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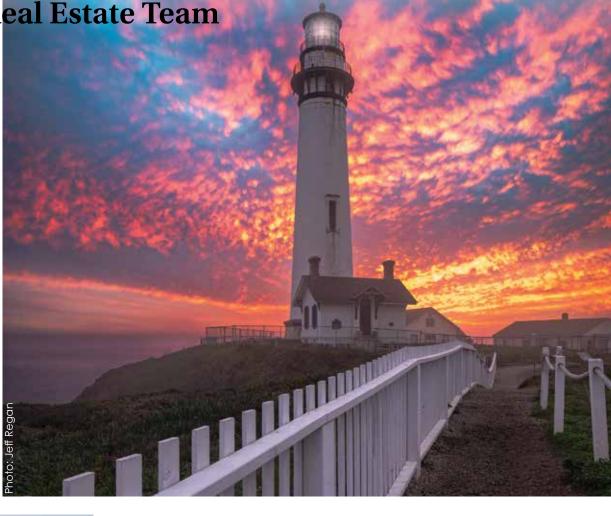














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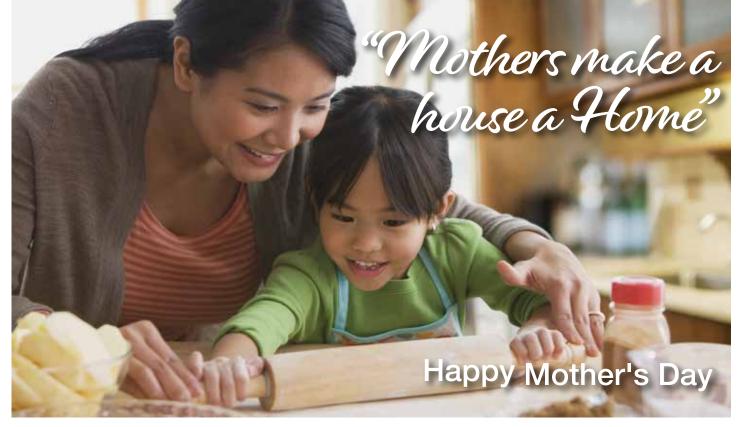
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#### Half Moon Bay Review

#### Pacifica Tribune

SUBSCRIPTIONS: All subscriptions delivered via the US Mail. \$66 per year for mail delivery. PERIODICALS MAIL PERMIT: Authorized by U.S. Postal Authorities of Half Moon Bay, CA. (USPS #233-200). Periodicals Postage Paid at 714 Kelly Avenue, Half Moon Bay, CA 94019. POSTMASTER: Send address changes to the Half Moon Bay Review, P.O. Box 68, Half Moon Bay, CA 94019. SOCIAL MEDIA Find the Half Moon Bay Review on Twitter, Facebook and Instagram. Sign up for breaking news delivered via email at hmbreview.com. COPYRIGHT: All editorial and advertising contents are ©2022 by Half Moon Bay Review. Reproduction or use in any form of editorial, news, photo or advertising content in whole or part without permission of the Half Moon Bay Review is prohibited. Enjoy!



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### Wine and friends are always a great blend

fter a long dry spell, we have a new event coming to town this month — literally downtown — so get ready to party once again. Members of the Half Moon Bay Downtown Association rolled up their sleeves and cooked up a brand-new festival for those who love wine and jazz — and our picturesque downtown area. The inaugural Half Moon Bay Wine & Jazz Festival on Sunday, May 15, will feature California wineries, local food and jazz artists.

Here's how it will work: Attendees will purchase their tickets online in advance for \$75 which will get them a commemorative wine glass and 15 tasting tickets. During the festival they will be able to stroll around downtown, taste the various wines and listen to jazz performances by artists like Paula West and Marcus Shelby.

Included in the entertainment will be a tribute to Bobby Hutcherson, a longtime Montara resident who was widely regarded as among the greatest vibraphone players of all time. The organizers have assembled a food court where food can be purchased from some of the Coastside's favorite local eating establishments — Sam's Chowdermobile, Breakwater Barbecue, and Alebrijes Oaxacan Kitchen. Half Moon Bay Wine & Cheese, a downtown staple, will be serving charcuterie plates, the perfect accompanier to wine tasting. Beer drinkers will be able to purchase beer from some great local breweries like Sacrilege Brewing and Blue Ocean Brewing.

It's Italia will be hosting a VIP "Bubble Lounge" for those looking for an elevated experience. The Bubble Lounge is available only to top-tier sponsors of the event and paying VIP Lounge guests and includes a curated, highly selective sparkling wine tasting to be paired with exquisite appetizers, artisanal fare from the California Coastside, as well as Italian sparkling waters, espresso, sweets, and access to the no-host bar for cocktails and spirits.

Colleen Henney, board member and owner of Jupiter & Main, says of the festival, "We believe some of the best wine and jazz in the world comes from California, and we hope people will come sample wines and enjoy the world-class jazz musicians." About honoring Hutcherson, she adds, "We're also pledging up to \$35,000 in scholarships and grants in Bobby's name for the benefit of local arts programs and students."

Come out for a good cause and a fun time. Bring a friend. Because everyone knows the best wines are the ones we drink with friends.

For more information and tickets go to hmbwineandjazzfest.com.



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



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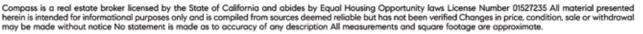
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# A resource like no other in Pacifica REES KEPT PROGRAM GOING THROUGH TOUGH TIMES

he Pacifica Resource Center is well named; it's the go-to resource answering many needs in the community. It provides food for people who are hungry, help with rent for those who are cash-strapped, tax preparation services, summer learning programs and more. This month, Coastside magazine's Jane Northop asked PRC Executive Director Anita Rees to share her thoughts about her work and the role of the center in the city.

— Jane Northrop

How many clients do you serve? We currently serve 1 in 7 Pacifica families.

In what categories of service? Our core programs include grocery programs with bimonthly distribution and deliveries; the pantry; baby and youth programs with diapers, wipes and back-to-school backpacks; rent, mortgage and utility financial assistance; transportation assistance with bus passes and tokens; tax preparation and savings, including no-cost tax preparation by IRS-certified, volunteer tax preparers, and matched savings programs to help people jumpstart their savings; holiday programs for Thanksgiving and Holiday Joy; homeless services with access to county homeless services, street outreach, housing-centered case management to help folks return to housing; and help with critical family needs and other services.

What other programs are in place to help clients? You can go to https://www.pacificaresourcecenter.org/services for a more extensive list of our services, though some services are on hold due to COVID-19, such as our onsite nurse.

How are you recovering from the fire that damaged your building last year? We were just returning to regular service hours after COVID-19, then the fire happened and turned everything upside down again. We cut back our hours to limit people being on site until we could get a handle on repairs. It took awhile to find a contractor. Our job was huge to us, but not huge to many contractors. Repairs were done, with a couple of upgrades, in mid-January. We moved back to using the



deck and front desk area when the new deck railing was installed. The railing was not damaged in the fire, but it was deteriorating from the moisture in the air. Overall, recovering from the fire took just four months, but we were really all looking forward to having more space again.

How can the community contribute to PRC? We happily accept donations of funds, in-kind items and time. Financial gifts can be mailed, dropped off at our office or made online at http://pacificaresourcecenter. networkforgood.com/. We are currently in need of microwavable food that does not need refrigeration, spam and other canned meat and sausages, canned stew, single-serving fruit,

trail mix and nuts, packaged oatmeal, size 4 diapers, can openers, socks for adults, and dog food. We also need volunteer drivers to help deliver groceries, bimonthly, from 1:45 p.m. to 3:45 p.m. on the second and fourth Wednesdays. Folks interested in becoming a volunteer driver can contact our Grocery Program Coordinator Rose Davis at (650) 738-7470 or rose@pacificaresourcecenter.org. And we are always looking for community members interested in joining one of our board committees for fundraising, community engagement, strategic planning and policy and governance. Our committees are a great way to help PRC help our community. Folks interested in joining a board committee can contact me at: anita@pacificaresourcecenter.org. COASTSINE

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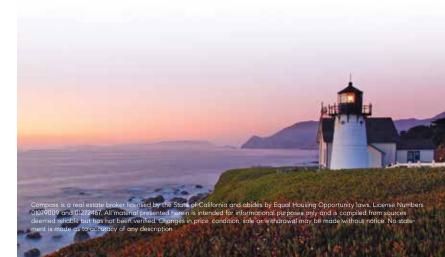
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#### COASTSIDE / This + That



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

#### **Make It Main Street** is back

On the first Thursday of every month, April through November, Make It Main Street presents surprising and entertaining experiences on five blocks of Main Street and throughout Downtown Half Moon Bay. From 3-7 p.m., discover a Makers Marketplace, take in a film with local connections, catch an artist demonstration, listen in as musicians, poets, writers and storytellers perform among the eclectic array of shops, bookstores, nurseries, restaurants, wine bars, cafés and galleries that grace Half Moon Bay's historic Main Street and downtown corridor. Many downtown businesses keep their doors open longer, and several eateries, cafés and wine bars offer First Thursday specials. All events associated with Make It Main Street are open and free to the public. Additionally, Make it Main Street will play host to Coastside Gives on May 5, allowing many local nonprofits to meet, greet and answer questions for downtown patrons. Main St., Half Moon Bay makeitmainstreethmb.org

#### Tiger's Eye Beauty

Raquel Payne is the founder of Tiger's Eve Beauty on Palmetto Avenue in Pacifica. San Francisco-born and Pacifica



local, Payne has eight years as a licensed aesthetician and calls herself a "beauty junkie." Besides her love for all things beauty and wellness, she is a master brow artist and specializes in a quick, yet thorough Brazilian sugaring and wax. Payne is part of a Beauty Collective along with sisters Raquel Lopez and Daniela Leiva who own Luna Rising Collective right next door. Their salon was previously AV Hair and Makeup but the sisters rebranded their business at the same time Tiger's

Eye Beauty opened creating a collective for one-stop beauty. 1501 Palmetto Ave., #8, Pacifica (650) 898-2526 tigerseye-beautybiz.com



#### **NEW PARKLET**

There is a new parklet at 315 Main St. in downtown Half Moon Bay in front of Fattoria e Mare Restaurant and Barterra Winery and Tasting

Room. Besides offering additional seating and an "al fresco" dining experience, the redwood-planked platform is surrounded by greenery and features lighting for dining and wine tasting after dark. Grab a table in the sun and enjoy a leisurely meal, peoplewatching, and the authentic downtown experience. Pablo Estrada of Fattoria e Mare and Chris Minoletti of Barterra Winery (in photo) invite you to enjoy the new outdoor dining area.

315 Main St., Half Moon Bay



#### **NEW OWNERSHIP**

Coastside.Net has been purchased by Cruzio, one of the largest independent internet service providers in California. Crūzio provides cuttingedge technology services for more than 9,000 households and businesses in Santa Cruz County. Coastside.Net, helmed by Rob Genovesi, has been in business since 1994, providing a viable alternative internet option for the Coastside community while focusing on excellent service in some challenging terrain. Cruzio is known for its friendly, hands-on customer service that caters to its diverse client population, from residents and local nonprofits to small and large businesses throughout Santa Cruz County. "We've worked closely with Cruzio for years so when the opportunity arose to join forces, we could all see what great sense it made," said Rob Genovesi. Chris Frost, Cruzio's director of infrastructure and technology, adds, "Together, Cruzio and Coastside.Net are better placed than ever before to expand our collective reach, do bigger and better things, and achieve our common goals."

This + That is a monthly feature focusing on new businesses and business news on the Coastside from Pacifica to Pescadero. To be considered for future listings, email publisher@coastsidenewsgroup.com.

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#### AUTHOR LEARNS TO SPELL HEAVEN

### P-A-C-I-F-I-C-A

hirty years ago, Toni Mirosevich moved to Pacifica and began a relationship with the town that inspired a book of stories based loosely on her experiences here. She grew up around boats and the singular characters who work on and near the sea, so she felt a connection to the ocean-edge community of crabbers, beach walkers and other strangers who became her community. She and her wife, Shotsy, spend hours walking down by the pier with their dogs. Recently retired after many years teaching creative writing at San Francisco State University, she has written poetry and nonfiction, but this is her first book of fiction. She spoke with Coastside magazine's Eileen Campbell at her home office on a hill overlooking the town and ocean.

#### First, can you tell me something about the book you've written?

It's called "Spell Heaven." It's about a seacoast town that is very like Pacifica, but it's fictionalized, as are the characters. The title came from a note that I found on one of my walks. I looked down and there was a piece of paper and it looked like a kid's writing. It says, "Dear God ..." And he or she is trying to spell "heaven," but they misspell it over and over again. And the idea is that there's lots of ways that people spell heaven. Some people might think an academic job is heaven, or a new house, or a new car, or a new love. But there's a lot of different ways to spell heaven.

### You have an interesting background that has contributed to your outlook on life and to your take on the people you meet.

I'm from a Croatian-American fishing family in Everett, Wash., that was part of a larger immigrant family of Croatian-Americans. I grew up as a kid who loved going to the docks. I would spend a lot of time on the fishing docks, and I had a great deal of freedom for a little girl. I could race around and climb up on the dock ladders and play on the nets, and so I was not contained or confined to a particular feminine role.

I think the book is in part a search for a return to that world where people are less interested in money and status and more interested in the sea and making a living and bullshitting with each other and having a community. That's the thing I was looking for. There's a quote from C.D. Wright, a wonderful poem: "You will wake in a dear yet unfamiliar place." The narrator of these stories wakes up to a new world here, down by the sea. It's kind of a dear and familiar place, but it's also unfamiliar. There's a dichotomy, because she doesn't know the people there yet. She doesn't know the community. But there is something familiar. It reminds her of the past and it reminds her of large-hearted people.

### And it's sort of scruffy and on the edge of things. It sounds like an amazing childhood, to have that kind of freedom, especially as a girl. And then you followed up on that with the work you did earlier in your life.

Both my parents and my grandparents and almost all my relatives did physical labor jobs. Most of the women worked in the tuna canneries. Most of the men were fishermen. So doing work with your body and relying on your body was the one thing you could always rely on. So I did physical labor jobs. I used to be a pressure washer in the parks department in Seattle. And then I drove a truck for the blood bank, and then I did attic insulation and storm windows. So I did all of these jobs that I knew how to do. I knew how to do physical work. It's the one thing I really did know, or that's what I felt.

This is the 1970s, early '80s. Back then, if you're a woman, you felt like a pioneer. You're the first woman who drives the blood bank truck, a 35-foot trailer with the truck cab. And the pay's not bad, either. So that kind of non-traditional life of work fits pretty seamlessly with growing up around the docks. It's way less unfamiliar than being at a university, teaching classes. Though in the classroom, that's like my own ship. I can do whatever I want. I can steer that boat on my own.



### So there's still an element of freedom there. And there's a community, too, that you so much were looking for.

Yeah, exactly. Both things.

#### But how did you make that leap from doing your pressure washing? It seems like two completely different worlds.

Well, it was involuntary. I got sick with a chronic illness in my mid-30s, something called chronic fatigue syndrome. And I could not do physical work anymore. In fact, I couldn't do any work anymore, so I was on disability for a while.

