

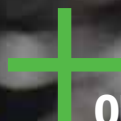
FROM PACIFICA TO PESCADERO

VOL. 3 NO. 4 APRIL 2022

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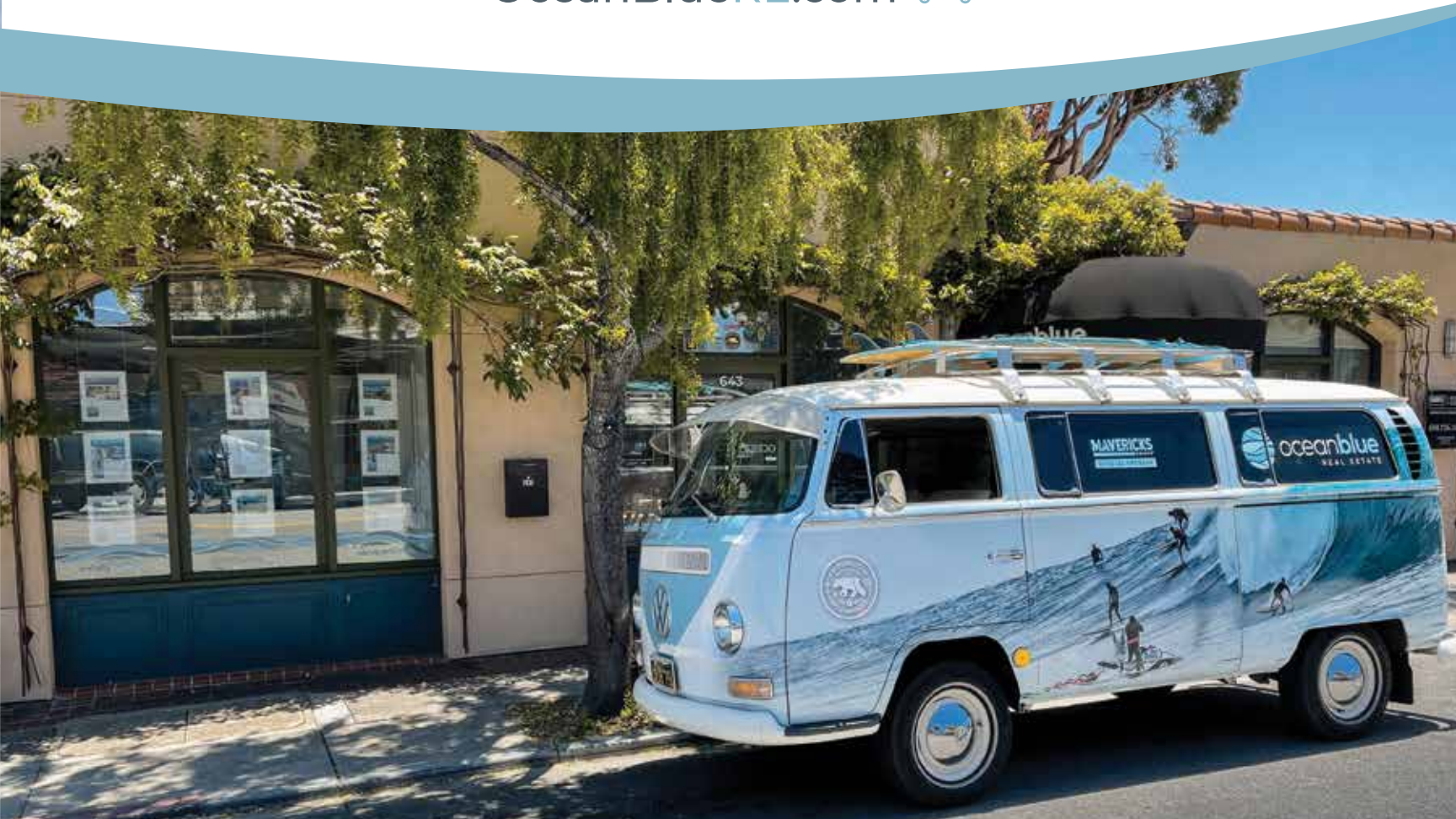
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Throwing shade

Last year, when working from home meant getting creative about existing spaces and finding a place for a home office, I converted a guestroom into my workspace. It wasn't easy letting go of the trundle bed we used when the grandchildren slept over, but they assured me it was just as fun to bring sleeping bags and use the cots we purchased for camping trips instead. I put the bed up for sale on Craigslist and ended up giving it away to a young couple who had lost everything in one of the Northern California wildfires. Then I stripped the room bare and started from scratch.

First, I did a deep dive into finding the perfect shade of white. After much research, I narrowed it down to Benjamin Moore's "White Dove" and "Simply White." I painted large swaths of each color side by side and asked my husband to help me choose, well aware that this is one of the tasks husbands hate the most. He literally scratched his head and rubbed his chin as he stared earnestly at the wall for a full minute before saying, "They are both the same color, right? This is a trick question, right?"

I impatiently explained the nuances and undertones of each and how the light might affect each in a different way before giving up and letting him off the hook.

In a quick aside, months later he woke up the morning after cataract surgery and asked if our gray walls had always been a different shade than our white linen drapes, so it turns out there was a medical explanation and not just spousal indifference. We both agree if he took the "which-shade-of-white-is-the-best" test today, he'd pass with flying colors.

I enjoyed doing the Q&A in this issue with Rachel Ortolan, owner of Abode in downtown Half Moon Bay, who has a great eye for design and so many tips and trends to offer our readers. In the Q&A I asked her if she has a favorite shade of white paint. I felt both pleased and vindicated to learn she did, and that two of the three shades she likes best are — you guessed it — Benjamin Moore's "White Dove" and "Simply White." I could have saved a lot of research time and not put my poor husband on the spot if I had stopped in and talked to her first. Sometimes it's best to leave the job to the professionals.



Debra Hershon is the publisher for the Half Moon Bay Review, Pacifica Tribune, and Coastside magazine.

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COMPASS

Designing a Lifestyle



Photo by Adam Pardee

Rachel Ortolan is the owner of Abode, a home and lifestyle shop in downtown Half Moon Bay. Ortolan opened her shop in 2003 and has developed her passion and knowledge of interiors over time, primarily through collaboration with other designers, colleagues and customers. She and her design partner, Mia, offer their services by appointment. She currently lives in town with her husband, Dave, and their two daughters, Sabina and Amelia.

—Debra Hershon

1 Can you name the one most exciting design trend for 2022? Natural materials and texture. We are spending more time at home and want to surround ourselves with calming elements from nature that blur the lines between interior and exterior. Natural wood tones, textured fabrics, and elements of nature like branches, stones and plants stand out right now.

2 What about one design trend that you're glad is over? All white. Don't get me wrong, I love a crisp, fresh white, but it must be balanced with warmth. Color, textures, layers, and a mix of materials will all help ground a space.

3 What is your favorite interior paint brand and favorite shade of white? I love the complexities of white paint! "All White" by Farrow and Ball has that tiny bit of warmth you need to keep it from feeling too stark. I also use "Simply White" and "White Dove" by Benjamin Moore quite often.

4 What hot interior colors are trending now? For softer shades, sage green is a trend coming back this year — it's a great color choice when you want to add some serenity to a space. For

a brighter pop, periwinkle blue is a big color this year, both in paint and in accents. Lately I've been loving emerald green and peacock blue, sometimes layered together, and I never ever get tired of saffron.

5 What is the biggest design mistake you see people make most often? Buying all your furniture in one place. You must mix it up to create an interesting combination that is personal and exclusive to you. Also, not taking enough risk. Push yourself a little. Mistakes are OK and might lead you in a fabulous new direction!

6 What things can people with a small budget do for a mini-makeover with the most impact? Editing your possessions and then rearranging your existing pieces after you edit makes a huge difference in your space and really changes the energy. We do it in the shop all the time. After that, paint, pillows, and moving your art around will make your environment feel completely new again.

7 What furniture items should you invest in for the future? Upholstery! You can find a good quality coffee table that is relatively inexpensive. This is not true for upholstery. When you pur-

chase a well-made sofa, you are paying for what's on the inside, as well as the outside. It is an art form and takes time. Quality lasts.

8 How do you make a small room appear larger? It's counterintuitive but placing larger-scaled items (and less of them) in a smaller room can make the space feel bigger and actually be a better use of the space itself. Too many small pieces make the room feel cluttered and hectic.

9 When designing a room, what is the most important factor to you? Scale, balance, light, livability — these are all essential to a space, but most importantly, a room must have soul. Infusing vintage, one-of-a-kind finds and sentimental objects from travel or family history give a room character, making it truly unique to you.

