

THE CORONADO NEWS

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SPECIAL COVERAGE INSIDE THIS EDITION

- Parade map and schedule of events. **PAGE 10**
- Check out Coronado's must-see locations and activities. **PAGE 11**
- Visit our web page at thecoronadonews.com/fourth-of-july for more.

Meet equestrian Carlynne Allbee who hasn't missed Coronado's Fourth of July Parade since 1971. And, you may just see her twice.



Carlynne Allbee, left, with Kathy Miles and their horses, Brandy (the white and brown) and Roz (gray).
Photo provided by Carlynne Allbee.

'I love this parade'

By **MADLINE YANG**
The Coronado News

It's 6 a.m.
The air is cool, everything is still silent.
The sun has just risen and the gentle night breeze lingers in the atmosphere.
The minutes move by as they normally do, unaware of the ticking clock counting down to the day's festivities.
It's the morning of the Fourth of July and Carlynne Allbee has just swung by her friend Kathy Miles' house to pick her up.

Allbee and Miles are equestrians, and Allbee's been in the Coronado Fourth of July parade for over half a century, starting when Richard Nixon was in the White House and a gallon of gas was about two bits and a dime.

Allbee lives in Flinn Springs in East County, and she will drive to Coronado for the parade, arriving at around 7 a.m.

"I love this parade. I always look forward to it," Allbee says.

And her actions speak louder than her words.

» Continued on Page 6

Step-by-step breakdown of Fourth of July events

By **SOFIE FRANSEN**
The Coronado News

Before staking out a spot along Orange Avenue at the crack of dawn to begin a full day of festivities for the Coronado Fourth of July, there is one essential thing to keep in mind: preparation.

It is never advisable to go into a unique situation unprepared, and with 100,000 to 150,000 people joining in on the day's activities, it is crucial to know where to be, what not to miss, and how to celebrate the day correctly, like a true islander.

Luckily, the Coronado Fourth of July has organized plenty of events for the big day perfect for island residents and visitors alike.

Here is an inside look at the best places to be and things to do while in town for Independence Day.

Events leading up to the fourth

On Friday, June 30, the Hotel del Coronado will be hosting a fireworks show over the pristine Coronado Beach, recently ranked the sixth best beach in America by coastal expert Stephen P. Leatherman.

Grab a spot on the expansive white sand to watch the dazzling show at 8:45 p.m. and kickstart the infectious Fourth of July spirit.

The annual Fourth of July Open Water Swim will take place on Saturday, July 1, marking 65 years of

» Continued on Page 8

City council whittles requests, assigns \$1 million in grants

By **MADLINE YANG**
The Coronado News

In an almost 5-hour long City Council meeting, Coronado's mayor and council members deliberated on how to spend \$1 million in grants for community groups.

There was just one problem: 32 organizations submitted requests totaling over \$2 million.

Kelli Maples, the city's management analyst, recommended that 23 organizations receive the \$1 million in grants.

After a 4-hour discussion, the City

Council on June 20 decided to largely follow the staff recommendations while awarding funding to three additional organizations.

The winners: Emerald Keepers, Pacific Animal Welfare Society (PAWS of Coronado) and Coronado Schools Foundation — Robotics received grant money while the Coronado Hospital Foundation received nothing.

The three programs receiving the most award money were the Coronado Island Film Festival at \$80,000; Safe Harbor Coronado receiving \$75,000 and the Coronado Historical

Association receiving \$72,144 to keep the Coronado Museum free.

And as the July 4th approaches, the Coronado Fourth of July committee received \$52,249 for the parade and \$43,363 for the Leap Frogs (U.S. Navy's Parachute team) and fireworks.

What the management team found was that there was a steep increase in the amount requested versus the amount of available funding, which, according to Maples, has stayed relatively the same over the last few years.

Six organizations requested the maximum amount of \$150,000, with

one asking five times the amount requested the year before.

Council members were not pleased that so many community groups significantly upped their requests.

