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Community



Profile: Meet the artist/priest of Cardiff A8

Lifestyle



See inside for a variety of photos of community events.

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ENCINITAS ADVOCATE

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HAPPY TRAILS:

Encinitas celebrates new Trail 95 in Olivenhain

BY KAREN BILLING

They came by horseback, by bike and on a morning walkabout with the dog to attend a ribbon-cutting ceremony for Olivenhain's newest trail, Trail 95.

The \$837,394 project includes 920 feet of new, multi-use trail along El Camino Del Norte, just east of Windmill Ranch Road, framed by white split rail fencing. The trail segment also features a new crosswalk that allows users to safely cross the busy road with the push of a button to stop traffic with flashing beacons. The buttons are placed at both pedestrian and equestrian heights.

On Aug. 23, Encinitas Mayor Catherine Blakespear snipped the ribbon on the trail alongside City Councilmembers Tony Kranz, Joy Lyndes and Joe Mosca.

"This project is another example of our commitment to improving our residents' quality of life," Blakespear said. "Trails improve connectivity and mobility in our communities."

Blakespear said she has been exploring Olivenhain's "amazing" trail system recently on hikes and runs as her daughter has started running
SEE NEW TRAIL, A26



KAREN BILLING

Encinitas Mayor Catherine Blakespear snips the ribbon with Councilmembers Tony Kranz, Joy Lyndes and Joe Mosca.

Encinitas council denies Seabluffe residents' appeal, approves Alila Marea sister project

BY BARBARA HENRY

Plans to build a mix of apartments, shops and hotel rooms just south of the luxury Alila Marea Beach Resort are exceptional and the development will provide a huge community benefit, Encinitas City Council members said Wednesday, Aug. 10, as they denied an appeal filed by an opponents' group.

"I'm not finding any grounds for this appeal at all," Councilman Joe Mosca said at the evening council meeting, calling the proposed development a "thoughtful project that's really going to fit into the community."

Councilwoman Joy Lyndes said it would be a "positive contribution to the quality of



SDA ARCHITECTS

A look at the proposed Marea Village.

life in our community," while Councilman Tony Kranz noted that two-thirds of the dozen public speakers Wednesday, Aug. 10, strongly supported the development plans, as did many people

who sent e-mails to the city in the days before the hearing.

"I can't think of any other project that's had this outpouring of support," he said.

SEE APARTMENTS, A24

Here's where California's cliffs are collapsing into the sea the fastest

BY ROSANNA XIA

Cliffs along California's northernmost coast have been eroding faster than the more populated bluffs of Southern California — one of many conclusions highlighted in a new map and study that analyzed, for the first time with high-resolution data, every cliff along the state's long and varied shoreline.

The study, conducted by researchers at UC San Diego's Scripps Institution of Oceanography, also identified hot spots in areas both north and south: The rate of cliff collapse was more than 16 feet per year in places such as the Palos Verdes Peninsula, Big Sur, Point Arguello and Martins Beach just south of San Francisco.

Overall, the highest rates of erosion were detected in the counties of Mendocino, Humboldt and Del Norte. Hot spots there include Usal Beach, the King Range, Centerville Beach — which are all part of a region known as the Lost Coast — and an area about two miles north of the Klamath River.

The consequences of cliff erosion have already proven to be severe on major roads, railways and other critical infrastructure, and coastal officials

SEE EROSION, A16

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Meet the artist/ priest of Cardiff

BY **LONNIE BURSTEIN HEWITT**

If you live in the Encinitas area, you've probably driven by the gold-domed Saints Constantine and Helen Greek Orthodox Church many times, but did you know the sun-reflected cross on the dome wasn't part of its original design—just a happy outcome or perhaps a testament to divine intervention?

And have you ever been inside the church, admired its Byzantine-style chapel, and had a chance to meet the pastor, who happens to be an award-winning artist as well as a priest?

Born in Greece, Michael Sitaras moved with his family to the U.S. when he was six years old. His father and grandfather were priests, and he's been the pastor at the church for the past 10 years, but his main interest early in life was making art.

"As far back as I can remember I was making stuff out of plasticine," he said. "And when I came to this country, I didn't speak English, so I communicated by drawing. I'd carry a sketchpad with me wherever I went."

As his father was transferred from parish to parish, the family moved down the East Coast. In North Carolina, when he was 12, a parishioner gave him a



PHOTOS COURTESY OF MAURICE HEWITT

Artist Michael Sitaras at home, with his double self-portrait.

paint set, and he started doing portraits; his first painting was of Abraham Lincoln. By the time they reached Florida, he had acquired enough skill in painting to attract the attention of a local artist who welcomed him into his studio and began recommending him to important people who wanted their portraits done. While still in high school, he was already a commissioned artist, featured in a group show in Palm Beach.