10 What's the most important thing people should know about lighting? That it should be layered. Different types of light function uniquely, so you want to have it all available. Ceiling lighting should be dimmable. Table and floor lamps add ambiance and light at different heights. Lighting should always make a space feel alive, warm and inviting. **COASTSIDE**

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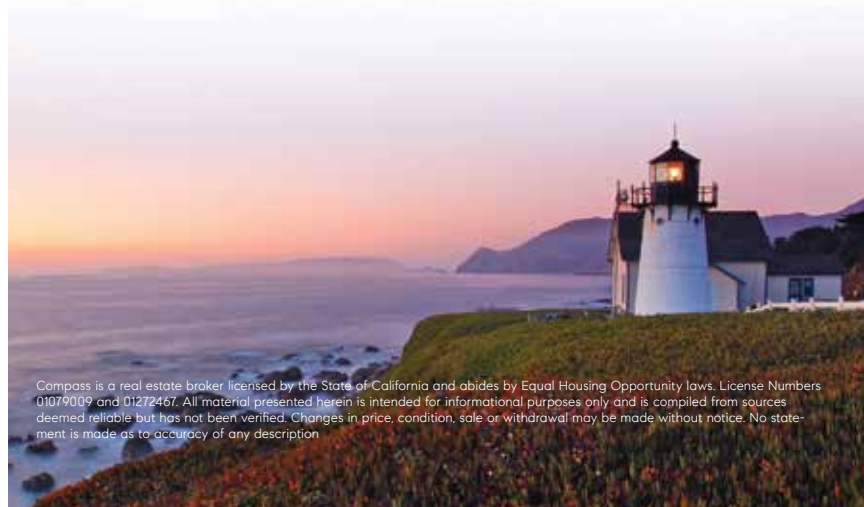
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Keith's Chicken N Waffles

This month, This + That checks out the latest business news from Pacifica to Pescadero. What's new in your town?

COMING SOON: Keith's Chicken N Waffles

Keith's Chicken N Waffles is coming soon to downtown Half Moon Bay. Owner Keith Richardson says he is planning a soft opening for the end of March/early April. The popular restaurant has a current location in Daly City and the Half Moon Bay location will offer a mouth-watering menu as well as catering and take-out. Find main courses like chicken and waffles as well as sandwiches, kids bites and Southern favorites like shrimp and grits, country-fried steak

and pork chops. On the menu also find full breakfast offerings including French toast, waffles and omelets. The restaurant will be open daily except Tuesdays, from 7:30 a.m. to 4 p.m.

328 Main St., Half Moon Bay
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The Ritz-Carlton, Half Moon Bay

Sheila Buciuman is the new hotel manager of the Ritz-

Carlton in Half Moon Bay. A seasoned luxury hospitality veteran, Buciuman brings nearly two decades of professional experience and an impressive leadership background of more than 10 years with the Ritz-Carlton Hotel Co. "Sheila is a dynamic leader with a proven track record of exceeding guest satisfaction and employee engagement goals in the luxury market," said Mathieu Riviere, general manager of the Ritz-Carlton, Half Moon Bay. Buciuman, whose work in luxury hospitality has taken her from coast to coast, says she looks forward to working at one of the most beautiful destinations in Northern California.

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P-Town Cafe

Owners Ashlee Shelton and Jeremy Bascara run their coffee shop in a unique piece of railroad history — the red caboose in Vallemar in Pacifica. P-Town Coffee and Tea offers customers food, too, and their "secret menu" can be found online at ptowncoffeecaboose.com. On the menu is a wide assortment of coffee drinks, teas, Italian sodas, and even boba tea. And because of their

outdoor patio dining, dogs are welcome. Dog owners can even find a little treat for their dog on the menu — two little sausage patties call the Bark Boat.

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Mavericks Crepe Café

In an exciting change in ownership last fall, sisters Xenia Escalante and Carina Fonseca purchased Mavericks Creperie from previous owner Zaid Fakhouri. The sisters say they are committed to sustaining the good food that the community has come to know and love, and they plan to continue to honor the same principles of delivering fresh, local and simply delicious recipes to their patrons. They have added beer and wine but otherwise kept the menu the same and are excited to be adding catering services sometime later this year. Besides savory and sweet crepes, they offer burgers, sandwiches, pastas, soups and salads, and an extensive choice of breakfast items. The name of the restaurant will change slightly from Mavericks Creperie to Mavericks Crepe Café.

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CONNECTING FOOD environment

HEAL PROJECT PROVIDES OPPORTUNITIES FOR KIDS

By Emma Spaeth

Photos by Adam Pardee

Hands shot up in the air when Emily Cheng asked students the day's riddle, "Why do bananas never get lonely?" The answer? Because they come in bunches.

For Cheng, the garden educator at the HEAL Project, a daily food or garden riddle is just the kickstarter for the day's activities at Hatch Elementary School in Half Moon Bay. Next, a dozen second-graders gathered around her to pick up their trowels so they could dig up the bags of food waste they had buried the week prior.

"It's starting to turn into dirt!" one student said as she inspected her bag of what used to resemble bread crusts and fruit.

"Right now, we are talking about soil and composting, and how you can use things for another benefit, in this case providing nutrients to the soil and plants," said Cheng.

Surrounding the students were planters with lettuce, broccoli, fava beans and more, planted by the students. The garden is also bordered by blooming plum and lemon trees. After planting some seeds, the students harvested a lemon and lettuce to make a salad with an olive oil, salt and pepper dressing.

The HEAL Project, an acronym for health, environment, agriculture and learning offers several hands-on, outdoor-based programs for local students



from kindergarten through 12th grade. Now, after a transition to virtual programming due to COVID-19, the students are back in the garden.

The goal of the project is simple: Teach kids where their food comes from and why it matters. The organization believes everyone should have access to education about food and how it's grown.

"It's about teaching kids where food comes from, and how to make healthy choices both for themselves and also for the environment," said Cheng.

Every year, through its Intensive Garden Programs at four Cabrillo Unified School District schools, field trips to the San Mateo County School Farm, and summer

Second-graders at Hatch Elementary School in Half Moon Bay observe the growth of recently planted pumpkin seeds.



Planting seeds and tending a garden help children learn about where their food comes from and how it grows.

camp, the project connects more than 3,000 students with their environment and their food. The interactive learning opportunities offered to students, both in the school gardens and at the farm, aim to promote and educate local youth about health and food systems.

"We hope to continue to teach them about nutrition, gardening and agriculture through our Intensive Garden Program for local second- and third-graders, and Garden Club for fourth- and fifth-graders," said Adrianna Freeman, operations and communications manager at the HEAL Project, in an email to Coastside magazine. "We also hope that students will stay engaged with us by enrolling in our Junior Marketeers program, or by volunteering at our farm site to continue their journey in learning about agriculture and our food system on the coast and beyond."

The Garden Club is a space for graduates of the Intensive Garden Program to come back and do some gardening, planting seeds and watering, and also to help with chores and projects.

"I think of the Garden Club as really just an opportunity for students that have been a part of

the HEAL Project to come back and just spend time in the garden," said Cheng. "Some kids choose to just hang out because it is a relaxing place to be, others help with the garden."

At Hatch, the wooden planters are lined with hand-painted rocks, courtesy of the Garden Club, that serve as labels for each plant. The club also made a sign for the "Bug Motel," also located on the property. Cheng prioritizes upcycling when possible, and with the help of the students they are transforming abandoned tires into planters for poppies.

"It's just so special to see how much Hatch loves this program," said Cheng. "When the kids are so enthusiastic, the teachers are really enthusiastic, so it's neat to see that kind of partnership with all parties to reinforce what they are learning in the classroom."

Not only does the curriculum meet the Next Generation Science Standards and Common Core State Standards, but it builds upon those to help students connect with their food and environment. The program is built around the Theory of Change, a blueprint of sorts for the philosophy and impact of the project. The Theory of Change was developed in 2018, and finalized in 2019, with the help of funding from the Sand Hill Foundation.

"The Theory of Change represents the entire mission of the HEAL Project," said Freeman. "We identified a problem — that being that children in today's world are facing new obstacles such as high screen time, lack of time outdoors and unhealthy options for consumption. We developed a strategy that hopes to impact first the short term, and later the long term."

The strategy is that through school garden programs, farm camps and field trips, and communal involvement, such as the farmers



Second-graders in the Intensive Garden Program at Hatch Elementary discover a worm after digging in a plot where organic waste becomes nutrient-rich compost.



“SOME KIDS
CHOOSE
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PLACE TO BE,
OTHERS HELP
WITH THE
GARDEN.”