"What we're trying to do is take our grant budget and use that money in the best possible way to benefit the community," Council member Mike Donovan said. "Almost every organization that we funded last year came in at two, three or four times the amount that they got last year."

» Continued on Page 14

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CORONADO

this week

30 • friday

The Taryn Donath Trio will lead the audience on a musical adventure, playing 1960s soul jazz, funk, jump/swing, Latin, and their own term of "Beatnik blues" at 1 p.m. at The Coronado Library. The group is Taryn Donath, piano; Phil Pardell, drums; and Kyler Jakubowski, guitar. Doors will open 15 minutes prior to the concert. Pianist Taryn Donath is a two-time San Diego Music Award Winner. Donath has been playing professionally for since the age of 12 in the San Diego area and worldwide.

1 • saturday

Crown City Chorale and Musica Vitale invite everyone to a Coronado Community Summer Sing-Along on from 10 a.m. to 1 p.m. in the Winn Room at Coronado Public Library. Come sing songs from Broadway musicals such as "Oklahoma!" and "The Sound of Music," and from artists including The Beatles, Neil Young, Joni Mitchell, Aretha Franklin, Stevie Wonder, and Simon and Garfunkel. The event goes until 1 p.m. Refreshments will be provided. This event is free but registration is requested. Register through the Library's events calendar at cplevents.com.

2 • sunday

It is a Coronado Suenami Alert! One of our community's newest local music groups will take center stage at Spreckels Park at 6 p.m. as part of the Coronado Summer Concert Series.

CONTACT US

For news tips, story submissions and letters to the editor, contact Editor Craig Harris at craig@thecoronadonews.com or 602-509-3613

To advertise contact Ad Executive Braeden Stegman at braeden@thecoronadonews.com

STUDENT OF THE WEEK

Eagle Scout wins scholarship from Optimist Club

By MELANIE COFFMAN
The Coronado News

Becoming an Eagle Scout is a pretty rare achievement, with only about 5% of those involved in Boy Scouts becoming one.

And those who have attained that honor are in good company: Former President Gerald Ford, baseball slugger Hank Aaron, and astronaut Neil Armstrong all are Eagle Scouts.

Coronado's Austin Miller also has achieved the highest award in scouting, but that's not all.

The graduating senior from Coronado High School also won a \$3,000 scholarship from the Optimist Club of Coronado on June 1, and now he's off to college.

"I was excited... I wasn't expecting to win it," Miller said.

He plans to use the money to attend the Victoria University of Wellington in New Zealand.

"I'm excited to meet people from all over the world and get to know different cultures," he said.



Austin Miller leads the pledge of allegiance at The Optimist Club of Coronado breakfast on June 1.

Staff photo by Craig Harris.

Miller has been building his interest in E-commerce and learning much along the way through his own online apparel business that includes sneakers. Although it is a diverse industry, Miller said he focuses on "reselling and taking positions on desirable limited pieces of fashion."

Becoming an Eagle Scout has some hefty requirements. Miller had to earn 21 merit badges, hold a leadership position in the troop, and lead a community service project.

"It's been packed, but it's been doable," he said. "It was so hard over COVID too... but the troop pulled through, my senior patrol leaders pulled through and made it doable, so I appreciate them for that."

Miller is also in the very early stages of developing a non-profit to help the Coronado community and the high school.

"I'm excited to see what we can possibly do," he said. "Hard work and perseverance will get you anywhere is what I believe."

Pet of the Week: Introducing Flower

Coronado News staff

Flower is the resilient little feline warrior who defied all odds. This kitty was abandoned and discarded at the tender age of 5 weeks, but Flower's fate took a fortunate turn when a compassionate individual discovered her and brought her to PAWS of Coronado.

Now, Flower stands as a robust, joyful, and spirited kitten on a quest to find her forever home.

Despite being blind in one eye,

she navigates her surroundings and chases after her beloved toys.

We await the day when this little feline finds her permanent family and fearlessly embraces the world that awaits her.

