Light- house Jazz Quartet with pianist Bob Phillips, saxo- phone Paul Contos, bassist Zach Wendland and drum- mer Mike Shannon (Saturday, Friday at 6:30 p.m.). 545 Lighthouse Ave.
This week’s cover property, located in Carmel, is presented by Courtney Stanley of Sotheby’s International Realty. (See Page 2 RE)
**Real Estate Sales January 8 - 14**

<table>
<thead>
<tr>
<th>Neighborhood</th>
<th>Address</th>
<th>Price</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carmel</td>
<td>3600 High Meadow Drive unit 10</td>
<td>$950,000</td>
<td>Christopher and Audrey Galy to Joel, Christianne, Geoffrey and Sandra Fricker</td>
</tr>
<tr>
<td></td>
<td>26436 Oliver Road</td>
<td>$1,368,500</td>
<td>James Arredondo and Philip and Carrie Quebec to Michael and Leilani Courtney</td>
</tr>
<tr>
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<td>24424 San Juan Road</td>
<td>$3,200,000</td>
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</tr>
<tr>
<td></td>
<td>208 Mirasol Way, Highway 68</td>
<td>$2,050,000</td>
<td>OPEN SAT 1 - 4 PM &amp; SUN 12 - 3 PM</td>
</tr>
<tr>
<td></td>
<td>24760 Summit Field, Carmel 3 bed, 3 bath, 2,800 sq ft</td>
<td>$4,449,000</td>
<td>“The views are as good as it gets!” Panoramic vistas of Fish Ranch, Point Lobos and the Pacific Ocean from just about every room. Custom high-end finishes throughout: Chef’s kitchen, stone floors, solid wood inlay doors, walk-in closets and Arcadia bi-fold steel door which extends your living to your large deck. Prepare to be amazed.</td>
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</tr>
</tbody>
</table>

**Escrows closed: 20**

**Total value: $28,850,500**
Pebble Beach • 5 beds, 5+ baths • $31,000,000 • www.LuckyStrikePB.com

Pebble Beach • 7 beds, 7 baths • $11,500,000 • www.CasaDeLaEstrella.com

Pebble Beach • 6 beds, 5.5 baths • $7,000,000 • www.2817SeventeenMile.com

Pebble Beach • 4 beds, 4 baths • $5,995,000 • www.3199Cortez.com

Monterey • 5 beds, 4.5 baths • $2,750,000 • www.NeverEndingViews.com

Pebble Beach • 3 beds, 2 baths • $1,995,000 • www.1142MestresDrive.com

Pebble Beach • 3 beds, 2 baths • $2,295,000 • www.1076LaurelLane.com

Carmel • 5 beds, 3 baths • $1,950,000 • www.LowerTrailViews.com
HOME SALES
From page 2RE

Carmel Valley (con’t.)

Logan Carr to Richard and Arden Ashley
APN: 418-281-021

4000 Rio Road unit 5 — $1,140,000
Faye Crosby to Betsy Bliss
APN: 015-541-005

Highway 68

28 Mesa del Sol — $1,584,000
John and Rosanne Nang to Jerald and Clare Pendleton
APN: 161-191-013

208 Mirasol Way — $2,050,000
Barbara Sabo to Frank and Almae Casab
APN: 173-076-033

1 1 6 1 4th Street, Pacific Grove — $1,874,000
Wilfred Pi to Keizo Hanamura
APN: 033-076-017

Marina

3284 Cove Way — $735,000
Thomas and Sharon Suraci to William and Irene O’Hair
APN: 031-162-004

18495 McClellan Drive — $980,000
John and Rosanne Nang to Jerald and Clare Pendleton
APN: 161-191-013

See ESCROWS page 11RE

OPEN HOUSE, THIS WEEKEND!