EMILY CHENG,
HEAL PROJECT
GARDEN EDUCATOR



*Students in the HEAL
Project water newly
planted seeds.*



HEAL Project educator Emily Cheng hands freshly picked lettuce to a student gardener.

market, kids will be better connected to their food and local food systems.

“Ideally, the short-term results will be things such as confidence to prepare a healthy snack, knowledge of local agriculture systems and overcoming the fear of trying new foods,” said Freeman. “In the long term, we hope that students will influence their families and friends in understanding the connection between food and the environment.

“Our Theory of Change closes with our vision,” she said. “To have children grow up to become engaged citizens, in a world of environmental advocates.”

San Mateo County School Farm, operated by the HEAL Project since 2010 in collaboration with the San Mateo County Health System on land provided by Dave Lea of Cabrillo Farms, also plays a crucial role in the curriculum.

“The farm has continued to thrive even when programming was at a standstill,” said Freeman. “Within the last couple of years we have planted more perennial plants like fruit trees and blueberries, in an attempt to diversify our produce and to eventually create a shady orchard on the farm.”

Visitors to the farm will find compost bins, a rainwater tank, a picnic area, a tea circle, a plant parts garden, along with berries, honeybees and crops. From April to December, you can find produce from the farm at the Coastside Farmers Market.

“I think a really great thing to do is to go to the farmers market as a family outing,” said Freeman. “I think it shows children that



The HEAL Project fosters camaraderie and a sense of community as students share a snack grown in their very own school garden.

there is a person and a farm behind the food that they consume. It also teaches children, and adults, about seasonality. At the grocery store it seems like most fruits and vegetables are in season all year-round, but the farmers market is a good place to shop locally and see what items are seasonally available.”

On Thursdays, Cheng goes to the farm to prepare produce bags for families at Hatch Elementary, which she distributes to students later that afternoon for the Farm 2 Family food donation program.

“Often families would love to transition (to healthier choices), but simply can’t afford it,” said Freeman. “That is a huge part of our

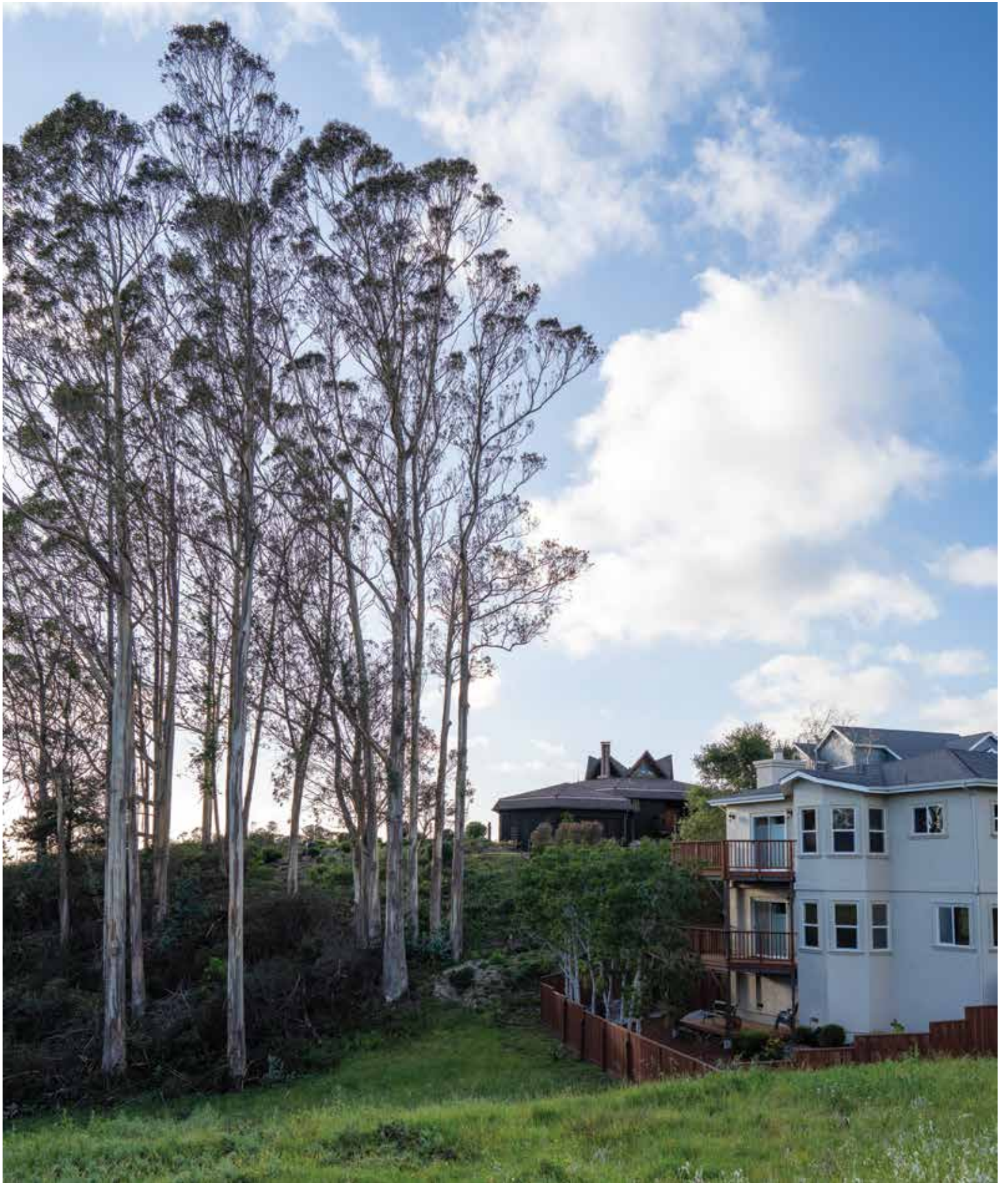
“WE DEVELOPED A STRATEGY THAT HOPES TO IMPACT FIRST THE SHORT TERM AND LATER THE LONG TERM.”

EMILY CHENG, HEAL PROJECT GARDEN EDUCATOR

programs.”

When most programming came to a halt due to the COVID-19 pandemic, HEAL continued to find creative ways to continue connecting with students. It provided videos about composting and upcycling on its website and offered virtual programming over Zoom to schools. It also transferred all of its 26 Intensive Garden Program lessons into virtual lessons to be shared with the students.

“We are definitely not completely back to normal, but it’s been great to be able to have kids out at the farm again,” said Freeman. **COASTSIDE**



Many homes in El Granada are surrounded by eucalyptus trees.

BEFORE

By August Howell

Photos by Adam Pardee

fire strikes

COASTSIDERS PREPARE
TO PROTECT THEIR HOMES
BEFORE FIRE SEASON

The wind howled through the eucalyptus trees at the top of El Granada Boulevard, rustling countless leaves and branches across an endless green expanse. The whole forest seemed to be moving right behind Claude Kement's house.

The forest faced a stunning view atop the plateau overlooking the Coastside, a scene that attracted Kement to move here to the coast more than 40 years ago. The eucalyptus expanse next to his house is beautiful, but it belies a big problem facing Kement and many others in fire-wary neighborhoods. The hundreds of acres of eucalyptus managed by San Mateo County surrounding El Granada remain a key fire hazard on the coast, one recognized by fire officials and keen residents alike.

Under Cal Fire zoning maps, El Granada falls into the state's Local Responsibility Area, meaning it's on homeowners and local fire agencies to defend structures against wildfires. Nearby Quarry Park is thinned by the San Mateo County Parks Department and Cal Fire. But according



INSURANCE GOING UP IN SMOKE

Because fire risk is expected to increase on the Coastside and statewide, people who live in high-risk areas are being dropped by their insurance carriers or are paying more for less coverage. The problem has become so widespread that last month state Insurance Commissioner Ricardo Lara announced new standards in collaboration with the Governor's Office of Emergency Services, Cal Fire and the California Public Utilities Commission.

The updated policies are meant to prompt insurance companies to offer discounts to

home and business owners who take steps to protect their property in high-risk fire zones. The "Safer from Wildfires" framework is meant to create a uniform set of rules for both insurers and homeowners. It encourages homeowners to maintain defensible space standards and have clearly defined evacuation routes. Experts say this is a significant milestone for state agencies to collaborate on common insurance standards.

—August Howell

to Cal Fire's Fire Hazard Severity Zone maps, pockets of Montara, Moss Beach, Frenchmans Creek and all of El Granada Boulevard fall into a Very High Fire Risk Zone, the state's highest-risk tier.