Apply at PAWS of Coronado to adopt Flower.

Stats: 2.5 month old domestic short hair. Flower has a history of FVH or feline viral rhinotracheitis.

For more information about PAWS of Coronado contact Jennifer Stein at Jennifer.Stein@pawsofcoronado.org.



Flower has defied all odds and is available for adoption at PAWS of Coronado. Photo courtesy of PAWS.



Coronado Beach Resort is a vacation ownership property located on Orange Avenue across the street from the iconic Hotel Del. Units can be purchased by the week (or weeks) in a studio, one or two bedroom condo. Your use will be guaranteed year after year for that week as long as you own it, for a one time purchase price.

These weeks are deeded property and can either be resold or handed down in your estate. Ownership weeks also allow you to either trade your week into other properties globally or rent it out and collect rental proceeds. Currently there are a limited number of weeks available priced as low as \$8,990 per week.

We have many local resident owners as well that purchase weeks to use as a guest suite to host family or friends when they come to visit. Ownership gives you year round access to the spa deck and fitness center as well as complimentary use of the beach cruiser bikes and beach equipment. Additionally, during your ownership week(s) you can enjoy complimentary access to the amenities at Lowe's Coronado Bay Resort.

For more information on how to purchase your home away from home in Coronado please contact Meaghan Farley at (760)715-9800 (call or text) or at mfarley@gpresorts.com.*



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ISLAND INSIDER



Expert Analysis on the Coronado Housing Market

HELLO CORONADO!

Corey Simone here. Every Friday moving forward, I will be bringing you news, stats and information in the ever changing real estate market. Should you have a topic you want covered please email me at info@simonerealestategroup.com



What home renovations garner the highest return?

In a competitive housing market like Coronado, homeowners may be quicker to sink money into home improvement projects than purchasing a new property entirely.

The good news is that the benefits of a renovation are often twofold: While a home improvement will add extra comfort and enjoyment to an owner's livelihood, the facelift will pave the way for a smooth sale in the future.

As a trusted and seasoned real estate agent in the area, I understand the inner workings of what it takes to sell a home and what attributes are attractive to potential buyers.

I also understand that the payback received will vary widely, depending on the type of improvement project.

To both bolster your own quality of living and set yourself up for success in the future, here are five home renovations that have been proven to provide the best return.

HVAC conversion

The 2023 Cost vs. Value report conducted through Remodeling by JLC uses value figures derived from more than 6,000 Realtors in the U.S., comparing 23 remodel projects with the value those projects retain at resale in 150 U.S. markets.

According to the 2023 national averages, an HVAC conversion provided 103.5% return on investment.

Removing an oil or gas furnace and replacing it with electric heating, ventilation and air conditioning is currently the No. 1 renovation project that will provide the highest return.

Front door

Consistent with the study's findings over the past 30 years, exterior replacement projects typically provide a higher return on investment than interior remodels.

This fact may be contradictory to many initial beliefs. Who wouldn't be sold on a high-end, state-of-the art kitchen?

But, despite the common saying, people will always judge a book by its cover, and curb appeal is your biggest ally when it comes to home improvement.

The task is simple and fairly cheap: upgrade your front door to give your home a fresh first impression. The cost will be recovered 100.9% according to the 2023 report.

Siding

Synonymous with the front door theory, investing in new siding will boost the appearance of your home while saving you the hassle on future maintenance issues.

Using vinyl will recover 94.7% of the initial cost. Fiber cement siding, while more expensive, offers a high quality overall appearance.

Minor Kitchen remodel

Why minor? Upscale kitchen remodels don't necessarily influence the value of your home, simply because homeowners' tastes in a dream kitchen will vary.

Homebuyers may be hesitant to pay for every fancy addition to a new kitchen.

Minor improvements such as updated backsplash, clean-looking cabinets and updated appliances will take your house far when it comes time to sell, giving you an 85.7% return.