"Those commissions helped pay for my college education," Sitaras said. "And a woman who saw the show knew the dean at Syracuse University and told me to submit my work there. They gave me a scholarship,

and I got to spend my junior year abroad at St. Martin's School of Art in London. Then right after graduation, I went with a friend to New York City, moved into a railroad flat in the East Village, and started living the artist's life in what felt like the center of the universe."

He loved the city but took a two-year break when he was offered a teaching assistantship at Louisiana State University. "I essentially got my MFA for free, and they gave me a huge studio, so I was able to create a body of work to take back to New York," he said. He spent five more years as a successful working artist, even having a solo show in Soho. Then, suddenly, he was not so happy anymore. As he put it: "The thought of the priesthood came back into my head with a vengeance."

He spent the next four years at Holy Cross Seminary in Massachusetts, but in the Greek Orthodox tradition, before he could be ordained, he had to be married. Fortunately, he had met the right woman—Mary Archer Seely, with whom he'd been having a sometimes-long-distance relationship over the years. In 1993, they made it legal, and his first assignment took them to Alabama.

They went on to parishes in Miami and Massachusetts, becoming a family with four children along the way. In 2012, he accepted the pastoral position here and they found a home in Carlsbad—it's the longest he's ever lived in one place.

Within two years, he was
SEE PRIEST, A26



Mary and Michael Sitaras at home, beneath his prize-winning family portrait. "I was dating an artist, and I married a priest," she said.

At Belly Up, a photo exhibit and talk on surfing's greatest rivalry

On the eve of the contest to crown the 2022 champions of professional surfing, photographer Steve Sherman is hosting an exhibit and talk story on the sport's two greatest rivals.

"Kelly Slater/Andy Irons War and Peace, A Talk Story Photo Exhibition by Steve Sherman" begins at 6 p.m. Sept. 7 at the Belly Up, 143 S. Cedros Ave., Solana Beach.

The show includes musical performances by local "aquavengers" Los Beautiful Beast and post punk performance artist and surf commentator Chris Coté.

Sherman will display prints of his black-and-white photographs and at 7 p.m. narrate a slideshow on the warring and eventual reconciliation between Slater and Irons.

At the peak of their feud, Slater held six world titles and Irons held three.

In 2011, Irons died from a combination of a heart attack and drug ingestion.

"I was with those guys during the good, bad and ugly," Sherman said. "I considered them both really good friends."

Sherman memorializes his unique access with a 12-image slideshow. Each slide includes a story that brings a deeper level of appreciation to the athletes, he said.



Kelly Slater and Andy Irons in Australia in 2009.

STEVE SHERMAN

"The average surf fan will love this," Sherman said.

The Slater/Irons exhibit precedes the Rip Curl WSL Finals Lower Trestles Sept. 8-16 in San Clemente. The contest marks the final stop on the 2022 Championship Tour and will determine which man and woman will hold surfing's ultimate prize: the world title.

At the legendary Belly Up, in addition to Sherman's one-night exhibit of the surfers, a permanent installation of his photography extends across the entire south wall of the nightclub. Captured on black-and-white film, the images

immortalize 10 Belly Up shows between 1987 and 2001.

Sherman's career has included stints as a competitive skateboarder, touring percussion player, staff photographer for Transworld Skateboarding Magazine, and photo editor for Surfing and Transworld Surf magazines.

His black-and-white images capture lifestyles and action normally photographed in full, front-lit color.

Doors open at 6 p.m. Ages 21 and up only. Tickets: \$12 advanced/\$14 day of show/\$21 reserved loft seating. Visit bellyup.com



ROB MCKENZIE

Guests learn a traditional Greek dance at a past festival.

Cardiff Greek Festival returns Sept. 10-11

Saints Constantine and Helen Greek Orthodox Church welcomes the San Diego community to join the fun, food and "Opa!" at the 42nd Annual Cardiff Greek Festival on Sept. 10 and 11.

From from 11 a.m. to 9 p.m. on both days, attendees can enjoy and experience Hellenic cuisine, entertainment and hospitality as the church grounds are transformed with the sights, sounds and tastes of Greece.

"Our parish holds Greece's rich history and traditions deeply in our hearts, and we are excited to once again

share our Philotimo with the community-at-large through the festival," said Rev. Father Michael Sitaras, pastor of Saints Constantine and Helen Greek Orthodox Church in a news release. "Stemming from filios meaning friend and timi meaning honor, Philotimo is the love and good that motivates us to share ourselves with others, but it's true definition can only be felt."