The bordering eucalyptus woods around El Granada present an ongoing challenge for homeowners looking to ensure a "defensible space" of at least 100 feet around their home to combat the spread of wildfires. In 2002, the 478 acres of undeveloped Wicklow wildland — which includes the eucalyptus grove — was donated to the Peninsula Open Space Trust by Bay Area contractor Mike O'Neill, who purchased the property in 1994. At the time, it was the fourth-largest gift ever given to POST. The land trust donated the property to San Mateo County in 2014.

"This year has been unusual. Things have really grown fast, faster than any other year I've ever been here," Kement said, citing record December rainfall levels. For Kement, who has lived on the coast since 1981, that means it's time to get to work.

Kement said the crew from the Coastside Fire Protection District comes once or twice a year to make sure his home has enough protection in place. While the trees are the biggest threat to his property, resilient weeds continue to be a hazard. For him, the challenge is the topography. His backyard slopes downhill at an abrupt angle, and he prefers to do the work himself. He ties a rope around his waist while cutting the vegetation, poison oak be damned.

"Our local responsibility is to do everything that we can to prevent fire," Kement said. "We don't barbecue, nobody barbecues here."

Other parts of the Coastside, notably portions of Pescadero and San Gregorio, fall into the State Responsibility Areas, where residents must maintain a "defensible space" of at least 100 feet to combat the spread of wildfires. Most of the Coastside is under the Local Responsibility Area.

For years, concerned residents have turned to Coastside Fire Protection District for advice on protecting their homes. Battalion Chief David Cosgrave, who has served 32 years in the fire service, teaches best practices to members of the Coastside Emergency Response Team. He said after the 2020 CZU Lightning Complex fires, locals seem more aware of the fire risk on the coast, even though the terrain is different north of Half Moon Bay than the burned areas on the South Coast.

Cosgrave noted that the real objective with home hardening involves preemptive efforts to keep the structures standing after the fires roll through. With most houses in El Granada, it's not possible to have 30 feet of clearance because there isn't 30 feet of separation from neighbors. The trick is doing all you can near your home, he explained.

"You want to make sure you're doing everything possible to give your home the best chance of standing after the fire goes past," he said. "Most homes when they are unattended catch fire after the fire front has passed through."

Cosgrave and other local fire officials believe the destructive fires here will likely be driven by north-northeast offshore winds. So, if you want to see where burning embers are likely to land and spark flames, check where piles of leaves land during those same winds, he said. He recommends clearing those areas when Red Flag Warnings are given by the National Weather Service.

Cosgrave echoed Kement's own experience with mitigating fire risk. Year-round maintenance is important to keep costs down and reduce workloads.



CAL FIRE

CREATE A DEFENSIBLE SPACE

From sweeping dry leaves to felling dead lumber, creating and maintaining a defensible space around your home is the best way to mitigate fire risk. Coastside Fire Protection District Battalion Chief David Cosgrave and fire experts across the state recommend subdividing your property into three zones. Here is a brief summary of each one.

Zone 0: Ember Resistant Zone, up to 5 feet from the building

This is the area fire officials say is most vulnerable to embers. Creating an ember-resistant zone is not required by law, but experts say this is the most important defensible area of a house.

- ▶ You'll want to remove all dead and dying weeds, grass, plants, shrubs, trees, branches and debris.
- ▶ Don't forget to check your roofs, gutters, decks, porches and stairways.
- ▶ Use multi-pane windows or tempered glass and don't use lightweight curtains that are easily flammable inside the building.
- ▶ The land around the house should use noncombustible materials and hardscapes like gravel, pavers and concrete. No combustible bark or mulch.
- ▶ Leave gates open when evacuating to break a continuous line of fire fuel reaching the building.

Zone 1: Lean, Clean and Green Zone, 5 to 30 feet from the building

The next zone should have spaced out or trimmed vegetation and no dead trees. Cosgrave said it's best to work on defensible space year-round and not to use power tools in the middle of a hot day so you don't ignite something.

- ▶ Homeowners should use non-combustible landscaping while removing all dead plants, shrubs, trees and leaves.
- ▶ If you have a woodpile next to your house, move it into this zone.
- ▶ Remove any branches hanging over your roof and remove dead branches 10 feet away from your chimney.
- ▶ Regularly trim trees to keep branches a minimum of 10 feet from other trees.

Zone 2: The Reduce Fuel Zone, 30 to 100 feet from the building

A key concern for Cal Fire inspectors is eliminating branches and vegetation anywhere from 6 to 15 feet above the ground, particularly in the second and third zones.

- ▶ Removing "ladder fuels" helps prevent flames from reaching taller trees, which causes fires to spread quickly along the tops of trees and by "ember casting" onto buildings below.
- ▶ Horizontally space out trees and shrubs. Minimum distances vary depending on the angle of the terrain.
- ▶ Cut grass down to a maximum height of 4 inches.

— California State Parks



“If you do it several times throughout the year, it’s manageable,” Cosgrave said. “If you don’t touch your house throughout the year and then try to clear it out when the Red Flag Warning hits, you’ll have a lot of work ahead of you.”

For Kement, gazing at the trees towering above his home, he hopes the morning fog, a common site atop the hill, provides some temporary relief. But in prevailing winds, everything will dry out and the yard will be unsafe once more.

“When the weather gets drier and drier, we’re more active,” he said. **COASTSIDE**

LEARN MORE

- ▶ **Informational flyers and evacuation guides** are available at the Coastside Fire Protection District Fire Station 40 at 1191 Main Street in Half Moon Bay.
- ▶ **To schedule an inspection** and review all the defensible space criteria, go to fire.ca.gov/programs/communications/defensible-space-prc-4291.
- ▶ **Want to see how at risk your property is?** Go to Cal Fire’s High Fire Hazard Severity Zone map online at egis.fire.ca.gov/FHSZ.

- ▶ **Coastside CERT** (Community Emergency Response Team) is an emergency preparedness volunteer organization that offers training and courses so residents can be ready for any emergency scenario. Nearly 1,900 people have joined, and 316 are fully certified. Sign up at coastsidecert.com.
- ▶ **FIRE SAFE** San Mateo County has information on home hardening, defensible space, fire codes and a board of directors following fire mitigation news around the region. Visit firesafesanmarateo.org to learn more.

Top, Daryn Reicherter, Meredith Cummings and Jeff Clark, and, below, Brian Overfelt, Grant Washburn, Clark, and Reicherter discuss the concept of "stoked" at Old Princeton Landing. Photos by Peter Tokofsky.



Stoked

FOR LIFE

By Peter Tokofsky

The word “stoke” probably entered English by way of Dutch as early as the 17th century. According to the Merriam-Webster dictionary, stoke means “to poke or stir up,” and eventually extended to include the outcome of stoking a fire, namely, “to increase the activity or intensity of.”

Of course, here on the coast the term and its adjective form, stoked, are best known for their association with surfer culture. Sometime in the early 1950s surfers began using “stoked” to describe the intensity they experience riding the waves.

“There’s magic in riding a wave,” says Pacifica resident Roy Earnest, who created the Kahuna Kupuna surf contest for people over 40. “You’re there at the moment a wave’s potential energy manifests itself as kinetic energy. It forces you to be in the moment.”

Once you become accustomed to being stoked, Earnest explains, you don’t need to be in the water to experience it. “Surfers can be stoked standing on the beach watching a wave.” This takes practice and cultivation according to Earnest. “They didn’t get there by accident. They’ve been cultivating a positive attitude, which includes being open to new experiences and looking for the positive.”

A few years ago, the satirical newspaper The Onion reported concerns that large numbers of college-age males might be getting stoked. “Have you ever seen anyone who’s stoked?” the Onion’s fake buttoned-up reporter

“ FOCUSING ON THE FUN STUFF REALLY HELPS HUMAN BEINGS GET THROUGH THEIR LIVES.”

DARYN REICHERTER, STANFORD PSYCHIATRY
PROFESSOR AND CO-FOUNDER OF
THE STOKED LAB



Brian Overfelt keeps the spirit alive on the coast. Coastside News Group file photo.

asked. “One minute you’re getting all stoked up about a weird-looking tree and the next minute you’re chest bumping with some dude.”

For El Granada resident and Stanford psychiatry professor Daryn Reicherter, spreading stoke is a goal worth pursuing. With colleague Shashank Joshi, Reicherter started the Stoked Lab at Stanford’s School of Medicine. The pair of professors seem an unlikely team for elevating the surfer mentality to the halls of academia. Reicherter specializes in post-traumatic stress disorder among refugees victimized by torture. He has testified before the International Criminal Court about the impact of a campaign of mass rapes in the Central African Republic and worked on behalf of victims of torture in Cambodia and elsewhere. His research will soon find new application as refugees flee the Ukraine. The other professor behind the stoked lab, Joshi, helped develop a toolkit for promoting mental health and preventing suicide in California schools.