Of course, these numbers are only taking into consideration the monetary return. Every kitchen update that you curate to fit your visions of a dream home will give you your own return of satisfaction and enjoyment as a homeowner.

Midrange bath remodel

The same goes for a bathroom remodel. Coming in at a 66.7% return, a bathroom remodel will not necessarily give you the highest return on your investment.

Buyers are looking for clean and functional bathrooms, not bathrooms with the newest technology. Bathroom renovations also can be pricey, so that added factor contributes to a lower return on investment.

If you have questions about which home remodels will garner the highest return, don't hesitate to reach out 619-568-0568 or info@simonerealestategroup.com.

I am here to provide you with an expert analysis on all things real estate, especially when it comes to staying informed about the newest data on getting the best return on investment when it comes time to sell.

I am always here to help and support you in your home ownership journey.

-Corey

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OPINION

OP-ED

Passion for July 4 comes from immigrant family

By AMY HALL

My parents were passionate about celebrating Independence Day.

Growing up with a father who was an immigrant and new citizen, every American holiday was a big deal, a chance to establish new, time-honored, family traditions.

Layer that with having a maternal grandfather who was an Air Force Korean War veteran, July 4th took on even more significance.

At first glance, it might seem remarkable that in the early 1960s in New Mexico, my Midwest raised grandparents would so unconditionally and warmly welcome a man from a foreign country who had asked for their daughter's hand.

They had never met anyone from India before and knew nothing about Indian culture.

My grandfather was a true patriot and believer in the American dream, and his own grandparents had immigrated from Ireland.

He valued faith, honesty and hard work, and he felt his duty to daughter and his nation would be to welcome my immigrant father into his family.

My favorite memories of celebrating July 4th were how my family, including my grandparents of blessed memory, would scale a ladder at sunset in the foothills of our Tucson home, the perfect vantage point to watch five or six different fireworks shows to the south, southwest, and southeast of us, followed by slicing up cool sweet watermelon.

It was small and simple.

We listened to patriotic music, and my grandfather would express his reverence for our nation.

I would fall asleep to my grandmother telling stories of family picnics, popcorn over a stove, and home baked pies at her childhood home, a farm in Kansas.



"We are so blessed to live on an island that comes together in community to honor our beloved country. Fourth of July is a wonderful celebration of freedom."

The way I celebrated as a child is much different than I have and do with my family today.

Neighborhood barbecues and baseball games before fireworks were the standard.

Today, we split time between honoring our nation's birthday in Coronado and in Phoenix at an Arizona Diamondbacks game.

This 4th, I'll miss watching the parade on Orange Avenue, the plotting of where we will watch the Big Bay Boom even though we ultimately choose the balcony of our home every time.

July 4: Celebration of freedom

We are so blessed to live on an island that comes together in community to honor our beloved country.

Fourth of July is a wonderful celebration of freedom.

It is befitting that Americans find so many ways to celebrate freedom and beautiful that we are all afforded to commemorate as we wish.

However you celebrate, I hope you find deep meaning and joy!

Amy Hall is an editorial board member for The Coronado News.

Op-Ed: An excellent proposal to fix the sewage crisis

By JOHN MORTON

George Mullen has presented an excellent and well reasoned proposal to construct just north of the Tijuana River mouth a long jetty to divert to deeper waters the never ending near shore littoral current contaminating our beaches with Mexican sewage.

The contamination constitutes a serious danger to all citizens and to military operations critical to our national defense.

I recently drove through Greater Tijuana. It's huge and extends halfway to Tecate and south to well below Rosarito.

We can only guess at the population.

There is minimal sewage control

and most effluent is bound to end up in the ocean.

Our Mexican friends are highly capable people, but they do not value efforts to build infrastructure and are slow to maintain it, if ever. In essence they don't seem to care.

There are different standards: In the 1950s I could not drink the tap water in Mexico and in 2023 I still can't.

As in many parts of Latin America they mix sewage, trash, and who knows what toxins and send them down the river, out of their sight and into ours.