I wrote about being ill and submitted that to the graduate program at San Francisco State, their creative writing program, and that's I would never say that, I would never say that was a good thing. Though, it is the reason I started writing seriously and went to graduate school. And then you apply to be a lecturer because you need to find a job. So it's a funny thing, isn't it?

#### So you were not a writer as a kid?

No, I would write little notes here and there, always. You drive the blood bank truck to Napa at five in the morning, and then you jack it up and set up the long trailer. And so there was lots of time, so I could write things down.

In my first poetry book, the first six poems are work poems. They're about driving a truck. "Gandhi Joins the Workforce" is pressure washing



Author Toni Mirosevich draws inspiration from walks on the Pacifica pier. Photo by Adam Pardee.

how I got in. It was not a plan. You don't know what variables will come in, or your body will fail and you can't do what you envisioned you would do the rest of your life. People say, "Oh, well, then it worked out well that you got a chronic illness, and that you had to shift things." But

the restrooms. "Betty Crocker Joins the Workforce," that's working in a soup kitchen in Seattle. "Virginia Woolf Joins the Workforce" is doing attic insulation.

#### I think it's funny that you went to college thinking that you

#### needed a desk job and you studied poetry.

Well, you know, it's so funny. I came in as a disabled student because I really was doing poorly, healthwise. This is one of those twists. I went to Antioch College because you could get a quick B.A. for life experience, and I needed some letters after my name. I used to do a lot of antinuclear work up in the Northwest, and at Antioch I could write up a protest as "group dynamics." But there was a wonderful teacher, Ani Mander, and when I wrote about illness, she said, "Send that to San Francisco State." I thought, well, I'll get into State and get some more letters after my name. But I was writing poetry. The only avenue at that point was trying to get one of those lecturer jobs. So you try to get one of those jobs, and then you try to get the tenure-track job.

So, yeah, poetry — that's a really good economic stream to go into! So many jobs teaching poetry! A lucrative field! Thank goodness for getting the lecturer job. And then I taught at Santa Clara University for a while because I knew someone who knew someone who knew someone who knew the chair and they got me an interview. You cobble stuff together.

#### How did you come to Pacifica?

We were living in San Francisco. My wife is from Kentucky and her parents always said, "You should own a house." We have some good friends who came to see this house. And our friend, who's a big guy, over six feet tall, he thought the neighborhood was too dicey and too frightening.

#### So he told you about it! "Toni'll be able to handle it!"

Yes! We had friends who loaned us the down payment, because we weren't making much, and that's how we ended up here. You know, the people who have lived here a long time just love it, through all the

transformations and everything. It's unusual in the Bay Area to feel this sense of community, and also for it to be a little odd and interesting.

When we moved in, we were the only gay couple on this block. I remember kids throwing rocks at the window, and some little kid wrote "Bitch" on our fence. A SWAT team came one day because there was a hot car ring a few doors down. Sadly, the young man who lived across the street, he shot a gas station attendant in the head and went to San Quentin and died in prison.

So it was not a neighborhood that immediately embraced us. And Shotsy, who is very generous but also smart, every holiday she would make bread and take it to all the neighbors. I think people were shocked and like, "Who is this person? What is this about?" She did that for years and years and years, and we called it "murderer's bread" because of our neighbor and murdering the person. And then people start bringing us things. We open the door and the family down the way has a bottle of wine, and Dip, who lived across the street, brings a pie from Safeway and ... incredible. It was really incredible.

### You tell stories of Pacifica that generally wouldn't have come from the Chamber of Commerce.

And what a shame! That's what makes this place interesting. The people that I meet are just fascinating.

#### So how did the people you meet transform into these stories?

Well, you could have an encounter where a man who you've seen forever one day takes a photograph out of his pocket and says, "This is who I used to be." And then you start to imagine what his life was like. It's from your imagination; none of it is true. The story transforms as I'm writing it. A

friend read the story draft and said, "Go sit by him on the bench. Get closer." And then, suddenly, if you write that into the story, you have fictionalized an end from a very small start.

It has a great deal to do with taking small daily encounters and imagining the narrator as a character and the person that you met as a character, and that gives you a great deal more expansive room to invent upon that small moment. Does that make sense? I think that's really important. You get to invent upon small things that might happen in real life.

#### But your stories feel so Pacifica.

The place is less fictionalized than the people are. There's the sea — and the pier and a lot of elements. The place in terms of its geography and being on the edge and describing the neighborhood — it's very much where I hang out.

#### Will you describe a memorable Pacifica day for us?

A memorable Pacifica day is like any day, because every day seems to be memorable (here). One day it's walking out on the pier. It's probably a gorgeous day, but it doesn't matter if it isn't. And you walk onto the pier and stop for a moment, and there's someone behind you with a crab cart saying, "Come on, get going! What are you waiting for?" And you walk on and there's different boom boxes as you go along, so you're traveling through different musical zones. There's reggae and then there's mariachi, and then there's KC and the Sunshine Band, and you're listening to this and to people chatting or bullshitting as you go along.

And there's a woman, an older woman, maybe a grandmother with some grandkids around, and she's in a chair and eating french fries, and she looks very happy. The sun is hitting her face. And then there's a guy and he's got shrimp that he's using as bait and he takes one of the shrimp and he is holding it up in the air for a seagull. And the seagull is coming down, coming down, coming down, the throws it up, and I'm not sure if the seagull caught it or not. But the next time the seagull takes it right out of his hand. Then somebody gets a hit and everyone gives a big yell and some woman comes over and says, "Papa, what you got?" It's a world. It's a world. It's an extraordinary world.

#### You found your place.

Yeah. It's kind of like the docks, isn't it? There's a guy we called "The Foreigner" because he was the last one off the boat from Croatia. I remember The Foreigner. I remember Pepe. I remember all of these characters down at the dock in Everett. Very, very similar.

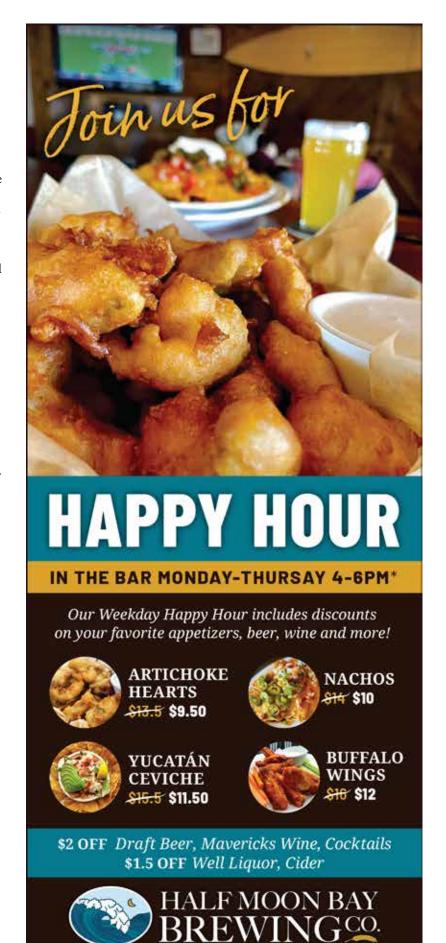
### There's a line in the book, "You can have a life where whatever you catch brings you joy." That line so struck me.

But you know, you have to be open to whatever you're going to catch. It's not predictive, what you're going to catch that day. You can catch a cold. You could catch someone saying, "Get out of my way." There's all kinds of things you can catch, right? But you could also just be out there.

I ask people as they come off the pier, I always say, "Did you have any luck today?" And if they come off the pier and they don't have a thing, 10 times out of 10 they say, "Yeah, but we had a great time." Every time! So they didn't catch anything. So what?

#### It's like that bumper sticker about fishing. "The worst day fishing is better than the best day at the office."

I need that bumper sticker!



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combined with other offers.





## By August Howell

Photos by Adam Pardee

hether in essential service nonprofits, education or business, there are so many young women involved in various important sectors of life on the Coastside. In fact, there are too many to name in a single magazine story. Meet a few of the local women working hard to not only improve the quality of life here today but what it will look like in the future.

#### ▶ Sandra Sarabia – Boys and Girls Club of the Coastside

Sandra Sarabia might be the poster child alumna for the Boys and Girls Club of the Coastside. Although her middle school days are far behind her, the club's Cunha Intermediate School site manager has stayed close to her roots.

Sarabia's transparent passion for her work stems from her perspective. She was raised in Half Moon Bay and attended elementary, middle and high school here. She feels a sense of connection with the students because she was once in their shoes, and she knows the impact a supportive environment can have on shy middle schoolers who need some extra help, because she needed it too.

While attending Cunha, a young Sarabia struggled with her homework load. Math was the most daunting of all. Her family, because of language and education barriers, couldn't do much to help her. One day after school, she took a tour of the Boys and Girls Club's portable office on campus and became enamored with the computers, which she didn't have at home. Not only did the offices offer technology, games, tutoring and a quiet place to study, the club also gave Sarabia a support network of mentors who were willing and able to coax a shy girl out of her shell.

"I was kinda in the shadows," Sarabia said. "I didn't belong anywhere. I wasn't part of anything. Being part of the Boys and Girls Club made me feel important."

Sarabia, now 30, spent many formative

days in those portables that would go on to shape her career. After graduating from Half Moon Bay High School she got an associate's degree in social science and psychology from the College of San Mateo. She then transferred to California State University, East Bay, and earned a bachelor's in psychology in 2020. It wasn't long before she became the club's Cunha site manager, but she had been working there as a part-time Youth Development Professional for the past eight years.

Amid the daily tasks of helping students with homework and setting up a variety of indoor and outdoor games, Sarabia has been challenged in recent years. She said this year in particular has been the hardest, a combination of academic struggles because of remote learning, difficult social interactions and a lack of engagement. On top of that, it's a job in itself to get kids off their cellphones, she said. To deal with these issues, there's a lot of emphasis on communication and socialemotional learning, and the club shows students how to email teachers, ask for help and better manage their workload.

"For us, it's not always about straight A's," she said. "It's about always trying your best."

Sarabia believes wholeheartedly in the mission of the Boys and Girls Ćlub. Despite the years removed from the current students, she still feels the same connection that drew her to the nonprofit all those years ago. As beneficial as the Boys and Girls Club can be, Sarabia believes that helping students has to be done beyond campus borders. She's credentialed in family development and plans to host more workshops for parents to learn about supporting students academically, dealing with behavioral issues and logging into School Loop, the online teacher-to-parent communication

"I'm grateful we're able to provide this for the youth," Sarabia said. "I think it's so important to grow and provide as many



programs for our middle schoolers as we can. We're in such a challenging time and I know they need a safe place. I know they're struggling academically. They need positive mentors. It's important and that's my passion."

#### Winsor Kinkade – Ayudando Latinos A Soñar

It's difficult to put a label on Winsor Kinkade, but that's the way she likes it. The 27-year-old Half Moon Bay resident is on the board of a breakthrough farming co-op, runs mental health programs for farmworkers and is a founding member of an arts foundation.

If there's a connecting thread to Kinkade's work, it's that she views her effort as a way to "create new systems." Perhaps more than most people her age, Kinkade is keenly aware of mental health issues and barriers to services, which others take for granted. Her unique perspective lets her solve those challenges in a unique way.

"I feel like because I've been given the opportunity to learn and get tools to know how to support people in their healing, I feel like it's important to share," she said. "It feels like an obligation in some ways. Not in a bad way at all, it's just what I need to do."

Though not officially an art therapist, Winsor views art as a tool for healing trauma. She graduated from the University of San Francisco in 2017 with a bachelor's degree in fine art and communications studies. She then earned a master's degree in social work at San Jose State University in 2019, specializing in children, youth, and family counseling and got credentials in pupil personnel services and Spanish counseling.

The following year she joined ALAS as a clinical social worker, and her primary focus is the farmworking community. She helps run farmworker mental health groups out in the field, where she leverages her background in art, counseling and therapy. A common issue she sees in the field is chronic stress, and she'll teach calming breathing exercises or how to whip up a recipe with essential oils, tea or herbs. There's even a time to weave tapestries, which is akin to a meditative practice, she said. Kinkade said the farmworkers are involved in the program because they've come to trust ALAS over the years the nonprofit has been involved in the community.

"When we go out to deliver food or supplies and we get into a conversation and someone talks about how stressed they are or how they can't sleep at night, that's an indicator for us to ask if they're interested in receiving mental health services," she said.

Sandra Sarabia was once a member of the Boys and Girls Club of the Coastside as a middle school student. Now she is on staff.



Winsor Kinkade has a master's in social work and leverages her art background to help local farmworkers.

Kinkade looks to history for inspiration, and her role models include Dolores Huerta, the labor and civil rights activist who confounded the National Farmworkers Association with Cesar Chavez, and Audre Lorde, a feminist writer and civil rights activist who addressed issues of racism, sexism and homophobia in her works. Her more contemporary role model is ALAS Executive Director Belinda Hernandez-Arriaga.

"She's working to create new systems," Winsor said. "She's imagining new possibilities in our society and our culture. She's also just deeply kind, generous and warm as a person."

Kinkade dealt with her own healing process. Raised in Santa Cruz County, her father Thomas Kinkade was renowned for his idyllic landscape paintings. He had partnerships with Major League Baseball, Disney and the Olympics. He raised \$1 million for the Points of Light Foundation and donated \$600,000 to the victims of

Hurricane Katrina. After his death in 2012, Winsor Kinkade and her three sisters created the Kinkade Family Foundation to honor their father and continue his legacy of making art more accessible by donating supplies and hosting art workshops for nonprofits and schools.

Kinkade's own art references nuances of race, class and gender in her community. She's planning to get her license in social work, but her art and clinical work are extensions to address larger social injustices and barriers to essential services she sees daily. Her purpose is to challenge systems that enable inequality.

"My goal is that my job doesn't exist anymore," she said. "I dream of a time when there is no longer a need for a mental health social worker and we're all healing and healthy."

#### ▶ Donya Foley and Fiona Benjamin – The HEAL Project

Despite their close proximity in a relatively

small major at the University of California, Davis, Fiona Benjamin and Donya Foley didn't get close until they started working together on the Coastside.

The two women had overlapping classes while earning degrees in sustainable agriculture and food systems in 2018. Both began working at the HEAL Project as field trip educators soon after graduation. Benjamin joined in fall 2018 and Foley arrived a year later. They've since been promoted, Benjamin to farm manager and Foley to programs manager. Together, the two have been critical to the HEAL Project's growth ever since, said Executive Director Amy Bono.

For the past two years, Foley, 27, who hails from San Jose, has overseen all field trips to the nonprofit's San Mateo County School Farm in El Granada and coordinates the Intensive Garden Programs for the Coastside's elementary schools. Benjamin, a Pacifica native, is approaching her third year of growing and



Fiona Benjamin, left, and Donya Foley were college classmates at UC Davis before coming to the HEAL project on the Coastside.

selling produce from the 3-acre farm.

"Farming in a vacuum was never as interesting to me as this community-based way of sharing it with young people," Benjamin, 25, said. "For me, aside from the HEAL Project's mission, it's very much on-brand with my personal mission."

The HEAL Project's goal is to teach people where their food comes from and why it's important. At summer camps and field trips to the farm, students learn about the health benefits of locally sourced food and the nuances of recycling and composting. More than just a trip to the farm, the program is a curriculum that meets state and science standards.