Although Reicherter and Joshi probably need outlets for the stress of their work more than most,

getting stoked is not an escape for them. It’s a way of life they hope to promote.

These two distinguished scholars can explain the neurological mechanisms of depression and joy, but while coaching their kids in Little League together they realized that the idea of a life lived well is better conveyed out in the real world. So they created a new course at Stanford, “The Psychology of Stoked.” The class, according to their website, “is about the biological, psychological and social aspects of what it means to live an engaged, meaningful, life-affirming existence.”

In order to help students rethink assumptions about personal happiness, Reicherter called on his El Granada neighbor, famed big-wave surfer Brian Overfelt, and asked if he would share his thoughts on stoked with the students. Overfelt obliged, and tapped fellow surfer Mavericks Surf Contest founder Jeff Clark to greet the students at Old Princeton Landing. It’s no surprise that the class quickly became one of the most popular among Stanford students.



Mavericks Surf Contest founder Jeff Clark has chased the feeling of being stoked his whole life. Coastside News Group file photo.

Clark captured the connection between surfing and mental health with a bit of boarding philosophy. “The wave is all the turmoil in your life, but if you stay with it, it becomes a tiny ripple at your feet when it reaches the shore.”

For the first session of “The Psychology of Stoked,” Reicherter and Joshi take the students to the Stanford Mausoleum where the founders of the university are entombed. This provides an opportunity to talk to the students about their lives. “We ask them to think about their whole system of being from that moment until they die,” he explains.

On other stoked field trips the students visit Google headquarters, attend a Golden State Warriors game, participate in a yoga session and go skydiving. Each outing helps convey the idea that well-being comes from



Roy Earnest talks of the magic of surfing. Coastside News Group file photo.



Participants in Stanford professor Daryn Reicherter's class "The Psychology of Stoked" get ready to try skydiving. Photo courtesy Stoked Lab, Stanford School of Medicine.

“ YOU DON'T HAVE TO BE A SURFER. STOKED IS AVAILABLE TO EVERYBODY.”

ROY EARNEST,
PACIFICA RESIDENT AND
PRODUCER OF "SURFING FOR LIFE"
DOCUMENTARY FILM

activities that require focus, commitment and working together.

But it's not just about bucket lists and dopamine hits, Reicherter insists. The values of stoked contribute to fulfilling relationships, healthy marriages and generally finding meaning in life. It's how he finds fulfillment knowing that his research can help people who have experienced the worst this world can offer. "I'm not stoked about it, but there is meaning in helping others."

With the popularity of their "stoked" class, the university asked Reicherter and Joshi to expand the curriculum beyond a single course. They created the Stanford Stoked Laboratory as a platform to help explore the modules developed in the class.

When the pandemic hit, they thought being stuck at home might curtail their ambition. But while teaching over Zoom they realized they

could convey the content of the course without actually strapping a parachute on the students. Now they are developing "Stoked TV," a set of conversations and experiences they hope will become part of high school curriculum throughout the state. They know from research that depression and thoughts of suicide frequently set in during the high school years and want to offer tools to help young people.

"I didn't want to write an academic book with a lot of theories," Reicherter says. "Focusing on the fun stuff really helps human beings get through their lives." This is something surfers understand. "Stoked is a temporary form of transcendence. Things come together and we feel elated and joyful," says Earnest.

When asked to define stoked, Reicherter responds, "We mean it exactly as California surfers mean it. It's a metaphor for a way of life."

COASTSIDE

On the home front

By Jane Northrop
Photos by Adam Pardee

CONTRACTOR SAYS THINGS ARE DIFFERENT IN THE POST-COVID-19 WORLD

Tom Clifford of Phoenix Remodeling, in business since 1987, has been very busy since the pandemic shut people in their homes. Perhaps because coastal residents have been spending so much quality time with their homes, his phone keeps ringing with all kinds of remodeling jobs.

“Business has improved for a lot of people,” Clifford said. “My thinking is it’s because interest rates are low and because they are actually seeing what needs to be done in their home. They have more money in their pocket because they are not spending it on restaurants.”

In 2019, just before the pandemic hit, the city of Pacifica permitted 65 additions, and 212 remodels for a total of 277 such jobs. In 2020, Pacificans built 84 additions and 171 remodels for a total of 255. In 2021, Pacificans built 74 additions and 147 additions for a total of 221, said Tina Wehrmeister, assistant city manager.

Clifford said the pandemic has been good for the construction industry. However, the cost of remodeling has gone up a lot because of supply chain issues, labor shortages and now the cost of fuel.

“The price of lumber went up,” he said. “It has been difficult to get the estimates

right. The other issue has been, when are the subcontractors going to be available? I have to call two or three just to get one out. And the soonest I can get one is six months. It has not been smooth sailing.”

For instance, it’s been difficult to get a painter to the job site, he said. “There are not enough of them and they are busy,” he said.

Clifford says the difficulty with logistics is forcing some contractors out of the business.

“Because of the hassles going on, some have retired,” he said. “I know one contractor who has not had work for a while and is struggling. I would encourage the consuming public to be understanding when a contractor says one of my people is sick and we can’t come when we thought we would be able to. People want things when they want them. The contractor has to take care of himself and the customers if someone has been exposed to COVID-19.”

Schedules are compromised due to COVID-19. Homeowners should know that they might not have full use of their home quite as quickly as they may have thought.

“When someone gets sick with COVID-19, it’s a 10-day delay,” he said. “It created confusion in the scheduling. My entire crew and myself have to get tested if one has



COVID-19 restrictions were good for the construction business as Coastsiders were motivated to remodel or add on while stuck at home.



been exposed. We wind up losing money because the overhead stays the same.

“Yes, we are busy, but there are complications around COVID-19,” Clifford says.

He noticed accessory dwelling units going in near an apartment building on the parking lot in the

Manor District. Many homeowners are turning to ADUs to house relatives or for a little extra income.

“We may be doing away with a neighborhood and building a slum, because there are so many buildings, but I will help them get through the process,” he said.

QUESTIONS FOR THE CONTRACTOR

► Are people moving away from gas now that some municipalities are going to require electric appliances in the future?

"I have not experienced a move from gas to electric, although some customers are installing 220 lines for possible future electric ranges. Most people still prefer gas for cooking," said Tom Clifford, of Phoenix Remodeling.

► How has dealing with the city changed when so much of its business is remote now?

"The city of Pacifica's Building and Permitting Offices have been open for a while now. They are currently in the community center on Crespi Drive. So getting permits is pretty easy. Inspections are still being done in person with social distancing, hand sanitizing and masks."

► Are you having trouble attracting as many workers as you need? Do you have to pay them more?

"The cost of labor has gone up dramatically as has the cost and availability of materials."

► Does it take longer to do the work since you are cognizant of social distancing?

"Projects tend to take longer to complete not so much due to social distancing as to workers being exposed to COVID-19 in their private lives."

► Are you still going to wear the mask around folks?

"I wear a mask everywhere except at home. Being 75 and with health issues, I take no chances. I am unwilling to endanger my wife and other family members."

► Do you have a wait list for people wishing to get their projects done?

"I do have a wait list and am actively looking for additional jobs. I want to make sure my guys are kept fully employed."

► Are you doing ADUs? How has that changed your business?

"ADUs have added a new level to my business. I am both building them and consulting with homeowners on how to handle the process of getting an ADU built."

► Why did you become a contractor in the first place? How much of your time is spent on administrative duties?

"I have been a general contractor since 1987 and worked in the trades for several years before that. I loved doing work that had a tangible product when you are done and the money was always pretty good. Now that I am not as physically able as I used to be, I handle most of the planning with a supervisor role on site."

— Jane Northrop **COASTSIDE**



Phoenix Remodeling workers have been busy as homebound Coastsiders look to improve their interior spaces.



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Special events images from PACIFICA TO PESCADERO



Far left: Sherry Gordon and Taylor Gordon

Left: Troy Davis with sons Brayden and Tahlon



Matt Barbour and Brian Keates



Left to right: Bryce Thompson, Nathan Alfonso Tejada Partida, Lucas Lafontaine, Will Pickard and James Stolosi

► Opening Day of Little League

After two seasons under the shadow of the COVID pandemic, Little League baseball returned to action on Saturday, March 5, in Half Moon Bay. Joyful crowds attended opening day ceremonies at Smith Field before players ran onto the field. Parents cheered and socialized while younger siblings looked on and lines formed at the snack bars. Mayor Debbie Ruddock threw out the opening pitch while Councilmember Joaquin Jimenez looked on. Spam musubi from Nano's Ohana Café, offered at the snack shack, added local flavor to the day.