Short and long term prospects are dismal.

Bureaucracy, inadequate funds, international bickering, and inaction will prevail. Our intermittent beach

closures will continue and might even become permanent. American citizens and our national defense will be in danger.

Apart from Sen. Padilla there has been a thunderous silence from most of our higher level representatives. They should be screaming bloody murder.

Get a federal State of Emergency declaration.

Simplify it by ditching the extraneous froth about the south bay entrance and green energy. The Navy Seabees could build the jetty... right now.

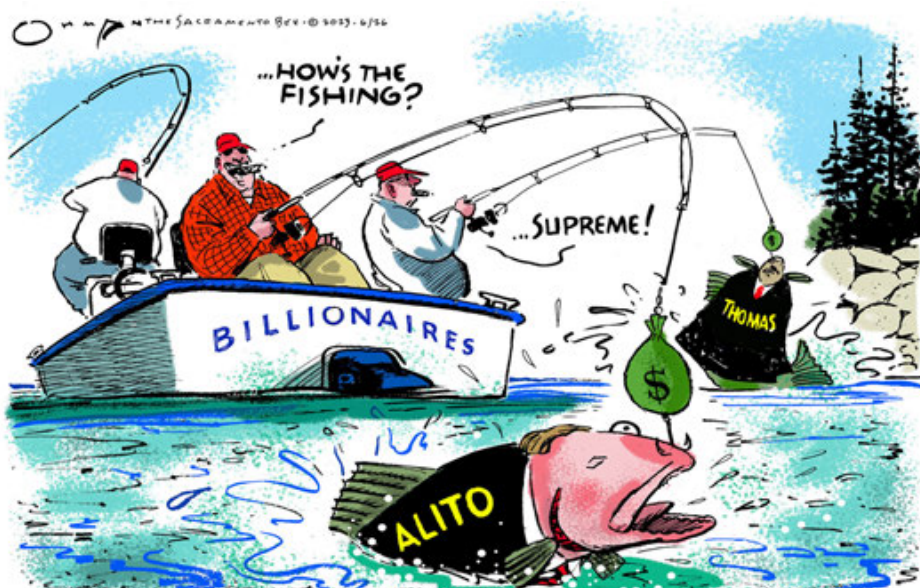
Dr. John Morton, of Coronado, is a family medical specialist and has about 50 years of experience in the medical field.



In the Tijuana barrio known as Anexa Miramar, with views of Coronado, residents cut off from public services rely on a small black hose for water supplies, while a larger green tube carries sewage from their homes.

Photo by Dennis Wagner.

The Coronado News accepts Op-Eds and Letters to the Editor. Please send them to Editor Craig Harris at craig@thecoronadonews.com.



JACK OHMAN



LISA BENSON

CORONADO

“Underground” coming to Playhouse

Coronado News staff

Blindspot Collective and Coronado Playhouse are proud to announce the cast and creative team for “Underground,” a groundbreaking new musical inspired by the discography of singer-songwriter Ben Folds.

This immersive co-production will transform the theater and transport audiences to a dynamic dive bar for a joyful exploration of community, empathy, and resilience, organizers say.

“Underground” plays July 7–30 at 8 p.m. on Thursdays and Fridays; 2 p.m. and 8 p.m. Saturdays; and 3 p.m. on Sundays. All performances will be held at Coronado Playhouse, located at 1835 Strand Way.

Originally conceived by Amy Cordileone, Donnie Tuel, and Rachel Tuggle Whorton, the show was previously workshopped in San Diego and New York City before being expanded for its world premiere.

With a new book by Blindspot Collective co-founder Blake McCarty, audiences can expect an exhilarating blend of compelling storytelling and iconic songs as “Underground” unfolds around them. With each note and every lyric, Ben Folds’ remarkable music becomes a vessel for connection, healing, and self-discovery.