One of the largest ongoing challenges is not just contacting schools that offer little to no outdoor environmental or agriculture programs but selling them on the nonprofit's concept and coordinating visits, Foley said. Today, the farm hosts students from across

San Mateo, San Francisco and Santa Clara counties.

"Especially with post-pandemic craziness, it's really essential to reach out and make sure they know we offer in-person and remote programming," Foley said. "It's making teachers and schools aware that we're still here and want to do this programming we think is essential."

Even during the thick of the pandemic with no in-person visits, Foley and Benjamin stayed busy. They published virtual farm tours, held composting and upcycling workshops online and offered programming over Zoom to schools. Foley helped catalog all 26 of its Intensive Garden lessons into virtual lessons. Benjamin spent long days at the farm, often solo, tending to the variety of produce and crops. Lettuce remains a staple at the Coastside Farmers Market while strawberries remain a popular snack.

Benjamin sees agriculture as an

intersection of larger societal issues, including environmental, health, justice and equity, and hopes the next generation can learn that, too.

"If we could solve many of the problems we have in the ag industry, it would go a long way in solving those issues as a society," she said.

Foley's interest in the work stems from her passion for nutrition, while Benjamin was drawn to the environmental impact of local agriculture. For both women, the HEAL Project remains special because it allows them to reach a wide variety of young students effectively. As Foley says, even if she only resonates with a third of the kids on a given field trip, it's worth it to her.

"If I can reach a few kids, there might be one who gets really excited about recycling, composting or planting," Foley said. "That is what we're trying to do, to get them to have a shift in the way they think about the world. If I could change one kid's mind a day, that would be awesome." CONSTREE



LOCAL COACHES TALK ABOUT EQUALITY IN ATHLETICS

By Emma Spaeth Photos by Adam Pardee



ifty years ago, Congress passed a federal civil rights law that guaranteed equal rights to educational programs without regard to gender. Since then, Title IX has gone a long way toward leveling the playing field for generations of girls and women.

While the amendment has expanded countless opportunities, it's best remembered for its impact on female athletes. In 1972 there were just over 300,000 women participating in college and high school sports in the country, with women's athletics programs receiving just 2 percent of college athletic budgets.

By 2012, 40 years after the passage of Title IX, that number skyrocketed to more than 3 million, with more than 190,000 women competing in college sports, six times as many as were in 1972. Four years later, in 2016, according to the Women's Sports Foundation, 1 in 5 girls in the United States played sports.

Now, 50 years since the passage of this monumental legislation, women reflect on the progress that has been made, and what still needs to be done.

"Title IX wasn't originally about sports," said Katie Moore, director of athletics and dean of health and wellness at Sea Crest School in Half Moon Bay. "People often say that Title IX brought equality, but they didn't even use it for athletics until the 1990s. It was a long process."

While comparing participation numbers in athletics from 1972 to present is impressive, it didn't happen overnight. It took years to build the programs the law required, and was faced with backlash by many as it took funding away from existing programs to add teams for girls and women.

"When your population of female students is 60 percent, and you have one female sport, that's not fair," said Moore. "Where's the opportunity?"

Women who have dedicated their professional lives to providing girls with athletic opportunities say the fight for equality in athletics is far from over.

"Obviously, there has been a lot of progress, but Title IX didn't fix it," she said. "We still don't get paid the same, we don't have the same representation."

Moore has been playing soccer since she was 6 years old. It has not always been easy.

"It was hard, because you get told, like, 'You're a tomboy,' or 'Why do you want to play the boys' sports,' or 'You're too aggressive," she said. "I'd be the only girl playing sports at recess, and I'm like, 'Where is everyone?"

Even after suffering an ACL tear while skiing, she went on to play soccer at Ohlone College, which at the

time was ranked fourth in the nation.

"Our soccer field was in the outfield of the baseball diamond," Moore remembers. "We used to have to fight with the baseball and softball teams for practice time. We took second in state my first year; we were the best program at the school. But we were not treated as if we were."

While looking at college programs in high school, Moore found that few were giving out scholarships because most colleges didn't even have women's soccer programs, or had just started them.



Charlea Binford, facing page and above, center, teaches her Pescadero students to strive to develop a healthy lifestyle.

"There was that aspect of not seeing women playing sports," she said. "There still is."

A recent study from University of Southern California and Purdue University published in "Communication and Sport" in 2021, found that there are few women seen on televised sports. The study detailed that in 2019, 95 percent of television coverage focused on men's sports, while 40 percent of athletes are women.

"You see volleyball players getting in trouble for wearing what the men wear," referencing the Norwegian beach volleyball team, which in 2021 was fined for wearing shorts instead of bikini bottoms. "Or Serena Williams receiving backlash for wearing a (catsuit) instead of a dress (in the French Open)."

The coach finds that lack of coverage is an issue, but also the focus of coverage. She explained how she's noticed the diff "(With you watch In Valley and att c

noticed the differences in how announcers talk about men and women.

"(With women) they talk about their husbands and their kids," she said. "When you watch a men's sport, they talk about ... the skill of the male athlete."

In 2016, Ben Wasike, a professor at the University of Texas, Rio Grande Valley, analyzed every cover of Sports Illustrated and ESPN: The Magazine, and found that there are significant differences in how male and female athletes are depicted. He concluded that women who appeared on the

covers were more likely to be depicted in a sexualized manner, and were twice as likely to be depicted showing more skin. He also found that 61 percent of female athletes, versus 21 percent of male athletes, were pictured smiling.

"It's frustrating because you're sitting there and you're like, 'Why are we any different?" Moore said. "It's hard to explain to kids."

On the local level coaches are working to find equality for their athletes.

At Pescadero High School, Charlea Binford, coach and athletic director, alternates game times between the boys and girls teams each week, so each team gets a chance to play during the more desirable time slot.

"It's those little actions that are telling the girls that they are just as good and they deserve just as much of the spotlight," she said. "They work just as hard. We need to find the same amount of importance, and highlight each team."

Binford said that earlier this season she was pleasantly surprised to have a female referee, something she doesn't see often.

"I went up to her and said, It's nice seeing a female referee,' and she said 'It's nice seeing a female athletic director.'

"Our field is definitely dominated by men," she said. "I go to these meetings and it's 90-95 percent men. I've been very lucky with the mentorship I've received, and I take that and put all my energy, all my love, into providing that for the kids."

Binford said that in all her years playing sports, she only had one female coach.

"Some of the seniors (on the team) were role models for me when I was a freshman, but, especially as a gay woman, I didn't have what I needed, that's for sure," said Binford. "I was a late bloomer and being connected to my body and loving my body and seeing my full potential is something I'm hyper aware of being a coach today."

#### WHAT IS YOUR FAVORITE WOMEN'S SPORTS MOMENT?

"Gosh, so old school, but when Brandi Chastain tore off her shirt when the women won the World Cup. I remember writing a report on that. Or the first dunk in the WNBA."

– Charlea Binford (Lisa Leslie who was playing for the Los Angeles Sparks against the Miami Sol scored the first dunk in the history of the WNBA on July 30, 2002.)

"I like watching the men's and women's coed (swim) relays. I think that's really cool. It's not necessarily just a women's moment, but I think it's more of a together moment."

– Brooke Garrett

"1999, when the women won the World Cup. It's not even when Brandi Chastain took her jersey off. I just remember going to one of the games, and it was so amazing to see like 70,000 people there. It was amazing. And then they won it. It was one of those moments that will forever be embedded in my brain, and the brains of everyone. And then they won it again, and again." – Katie Moore



Terra Nova coach Brooke Garrett wants her students, boys and girls, to feel they're all on the same team.



Sea Crest School Athletic Director Katie Moore says Title IX was always about more than sports equity.



"All kids need role models," said Binford. "We see Disney having more representation of people of color. We need that for female athletes as well. LeBron is great, he's the 'GOAT,' right? But we need to be showing the Greatest Of All Time of the women as well. Those names should be just as known."

Brooke Garrett, Tiger alumna, assistant water polo coach and head swim coach at Terra Nova High School, also promotes inclusivity. She said both the boys and girls teams stay at every meet to support the other swimmers.

"It doesn't matter if they are boys or girls," she said. "They are all on the same team."

The rise of women in positions previously only occupied by men is seen by some as great progress, but, even after 50 years, is that enough?

When the University of Michigan hired its first female strength training coach, she became the first woman hired to the role in Power 5 conference in NCAA history. More recently San Francisco Giants coach Alyssa Naken, became the first female base coach when the regular first base coach was ejected from the game.

"It's 2022, there should be more," said Moore.

"Not seeing that representation still today, keeps the cycle going," she said. "We have to keep exposing it and keep putting it out there, we need people who are going to constantly talk about it. I'm constantly like 'Hey you can do that too.' We have to keep doing that." CONSTRE

#### WHO'S YOUR FAVORITE FEMALE ATHLETE?

"Probably Lisa Leslie. Growing up playing basketball she was definitely my go-to player. She was the best. I liked how she played and she was a post player | like me." – Charlea Binford

"Probably my great-great-grandma. She's 97 and still plays badminton. I don't know too many 97-year-olds like her leading their Tai Chi groups. That's a life goal for me. To be that healthy and happy and live that long. That's success in my eyes, where you're taking care of yourself." – Brooke Garrett

"Anyone that plays on the women's national team. I used to love Michelle Akers, because she had an immune disorder and would have to go into the locker room at halftime to get pumped with saline and electrolytes in order to play the entire game. Or Billie Jean King, she was just a trailblazer." — Katie Moore



# 





t 6-foot-6, Julius Erving is looking a good two feet over my head. He shoots a red, white and blue American Basketball Association ball somewhere over my left shoulder and it will undoubtedly cause some unseen net to sizzle. He is bathed in a lemon-yellow background contrasted by his red Virginia Squires tank top. It's 1973 and we're talking about Dr. J's rookie trading card.

Me? When the card came into my hands I was 10 years of age. Sports cards were my currency.

For decades I've kept the cardboard keepsake bearing Erving's likeness screwed between two lengths of clear plastic as if it were some museum piece and not a mass-produced card that was once tucked in a pack with a stick of pink bubble gum. Presently, Tony Girard and Jared Larson are considering this prized

possession. The three of us are standing in Coast Cards, the Half Moon Bay sports card store the two friends have operated since late last year. The proprietors are wearing the respectful countenance of men who have been here before. I'm clearly not the first guy to present them with a cardboard wafer like a priest handing the body of Christ to a believer on Palm Sunday.

"Oh, wow," Larson says for my benefit. "That's cool," Girard offers.

"That's worth some money," Larson adds.

I'm watching them gaze at this 2.5-by-3.5-inch likeness of a legend as if I gave birth to it. I am proud because I kept this photo of a now 72-year-old man ever since he was 23. I protected it from my little sister's sticky fingers

and an ex-wife's spring cleaning. This version of Dr. J survived a dozen moves, freezing winters and searing summers. It existed for years in a box without seeing the light of day. I've kept this card for nearly 50 years and it looks like it just rolled off the printing press.

Of course, there is sentimental value and the other kind. While Girard and Larson deal in both, the rest of the world is decidedly less nostalgic. Girard fires up a laptop and within a minute is showing me how to put a price tag on my childhood. It turns out a rookie Dr. J card is worth somewhere between \$7.95 and \$34,500. Depending. And here is where the story of these intrinsically worthless pieces of cardboard gets interesting for sports fans, savvy investors, hopeful gamblers and straight-up crooks.

Larson and Girard have known each other for more than 20 years. They grew up in Half Moon Bay, playing Little League



The owners of Coast Cards bring the fun of collecting to Smith Field in Half Moon Bay.

baseball and then starring on Half Moon Bay High School sports teams.

Larson, 39, was one of the most talented Cougar athletes in recent history. On the football team, he rushed for more than 2,000 yards over the course of his career. He was a leading hitter for the baseball

team, so good that he was invited to compete for the U.S. team in Cuba as part of the Goodwill Games. He was an all-league selection in both football and baseball.

Girard, 36, played basketball and football. He earned Review Athlete of the Week honors in his senior year when he hit a jumper with time running out in regulation, sending a game with South San Francisco into overtime. (Yes, Half Moon Bay eventually won.) He went on to play football at College of San Mateo before a knee injury eventually stalled his football career.

Both grew up, moved on, and eventually moved back. Girard now lives in Half Moon Bay and does construction work when not in the card shop. Larson lives in Pacifica and works at the Ritz-Carlton, Half Moon Bay. Their business cards say Girard is president and CEO of Coast Cards LLC and that Larson is vice president, but clearly it's a partnership.

Girard and Larson have been trading sports cards for as long



#### **FUN FACTS**

- ▶ The 1957 Topps Hank Aaron card appears to show him batting left-handed though he batted exclusively from the right side. It was the result of a flipped photographic negative.
- ▶ Just after World War II, Topps had rights to include gum with its cards, so Leaf, another card company, put marbles in its packs for a time.
- ▶ Topps stopped inserting sticks of gum in packs of cards after collectors complained the gum stained the cards.
- ▶ You can now buy "baseball cards" that are NFTs, or nonfungible tokens that are digital representations of cards.



**EDMONTON OILERS** 

#### **WHAT'S IT WORTH?**

An elaborate industry has grown up around pricing high-end collectible sports cards. That's because buyers – who sometimes spend millions for a coveted card – want to be sure they are getting what they pay for.

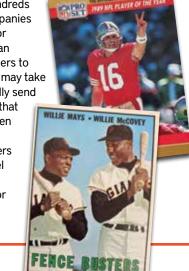
Tony Girard, president and CEO of Coast Cards LLC, of Half Moon Bay, said most buyers and sellers use the online platform eBay to determine how to price cards, at least initially.

In the eBay search window, type in the name of the player, the year of the card (this can usually be determined by looking at stats on the back of the card and adding a year since the card is typically printed the year following the last stats) and the number of the card in the series. (This is usually printed in a top corner on the back of the card.) Then look down the left rail and click "sold items." That way you're only looking at recent sales rather than every seller's aspirational price.

The result will be a range of prices. To determine more precisely how much your card is worth, you may have to send

it into an authentication service. For a price that can reach into the hundreds of dollars, these third-party companies examine cards closely, looking for evidence of wear or fraud that can run from trimming crooked corners to pressing out wrinkles. Though it may take months, the service will eventually send your card back in a plastic case that includes a numeric rating between 0 and 10 along with a unique number that can be traced. Buyers on the web are more likely to feel confident paving top dollar for a card that is rated 9 or 10 than for one that hasn't been rated.

lucrative for



as they can remember. Larson has fond memories of collecting them with his father, taking trips over the hill to look for gems to add to their collection. Larson and Girard were talking about merging their collections to better manage them when something curious happened in the midst of a global pandemic. The value of all those cards shot through the roof. While some of us were looking for that last package of toilet paper and worrying whether we would have a job in a month, savvy card collectors with time on their hands were reconsidering their stock. The e-commerce site eBay reported sales of sports trading cards soaring 142 percent in 2021. Authenticators — companies that examine cards and rate their condition — reported huge backlogs for collectors looking to certify their cards for sale on the internet. Last year, prices spiked to unprecedented levels.