Steele Overfelt



Far left: Old Princeton Landing owner Brian Overfelt

Left: A Rocket Dog Rescue volunteer



Rocket Dog Rescue Day at Old Princeton Landing

► Rocket Dog Rescue at OPL

Rocket Dog Rescue held an adoption/foster event at Old Princeton Landing on Saturday, Feb. 5. OPL owner Brian Overfelt's concept for the day was "Puppies and Cupcakes" with the cupcakes being provided by Fish Wife Sweets. Founded in 2001, Rocket Dog Rescue's foster homes have been crucial to the success of the mission to help prepare dogs for adoption by temporarily putting them into volunteers' homes. Fosters provide not just shelter for these dogs, but the love, training and socialization that sets them up for success in their forever homes.



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**FRESH,
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PRODUCE**

April means the Coastsides Farmers Market is back in season through December in both Half Moon Bay and Pacifica. Find the very best in local produce while strolling leisurely in these outdoor markets open to the public every week. You'll find the market open in Half Moon Bay from 9 a.m. to 1 p.m. every Saturday at Shoreline Station downtown and in Pacifica from 2-6 p.m. each Wednesday at Rockaway Beach. These farmer-directed certified markets are designed to link Coastsides residents with their neighbors – the Coastsides farmers, ranchers, fishermen and culinary artisans that produce some of the most beautiful, nutritious and creative food in the world.

WHEN: Half Moon Bay: 9 a.m. to 1 p.m., Saturdays; Pacifica: 2-6 p.m., Wednesdays
WHERE: Half Moon Bay: Downtown at Shoreline Station; Pacifica: Rockaway Beach

MORE INFO: coastsidefarmersmarkets.org

Coastsides News Group file photo

COASTAL WILDFLOWER DAY

Guided wildflower walks, tours of Half Moon Bay State Beach native plant garden and nursery, native plant landscaping workshop, and games and other activities for children of all ages. The Francis State Beach nursery and Coastsides Land Trust will offer drought-tolerant native plants and seeds for your garden in exchange for a donation.

WHEN: 10 a.m. to 2 p.m., Sunday, April 24

WHERE: Francis State Beach, 95 Kelly Ave., Half Moon Bay

MORE INFO: coastalwildflowerday.wixsite.com/cwd2020

JAZZ AT THE BACH

Multitalented virtuoso Jeremy Pelt has become one of the preeminent young trumpeters within the jazz world. He has been voted "Rising Star on Trumpet" five years in a row by Downbeat and his recordings and performances have earned him critical acclaim. Pelt brings his quintet after just releasing his new album "Soundtrack."

WHEN: 4:30 p.m., Sunday, April 10

WHERE: Bach Dancing & Dynamite Society, 311 Mirada Road, Half Moon Bay

MORE INFO: bachddsoc.org

WINE AND TAROT

A Grape in the Fog has created the perfect place for Pacifica locals and visitors alike to share amazing wine and relax with friends. They invite you to enjoy some wit and wisdom on Tarot Thursdays – gain insight with their local tarot card readers while you sip wine and enjoy appetizers. Readings by reservation only for a suggested cash donation.

WHEN: 5 to 8 p.m. every Thursday

WHERE: A Grape in the Fog, 400 Old Country Road, Pacifica

MORE INFO: agif.com

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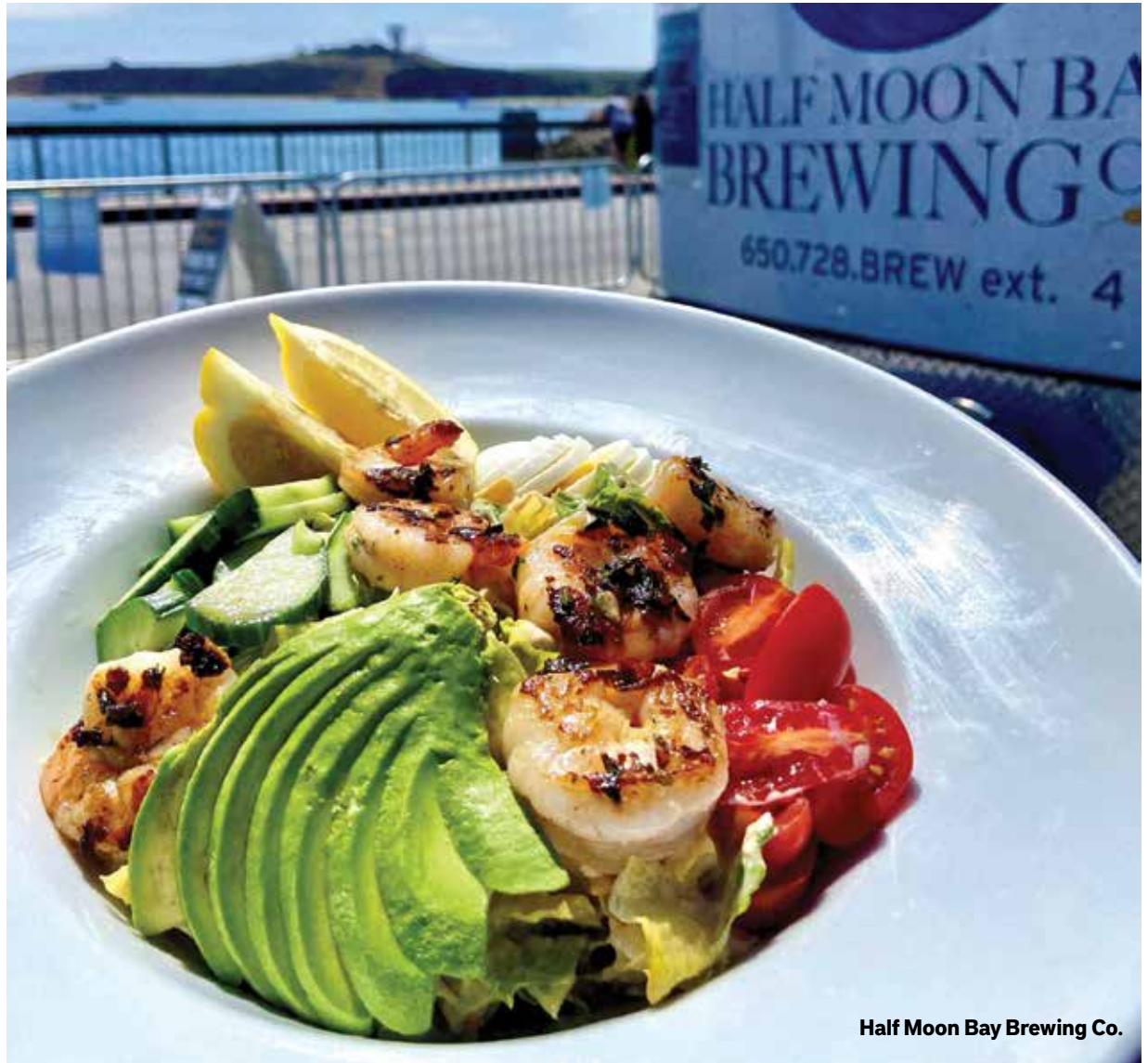
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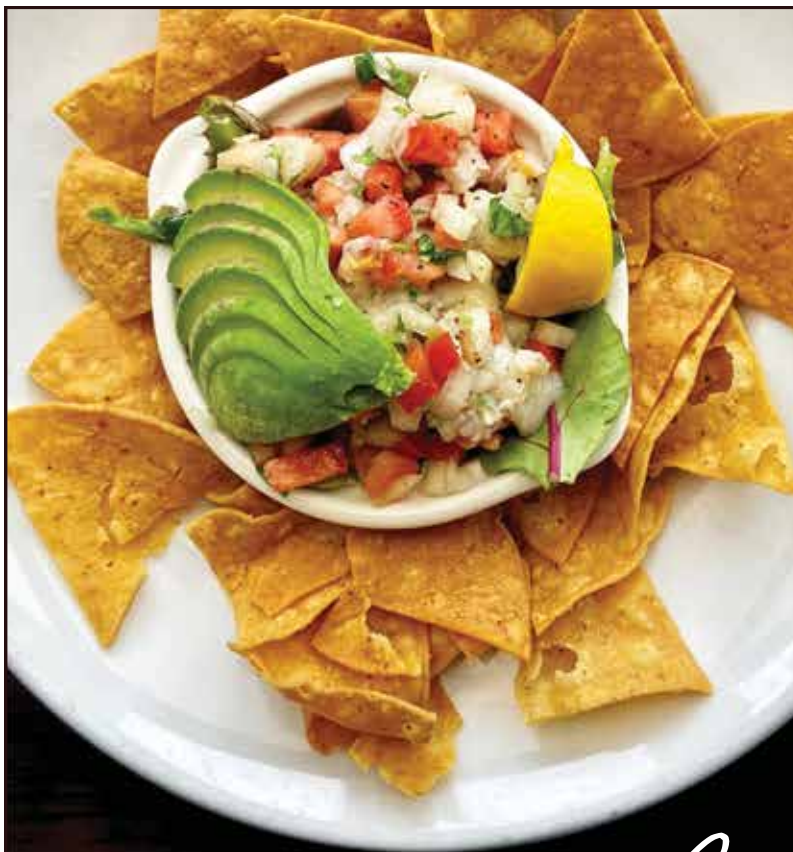
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You can grow **TOMATOES** for our coastal climate

By Cynthia Nations

Glorious, homegrown tomatoes are the rock stars of the summer garden. But since tomato plants usually need lots of sun and heat, what's a coastal gardener to do? Good news: There are tomato varieties that do well in areas that are cooler and where the summer sun is often obscured by marine layers or fog. Follow the growing tips below for a successful tomato season.