The renowned Southern California Greek band The Olympians will perform throughout the weekend. The

SEE FESTIVAL, A27

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DID YOU KNOW...? The word millionaire was first used by Benjamin Disraeli in his 1826 novel *Vivian Grey*.

FROM NEW TRAIL, A1

cross country in the area. She has been impressed by the trail network that has been developed over the years by many dedicated people in attendance that day, including city staff and members of the Encinitas Trails Coalition and Encinitas Parks and Recreation Commission.

Blakespear said it was important to take the time to celebrate the accomplishment, "It's an opportunity to say: we didn't have this before, it was just a remnant of the road that was not usable and now it's a beautiful trail," she said.

Outgoing Councilmember Mosca, representing the community of Olivenhain, said he is becoming nostalgic nearing the end of his term thinking about all of the things they have been able to get done over his six years on the council and two previous

years on parks and rec.

"There are a lot of commitments and there are a lot of challenges and needs throughout the city and spending on millions of dollars on trails in Olivenhain is not always the thing that rises to the top," Mosca said, thanking the mayor and the council for their support in making this connection possible.

Mosca said about two decades ago, the city pivoted from trails only being developed because they were a condition of a new development to actual strategic planning—taking inventory of existing trails and identifying the gaps in the system and planning to close those gaps.

Trail 95 was a little longer of a gap to close but it now makes a connection across the road down to Ellie's Bridge, connecting to Lone Jack Trail and all of the trails it feeds into. The trail also now connects with the County of San Diego's trail system and up to Rancho Santa Fe Road.

Mosca said about \$1 million has been spent designing the future Rancho Santa Fe Road Trail (Trail 82), a future multi-use trail that will go along the east side of Rancho Santa Fe Road, connecting Encinitas Boulevard to El Camino Del Norte, allowing another gap to be closed. He is looking forward to that ribbon cutting some day.

The new Trail 95 is for recreation but it's also a lot more than that, Mosca said. "It's still about people riding their horses and people walking and jogging but it's also now an opportunity for people to not have to take their car to take their kids to school, not have to congest the road," Mosca said, which helps the environment and the quality of life for residents. "It's part of what makes Encinitas a unique and wonderful place to live."

"This is just a really special moment." Check out the Olivenhain Trails Map at encinitasca.gov/Trails

FROM SKIN BOOK, A15

skin from within, Tager said.

The book also looks at the emergence of "personalized nutrition," which relates to how a person's genetic makeup aligns best with certain foods and nutritional supplements.

"Explosions in our understanding of genetics are shedding light on the individual variations that lead to premature wrinkling, loss of facial volume, dehydration, excessive pigmentation, and conditions such as rosacea and eczema. The technology to rapidly and cost-effectively examine some, or all, of the human genome can help guide us to 'eat right for our genes,'" Tager wrote in the book's introduction. "Our deepening understanding of nutrigenomics can explain why a certain diet can be right for one person but wrong for another."

"The skin is your body's largest organ and the first line of

defense between you and the outside world. If you feed it right – on the inside and the outside – it will not only perform its job, but you will remain vibrant and youthful-looking," Tager wrote.

Tager graduated from Duke University Medical School and practiced family medicine before developing an interest in wellness and integrated medicine, which he said focuses on helping patients achieve higher levels of well-being.

He no longer practices, but writes and teaches other physicians in new approaches to beauty and skin health "from the inside out." In that capacity, he's presented at conferences and universities around the globe, Tager said.

Tager is CEO of San Diego-based ChangeWell Inc., an organization that trains and coaches healthcare practitioners to enhance their presence in person, on camera and online.

For more information about Tager and his latest book, visit www.drtager.com.

FROM PRIEST, A8

part of an important group exhibition at Quint Gallery in La Jolla. In 2019, he had a solo show in La Jolla, at St. James Gallery By-the-Sea, and at the end of that year, his Family Portrait won first prize at the Oceanside Museum of Art Biennial.

"Art is a calling too," he said. "I never thought I had a choice with either art or the priesthood."

You can meet the artist/priest in September, at the 42nd annual Cardiff Greek Festival, Covid-canceled for the past two years and now returning to the spacious church grounds. Besides all the outdoor festivities—Greek food, music, dancing, and special performances—Father Michael Sitaras will be leading tours of the church and the gorgeous "post-Byzantine" artwork inside the gold dome.



PHOTOS BY MAURICE HEWITT

Father Michael Sitaras in the chapel, with some of the mosaic saints.