How nuts is it? The 1909 T206 card featuring Hall of Famer Honus Wagner is considered the holy grail of cardboard for collectors. Fewer than 200 of them were printed more than 112 years ago and stuffed inside a cigarette box as a prize. A surviving card sold for \$6.6 million in 2021. Crazy? Consider that half a Honus — a card that looks like a great Dane took a slobbery bite out of the right side — sold for nearly \$500,000 in January.

Big money has changed the way many look at their cards. It has also brought an unsavory element to the hobby. Some high-priced cards on the internet have been "doctored," altered in various ways that can become obvious to experts upon close inspection. In 2019, the FBI began "Operation Bullpen" that targeted an authentication service, an auction company and one of the hobby's best-known collectors, alleging fraud in a scam designed to drive up the prices of flawed cards.

This isn't the first boom for sports cards. Their value has ebbed and flowed, reaching a high in the early 1990s before overproduction and fraud (the FBI's investigation then was called "Operation Foul Ball") caused the bottom to drop out. One year there were an estimated 10,000 card shops like the one owned by Girard and Larson; the next, there were less than 1,000.

Sports cards have always existed at the intersection of investment, nostalgia and art. Older cards often feature graphics that fit their era. Baseball cards from the 1950s are austere with block lettering and a midcentury-modern look. In the 1970s, card designers seem to have been on LSD. Vibrant colors and comic-book lettering prevailed. Today, they are dripping with high-technology features. Some even contain bits of player uniforms embedded in the cards themselves. They are numbered and laser-printed, and today's photos make a 1973 Julius Erving appear out of focus.

Girard and Larson are doing their part to make the hobby fun as well as potentially

Coastside kids. They set up a table at opening day for Half Moon Bay Little League and gave each player a free pack of cards. The idea is to build interest and perhaps hook kids on a habit that might ultimately bring them into the shop. But it's clearly a labor of love and the card shop owners appear at least as interested in selling

kids on the joy of collecting as they are in selling them packs of cards. They hope to bring in pro athletes for autograph sessions and they have put together affordable starter kits that give young collectors a selection of collectible cards they can trade with friends without breaking the bank for mom and dad.

"Some of the neighborhood kids are obsessed," Larson said. They say there are a few kids who have taken to selling water and other necessities to tourists at local beaches to raise money for their cards.

Kids of yesteryear might have collected their favorite players, but many young collectors today are fully aware of the value of the cards they hold. While I was in Coast Cards, one middle-school-age boy wearing a Half Moon Bay Little League cap approached me excitedly. Apparently unaware of how much journalists earn, he earnestly suggested I buy a new basketball card under a glass case at Coast Cards. The price: \$3,500.

"He's just doing that because I told him I'd give him a hundred bucks if he found me a buyer," said Girard with a laugh. CONTRILE

### Celebrating Women

n this issue we celebrate the strength and fortitude of many women in our community. On the following pages, get to know these talented women from Pacifica to Pescadero who, whether running a household, a business or a nonprofit, inspire and elevate those around them while finding their own success along the way. When it comes to the local business world, there are plenty of success stories. In this section we invite you to get to know some of these amazing women.



#### Lauren Miller

#### SEA CREST SCHOOL

n June, 2020 Lauren Miller joined the Half Moon Bay community as the Head of Sea Crest School. As a head of school, she fills her days wearing a variety of hats. In her heart, she is a classroom teacher. She finds time each day to connect with students, teachers, and the love and fun of learning. In her mind, she is an administrator that thrives on collaborative problem solving to ensure the school is consistently making student centered decisions. In her soul, she is a community leader that recognizes the responsibility of leading value-based conversations coupled with smart solutions. In her heart she is a parent. She resonates with the belief that parents are always coming from a place of love, fear, and dreams for their children. Lauren understands the power of being part of a community charged with educating the next generation of young people who will inspire the changes our society will benefit from in the future.

Lauren thrives on growth and momentum. While COVID has undoubtedly been a challenge, she has seen and used it as an opportunity for growth and movement in every area of Sea Crest School.

901 Arnold Way · Half Moon Bay, CA 650.712.9892 ext. 201 · seacrestschool.org





#### Shell Cleave

#### SEA HUGGER

Sea Hugger is an organization that protects and heals the marine environment from plastic pollution through action and education to drive systemic change to address the root cause. Local resident Shell Cleave founded Sea Hugger and daughter, Cass Cleave, is marketing director. Sophie Pigman is program director and runs Camp Sea Hugger. This all-female team works hard to keep our marine ecosystem safe and healthy!

Headquartered in Half Moon Bay, CA 650.479.4047 • seahugger.org



#### Shanti Minkstein

#### ELEMENT — THE HAUGEN GROUP

40 Stone Pine Rd. Suite H Half Moon Bay, CA 650.297.3029 elementliving.co Shanti Minkstein's mission is to provide the best real estate experience through a combination of skill and next-level tactics governed by the guiding principles of personal authenticity, community service, and respect for the human spirit. She joined Element Real Estate to manifest her vision and in doing so redefined what it means to be "a great agent." Having lived in the area for more than 36 years, Shanti spent the last 26 years capturing the magic of the Coastside as a photographer creating family portraits. Her love of the community helps her create the best possible service for her clients' real estate needs. She believes the purchase of a home is one of the most important decisions one makes in a lifetime. As a community member, a parent, a wife and a homeowner, she understands it's a decision that define the way one lives.

Shanti lives in El Granada with her husband, two daughters and their fur babies. If you don't see her with a camera in hand or working the housing market, you surely will find her hiking a local trails or on a beach with her toes in the sand.

#### Melissa Robinson and Claudia Lopez

#### KEVIN O'BRIEN INSURANCE AGENCY

Revin O'Brien Insurance Agency is an independently owned and operated agency delivering insurance solutions to the community for more than 30 years. The staff is committed to giving clients the best products and service. Because they are local, they understand their clients and the communities they serve. The staff includes two amazing women, Claudia Lopez and Melissa Robinson, who are insurance professionals with a combined 25+ years of experience. Both women are longtime Coastside residents with a comprehensive knowledge of the marketplace.

Melissa worked for HMB Chamber of Commerce for more than ten years. With this agency for five years, her knowledge of the area helps her provide quality personal lines insurance. She has knowledge of auto, home, earthquake, flood, recreational vehicle, and mobile home insurance. Claudia has more than twenty year's experience in insurance. She is a licensed agent who provides customer service for our clients. She is also bilingual so able to provide service to Spanish-speaking clients. Together they make personal relationships keystones of the business and interactions with clients comfortable and congenial. They are a big reason why clients love Kevin O'Brien Insurance!

720 Kelly Avenue • Half Moon Bay, CA 650.726.6328 • kevinobrieninsurance.com





#### Kelsey Currier

#### **COASTSIDE WEDDINGS & EVENTS**

Relsey Currier has always loved planning events. Her passion for weddings and events started while working at The Ritz-Carlton, and through the years she has built up a network of industry professionals she considers both colleagues and friends. Based in Half Moon Bay, Coastside Weddings and Events is a premier event planning service for special occasions throughout the Bay Area. Blessed with this unparalleled location and local expertise, Kelsey can help bring events to life.

Half Moon Bay, CA 650.759.8144 · coastsideweddingsandevents.com



From left to right: Camille del Fierro, Betsy del Fierro, and Maile del Fierro

## Betsy, Camille and Maile del Fierro

#### IT'S ITALIA

401 Main Street Half Moon Bay, CA 650.726.4444 itsitaliarestaurant.com Betsy del Fierro continues the tradition of running It's Italia as a family-owned restaurant— now with her two daughters, Maile and Camille. Together, the three keep the restaurant operating smoothly — Executive Chef Maile running the kitchen and Lead Dining Room Manager Camille in charge of the front-of-the-house team.

After almost 25 years, Betsy is now delighted and grateful to be able to share the responsibilities, vision, and day to day challenges and rewards It's Italia brings with her daughters. Chef Maile believes the secret to a tasty meal is simple. "It's about making the food dance; giving it what it needs to be happy, to shine! We speak to food by watching it transform, tasting it, smelling it — it really is a language, and as you become more fluent you really start to see the magic!" Camille runs a very tight ship in the front of the house, while genuinely enjoying her interactions with so many locals and visitors alike. Her no nonsense but always devoted to her team management style has helped her to hone a wonderful service team, even in these times when finding great workers is more challenging.

It's Italia is a favorite with locals and visitors alike; known for award-winning pizzas, famous focaccia, lively pastas, creative salads and antipasti, bold flavored slow roasted meat dishes, and char-grilled steaks and seafood. The warm spirit of the restaurant is felt in the ambience of natural elements: old wood, glass, and stone.

Together, these three women love what they do, love their community, and look forward to welcoming every new guest and old friend through their door!

## Samantha Corsiglia and Christy Contreras

#### COASTSIDE HEALTH AND HEALING/WILLOW COTTAGE

Camantha Corsiglia has been an integrative women, chil-Odren, and family health specialist for 31 years, and fuses Ayurveda, Maya, traditional Chinese-therapeutic bodywork, herbal medicine, and lifestyle counsel. She provides a full spectrum model of care, from fertility through postpartum. A master of the Arvigo Techniques of Maya Abdominal Therapy, she offers fertility through postpartum treatments and yoga, turns breech babies, encourages labor, and treats babies. She treats menopause, prolapse, andropause, digestive and prostate issues, as well as pain, discomfort and immobility issues. Samantha lives in Half Moon Bay with her daughter.

Christy Contreas has worked with Coastside patients for more than seven years. She specializes in helping people navigate their fertility journey whether they are just beginning or already working with a fertility clinic. Having struggled with fertility herself, she knows firsthand the power of acupuncture and traditional Chinese medicine. She also treats all types of pain, hormone imbalances, and gastro-intestinal problems with acupuncture, herbal medicine, cupping, and lifestyle balancing. She lives in Moss Beach with her husband and three daughters.

> 751 Kelly Avenue · Half Moon Bay, CA 650.712.1650 · coastsidehealthandhealing.com 650.726.2900 · coastsidehealingarts.com





## Suneenat Tello

#### SUNEENAT DRESSMAKER

C uneenat is renowned locally for her fitting, alteration, and In the street of dress-d making experience, she works with all types of clothing and materials including rare Thai silks. An expert in all types of alterations, her skills include casual wear, prom dresses, formal dresses, and wedding gowns as well as all types of Men's clothing. Suneenat is a resident of Half Moon Bay.

> Half Moon Bay, CA 650.720.0923 · suneenatdressmaker.com



## Kirsten Hagen and Stephanie Sills

#### PALERMO PROPERTIES TEAM

kirsten Hagen and Stephanie Sills are the Coastside experts of Palermo Properties Team, which is now 7 agents strong. As Coastside locals, Kirsten and Stephanie are grateful to live and work here, serving home buyers and sellers with real estate needs from Pacifica to Pescadero. With close ties to colleagues across the greater Bay Area, Kirsten and Stephanie can connect people with properties virtually anywhere they want to go!

Kirsten is a licensed Broker with over 17 years of experience as a REALTOR®. A veteran of challenging management and customer support positions, she delivers exceptional service while navigating the complexities of contracts, time frames, and contingencies for both residential and land transactions. She is a proud mother of three adult children and lives in El Granada where she loves her active coastal lifestyle.

Stephanie has been a top-producing REALTOR® from her first year in real estate. She holds two master's degrees in business and worked for over 20 years in technology and consulting firms. Her strong work ethic, excellent communication skills and relationships have accelerated her success. She has traveled to over 50 countries and enjoys exploring new destinations with her husband and twin daughters, who are active in Cabrillo Unified School District.

Kirsten and Stephanie are involved advocates for several local non-profit organizations, including Cabrillo Education Fund, to which they donate a portion of every sale. They also support Mavericks Community Foundation and Coast-side Gives, Sea Hugger and Abundant Grace.

42 N. Cabrillo Highway · Half Moon Bay, CA kirsten.hagen@compass.com · 650.504.1469 stephanie.sills@compass.com · 650.678.5707

# Claire Rietmann-Grout and Lindsay Stewart

#### COASTSIDE LEADERSHIP ACADEMY

Claire Rietmann-Grout and Lindsay Stewart are cofounders of the Coastside Leadership Academy (CLA), opening Fall 2022 for its inaugural high school cohort.

CLA is a nature-based academy for girls rooted in cycles of joy, healing, and growth. Led by experts in girls' education, CLA combines the benefits of a homeschool model facilitated by professionals in academics, administration, mindfulness, and leadership skills. At CLA, students reinvent their educational experience, learning to trust their intuition, use their voices, and become leaders in the wider community.

Claire Rietmann-Grout is an educator, administrator, coach, and coastside local passionate about inspiring girls to lead. She specializes in community-based leadership programs for young women.

Lindsay Stewart is a master teacher who knows the key to learning at any age is to have fun and incorporate play. She specializes in student-centered academic and wellness curricula that empowers students to pursue their passions with joy.

Moss Beach, CA coastsideleadershipacademy@gmail.com coastsideleadershipacademy.com





## Jamie Baddour

#### HALF MOON BAY DISTILLERY

eet the face behind the trio of Half Moon Bay Distillery spirits! Jamie Baddour began distilling in 2021 with a dream to build a company that embodied the uniqueness and beauty of Half Moon Bay. An innovator, community advocate, and forward-looking leader, she has emphasized the importance of family, business, community, and cultural integration. As the owner of Half Moon Bay Distillery, she prides herself on upholding the highest standards of doing good in the world.

103 Harvard Avenue • Half Moon Bay, CA 650.392.5355 • hmbdistillery.com



## Xenia Escalante Carina Fonseca

#### MAVERICKS CREPE CAFÉ

Cisters Xenia Escalante and Carina Fonseca became The new owners of Mavericks Crepe Café this past fall and enjoy the challenge of running the popular restaurant in Princeton harbor as well as the opportunity to build a family business together.

This family-and female-owned business is a great source of pride. "This is truly a passion for our entire family," said Xenia. "Our dad, Jacinto Fonseca and sisters Alyssa and Justine have been a tremendous support to us." Carina added, "We take pride in every dish we create and continue to improve and evolve. We believe food is a labor of love and we do this for our love and commitment of the Half Moon Bay community."

As new owners, they are committed to providing customers with sustaining the good food customers have come to enjoy at Mavericks and continue to honor the same principles of delivering fresh, local, simply delicious recipes to the Coastside. The sisters say they truly value customer loyalty and look forward to sharing their journey into this new venture with their clientele. They encourage both old and new customers to join them for a bite on the go, or better yet, to stay and take it slow. At Mavericks Crepe Café the sisters believe the food consumed should be fresh, nourishing, affordable, and convenient, whether a person is on the run or taking time to share a meal with the people they love. The sisters take pride in the ingredients they use and recipes they've perfected — and they think you'll agree.

> 146 San Mateo Road · Half Moon Bay, CA 650.713.5298 · maverickscreperie.com

## Christina Ruiz

#### PAMPERED PUP DOG SPA

With more than 18 years serving the Coastside, Pampered Pup Dog Spa is a woman owned and operated small business that prides itself as a loving, gentle and rehabilitative environment for the specific needs of pups and their owners.