Seek out varieties that have been developed and tested to do well in microclimates that receive a lot of "coastal influence;" i.e., foggy and windy with typical daytime temperatures in the 60s and low 70s.

These areas are classified as Zone C on the UCANR Climate Zone chart: <https://smsf-mastergardeners.ucanr.edu/files/259005.pdf>

Note the number of days from transplanting the seedling to the first mature fruit (Days to Maturity or DTM). During this critical period, tomato plants will need at least six hours of full sun a day. Warm temperatures at night are also important, so monitor air and soil temperatures. If it's not above 55 degrees, you will need to wait until mid-May before transplanting your seedlings. This means that the growing time for Zone C is going to be shorter so fewer days to maturity means that you will still have time for tomatoes to ripen.

Also good to know: Planting too early increases the odds that your plants will succumb to disease. Also: Be aware of wind patterns in your growing area and provide protection if necessary.

When you are ready to plant, dig 3 to 4 inches of compost into well-drained soil in that all-important sunny location. Plant seedlings 18 to 36 inches apart and ensure that only the top leaves appear above the soil. Don't remove the lower leaves as you cover them with soil; both stems and leaves will develop roots. Add a 3-inch layer of mulch around the plants a few inches from each stem. Water when the soil feels dry a couple of inches from the surface and be careful not to let water splash onto the leaves. Fertilize with a balanced slow-release or water-soluble organic fertilizer. After six weeks, boost the level of available nutrients by adding compost around each plant or water every two weeks with a cup or two of compost tea. Use tomato cages or stakes to ensure the plants are upright and to keep tomatoes from touching the ground.

To see a list of tomato varieties with information on zones, disease resistance, Days to Maturity, growth habit and flavor characteristics, go here: <https://smsf-mastergardeners.ucanr.edu> and click on "Tomatoes" under "Spring Edibles Plant Library." These varieties will be offered at the annual University of California Master Gardeners Spring Garden Market from 9 a.m. to 1 p.m. on April 9 at the San Mateo Event Center, Redwood Hall. All tomatoes, veggies, and succulents are grown by the UCCE master gardeners of San Mateo and San Francisco counties. If you can't make the sale, the list at right will assist coastal growers when selecting seeds or seedlings at your local nursery. Happy spring planting! **COASTSIDE**

Cynthia Nations is a UCCE master gardener who grows many of these tomato varieties on the coast. This article was edited by Maggie Mab, UCCE master gardener who can't wait to plant her tomatoes.





CLASSIC VARIETIES

Cultivar	Description	Color	Growth Period	DTM
Bush Early Girl	<i>Flavor:</i> Balanced—More disease resistant than its big sister “Early Girl.” This variety has larger fruit and is more productive.	Red	Determinate	54
Carmello	<i>Flavor:</i> Full, mild—Among the most productive tomatoes ever bred with exceptional flavor. Produces heavy clusters of fruit, even in cooler weather, and is also very disease resistant.	Red	Indeterminate	70
Defiant	<i>Flavor:</i> Full, bright—High-yielding, medium-sized plants are widely adaptable. This midsize slicer has high resistance to late blight and intermediate resistance to early blight.	Red	Determinate	65
Early Wonder	<i>Flavor:</i> Sweet, well-balanced—This extra-early-maturing, compact variety makes an impressive crop of round, dark pin tomatoes. Good for containers	Dark Pink	Determinate	55
Polbig	<i>Flavor:</i> Sweet, mild—First early determinate for cool climates. High yields of very good tasting, meaty, glove shaped fruit.	Red	Determinate	60

CHERRY VARIETIES

Cultivar	Description	Color	Growth Period	DTM
Artemis	<i>Flavor:</i> Rich, sweet—Vigorous vines are disease resistant and robust, producing lot of trusses with 15-20 crisp fruits.	Red	Indeterminate	65
Black Cherry	<i>Flavor:</i> Rich—High yielding, early producing, delicious variety	Reddish Brown	Indeterminate	65
Blush	<i>Flavor:</i> Complex, bright—An elongated, plum, bullet-shaped cherry that is large enough to slice yet still small enough for snacking out of hand.	Golden with Red Streaks	Indeterminate	70
Chocolate Sprinkles	<i>Flavor:</i> Sweet—Elongated, bite-sized tomatoes with striking, forest green streaks over deep coppery-red. Very sweet and crack resistant.	Red with Green Stripes	Indeterminate	70
Gardener’s Delight	<i>Flavor:</i> Sugar, sweet—Crack-resistant red fruits arranged in clusters of 6 to 12. Rates high with gardeners for its big yields of sugar sweet tomatoes.	Red	Indeterminate	65
Juliet Hybrid	<i>Flavor:</i> Sweet—Elongated, crack-resistant cherry tomatoes grow in grape-like clusters and really load up on vigorous vines.	Red Glossy	Indeterminate	60
Mountain Magic	<i>Flavor:</i> Bold acidity and sweet—A cross between a large-fruited tomato and a very sweet grape tomato. Abundant long clusters of tomatoes are crack-resistant, so they hold up very well after harvest.	Deep Red	Indeterminate	72
Pink Bumble Bee	<i>Flavor:</i> Sweet, rich—Vigorous and attractive plants with dramatic coloring; tolerates tough conditions.	Pink with Yellow Streaks	Indeterminate	70
Purple Bumble Bee	<i>Flavor:</i> Sweet, rich—Vigorous and attractive plants with dramatic coloring; tolerates tough conditions.	Red, Purple, Green Stripes	Indeterminate	70
Sun Gold	<i>Flavor:</i> Extra sweet with intense fruity flavor—A favorite with children, very popular.	Bright tangerine orange	Indeterminate	57
Sunrise Bumble Bee	<i>Flavor:</i> Sweet, tangy—Vigorous and attractive plants with dramatic coloring; tolerates tough conditions.	Orange with Yellow and Red Streaks	Indeterminate	70
Sweet Million	<i>Flavor:</i> Sweet, classic—Very disease resistant plant; produces loads of fruit in grape-like clusters	Red	Indeterminate	65
Washington Cherry	Developed by Washington State University for cooler growing regions. Compact, prolific, regular-leaf tomato plants that yield huge amounts.	Red	Determinate	60

BEEFSTEAK VARIETIES

Cultivar	Description	Color	Growth Period	DTM
Big Beef	<i>Flavor:</i> Sweet, balanced acidity—Large, juicy, early, flavorful beefsteak variety that will even ripen in cooler areas.	Red	Indeterminate	70
Pruden’s Purple	<i>Flavor:</i> Rich, sweet—Medium-tall, potato-leaf plants produce large, smooth, crack resistant fruits.	Dark Pink	Indeterminate	67
San Francisco Sunrise	<i>Flavor:</i> Classic flavor with fruity notes—A must-try, fog-friendly beefsteak! Developed by UC Master Gardener in SF, Bruce Neal Goren. Performs very well in the Bay Area’s fog zones, multi-lobed with uniquely attractive coloration, produces large tasty fruit in the long cool growing season of Sunset Zone 17—Pacific Coastal.	Orange and Red Stripes	Indeterminate	90

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**WANT TO
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Rooh has her
own Instagram,
@roohdog.



Rooh

AGE: Nearly 2 years old

BREED: Cattle dog

Rooh, who will be 2 in May, is another pandemic puppy that found her way home to Half Moon Bay in the middle of COVID-19. Owner Monique Nicoll followed her mother's advice on getting her first dog as an adult. She finally had the time to own a dog when she started working from home.