“For many people, Ben’s music was formative when we were teenagers and young adults,” says director and choreographer Amy Cordileone. “It’s a joy to explore these songs through a fresh, theatrical lens and hopefully introduce a new audience to Ben’s exceptional songwriting.”

It is particularly timely considering Ben Folds released his latest album on June 2, the first track of which repeats the refrain “Do you still believe in the good of humankind?” That is a central question of “Underground.”

Cordileone is a San Diego native who performed at Starlight, New Village Arts, Lamb’s Players, and other



Blindspot Collective and Coronado Playhouse are proud to announce the cast and creative team for Underground, which plays July 7–30 at the Coronado Playhouse.

local companies prior to moving to New York City to continue her career as an artist and educator.

The cast features Amanda Blair, Hannah Bosworth, Kevin Bradel, Hunter Brown, Sam Castillo, Hero Cordileone, Lu Garcia, Shane Hennessey, Joe Kao, Georgia Ladd, D. McKenna, Dakota Ringer, Jerry Rodriguez, Sarah Jane Salonga, Dacara Seward, and Marisa Taylor Scott. The creative team includes Amy Cordileone (Director & Choreographer), Mi-

chael Tyree (Music Director), Shawn Foote (Stage Manager), Caroline Andrew (Lighting Designer), Cole Atencio (Sound Designer), Tammy Moleenaar (Costume Designer), and Jacob Sampson (Scenic Designer).

Single tickets start at \$24 with group discounts available for parties of eight or more. Student, Military, and Senior Discounts are available.

For more information, contact the box office at (619) 435-4856 or visit www.coronadoplayhouse.org.

Coronado teachers get raise, bonus for school year

By CRAIG HARRIS
The Coronado News

Coronado teachers will receive a 4% raise and a \$1,500 bonus for the school year that begins July 1, under a budget the Board of Trustees approved on June 22.

Trustees also granted 2.5% raises to Superintendent Karl Mueller, lifting his salary to \$247,564, and Deputy Superintendent Donnie Salamanca, lifting his pay to \$213,200. Both administrators received “satisfactory” evaluations from the board and had their contracts extended to June 30, 2027.

To balance the Coronado Unified School District \$53.2 million budget for fiscal 2023–24, the district will take \$4.9 million from its reserve or savings. The five member board approved the spending plan with minimal discussion. Trustee Scot Youngblood noted that “there is not a lot of room for error in the current spending rate.”

The board also received a report from Salamanca that showed enrollment for Coronado’s four schools is expected to be flat at about 2,800 students for the upcoming year. Salamanca noted that Coronado was hoping to boost enrollment numbers to pre-pandemic figures of 2,900 students.

The loss of students hurts the district’s bottom line as California’s school districts are paid tax dollars based on enrollment.

“We need to strategically recruit additional students,” Salamanca told the board. However, he said the district can admit transfer students only if there is space in that grade level, and the district must retain certain student-to-teacher ratios based upon its contract with the teachers’ union.

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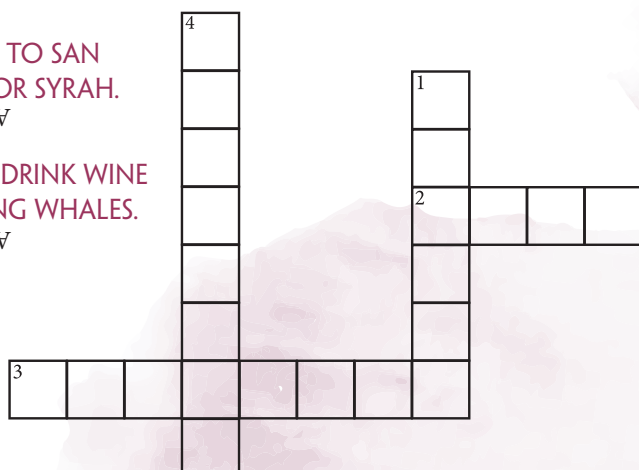
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Answer: Monterey



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Equestrian Carlynn Allbee hasn't missed a parade since 1971

» Continued from Page 1

Allbee first entered the parade in 1971 on her Paint Mare, a regular size breed of horse, and has been in them ever since – save for one year that her horse was injured.