Spa owner Christina Ruiz has thoughtfully designed Pampered Pup's state-of-the-art facility (opened in 2018) for a comfortably efficient and enjoyable experience for her clients. Choose from self- or full-service bathing, grooming and hydrotherapy as well as many other services. The self-service area features beautifully tiled raised washing stations, along with one lowered step in-shower, leading-edge drying equipment, luxury towels and choice of all natural shampoos.

Christina's adoration of dogs has attracted like-minded and caring staff like lead groomer Hannah Giles. Having worked at various animal facilities and with seven years of experience, she brings her expertise and gentle care to the spa. One of the more popular service combinations is the rehabilitating TheraClean® Microbubbles with a full-service bath or grooming. The attentive staff find pampering pups in this way to be one of the most rewarding parts of the job. Visit or book your appointment today.

> 101 Main Street, Suite B · Half Moon Bay, CA 650.726.0907 · pamperedpupdogspa.com





## Laura McHugh

#### **ARTIST**

aura McHugh represents the Coastside and District 3 on the LSan Mateo County Arts Commission. She is herself a mixed media artist, working principally in fabric and paper collage and painting. Quilt design and construction got her through the pandemic. She will be managing the Creative & Home Arts Department of the 2022 San Mateo County Fair and starting to offer color theory classes for artisans in late 2022.

> Half Moon Bay, CA 650.743.2791 · etsy.com/shop/LauraMcHugh



## Mishelle Westendorf and Lucy Gillies

**OCEAN BLUE REAL ESTATE IETTYWAVE DISTILLERY & SWELL LOUNGE** 

155 Broadway Half Moon Bay, CA 559.681.5477 californiarelocationnetwork.com

The founder of California Relocation Network, Mishelle Westendorf, has been helping people move since 2000. A University of Washington graduate with a degree in finance and business, she is a nationally certified relocation agent. In addition to receiving numerous awards for her excellent performance and highly rated customer service, Mishelle and her team hit \$52 million in sales during their best year.

Though her ongoing relationships and partnerships with major employers, local builders, moving companies, furniture rental companies, apartment complexes, and property management companies, Mishelle created the largest referral network in the area. Whatever her clients' needs, she can connect them to the right people in the community for a stress-free relocation. Mishelle understands the importance of investing in real estate and that one of the biggest challenges is finding a knowledgeable real estate agent who listens to clients' needs and provides guidance through their real estate journey. Mishelle and her business partner Lucy Gillies, have built a successful real estate team and provide a personalized service geared toward understanding her clients' needs and wishes. They work tirelessly to ensure that clients feel confident and satisfied with their property decisions.

Mishelle and Lucy also helped create Jettywave Distillery in Princeton harbor. In her free time, Mishelle and her husband David and their two pups, Bondi and Jetty, enjoy being active in their community and the outdoors.

### Dr. Susan MacInnes

#### ALL ANIMAL MOBILE VET CLINIC

r. Susan MacInnes treats every pet patient as if they were her own, with the same loving care. She is a highly trained veterinarian and experienced animal lover. All Animals Mobile Veterinary Clinic is proud to serve Half Moon Bay and surrounding areas since 1998. The mobile clinic is dedicated to providing the highest level of service with friendly, compassionate care. At All Animals Mobile Veterinary Clinic, clients can expect state-of-the-art medical care for their companions.

Dr. MacInnes believes in nurturing the human-animal bond and creating a harmonious relationship between people and animals, and she appreciate her role in her clients' pet's health care. Her clients say of Susan, "I can't imagine bringing my pets anywhere else. Susan and staff are experts and really efficient." In her free time, Susan enjoys de-stressing with plein air painting on the coast.



Half Moon Bay, Pacifica, Pescadero and Skyline Boulevard 650.726.3445 · allanimalmobilevet.com



## Cheryl Fuller

#### THERAPEUTIC MASSAGE THERAPIST

/ith a new location in historic downtown Half Moon Bay, Cheryl Fuller was one of the first to provide therapeutic massage on the coast and has pioneered it as a healing art. Her therapy brings people back to the gift of their body, mind, and spirit. Cheryl is a licensed massage therapist and certified spiritual director. Her sensitivity makes her practice a unique individualized approach to the whole person ... body, mind, soul and spirit. Covid protocols in place.

> 210 Main Street · Half Moon Bay, CA 650.208.0244 · cherylfullerlmt.com



## Maria Polonchek

#### **SWELL YOGA**

455 Avenue Alhambra El Granada, CA 650.759.1117 swellyogastudio.com Aria Polonchek, owner of Swell Yoga, is stoked to be part of a team of inspiring and strong women. It may be unremarkable to see women in yoga studios these days, but Maria believes it's something to celebrate. Like most ancient systems and studies, yoga has been historically practiced, led, and taught by men. It was only early last century that women began to publicly practice and teach — and yoga has been around for over 5000 years!

The team at Swell (made up of women and men) believe that women's influence in yoga has radically disrupted tradition, making it much more accessible for EVERY BODY. Whether students are brand new or advanced, teachers encourage everyone to listen to their own intuition; focus on how they feel rather than how they look; and not to worry about what anyone else is doing. The team at Swell teaches students to explore the unique ways they want to move, breathe, think, and feel, and be curious without judgment.

Maria believes that the same concept exemplified in the name for her business is true for all people who empower and celebrate women:

Individually, we are one drop Together, we are an ocean -Ryunosuke Satoro



## Christine D. Stahl

#### **RE/MAX STAR PROPERTIES**

Christine Stahl continues a second-generation family tradition in real estate and has been helping buyers and sellers protect their real estate investments since 1986. She attributes her success to this: Have faith and never give up. "I love what I do and it feels like what I do for the clients' matters. How could anything be more fun?"

Christine is the creator of the Rockaway Ricky Memorial Fund—a special fund under Pacificans Care—named after Rockaway Ricky, her beloved dog, who was put to rest in 2018. Rockaway Ricky was the official mascot of the Lommori-Stahl Group of RE/MAX Star Properties in Rockaway Beach.

The Rockaway Ricky Memorial Fund provides financial assistance with pet care needs of Pacifica seniors, the unhoused, and families in need. Christine says, "Knowing these pets who need care are receiving financial assistance from the Rockaway Ricky fund brings joy to my heart, and Rockaway Ricky's spirit continues to live on through this program is a bonus."

450 Dondee Way, Suite 7 · Pacifica, CA 650.868.0461 · Iommoristahlgroup.com rockawayricky.org



From left to right: Maria Soares, Lisa Garibaldi, Cynthia Furtado, Brianne Angelini-Phillips, Shelby Soares, Nicole Merlo.

## Brianne Angelini-Phillips

JOE ANGELINI INSURANCE AGENCY

435 Johnston Street Half Moon Bay, CA

650.726.4818 bangelini@angeliniinsurance.com

For the Angelini family, business runs in their blood. Since the family arrived in Half Moon Bay a century ago, they have run a grocery store on Main Street, the current insurance business, and numerous startups along the way. In 2020, they celebrated 100 years of living and working in the Half Moon Bay community. Brianne Angelini-Phillips is the fourth generation of Angelinis in Half Moon Bay and helps her father Joe run the branch of Farmers Insurance in town. That business was started by her grandfather, Tulio.

Brianne is the personal lines account manager and the agency operations manager. Clients describe her as having a heart of gold, and she cares as much about the Angelini Insurance team as she does the clients. The Angelini Insurance team of dynamic women include Cynthia Furtado, Lisa Garibaldi, Nicole Merlo, Shelby Soares and Maria Soares. Together as a team they make sure all the clients' needs get met in a professional, timely manner and at the same time retain a warm personal relationship that shows they care

Brianne and the Angelini Insurance team have the knowledge and experience to help clients better understand their coverage options — whether that's auto, home, renters, or business insurance.



## Katheryn Weaver

#### KLAWS, PAWS, & HOOVES

Atheryn Weaver has always had a love for animals and says, "I have a sixth sense with animals and can really read their body language." She offers the only Coastside outdoor doggie day care facility — Kamp K-9. With 28 years running, her business is the oldest original local pet care service. Besides being a single woman running a small business, Katheryn also a Vietnam vet and a member of the American Pet Dog Trainers Association.

PO Box 371341 · Montara, CA 650.728.8070 · klawspawsandhooves.com



#### Patricia Roma

#### ATTORNEY AT LAW

Patricia Roma has been practicing law in San Mateo County since 1973. A strong advocate for her clients, she has been rated in Super Lawyers Northern California in the top 5% of all lawyers in Northern California from 2011 to 2021. She is also trained in mediation and collaborative law. Her practice encompasses family law, trust administration, conservatorships, drafting agreements, and wills and trusts. Active in the community, Patricia is also a longtime Rotarian.

745 Mill Street · Half Moon Bay, CA 650.726.5575 · patromalaw.com



## Ginger Minoletti

#### **BAY WORLD TRAVEL**

wner of Bay World Travel, Ginger, has 35 years of experience in the travel industry and has traveled extensively throughout the world. Ginger and her team help clients with the travel planning process to make it as seamless as possible. They utilize personal relationships with travel partners around the world to maximize the value of planning with them. Ginger is a longtime Rotarian and has been an active volunteer with their community and youth programs for over 27 years. She is also a past chair of the Chamber.

225 Cabrillo Hwy South • Half Moon Bay, CA 650.726.7345 • bayworldtravel.com



Juliette Kulda, center, with her team.

## Kulda Group

#### KULDA GROUP|KELLER WILLIAMS

200 San Mateo Road, Suite #B Half Moon Bay, CA 650.560.8663 kuldagroup.com ere are the heels on the ground for all your real estate needs! The Kulda Group is a real estate sales and consulting team. In addition to our fabulous men we are very proud of our fantastic team of energetic professional women who will make the process of buying, selling, investing in, and owning a home simple and easy for you.

The Kulda Group has been pioneering their signature team approach to real estate service in the San Francisco Bay Area for more than 25 years. They have been the #1 coastside team in units since 2015. We are thrilled to fulfill your specialty needs quickly and easily with our team of seasoned experts; buyer agents, listing agents, inside sales agents, commercial agents, financial consultants, marketing coordinators, home transformation coordinators and more!



## Lisa Rhodes

#### SHAMROCK RANCH DOG TRAINING

isa Rhodes has managed the dog training program Lat Shamrock Ranch since the early 90s. While her experience training animals began well before then, Lisa's time at Shamrock Ranch allowed her to create her own training curriculum. Lisa's training helps families better understand their canine companions, strengthening bonds and making life together more enjoyable.

When you ask around about dog training in the Bay Area, you'll undoubtedly hear Lisa's name mentioned. Shamrock Ranch accepts dogs of all breeds and temperaments, and Lisa can tailor her balanced approach to training to any of them. Lisa doesn't use a one-sizefits-all approach to training, since every pup and its people have different needs.

Lisa builds relationships with dogs based on experience, respect, and trust, bridging communication gaps that often exist between dogs and people. She uses fair rules and boundaries dogs can understand, and she helps people set their dogs up for success. In the end, families get a happy, well-mannered working dog who listens in all situations.

Lisa truly believes "a trained dog is a happy dog." Her in-kennel training program requires a two-week minimum stay, during which she works on basic obedience, leash manners, socialization, behavioral issues, and more! Please check out our website to learn more about Shamrock Ranch and our team.

> 100 Shamrock Ranch Road · Pacifica, CA 650.359.1627 · shamrockranchkennels.com

## Out + About / COASTSIDE

## Special events images from

## PACIFICA TO PESCADERO







Patti Appel and Kathy Kuza



Helen Sewart



Kevin Henney, Betsy Del Fierro, Colleen Henney, David Oliphant

#### ► Gallery opening downtown

Ocean Blue, The Art Vault, hosted a reception for its opening from 4 to 6 p.m. on Wednesday, March 23, at 643 Main St. in Half Moon Bay. The community showed up to meet the artists, tour the space and enjoy drinks by Jettywave Distillery, food by It's Italia restaurant and gelato by Gulino Gelato. The Vault is a curated, rotating collection of unique Northern California artists of various media.







Minden Beach and Trevor Beach

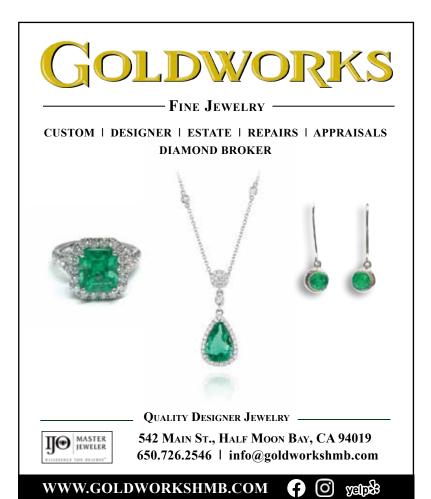


Trisha Garcia

#### ► Eat and Run

On Sunday, March 19, approximately 50 runners from all over the Bay Area participated in a St. Patrick's Day 5K hosted by Pacifica Runners. The race was held at San Pedro Valley Park. Finishers and spectators enjoyed a delicious barbecue following the race. Pacifica Runners is a nonprofit local run club that brings the community together through running.

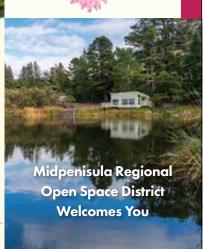
Top left: Ron Little Bottom Left: Sean Reifel















Midpen invites you to stop by and say hello at the David C. Daniels Nature Center on the edge of Alpine Pond in Skyline Ridge Open Space Preserve. Throughout the spring and summer, the nature center is open Saturdays and Sundays from noon to 5 p.m. unless public health concerns dictate a change. We are excited to welcome visitors back.

Plan your visit at:

openspace.org/nature-center



car be the last on your block?

Don't get left behind as San Mateo County embraces a cleaner, smarter EV future. Your neighbors are switching to EVs and saving thousands through rebates and lower fuel and maintenance costs over the vehicle's lifetime.



Learn more about EVs and available rebates at PenCleanEnergy.com/EV4



Paula West, known for her powerful contralto voice, will be the headliner of the inaugural Half Moon Bay Wine & Jazz Festival this month. Photo credit: James Berry Knox

The Half Moon Bay Downtown Association has created the inaugural Half Moon Bay Wine & Jazz Festival, featuring California wineries, nationally known jazz artists and local eats - all on Half Moon Bay's charming and historic Main Street. Attendees will receive a commemorative wine glass and tasting tickets which can be redeemed for tastings from the wineries - and approximately 50 California wineries are expected

recovery efforts by the Half Moon Bay Downtown Association, as well as up to \$35,000 in scholarships to students of the arts and for local school district music departments. WHEN: 12-4 p.m., Sunday, May 15

advance. Proceeds benefit economic

to participate. Beer and food will

also be available to purchase at

the event. Buy tickets online in

WHERE: Downtown Half Moon Bay **MORE INFO:** 

hmbwineandjazzfest.com

#### **'BEAUTY AND THE BEASTJR.**'

Don't miss the last weekend of Coastal Repertory Theatre's "The Beauty and the Beast Jr." performed by their CRKT students. This play is a fantastic adaptation of the story of transformation and tolerance. This is the classic story of Belle and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end, and

he will be transformed to his former self

WHEN: 2 p.m., Sunday, May 8 WHERE: 1167 Main St.,

Half Moon Bay

MORE INFO: coastalrep.com

#### **SOUL AND BLUES**

Marina Crouse is one of the most notable talents on the San Francisco Bay Area music scene. Her early classical training is reflected in her powerful and versatile vocal style that creates a genuine excitement in every performance. Blessed with an incredibly expressive voice early in life, Crouse applies her distinctive talents to a wide range of material while delivering an emotional authenticity that consistently cuts deep.