A shaped-canvas swimming pool. (7x5 feet)

CROSSWORD

- ACROSS**
- 1 Red Planet
 - 5 Dandy guy
 - 8 Espy
 - 12 Part of Q.E.D.
 - 13 Lennon's lady
 - 14 Frau's mate
 - 15 Mater lead-in
 - 16 Old Oldsmobile
 - 17 Notion
 - 18 Head honcho
 - 20 Desolate
 - 22 Presidential nickname
 - 23 Dol. fractions
 - 24 "Toodle-oo!"
 - 27 Shun liquor
 - 32 Actress Thurman
 - 33 Hostel
 - 34 Pie — mode
 - 35 Gifted
 - 38 "Roots" author Haley
 - 39 Altar affirmative
 - 40 Sushi fish
 - 42 Demand
 - 45 Zealous
- DOWN**
- 1 Potatoes partner
 - 2 Folksinger Guthrie
 - 3 Wheelchair access
 - 4 Sports venues
 - 5 "Never mind!"
 - 6 Single
 - 7 Crawl space?
 - 8 Japanese faith
 - 9 Statue base
 - 10 Baseball's Hershiser
 - 11 Tea carrier
 - 19 Letters of approval?
 - 21 Calendar abbr.
 - 24 Boy king
 - 25 Docs' org.
 - 26 Amulet
 - 28 Away from WSW
 - 29 Try
 - 30 Pub order
 - 31 Remiss
 - 36 Safe to consume
 - 37 Refusals
 - 38 Novelist Huxley
 - 41 Hectic hosp. area
 - 42 Victor's cry
 - 43 Sushi wrapper
 - 44 Half a sextet
 - 46 Gaelic
 - 47 Tree home
 - 48 Afghanistan's — Bora region
 - 51 Outback bird

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Cardiff Greek Festival

When: Saturday Sept. 10, 10 a.m.-10 p.m.; Sunday, Sept. 11, 11 a.m.-9 p.m.
Where: Saints Constantine and Helen Greek Orthodox Church
 3459 Manchester Avenue, Cardiff.
Admission: Free-\$3. Church tours: Noon, 2:30 and 6:30 pm.
Online: cardiffgreekfestival.com

EVENTS

Botanic Garden continues Summer Nights

The San Diego Botanic Garden continues its Summer Nights program Sept. 8 with extended hours until 8 p.m. Stroll through the Garden at sunset. Visitors can pre-order food and enjoy it around the fire pits near the main entrance. Each evening features a different special event. Visit sdbgarden.org.

'World of Houseplants' exhibit featured

San Diego Botanic Garden holds its summer exhibition, "World of Houseplants," through Aug. 31, featuring rare species and everyday houseplants ranging from air plants and aroids to carnivorous plants and wax plants. Highlights include workshops and vendors. The garden is open from 9 a.m. to 5 p.m. Wednesdays through Mondays. Non-member admission is \$12-\$18. Members of the San Diego Botanic Garden and other gardens participating in the American Horticultural Society's Reciprocal Admissions Program receive free admission. Members get exclusive access to the exhibition from 9 to 10 a.m. Sundays. Entrance to the exhibition includes access to the rest of the garden's 37 acres during the same day. Visitors are encouraged to download the app before coming to the garden. Visit SDBG.org.

FROM NEW CLINIC, A4

"Casa de Amparo means 'House of Protection,' and they know that they're safe here, and that the health care services that they receive on site are going to lead to better outcomes for all concerned," Barnett said.

TrueCare operates 11 nonprofit community health clinics in North San Diego County and South Riverside County, serving 60,000 patients annually. Dr. Tina Fallon will be at the new Casa de Amparo clinic twice a month and already sees residents at the nonprofit's San Marcos and Oceanside clinics. Fallon expects to see eight to 10 patients each day during her visits, and said the new center will be especially convenient for residents who are mothers.

"They'd have to pack their children up and would have to come with a guide, one of the employees who would drive them," she said. "It's way easier if you can just walk from your room to your doctor's appointment."

The 600-square-foot clinic includes an exam room and lab for a variety of healthcare services for residents and babies. Developer Lennar Corp. created the health center by converting a building that had been used for residents.

Ryan Green, president of Lennar's San Diego division, said the partnership with Casa de Amparo began about three years ago when the developer chose the nonprofit as the beneficiary of its annual gift drive.

"Throughout the drive and during the delivery of the gifts, many of our associates had an opportunity to learn more about the operation," Green said. "They were so



CHARLIE NEUMAN /FOR THE SAN DIEGO UNION-TRIBUNE

Erin Gospodarec, at right, Casa de Amparo's associate executive director of operations, gives a tour of the exam room at the new TrueCare & Lennar Foundation Health Center at Casa de Amparo in San Marcos.

moved by the mission of Casa de Amparo and the individuals navigating the challenges to achieve their goals, they recommended we dedicate more of our efforts and more of our resources to ensure their ongoing success."