806 Todd Lane, Pacific Grove
3 BD | 2 BA | 1,669 SF | Offered at $1,956,000
Open House, Saturday and Sunday 12-2pm.

24723 Handley Drive, Carmel
4 BD | 3 BA | 2,956 SF | Offered at $2,888,000
Open House, Saturday and Sunday 12-2pm.
Ringing in the New Year but keeping good things from the past

RECENTLY I read a nostalgic essay about reverting to some old things rather than concentrating on the new for the year 2023. An example: wing vent windows — those small triangular windows helped remove stale air in cars before there was “climate control.” The little glass flaps might have saved my life along with the lives of my mother and two older brothers. My mother didn’t drive, so dad piloted our 1948 DeSoto everywhere. The secondhand furnaces from his chain-smoked Camel-filled car’s cabin. The wing vent windows gave us respite from the carcinogenic particulates swirling around us. When set at the proper angle they also helped defrost the windshield.

Dixon Ticonderoga
Another loss, maps! How I miss them. I would open those accordion-folded charts, spread them out on the hood of the car and see my whole trip before me. With one glance, I could see the best way to get from Detroit to Orlando. The maps provided geographical and cultural knowledge of a region, suggesting I should stop in Berea, the Folk Arts & Crafts Capital of Kentucky. Its Artisan Village features hand-made jewelry, fabric stores, galleries, and glass studios.

Next, I would bring back pencils. My young fingers were often wrapped around a yellow Dixon Ticonderoga No. 2 soft pencil. It didn’t follow me to school each day like Mary’s little lamb, but the lead followed wherever my hand led. (Take that, homophone maniacs!), and yes, I know it’s graphite, not lead.

My first writing instrument in school was a straight pen, or dip pen, a torturous instrument consisting of a metal nib mounted on a wooden handle. Every classroom desk had a socket for small ceramic inkswells, which had to be filled on a daily basis, usually as a punishment inflicted on one of the pupils. It was easy to tell Johnny’s or Susie’s “inky fingers” from the rest of the kids. I think the nibs were first used during the Harding administration, since they were so dull they tore a hole in the paper after leaving behind a Rorschach inkblot.

Burnt stick
Pencils to the rescue! A schoolboy’s best friend. They made it easier to do the repetitive exercises in the Palmer Method of Handwriting book.

As a teenage stock boy at the A&P, I wore a white apron over a white shirt and khakis (no jeans allowed) and a pencil perched on my ear. On a piece of cardboard torn from a box, I would write down the items the store manager sent me to get from the stockroom.

A burnt stick may have been the first pencil. The marks left by today’s pencils are not much different than those prehistoric smudges. Here are some pencil facts for you: Before erasers, people used bread to rub out their mistakes. There is enough lead in a pencil for 45,000 words. It would take several harmoons, or about four-and-a-half pencils, to finish off Melville’s “Moby Dick.”

I like the tactile sensation I get from a wooden pencil poised over the paper. See GERVASE page 8RE.
Sotheby’s
INTERNATIONAL REALTY

CARMEL VALLEY

158 Chaparral Road
4 BD | 3 BA | $2,200,000
158Chaparral.com
JEANNE FROMM 831,777,3371
SHELLEY RISIKO 831,338,4101

PACIFIC GROVE

187 Ocean View Boulevard
3 BD | 2 BA | 1 HBA | $4,750,000
187OceanViewBlvd.com
J. R. ROUSE 831,377,3464

CARMEL | OPEN SATURDAY 12-2 PM

44 Hacienda Carmel
2 BD | 2 BA | $599,000
sothebysrealty.com/id/18TB5N
KATHY PICETTI 831,277,5020

CARMEL | OPEN SUNDAY 2-4 PM

4 Del Mesa Carmel
2 BD | 2 BA | $875,000
4DelMesaCarmel.com
CLAUDIA MCCOTTER 831,293,3391

CARMEL | OPEN SATURDAY 12-3 PM & SUNDAY 1-3 PM

34 Del Mesa Carmel
2 BD | 2 BA | $1,100,000
34DelMesaCarmel.com
CLAUDIA MCCOTTER 831,293,3391

110 Del Mesa Carmel
2 BD | 2 BA | $1,088,000
110DelMesaCarmel.com
CLAUDIA MCCOTTER 831,293,3391

MONTEREY REGION BROKERAGES | CARMEL | CARMEL-BY-THE-SEA | CARMEL VALLEY | PACIFIC GROVE | CAPITOLA

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POLICE LOG
From page 4A

NEW YEAR’S DAY
Pacific Grove: At about 1412 hours, an officer was dispatched to a drowned stop sign on Donnett. Public works notified and a work order was placed. Cause unknown.