WHEN: 7:30 p.m., Saturday, May 21

WHERE: The Mildred Owen Concert Hall, 1220 Linda Mar Blvd.. Pacifica

#### **MORE INFO:**

pacificaperfromances.org

#### **TERRA NOVA CAR SHOW**

The industrial tech program at Terra Nova High School invites you to come on out and browse the classic cars, trucks and other classic vehicles at their annual Terra Nova Car Show and Swap Meet. Enjoy browsing through the swap meet and enter the raffle to win some cool items. In addition, the Terra Nova Car Show Committee will be cooking up some barbecue for everyone to enjoy. This event is free to attend and proceeds help to make the industrial tech program possible. WHEN: 4-10 p.m., Saturday,

May 14

WHERE: Terra Nova High School. 1450 Terra Nova Blvd., Pacifica

MORE INFO: (650) 222-4723



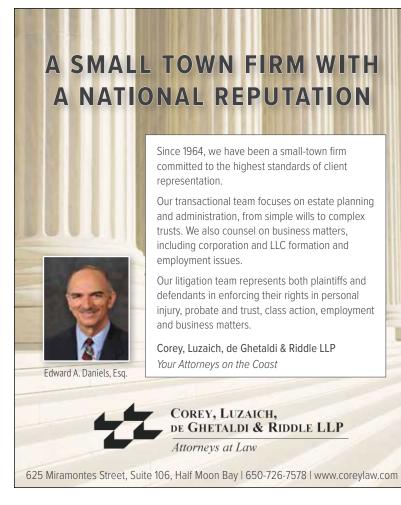


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## Eat + Drink

A MONTHLY ROTATING DIRECTORY TO FOOD, WINE AND SPIRITS FROM PACIFICA TO PESCADERO

#### What's New

# Something new is cooking for breakfast

We all know breakfast is the best meal of the day, but who's tired of the same-old, same-old? Now's your chance to try the splendid combination of crispy chicken cuddling up to a piping hot waffle and letting the sweet maple syrup bring out the flavor of both. Keith Richardson has opened what will surely become a downtown favorite breakfast and lunch restaurant aptly named Keith's Chicken N Waffles. Diners will also find Southern favorites like grits, pork chops and country-fried steak on the menu. The restaurant is open daily, except Tuesday, beginning at 7:30 a.m.

Time to try something new! – Debra Hershon

Keith's Chicken N Waffles: 328 Main St., Half Moon Bay; keithschickennwaffles.com



#### BREAKFAST + LUNCH

#### **BREAKERS**

Classic breakfast and brunch, burgers. 145 Rockaway Beach Ave., Pacifica (650) 557-1274 Ilovebreakers.com

#### KEITH'S CHICKEN N WAFFLES

Sothern-style cooking. Breakfast and lunch. 328 Main St., Half Moon Bay (650) 729-3074 keithschickennwaffles.com

#### MAIN STREET GRILL

Classic diner. Breakfast and lunch. 547 Main St., Half Moon Bay (650) 726-5300

#### MAVERICKS CREPERIE

Crêperie. American restaurant. 146 San Mateo Rd., Half Moon Bay (650) 713-5298 maverickscreperie.com

#### **OCEAN VIEW CAFÉ**

Breakfast and lunch. Seafood, gumbo, crab sandwiches and more. 1400 Main St., Montara (650) 563-4023 oceanviewcafe.info

#### **PERFECT POUR**

Cafe, breakfast and brunch, Mint Mojito Iced Coffee. 188 Clarendon Rd., Pacifica (650) 733-7080 perfectpour.biz

#### **PILOT LIGHT**

Café with breakfast and brunch, and lunch with burgers, sandwiches and salads. Half Moon Bay Airport, Half Moon Bay (650) 402-0575 pilotlightcafe.com

#### SAM'S COFFEE SHOP

Classic diner style

breakfast and lunch. 210 San Mateo Rd., Half Moon Bay (650) 726-3167

## SUNRISE CAFE &

American-style breakfast and lunch. 1241 Linda Mar Blvd., Pacifica (650) 359-3811

#### **TASTE CAFÉ**

American breakfast and lunch restaurant with a Latin twist. 50 Cabrillo Hwy N., Half Moon Bay (650) 712-1586 Ilovetastecafe.com

#### **COFFEE + TEA**

#### A&J COFFEE

Coffee, iced drinks and pastries. Drive-through. 198 San Mateo Rd., Half Moon Bay (650) 729-3088

## BEACH MONKEY ORGANIC CAFE

Coffee, tea, sandwiches, juice bars, smoothies. 986 Linda Mar Blvd., Pacifica (650) 898-8105 beachmonkeycafe.com

#### **CAFE PACIFICA**

Coffee and tea. 1821 Palmetto Ave., Pacifica (650) 438-1808

#### **CAFE SOCIETY**

Coffee, bagels, pastries and other goodies. 522 Main St., Half Moon Bay (650) 713-0800 cafesocietyhalfmoonbay. com

#### CAFFÈ MEZZALUNA

Coffee, tea, sweet treats, breakfast, lunch.
240 Capistrano Rd.,
Princeton
(650) 560-0137
mezzalunabythesea.com

#### **CHIT-CHAT CAFÉ**

Beachfront coffee/ sandwich spot known for its bagels and ocean views. 5 W Manor Dr., Pacifica (650) 738-2380

#### **DOWNTOWN LOCAL**

Coffee shop with amazing aromatic coffees and vintage finds. 213 Stage Rd, Pescadero (650) 879-9155

#### **DAWN PATROL**

Coffee, tea, espresso, bagels and baked goods. Local and family owned. 155 Broadway, Half Moon Bay (858) 449-2112 dawnpatrol.coffee

#### EL GRANADA HARDWARE AND CAFÉ

Specialty drip coffee, smoothies, sandwiches —and hardware. 85 Ave Portola, El Granada (650) 726-5009 eghardwareandcafe.com

#### **GRANOLA'S**

Specialty coffees, housemade granola, fresh baked goods, vegan delights. 116 N. Cabrillo Hwy., Half Moon Bay (650) 440-4692 granolascoffeehouse.com

#### **FOG CITY JAVA**

Great place for coffee, sweets and sandwiches. 580 Crespi Dr., Pacifica (650) 355-4698

## HERE COMES THE SUN

Coffees, pastries, bagels and Italian sodas with ocean views. 8455 Cabrillo Hwy., Montara (650) 455-4308

## COASTSIDE / Eat + Drink

#### **HMB COFFEE COMPANY**

Soup, salads, sandwiches, desserts, coffees, teas. 20A Stone Pine Rd., Half Moon Bay (650) 726-3664 hmbcoffeecompany.com

#### **INTERTWINE CAFÉ**

Espresso bar using Equator's organic Jaguar blend. Drip coffee, tea and limited pastries. 1926 Palmetto Ave., Pacific (650) 451-3680 kizlercoffee.com

#### **LOVEY'S TEA SHOPPE**

British. Traditional tea service, snacks. 4430 Coast Hwy., Pacifica (650) 359-1245 loveysteashoppe.com

#### **PACIFIC JAVA CAFÉ**

Brewed coffees, espresso, loose-leaf tea, pastries and bagels. 450 Dondee Way, Pacifica (415) 654-8864

#### PEET'S COFFEE & TEA

Coffee, pastries and sandwiches. 142 San Mateo Rd., Half Moon Bay (650) 726-1261

#### **P-TOWN COFFEE AND TEA**

A beachfront café in Pacifica. Coffees, teas and iced drinks. 5400 CA-1, Pacifica (650) 735-5529 ptowncoffeecaboose.com

## SOUL GRIND COFFEE ROASTERS

Coffee in a caboose. Tea in a train. Coffee, tea, bagels and sandwiches. 5400 CA-1, Pacifica (650) 898-8660 soulgrindcoffee.com

#### STARBUCKS COFFEE

Coffee drinks. Pastries and sandwiches. 80 N Cabrillo Hwy., Half Moon Bay 549 Oceana Blvd., Pacifica starbucks.com

#### **BAKERIES + SWEETS**

#### **DUNKIN'**

Doughnuts and coffee. Sandwiches. 118 San Mateo Rd., Half Moon Bay (650) 560-0106

#### **GULINO GELATO**

High-quality gelato and every batch made from scratch. 330 Main. St., Suite 101, Half Moon Bay gulinogelato.com

#### HALF MOON BAY BAKERY

Pastries, pies and other baked goods. Sandwiches, burgers and focaccia. 514 Main St., Half Moon Bay (650) 726-4841 halfmoonbaybakery.com

#### **MAZZETTI'S BAKERY**

Specializing in cakes for all occasions, tasty breads, rolls, cookies, pies, French and Danish pastries.

101 Manor Dr., Pacifica (650) 355-1007

mazzettisbakery.com

#### **MOONSIDE BAKERY**

Coffee, European-style pastries, cakes, cookies and breads.
Breakfast/lunch with pizza, salads and sandwiches.
604 Main St., Half Moon Bay
(650) 726-9070
moonsidebakery.com

#### **ROSALIND BAKERY**

Spacious, industrial-style bakery with an open kitchen that serves pastries, bread and coffee. 450 Manor Plaza, Pacifica (650) 898-8636 rosalindbakery.com

#### **SHAMPA'S PIE SHOP**

A variety of favorite homemade pies in different sizes. 1625 Palmetto, Pacifica (415) 412-3592 shampaspies.com

#### **SMALL TOWN SWEETS**

A small piece of Americana with chocolates, salt water taffy, licorice and some

sugar-free options. 617 Main St., Half Moon Bay

#### STARBREAD BAKERY

Home of the original Senorita bread. Ensamada, casava cake, leche flan. 1261 Linda Mar Shopping Center, Pacifica (650) 733-7750 starbreadca.com

#### SUNSHINE DONUTS

Donuts, muffins, egg rolls. 80 N. Cabrillo Hwy., Half Moon Bay (650) 726-1161

#### SWEET 55

Candy. Swiss chocolates, confections, cookies and coffee. 225 S. Cabrillo Hwy., Half Moon Bay (650) 440-4330 sweet55.com

#### **DELIS**

## ARCANGELI GROCERY & BAKERY

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133 Main St., Half Moon Bay | Lic #659377 | Fabiola@hmbglass.com | www.hmbglass.com

very popular artichoke bread. 287 Stage Rd., Pescadero (650) 879-0147 normsmarket.com

#### **COLOMBO'S DELICATESSEN**

Deli sandwiches, soups, Italian groceries. 484 Manor Plaza, Pacifica (650) 355-5023 colombosdeli.net

#### **CUNHA'S COUNTRY STORE**

Sandwiches, cold cuts, salads to go. 448 Main St., Half Moon Bay (650) 726-4071

#### **GHERKIN'S SANDWICH SHOP**

Sandwiches, burgers, salads. 171 7th St., Montara (650) 712-1520 eatgherkins.com

#### **SAN BENITO HOUSE**

Lunchtime deli sandwiches, salads, soups. 356 Main St., Half Moon Bay (650) 726-3425 sanbenitohouse.com

#### SPANGLER'S MARKET

Come in for quick Grab 'n Go Salads and Sandos, hand-made sausages and specialty cheeses. 401 Ave Alhambra, El Granada (650) 560-8802 spanglersmarket.com

#### **UPPER CRUST DELI**

Specialty sandwiches: Italian meatball sandwich, BBQ beef sandwich, falafel sandwich, BLT. Bagels and coffee drinks. 1023 Terra Nova Blvd., Pacifica (650) 355-7399

#### **FAST FOOD**

#### **BURGER KING**

Well-known fast-food chain serving grilled burgers, fries and shakes, plus breakfast. 30 Cabrillo Hwy N., Half Moon Bay (650) 726-1882 hk com

#### **MCDONALDS**

Classic, long-running fast-food chain known for its burgers, fries and shakes. 100 Cabrillo Hwy N., Half Moon Bay 576 Linda Mar Blvd., Pacifica 125 Monterey Rd., Pacifica

#### **PANDA EXPRESS**

Your favorite Panda Express dishes. 500 Linda Mar Blvd., Pacifica (650) 667-2218 pandaexpress.com

Casual counter-serve chain for build-your-own sandwiches with health-conscious options. 80 Cabrillo Hwy., Half Moon Bay 1320 Linda Mar Shopping Center Pacifica 330 Palmetto Ave., Pacifica

#### **DOMINO'S PIZZA**

Delivery/carryout chain offering a wide range of pizzas. 1301 Palmetto Ave., Pacifica (650) 355-7300 dominos.com

#### **HARBOR PIZZA**

A neighborhood favorite and the trusted go-to pizza spot. Salads, burgers, pasta, and sandwiches. 65 Ave Alhambra, El Granada (650) 726-3501

#### **LAMAS PERUVIAN AND MEXICAN CUISINE**

Pizza. Conveniently located in the Harbor Village. 270 Capistrano Rd., Princeton (650) 560-8388 lamasperuvianfood.com

#### **ODYSSEY PIZZERIA & CAFE**

Serving pizza, Mediterranean and Greek-inspired cuisine. 2350 Carlos St., Moss Beach (650) 728-5151 odysseypizzeria.com

#### **VERREZZANO PIZZA**

Pizza by the slice and pies. 20 Stone Pine Rd., Half Moon Bay (650) 726-9378 verrazzanopizza.com

#### **VIVA ITALIANO**

Pizza, pasta and classic Italian main dishes. 67 Bill Drake Way, Pacifica (650) 355-9006

#### **PIZZA PIE**

Specialty pizza and homemade pies, a fast and friendly location to grab a slice, whether it's pizza or pie. 225 Cabrillo Hwy S., Half Moon Bay (650) 560-8467 pizzapiehmb.com

#### **ROUND TABLE PIZZA**

Pizzas, sandwiches for the family. 50 N. Cabrillo Hwy., Half Moon Bay (650) 726-5207

roundtablepizza.com

#### STRAW HAT PIZZA

Pizza, spaghetti, sandwiches. 186 San Mateo Rd., Half Moon Bay 1285 Linda Mar Shopping Center Pacifica (650) 726-2758 strawhatpizza.com

#### **AMERICAN**

#### **ALICE'S RESTAURANT**

Breakfast and lunch; dinner in summer. 17288 Skyline Blvd., Woodside (650) 851-0303 alicesrestaurant.com

#### **CAMERON'S PUB**

Award-winning burgers, fish and chips, prime rib and clam chowder all served in a family-style pub with trivia and karaoke. 1410 S. Cabrillo Hwy., Half Moon Bay (650) 726-5705 cameronspub.net

#### **CASCADE BAR & GRILL**

At Coastanoa Lodge in Pescadero, Cascade Restaurant and Bar offers a menu of seasonal fresh California Coastal Cuisine 2001 Rossi Rd., Pescadero (650) 879-7314 costanoa.com/stay/cascaderestaurant

#### **CHICK 'N' CONE**

Handheld chicken and waffles. Tasty, crispy chicken in fresh, hand-rolled waffle cones with an assortment of sauce options. 330 Palmetto Ave., Pacifica (650) 733-7564 chickncone.com

#### CITY GRILL

Hamburgers, sandwiches, pasta. Take out only. 1049 Terra Nova Blvd., Pacifica (650) 359-9653

#### **DAD'S LUNCHEONETTE**

Gourmet burgers, sandwiches and soup in a caboose. 225 Cabrillo Hwy S., Half Moon Bay (650) 560-9832 dadsluncheonette.com

#### **DUARTE'S TAVERN**

Traditional family-style dining in historic Pescadero. The oldest restaurant on the San Mateo Coastside. Seafood, famous artichoke soup and pies.