TrueCare President and CEO Michelle Gonzalez said staffing the Casa de Amparo clinic is part of the nonprofit's mission of provide health care to all.

"By making these primary care medical services available to these young women and their children, we're investing in each of them because we believe in the promise that they hold for a brighter future," she said.

Gonzalez said TrueCare will open three

more community health clinics and expand its fleet of mobile clinics by the end of the year.

San Marcos Mayor Rebecca Jones also spoke at the ceremony and said the collaboration involved in opening the new center shows people can still set aside their differences during a divisive time.

San Diego County Supervisor Jim Desmond, who served two years on the San Marcos City Council and was the city's mayor from 2006 to 2018, said the new clinic was the latest of several efforts to help youth and provide health care in North County. "This Twin Oaks Valley is kind of a valley of healing," he said. — Gary Warth is a U-T reporter

FROM FESTIVAL, A17

parish's youngest members, ages five through high school, will also perform folk dances in traditional costumes.

Greek delicacies will be available, such as Greek-style roasted lamb shanks, gyros, lemon chicken, souvlaki (shish-kabobs), pastitsio (baked layers of macaroni, seasoned meat, cheese, and béchamel sauce) and loukaniko (sausage). Vegetarian fare will include tiropitas (cheese triangles in filo), spanakopita (spinach pie), dolmathes (stuffed grape leaves), feta fries, and Greek salad.

The Kafenio (café) will serve desserts like baklava sundaes and Greek-specialty coffee; Michael Pavlidis with Boukali Wines will be offering classes and tastings of Greek imported wines.

A marketplace will mimic a traditional bazaar featuring Greek imports, pottery, fine

jewelry, artwork and an array of other treasures. A Kids Fun Zone will feature games and a raffle will offer up the chance to win \$20,000 cash and two Padres season tickets.

Father Sitaras will also host tours of the church to enlighten guests about the mosaics, iconography and Byzantine architecture.

"What many visitors don't realize is that our gold dome is just as magnificent on the inside as it is on the outside," Sitaras said. "I love that moment of stunned wonderment when guests first see the intricacy of the Byzantine artwork."

Tickets (\$3 admission and children under 12, active military, police, and firefighters with ID are free) can be purchased at the festival and at cardiffgreekfestival@gmail.com. Saints Constantine and Helen is located at 3459 Manchester Avenue. Free parking is available at the adjacent Mira Costa College. For more information, visit cardiffgreekfest.com.

FROM AAUW, A15

Scholarship and is working on a B.A. in communications. Maryam Hedayatzadeh and Shahinaz Isaac received \$1,200 scholarships to pursue studies in sociology and communications, respectively.

Applications for the 2022-23 national AAUW fellowships and grants are currently being accepted for women pursuing academic work or leading innovative community projects to empower women and girls. Women can see if there is an AAUW fellowship or grant that matches their academic or professional goals as well as tips for getting funding at aauw.org/resources/programs/fellowships-grants/

The Del Mar-Leucadia Branch serves coastal

San Diego communities and reflects the varied interests of its members with monthly meetings (open to the public) and special interest groups such as Great Decisions, dining, book, movie, and bridge groups. Some groups meet virtually, while others are in person.

The local AAUW branch raises money for scholarships for local college students and for local middle school girls who are chosen to attend AAUW's Tech Trek, a STEM camp for girls. The branch also supports Speech Trek for local high school students and AAUW Greatest Needs Fund.

For more information, visit delmarleucadia-ca.aauw.net or contact Karen Dorney, membership@aauwdml.org

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1144 Crest Drive	4	2.5	\$3,584,000
775 Normandy Road	5	4.5	\$3,250,000
1097 C St.	4	2	\$3,075,000
1496 Hymettus Ave.	2	2.5	\$2,825,000
767 Hymettus Ave.	4	3	\$2,725,000
1703 Sienna Canyon Drive	4	3	\$2,720,000
92007			
1329 Cornish Drive	5	4.5	\$6,600,000
1347 Summit Ave.	3	4	\$2,850,000
2726 Mackinnon Ranch Road	3	2.5	\$2,200,000
2362 Wales Drive	2	2	\$2,000,000
1043 Emma Drive	3	2	\$1,581,000
971 Robley Place	3	2	\$1,406,500
917 Woodlake Drive	4	2.5	\$1,160,000

SOURCE: CoreLogic/RealQuest