MONDAY, JANUARY 2
Carmel-by-the-Sea: Dog-vs.-dog bite on Dolores south of Fifth. Pacific Grove: A 28-year-old male was arrested at Ocean View and Eardley for felony probation violation and felony DUI causing injury.

Pebble Beach: Deputies responded to an attempted suicide in Pebble Beach.

TUESDAY, JANUARY 3
Pacific Grove: At about 1534 hours, Monterey Fire, ambulance and P.G. police were dispatched to a fall on public property on Gibson. Subject was subsequently transported to CHOMP for his injuries.

Carmel-by-the-Sea: Wallet found and arrangements made to have the wallet mailed back to the owner.

Pacific Grove: Officer received a courtesy report from a police department in Arizona regarding theft from a building on Cedar Street.

Carmel Valley: Jewelry taken from a specialty store on Center Street.

Carmel Valley: Theft from an unlocked utility trailer on Colit Lane.

WEDNESDAY, JANUARY 4
Carmel-by-the-Sea: Documentation of city tree damage to private residences at Mission and First and Lobos and Third.

Carmel-by-the-Sea: Subject warned about trespassing at a business at Lincoln and Ocean.

Pacific Grove: A cell phone was found at the Pacific Grove Middle School. Owner was contacted to come pick it up.

THURSDAY, JANUARY 5
Carmel-by-the-Sea: City tree damaged private home at Palos and Casanova.

Carmel-by-the-Sea: Small dog found loose in the residential area of Dolores and 12th. Field dog until animal control responded and until the dog owner arrived. Dog returned to owner with a warning.

Carmel-by-the-Sea: Found wallet turned in to the police department. An email for the owner notifying them to contact the department was sent. Wallet placed in safekeeping pending contact. Owner contacted a third party, and the wallet was sent back to owner.

Pacific Grove: As subject reported a city tree branch fell on her parked vehicle at Lighthouse and Grant. Information only.

GERVASE
From page 5RE
Waiting for the synapse to fire the spark from my mind to my fingers to the paper, where the vision in my brain takes shape in grey-black curvaceous characters. There is permanence to a pen. A pencil allows me to keep an open mind, to leave room for a cumulently new thought pushing itself onto the paper. A pencil shortens the distance between the paper and my thoughts before introducing them to a computer.

The ability to erase can be character building. Before you can eliminate a mistake you have to admit you made a mistake.

For a writer, that often means getting rid of your “darlings,” those chosen ego-flavored phrases no one other than you will admire.

I have read some pretentious treatises hyping a pencil as an analogy for life: the graphite not only leaves a mark, but it’s what’s inside that counts; sharpening is painful, like life’s cuts and bruises; its life gets shorter as you use it, and it writes to the end. Oh, gimmie a break!

A pencil is a thing, composed of wood, paint, rubber, a metal ferrule, and filled with a grey allotroic form of carbon. But it can be a small vial of the soul of a poet who can describe hope as “the thing with feathers that perches in the soul,” or a road map from a shaggy Neanderthal leaving a burnt stick blotch of history on the wall of his cave.

Contact Jerry at jerrygervase@yahoo.com.