202 Stage Rd., Pescadero (650) 879-0464 duartestavern.com

#### HALF MOON BAY **BREWING COMPANY**

Oceanfront restaurant and brew pub with California coastal cuisine and microbrewed beers. Burgers, oysters, clam chowder, salads. Dog-friendly patio. 390 Capistrano Rd., Princeton (650) 728-2739 hmbbrewingco.com

#### HALF MOON BAY JOE'S

Great Italian classics for dinners, sandwiches and fries for lunch and 4-egg omelets for breakfast. 2380 S. Cabrillo Hwy., Half Moon Bay (650) 560-9260 halfmoonbayjoes.com

#### **HIGH TIDE RESTAURANT CAFE AND CREPERIE**

Crepes, breakfast and brunch, burgers and sandwiches, beer on tap. 5500 Coast Hwy., Pacifica (650) 735-5871 hightidepacifica.com

#### **HIGHWAY 1 BREWING COMPANY**

Craft beer, barbecue, farm fresh salads, small bites and more in a family/dog-friendly environment. Vegetarian options too. Outdoor patio. 5720 Cabrillo Hwy., Pescadero (650) 879-9243 highway1brewing.com

#### **HUMBLE SEA BREWING COMPANY**

Tap room with delicious appetizers, bites, and fun food - skewers, empanadas, dumplings and pizza! 5560 Pacific Coast Hwy, Pacifica (650) 898-8808 humblesea com

#### **JERSEY JOE'S COASTSIDE**

Cheesesteaks, burgers, sandwiches, salads and lots of beer on tap. Sports bar, popular with teams and kids. Stone Pine Rd., Half Moon Bay (650) 726-4043 jerseyjoescoastside.com

#### MIRAMAR BEACH **RESTAURANT**

Offering seafood, steaks and pastas. Bar with ocean view with beautiful sunsets and a dog-friendly outdoor patio

with fire pits. 131 Mirada Rd., Miramar (650) 726-9053 miramarbeachrestaurant.com

#### **MOONRAKER RESTAURANT**

Seafood, steaks, breakfast and brunch. 105 Rockaway Beach Ave., Pacifica (650) 557-7025 moonrakerpacifica.com

#### **MOSS BEACH DISTILLERY**

Built in 1927 as a "speakeasy," serving seafood and steaks atop the edge of a cliff overlooking the ocean. Dogfriendly outdoor patios. 140 Beach Way, Moss Beach (650) 728-0220 mossbeachdistillery.com

#### **MULLINS BAR & GRILL**

Features local farm-to-table breakfast, lunch and dinner favorites, and cocktails. 2 Miramontes Point Rd., Half Moon Bay (650) 726-1818 halfmoonbaygolf.com

#### **NAVIO**

Ritz-Carlton's signature restaurant serving fine coastal cuisine with unsurpassed views of the Pacific Ocean. 1 Miramontes Point Rd., Half Moon Bay (650) 712-7000 ritzcarlton.com

#### **OCEANO BAR & GRILL**

Cocktails and light coastal fare. Oceano Hotel. 280 Capistrano Rd., Princeton (650) 726-5400 oceanohalfmoonbay.com

#### **OLD PRINCETON LANDING PUBLIC HOUSE/ OCEANSIDE GRILL**

Popular bar at the harbor. Live entertainment with craft beer, cocktails and pool tables. Farm-to-table serving locally caught seafood. 460 Capistrano Rd., Princeton (650) 728-7096 oplhmb.com

#### **PACIFICA BREWERY**

Serving seasonal and locally sourced foods alongside a vast selection of beers made in-house. 4627 Pacifica Coast Hwy., Pacifica (650) 735-5311 pacificabrewery.beer

## ROCK'N ROB'S FAMOUS PACIFICA BURGERS

Burgers, sandwiches, soup. 450 Dondee St., Pacifica (650) 359-3663

#### SACRILEGE BREWERY

Handmade in-house beers, rotating guest tap selection, pulled pork sandwiches, fish tacos, and burgers on English muffin buns.
730 Main St., Half Moon Bay (650) 276-7029

#### WINGSTOP

sacrilegebrewing.com

Chicken wings with iconic flavors by the piece, combos or group packs. Fun sides and desserts available.
1335 Linda Mar Shopping Center Pacifica wingstop.com

#### **THE BARN**

Gourmet burgers at the Barn. Espresso and coffee drinks. 3068 N. Cabrillo Hwy., Half Moon Bay (650) 560-8363 thebarnhmb.com

#### THE PRESS

All types of grilled cheese sandwiches, soups, salads, sweet treats, and cafe drinks. Open early every day for breakfast. 107 Sevilla Ave., El Granada (650) 726-9775 thepressgrilledcheese.com

#### **VALLEMAR STATION**

Seafood, steaks, cocktails. 2125 Coast Hwy., Pacifica (650) 359-7411 vallemarstation.com

#### **HAWAIIAN**

#### L&L HAWAIIAN BARBECUE

Hawaiian. Quick barbecue, rice bowls.
Linda Mar Shopping Center, Pacifica
(650) 355-9988
hawaiianbarbecue.com

#### **NANO'S OHANA CAFE**

Frozen yogurt, shave ice, sandwiches and hot dogs. 523 Main St., Half Moon Bay (650) 726-2182 nanosyogurtshack.com

#### **SEAFOOD**

#### **BARBARA'S FISHTRAP**

Fresh seafood at the harbor, beer and wine.

281 Capistrano Rd., Princeton (650) 728-7049 barbarasfishtrap.com

#### **CAMELOT FISH & CHIPS**

Seafood, fish and chips. 70 W Manor Dr., Pacifica (650) 355-1555 camelotfishandchips.com

#### **FLYING FISH & GRILL**

Longtime area restaurant.
Seafood, fish tacos, soups, seafood cioppino and salads.
211 San Mateo Rd.,
Half Moon Bay
(650) 712-1125
flyingfishgrill.net

## KETCH JOANNE AND THE HARBOR BAR

Breakfast, lunch, dinner; seafood, pasta and steak. 17 Johnson Pier, Pillar Point Harbor (650) 728-3747 ketchjoanne.com

#### **NICK'S RESTAURANT**

Seafood. American, Steaks, prime rib, cocktail lounge. 100 Rockaway Beach Ave., Pacifica (650) 359-3900 nicksrestaurant.net

#### **PACIFICA BREWERY**

Serving seasonal and locally sourced foods alongside a vast selection of beers made in-house.
4627 Pacifica Coast Hwy.,
Pacifica
(650) 735-5311
pacificabrewery.beer

## PRINCETON SEAFOOD COMPANY

Seafood, salmon, steak, ribs, burgers. Takeout available. Fresh fish for sale. #9 Johnson Pier, Pillar Point Harbor (650) 726-2722 princetonseafood.com

#### SAM'S CHOWDER HOUSE

American cuisine classics, chowder, lobster rolls with sweeping ocean views. Wraparound patio with fire pits and heat lamps.
4210 N. Cabrillo Hwy.,
Half Moon Bay
(650) 712-0245
samschowderhouse.com

#### THE FISHERMAN'S TAVERNA

Mediterranean-style

seafood dishes. 99 San Mateo Rd., Half Moon Bay (650) 729-3120

#### **BARBECUE**

#### **BREAKWATER BARBECUE**

Time-honored, all woodsmoked, American craft barbecue. 30 Ave Portola, El Granada (650) 713-5303 breakwaterbbq.com

#### **GORILLA BARBEQUE**

Barbecue in a caboose, to go. 2145 Coast Hwy., Pacifica (650) 359-7427 gorillabbq.com

#### **MEXICAN**

#### **CAFÉ CAPISTRANO**

Delicious fish tacos and panuchos. Cozy atmosphere downtown with outside seating. Homemade hot sauce has a strong following.
523 Church St., Half Moon Bay (650) 726-7699

#### **EL GRAN AMIGO**

Mexican food, tacos and more. 2448 Cabrillo Hwy., Moss Beach 1357 Linda Mar Blvd., Pacifica (650) 728-3815 Taqueriaelgranamigo.com

#### **EL TORO LOCO**

Mexican, Peruvian, fast food, American. 1624 Francisco Blvd., Pacifica (650) 355-5548

#### **EVANGELINE CUISINE**

Homemade food rather than restaurant/commercial made food. Come visit for a romantic break, or just a casual bite. 225 Cabrillo Hwy. South, Half Moon Bay (650) 440-4721 evangalinecuisine.com

#### **GREEN ENCHILADA**

Specializing in organic and healthy recipes, with locally sourced ingredients. Tacos, burritos, breakfast and brunch. 444 Manor Plaza, Pacifica (650) 557-0841 thegreenenchilada.com

#### **GUERRERO'S TAQUERIA**

Tacos, burritos and beverages. 164 Reina Del Mar Ave., Pacifica 355-2833 guerrostaqueria.com

#### LA MORDIDA TAQUERIA

Tacos, burritos, traditional plates. 535 Oceana Blvd., Pacifica (650) 355-0395

#### LA TAQUERIA MORDIDA

Classic taqueria fare. 80 N. Cabrillo Hwy., Half Moon Bay (650) 560-9049

#### **LA PLAYA**

Classic Mexican dishes, salads, beers. 5460 Coast Hwy., Pacifica (650) 738-2247

#### MERCADO TAQUERIA DE AMIGOS

Mexican food to go or eat in. 1999 Pescadero Creek Rd. Pescadero (650) 879-0232

#### **POLLO ABUELA**

Chicken is their specialty grilled, roasted or fried chicken. 80 Cabrillo Hwy., Half Moon Bay (650) 560-8154

#### **SEVILLE TAPAS**

Charming restaurant with a beachy vibe offering a menu of Spanish tapas and patio seating. 450 Capistrano Rd., Half Moon Bay (650) 563-4181 sevilletapas.com

#### **SPANISHTOWN**

Mexican-style family dining. Big plates and margaritas. 515 Church St., Half Moon Bay (650) 726-7357

#### **TACO BELL CANTINA**

All of your Taco Bell favorites with the new addition of alcoholic beverages. 5200 Coast Hwy., Pacifica (650) 420-7130

#### **TAQUERIA LA GALLINA**

Mexican takeout, fried chicken, burgers. 250 S. Cabrillo Hwy., Half Moon Bay (650) 726-1746

#### **TAQUERIA PACIFICA**

Unfussy counter-served joint providing classic Mexican dishes and house-made tortillas.
1710 Francisco Blvd., Pacifica (650) 735-9983

#### **TAQUERIA LA PERLA**

A family-operated business with tasty Mexican dishes. Dine in or takeout.
330 Palmetto Ave., Pacifica (650) 359-1669

## THE HAPPY TACO TAQUERIA

Traditional tacos, burritos, enchiladas, soup and specialties.
184 San Mateo Rd.,
Half Moon Bay
(650) 726-5480

#### **TRES AMIGOS**

Mexican food to go or eat in. 270 S. Cabrillo Hwy., Half Moon Bay (650) 726-6080

#### **ITALIAN**

#### **CAFFÈ MEZZALUNA**

Authentic Italian espresso bar, pastries, and its most popular draw, gelato. Breakfast and lunch. Pet friendly, outdoor seating. 240 Capistrano Rd., Princeton (650) 560-0137 mezzalunabythesea.com

#### FATTORIA E MARE

Lunch and dinner. Pasta, seafood, steak, lamb, chicken, pizza. 315 Main St., Half Moon Bay (650) 342-4922 fattoriaemare.com

#### **GOOD FELLAS**

Pizza, pasta and salads. 1041 Terra Nova Blvd., Pacifica (650) 738-6999 goodfellaspizzapasta.com

#### IT'S ITALIA

Italian selections including pizzas, pasta, seafood and salads in a downtown location. Full bar and outdoor patio. 401 Main St., Half Moon Bay (650) 726-4444 Itsitaliarestaurant.com

#### LUIGI'S

Classic pasta, pizza, lasagna. 950 Linda Mar Blvd., Pacifica (650) 355-0944

#### **MEZZA LUNA**

Fine Italian cuisine, full bar. Pasta, steaks, seafood and their signature Volcano cake. Harbor views from dining room. 459 Prospect Way, Princeton (650) 728-8108 mezzalunabythesea.com

#### **ODYSSEY PIZZERIA & CAFÉ**

Serving pizza, Mediterranean and Greek-inspired cuisine to go. 2350 Carlos St., Moss Beach (650) 728-5151 odysseypizzeria.com

#### PAISANOS TRATTORIA AND PIZZERIA

Classic Italian dishes, homemade pastas, fresh seafood, steaks, and thin crust pizzas with a great wine selection. 442 Manor Plaza, Pacifica (650) 898-8645

#### **PASTA MOON**

Contemporary Italian cuisine with farm-to-table ingredients. Seasonal menu with homemade lasagna and pizza. Full bar and wine selection. 845 Main St., Half Moon Bay (650) 726-5125 pastamoon.com

#### **VIVA ITALIANO**

Pizza, pasta and classic Italian main dishes. 67 Bill Drake Way, Pacifica (650) 355-9006

#### MEDITERRANEAN HMB KEBAB

Shish kebab, shwarma, falafel and more. 80 Cabrillo Hwy., Half Moon Bay (650) 713-5388 hmbkebab.com

#### **REDEYE GRILL**

Featuring Fattoush Salad, Chicken Shawarma Plate, Moussaka. 446 Manor Plaza, Pacifica (650) 735-5425 redeyegrill.menufy.com

#### **PERUVIAN**

#### LA COSTANERA

Modern Peruvian fusion restaurant in the Harbor. 260 Capistrano Rd., Half Moon Bay (650) 728-1600 lacostanerarestaurant.com

## LAMAS PERUVIAN AND MEXICAN CUISINE

Peruvian, Mexican, Pizza. Conveniently located in Harbor Village. 270 Capistrano Rd., Princeton (650) 560-8388 lamasperuvianfood.com

#### PUERTO 27 PERUVIAN KITCHEN & PISCO BAR

Pisco, ceviches, anticuchos, salads. 525 Crespi Dr., Pacifica (650) 733-7343 puerto27.com

#### **CHINESE**

#### **CHINA HOUSE**

Eat in or take out. Deliveries. 20 Stone Pine Rd., Half Moon Bay (650) 712-3816 orderchinahouseca.com

#### **GRAND HOT POT**

Miso, chow mein, dumplings, lobster balls and more. 452 Manor Plaza, Pacifica (650) 735-5189

#### **JU FU RESTAURANT**

Traditional Chinese, seafood, soups. 1045 Terra Nova Blvd., Pacifica (650) 359-0777

#### **KENNY'S CAFE**

Chinese cuisine. 640 Crespi Dr., Pacifica (650) 738-8649 cafekenny.com

#### RAYMOND'S CHINESE CUISINE

Standard Chinese dishes from chow mein to noodle soups in a simple space or for takeout. 1709 Palmetto Ave., Pacifica (650) 359-6088 raymondschineserestaurant.com

#### **RICE N ROLL**

Multi-regional Chinese, vegetarian. 683 Manor Dr., Pacifica (650) 738-0218 pacificaricenroll.com

#### TAM'S

Large, upscale Chinese, classic family style, seafood. 494 Manor Dr., Pacifica (650) 359-7575 tamscuisine.com

#### **TOP POT**

All-you-can-eat dining with quality, fresh Chinese cuisine, dim sum, varied menu.
63 Bill Drake Way, Pacifica (650) 735-5305

#### **VIETNAMESE**

#### **DINOSAURS**

Vietnamese. Sandwiches, wraps. 50 Eureka Square, Pacifica (650) 557-1421



eatdinosaurs.com

#### **KITTEN AND PINKY**

Banh mi, Vietnamese sandwiches, fresh-baked bread, great prices, friendly service. 1715 Palmetto Ave., Pacifica (650) 290-8153

#### OASIS

Satisfying pho, as well as a variety of traditional dishes. 549 Oceana Blvd., Pacifica (650) 898-8269

#### JAPANESE GO SUSHI JAPANESE RESTAURANT

Sushi, Japanese traditional, sake. 190 Eureka Dr., Pacifica (650) 738-9389 gosushijapanese.com

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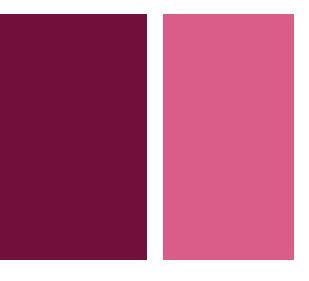
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Tea and boba. 90 Eureka Square Dr., Pacifica (650) 451-7710



## COASTSIDE / Growing Things







rowing roses on the coast can be more challenging than in other parts of the Bay Area. Wind, higher humidity, cloudy weather and salty air can thwart the gardener's quest for lovely blooms.