Rooh was found at a breeder in Oregon and has lived her whole life in Half Moon Bay. Monique wanted a smart, outgoing and athletic dog in order to help her get outside and keep active. Monique says Rooh is all of those things but isn't much of a cuddly family dog. Rooh is very independent and her idea of being cuddly is laying on her bed in the same room as everyone else.

Rooh was trained by Monique and receives her exercise and socialization from her days at The Dog House in Montara most weekdays. Rooh loves cheese and basically any kind of meat.

—Adam Pardee

THE AUSTRALIAN CATTLE DOG

The compact but muscular Australian cattle dog, also called Blue Heeler or Queensland Heeler, is related to Australia's famous wild dog, the Dingo. These resilient herders are intelligent enough to routinely outsmart their owners. Standing between 17 to 20 inches at the shoulder, the Australian cattle dog is a sturdy, hard-muscled herder of strength and agility. They are born with a white coat that turns blue-gray or red. Both coat varieties feature distinctive mottling or speckling patterns. Cattle dogs have immense work drive and excel at hunting, chasing and, of course, moving livestock. They are true-blue loyal, famously smart, ever alert and wary of strangers.

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A nearly forgotten By Dave Cresson Coastside changemaker

James Denniston shaped the history and personality of the Coastside. Many such people are almost forgotten. One of the few reminders of him today is a major creek that flows across the Coastside. Denniston Creek runs from the mountains near the Half Moon Bay Airport into Pillar Point Harbor. The creek is still vital because it is a major source of the residential water used by a local water department.

Denniston's name became attached to that creek because he married the widow of the owner of the biggest land grant on the Coastside. Josefa Guerrero inherited the vast lands that became everything from Montara to El Granada. Denniston married into that tract.

Denniston came from New Jersey. He was born in 1824 and he joined the New York volunteer American army that went to California to fight in the Mexican American War. The war ended just as gold was discovered. Many men in that regiment, including Denniston, went to the goldfields in the Sierras.

His best luck may have been meeting and marrying Josephina (Josefa) Guerrero in 1853. Denniston settled into the Guerrero adobe standing along the creek that soon became known as Denniston Creek.

Denniston was the first person on the Coastside to shift the use of the land from cattle into commercial-scale crop farming — grain, potatoes and other produce. He soon realized that he and other farmers were growing more crops than the local community needed. It was impossible to move large shipments from the San Mateo County coast over the practically impassable mountains into the fast-growing San Francisco market.

That is where Denniston made a major mark with a historic first.

In 1858 he constructed the first shipping wharf along the Coastside. With that, all local farmers could more easily sail their crops to the big city. The pier was a simple structure, built in the shadow of Pillar Point. The land grant included the entire cove that was called “Half Moon Bay”

(today's Pillar Point Harbor). His dock was called Denniston's Landing — or the “Potato Wharf.”

Because of the size of the ranch, the newspapers recognized him as the second wealthiest man living in San Mateo County in 1859. He was certainly the richest on the Coastside.

Besides farming and running the wharf, he was mixing with business, social and political friends in San Francisco. He entertained on the ranch — gala parties and hunts. He was described as a “... jovial companion, a good judge of horses, a connoisseur in whisky, and a good specimen of a ‘fast man’ ... with the interests of rowdiness and ruffianism.”



He was elected twice to the California Legislature, representing San Mateo County (1860 and 1862). His rough-hewn personality was apparent when he found himself in a San Francisco saloon discussing politics in 1861.

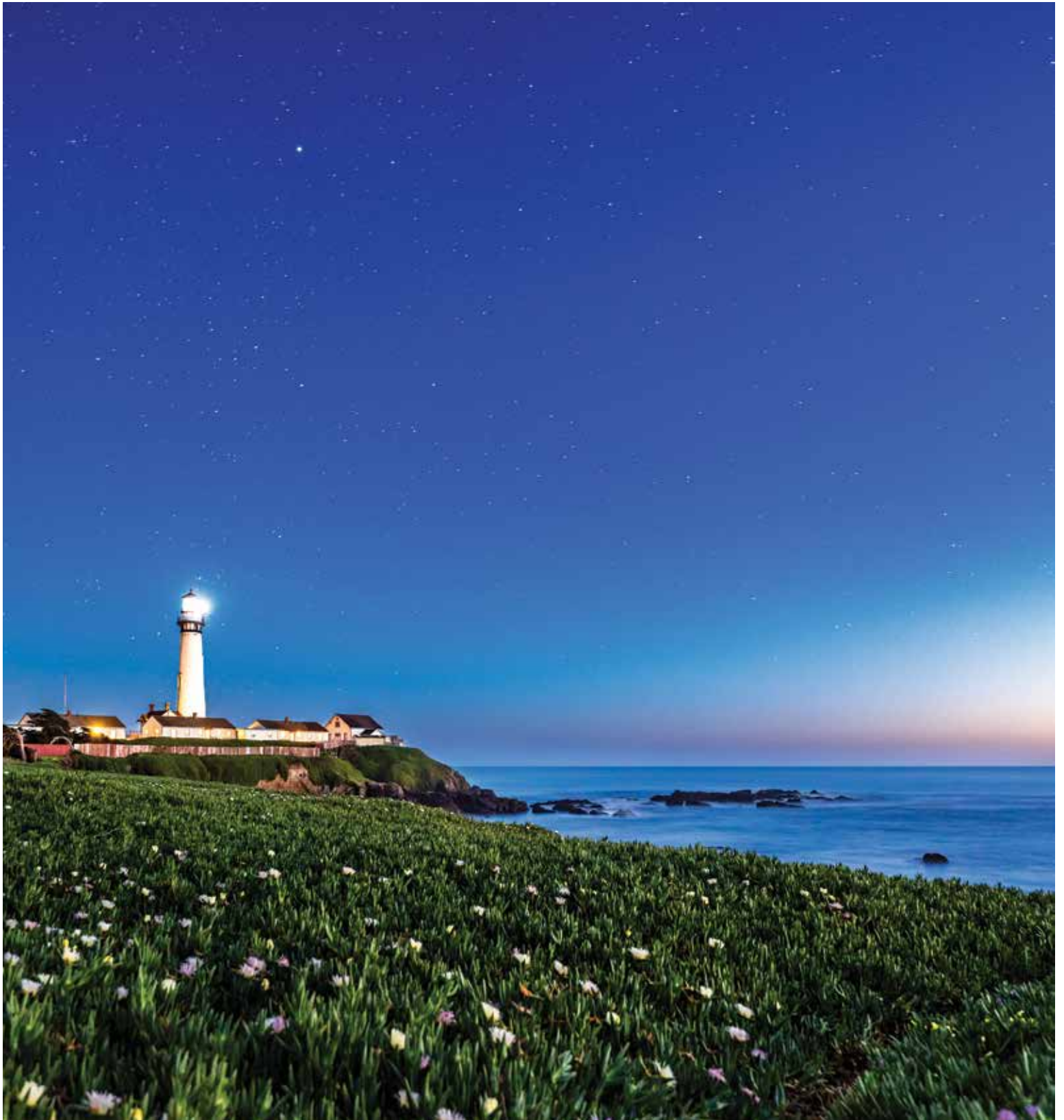
The conversation ended with him being shot (and only slightly injured) by a disagreeable customer.

He had business dealings close to home (as a cattleman, crop farmer and wharf and flour-mill owner. He was a dealmaker and investor (including the successful railroad connecting San Francisco and San Jose, which was built in 1864 and is still working as Caltrain).

In 1867 the Guerrero-Denniston family subdivided the land grant. Title was placed into the names of Guerrero's heirs, without including Denniston's name. This appears to be a gesture of respect to Denniston's “Californio,” now Mexican American family.

James Denniston died suddenly from a kidney disorder in 1869. He was only 45 years old. His family and community were stunned by the loss. He changed the course of the Coastside with enterprise and a unique personality. **COASTSIDE**

Dave Cresson is the founder and a proud supporter of the Half Moon Bay History Association. Suggestions for future Flashbacks, questions or comments can be sent to DaveCresson38@gmail.com.



Pigeon Point Lighthouse

With bluebird skies, you get a perfect opportunity to shoot the stars. The Pigeon Point Lighthouse is a great piece of architecture to fit into your starry landscape and away from all the city lights. This photo was taken at 7 p.m. on March 7, 2022. —*Adam Pardee*

COASTSIDE magazine

Don't miss our special promotional section "Celebrating Women" in the May issue of COASTSIDE magazine. Get to know these inspiring women from Pacifica to Pescadero who, whether they are running a household or a business, inspire and elevate those around them while finding their own successes along the way. Please contact us to find out more about profile sizes and rates.

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