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This Weekend’s OPEN HOUSES
January 20-22

CARMEL
$685,000  2bd 2ba  Sa 1-3
80 MacAndrew Carmel Carmel Sotheby’s Int’l Rlty
$975,000  2bd 2ba  Sa 12-2
44 Carmel Heights Carmel Sotheby’s Int’l Rlty
$750,000  2bd 2ba  Sa 1-2
167 Hacienda Carmel Monterey Coast Realty
$875,000  2bd 2ba  Sa 1-2
41 De Mesa Carmel Carmel Sotheby’s Int’l Rlty
$1,086,000  3bd 2.5ba  Sa 2-10 or 11
238 Soquel Hrds Carmel Sotheby’s Int’l Rlty
$1,150,000  2bd 2ba  Su 2-4
34 De Mesa Carmel Carmel Sotheby’s Int’l Rlty
$1,200,000  3bd 2ba  Su 1-4
235 De Mesa Carmel Carmel Realty Company
$1,250,000  3bd 2ba  Su 1-4
223 Soquel Hrds Carmel Carmel Realty Company

PACIFIC GROVE
$1,090,990  2bd 2ba  Sa 10-2
1222 Shafter Avenue Pacific Grove Sotheby’s Int’l Rlty
$1,205,000  2bd 2ba  Sa 12-2
605 Tatum Lane Pacific Grove Compass
$1,250,000  3bd 2ba  Sa 1-2
212 Beach Avenue Pacific Grove Compass
$1,299,000  3bd 2ba  Sa 1-2
917 Congress Avenue Pacific Grove Sotheby’s Int’l Rlty
$1,300,000  4bd 4ba  Su 1-10
281 Lightburn Ave Pebble Beach Colburn Bankley Realty

PEBBLE BEACH
$1,025,000  2bd 2ba  Sa 12-3  Su 1-3
51 Shipwreck Row Pebble Beach Sotheby’s Int’l Rlty
$1,070,000  2bd 2ba  Su 1-2
1076 Laurel Lane Pebble Beach Realty Company 241-8505 / 717-1716
$3,095,000  4bd 4ba  Su 1-4
318 Corner Road Pebble Beach Pebble Beach Realty Company

SALINAS
$793,000  2bd 2.5ba  Sa 11-1
5070 S Centaurгон Salinas Sotheby’s Int’l Rlty
$830,000  2bd 2ba  Sa 13-2
9550 S Monterey Hwy Salinas
$850,000  3bd 2ba  Sa 1-3  Su 12-2
10 Glassier Dr Pacific Grove Sotheby’s Int’l Rlty

SEASIDE
$988,000  3bd 2ba  Su 2-4
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$2,889,000  4bd 3ba  Sa 6-12
24221 Monterey Unit Compass
$699,000  2bd 2.5ba  Sa 1-2
213 Coast Road Sotheby’s Int’l Rlty
$1,498,000  3bd 2ba  Su 1-4  Su 12-3
2470 Summit Road Carmel Sotheby’s Int’l Rlty
$2,303,000  3bd 2ba  Su 2-7
San Antonio & 2nd S E Corner Carmel Sotheby’s Int’l Rlty
$2,492,000  3bd 4ba  Sa 1-3  Su 12-2
4878 Pescadero Rd Carmel Colburn Bankley Realty

MONTEREY
$649,000  2bd 2ba  Sa 1-3
250 Forest Ridge Road #19 Monterey Sotheby’s Int’l Rlty
$1,855,000  3bd 2ba  Sa 1-3  Sa 12-2
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APN: 031-279-041

3012 Pinnacles Way — $1,276,500
JPA Marina Builders to Mark and Marcia DeCostar
APN: 031-279-039

487 Russell Way — $1,524,000
JPA Marina Builders to Farazmiz and Layne Rabzar
APN: 031-279-080

Monterey
1321 Josseyln Canyon Road — $1,135,000
SJS1321 LLC to Stephanie Jones
APN: 101-221-005

207 Hermann Drive — $1,270,000
Richard Hewitt to 207 Hermann Drive LLC
APN: 001-431-005

1086 Alameda Street —

$1,335,000
Douglas and Barbara Burke to Jacint and Renee Tumacder
APN: 021-620-011

Pacific Grove
116 14th Street — $1,874,000
Gary Bialas to Mark Wiaz
APN: 036-185-034

Pebble Beach
47 Spanish Bay Circle — $3,500,000
Doug and Jane Diemartina to Marique Tama
APN: 027-092-047

Seaside
1644 Luzern Street — $331,500
Jan Hwa Chu to Hope Minnor
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