However, conditions in coastal communities are highly variable — a rose that does well in one neighbor's yard might not thrive next door. But if you love roses and want to grow them in your coastal garden, here's what you need to know:

#### ▶ Some varieties are more likely to succeed:

Rose varieties that produce flowers with lots of petals are prone to rot if temperatures are too cool. If you are determined to have these big, "cabbage-y" blossoms, find a warm, sheltered area with lots of sun. If your location receives a lot of wind, "standard" or tree roses will need shelter and sturdy stakes to avoid being rocked or knocked down by the wind. Higher humidity means higher likelihood of fungal diseases such as rust and black spot, so look for varieties that are disease resistant. The good news is that some roses are very tolerant of wind, salty air and poorer soils and actually thrive in harsher environments. Among these hardier types are "Rugosa" varieties, which are very similar to wild roses.





#### Pruning: it's not just for winter

There's nothing quite as lovely as the first exuberant flowering of our favorite rose bushes. This is what rose aficionados refer to as the first "flush." Subsequent blooms of rose varieties that bloom multiple times are often smaller and/or less profuse, so making some judicious midseason cuts can help. Start by "deadheading" the spent blossoms by pruning the stems back to a quarter-inch above an outward facing five leaf set. Also prune out inward facing shoots to allow more air and light to reach the center. This will reduce the chances of fungal disease. Cut out any dead, diseased or crossing canes. Note: Make clean cuts, and disinfect your pruning shears before moving to the next bush to prevent spreading disease.

Roses that bloom once in a season require different treatment. These roses bloom on last year's wood, so to have lots of blossoms in spring, do not prune them in winter. After they are done blooming, just shape the plant to fit your space and cut out any dead or diseased material.

#### ▶ Feed them well:

Roses are heavy feeders, so start fertilizing after the last frost and as soon as growth starts to accelerate, usually around March. A good rule of thumb is to fertilize after each bloom cycle, gradually reducing the amount by half each time. Stop fertilizing six to eight weeks before the start of the coldest nighttime temperatures to avoid new growth that would be susceptible to damage. Use a good "balanced" organic rose or flower fertilizer. "Balanced" means that the NPK numbers on the label are equivalent. N means nitrogen for growth above the ground or "up." P stands for phosphorous for root growth below ground, and K stands for potassium, which is necessary for all-around vigor. An easy way to remember is this time-tested expression, "up, down and all around."

Roses need small amounts of micronutrients, so check the label to see if the fertilizer includes

them. If you choose a time-release fertilizer with micronutrients, work them well into the soil near the root zone. Since they work slowly, they are less likely to burn than other concentrated forms of fertilizer and can therefore be closer to tender roots where nutrients can be utilized sooner.

Feed the soil, too, by adding plenty of organic materials such as compost and well-aged manure to your rose bed. Other great sources of organic material include alfalfa, cottonseed meal, fish emulsion or meal. Alfalfa is a balanced fertilizer that contains triacontanol, a growth stimulant. A convenient and economical source for alfalfa pellets is your local feed store. Check the label for pure alfalfa and avoid any kinds with molasses. You can also add beneficial fungus and bacteria (mycorrhizal plus "endo" and "ecto" bacteria). These provide a great boost to the nutrient absorbing power of the roots.

#### ▶ Water wisely:

Roses prefer deep, infrequent watering over light, daily watering. Deep watering promotes deeper, stronger roots and uses less water overall. If you use drip irrigation, make sure there are enough emitters to cover the root zone to the drip line.

#### ▶ Mulch is a must:

Mulch cools the ground, reduces water evaporation and makes for more fertile soil.

Apply at least 2 to 3 inches of mulch, keeping it about 6 inches away from the base of the rose. Replenish when it starts to break down. You can buy mulch from nurseries and home supply stores, and many arborists are happy to supply you with wood chips for free.

Stu Dalton is a University of California master gardener whose family has farmed in California since the 1850s. He is the former president of the Peninsula Rose Society. The article was edited by UC master gardeners Maggie Mah and Cynthia Nations.





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## Raikou and Raiden

**AGE:** 5 years old and 7 months old, respectively **BREED:** Shiba Inu

These two El Granada residents were named by owner Tricia Salinero's sons, one after a Pokemon and the other after a Mortal Kombat character. Salinero was sold on Shibas after she had first dog Phoenix, who recently died at the age of 16. She describes Shibas as "cats in dog clothing." They are stalking hunters, have high energy, and love to ignore instructions. The recent addition, Raiden, came from an organization in South Korea that breeds and rehabilitates Shiba Inus. These two brothers are loyal, friendly neighborhood dogs that love the harbor, but not the water so much. They love to run, play and tussle with other dogs. Raiden enjoys a good tennis ball and also to see it destroyed. They are both big chewers and have left signs on various wooden furniture legs around the house.

— Adam Pardee

#### WHAT TO KNOW

An ancient Japanese breed, the Shiba Inu is a little but well-muscled dog once employed as a hunter. Today, the spirited, good-natured Shiba is the most popular companion dog in Japan. The adaptable Shiba is at home in town or country. Brought to America from Japan as recently as 60 years ago, Shibas are growing in popularity in the West and are already the most popular breed in their homeland. Their white markings combined with their coloring (red, red sesame, or black and tan) and their alert expression and smooth stride make them almost foxlike. They're sturdy, muscular dogs with a bold, confident personality to match.

— American Kennel Club





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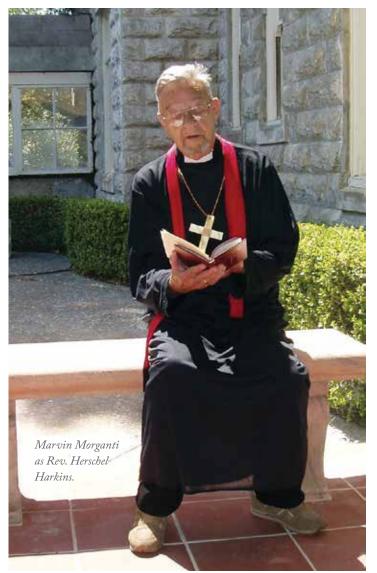
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ne of Pacifica's most memorable and generous citizens was Marvin "Marv" Morganti.

Morganti was born in 1924 on a dairy farm near Crow's Landing in California's Central Valley. He served in the U.S. Navy during World War II as a yeoman or clerk on the USS Ozark, which participated in amphibious operations at Lingayan Gulf in the Philippine Islands, Iwo Jima and Okinawa then transported key personnel to Tokyo Bay for the surrender ceremonies and occupation.

Returning to civilian life, Morganti took advantage of the "GI Bill" to earn a degree in journalism from the University of the Pacific in Stockton. In 1948, he married his high school sweetheart, Claire, and over the years they had five children. For 13 years Morganti taught school in the Stockton area.

# Morganti wasn't just acting like generous Pacifican By Jerry Crow

In 1961, they moved to Pacifica where Morganti joined the Laguna Salada Unified School District staff as a curriculum consultant. He introduced programs to upgrade reading skills for individual students to help slow readers catch up to their appropriate grade level and for "Outdoor Education" (which meant camping with teachers).

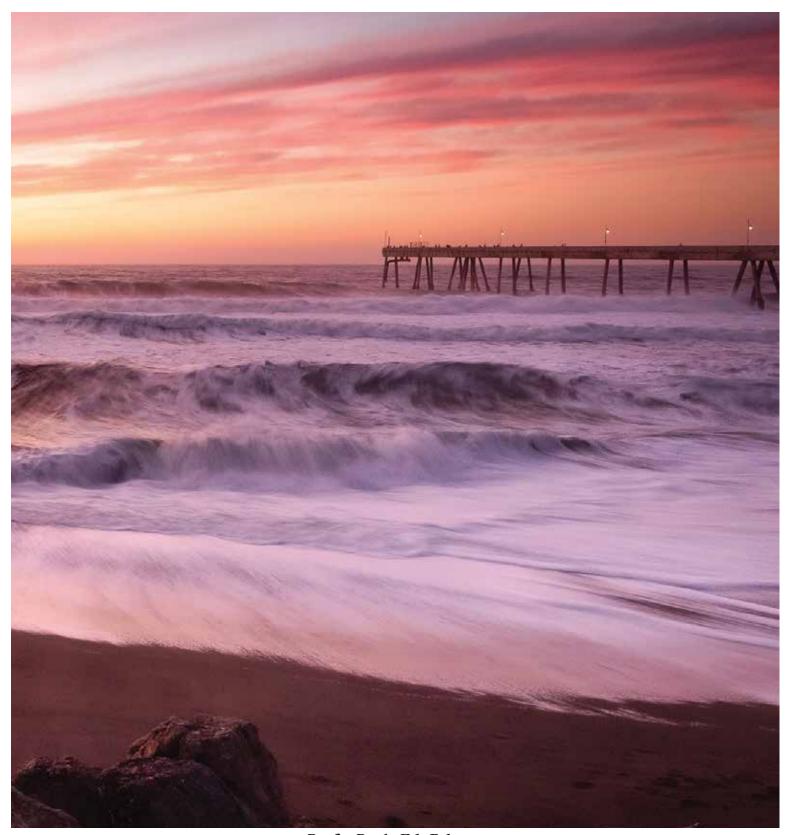
In 1968 he became the director of curriculum, and later rose to assistant superintendent. He retired from the LSUSD in 1980. He then joined the University of San Francisco faculty as a lecturer, supervisor of student teachers and coordinator of teacher placement. In 1990 he retired for a second time, but he wasn't ready for the rocking chair yet.

From being an extra in a crowd scene at the Cow Palace for the movie "The Right Stuff," he went on to appear in bit parts or as the body double for stars (the guy who stands patiently under the hot lights while the stage is set for a scene before the actors are called). He also did his bit in the movies "Getting Even with Dad," "Star Trek III," "Sister Act," "First Blast," "Final Analysis," "Raising Cain" and "So I Married an Ax Murderer" as well as in a number of television shows and a couple of commercials.

While all of this was going on, Morganti also helped found the Pacifica Historical Society in 1976 and served on the board of directors for much of the time from then until his death in December 2020. He reenacted the "Pastor of the Coastside," Rev. Herschel Harkins (after whom the Pacifica pier was named in 1983), during tours of Sam's Castle staged by the Pacifica Historical Society. He is sorely missed.

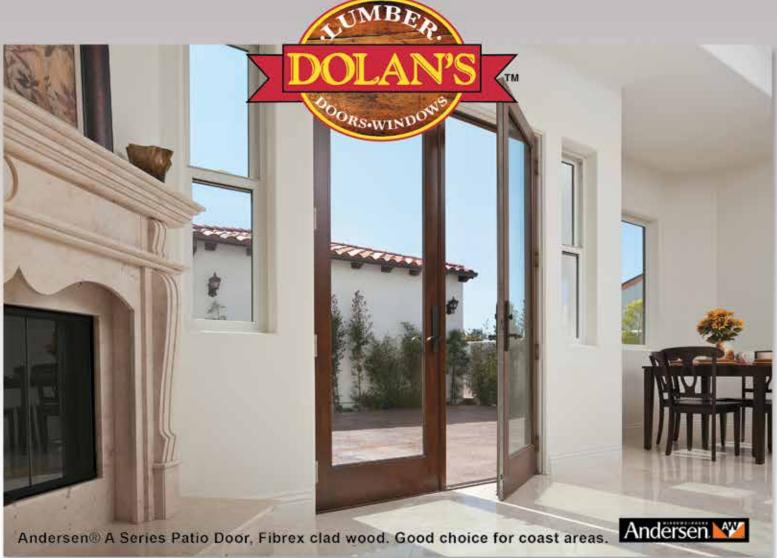
Jerry Crow is a longtime member of the Pacifica Historical Society. To learn more about the historical society, visit pacificahistory.org.

## COASTSIDE / Final Shot



Pacifica Pier by Falu Bakrania
"I love visiting Pacifica Pier any time of the day, any time of the year. It never gets old! It's soothing, romantic and awe-inspiring at the same time. In January, we were treated to a week of gorgeous sunsets, and the pier was the perfect place to capture them," said Falu Bakrania, a professor at San Francisco State University and an avid hobbyist, who took this shot, and loves photographing flowers, birds and landscapes. See more of Falu's landscape photography on Instagram: @falu\_landscape.

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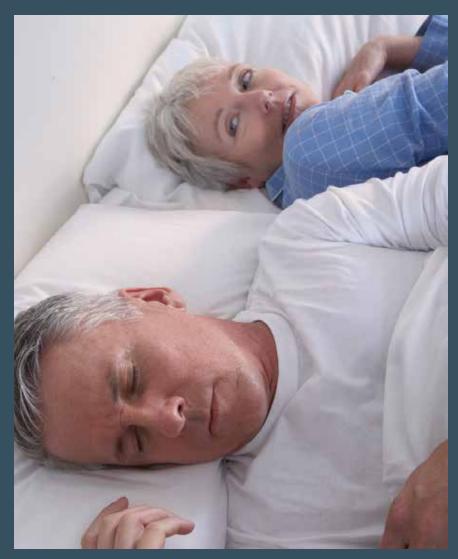
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