The size of the horse is mentioned because Allbee is now known for entering the parade with miniature horses. She started a group called the Miniature Horse Cavalcade that walked in the parade from 1980 all the way to 2015.

When she had her group, Allbee would go through the parade twice every now and then, one of the only people to ever go through the parade a second time.

She and Miles held the Coronado and California flags in the beginning of the parade, and if their group went later and she had time to circle around, she'd change costumes and hop in with her group.

"It was fun. And the miniature horses are really sturdy," Allbee says. "My horses didn't care. 'Go for a second time? Sure!'"

Equestrians large part of parade

Parade Chairman Dave Szymanski is a big supporter of the equestrians joining the parade each year.

Out of the 125 or so entries that the parade sets up for each year, around 15 of them are equestrian groups.

Szymanski says that a lot of the equestrians Coronado will see on the day of the parade have ridden in many different parades throughout the years, including the Christmas Hollywood Parade and the Rose Parade.

But each year, they come back to Coronado's Fourth of July parade.

"We value our equestrians highly... We take care of them. We've had equestrians that have been around for 20, 30 years," Szymanski says. "Some of them, they're on their second horse."

And Allbee agrees. "If we had to eliminate all of the



ABOVE: Carlynn Allbee and her Miniature Horse Cavalcade.

LEFT: Allbee and her horse in the 1970s

Photos provided by Carlynn Allbee



"There's something about this parade and the spectators that watch that make it much better for them to come here."

– Dave Szymanski, parade chairman

parades except one, Coronado would be the one," Allbee says. "They're just nice people and the crowd is wonderful."

There's that small, hometown feel that Coronado exudes, Szymanski says.

"There's something about this parade and the spectators that watch that make it much better for them to come here," he said.

It's now 7 a.m. and Allbee gets to her designated spot to unload her horses.

She'll spend the next three hours decorating her miniature horses and getting them ready for the parade.

The clock's disciplined ticks forges ahead, counting down to the start of Coronado's Fourth of July Parade: 10 a.m.

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The Parade Man

Meet Coronado's Dave Szymanski, who has spent a lifetime (literally) being a part of the Fourth of July Parade.

By **MADLINE YANG**
The Coronado News

When Dave Szymanski was 5, he sat in the Junior Woman's Club float with his mother for the Coronado Fourth of July parade.

At 12, Szymanski carried the banner with his friend in the Coronado Fourth of July parade.

Szymanski at 20 joined his father on the Fourth of July Parade committee.

Frankly, his whole life has been about the Fourth of July, yet he's never been just an audience member getting to enjoy the parade.

He has always either been in it or helped organize it.

His father, Andrew Paul, had been on the committee for more than half a century before he had to step down due to Parkinson's disease.

"I wanted to follow the tradition of what my dad did...I've got about 19 years to go before I can pass him," Szymanski chuckles.

Szymanski is the Parade Chairman and he couldn't imagine doing anything else with his life, he says. He's now been in the committee for 35 years.

During the day, he's in the education system as a teacher in El Cajon, but he's thinking about the parade all year round and what to do for the next year.

Planning does not officially start until January, so if he's not thinking about it, he's spending half the year planning for it.

The committee wants the parade to last about two hours long, which means about 125-130 entries are in it each year, and Szymanski is responsible for finding those entries.

He'll send out reminders and applications starting April to bands and businesses and equestrians who have participated in years past, and to new groups.

Coordinating close to 150 groups of people who want to walk in the parade is a big feat, but Szymanski has been doing this his entire life and he knows how to navigate it now.

"You can't get stressed about it. You've got to be flexible. You just got to go with the flow," he says.

However, that is not to say that Szymanski hasn't had hard years planning the most important day of the year in Coronado.

The hardest Fourth of July he's had to plan was the parade the year after his father passed away seven years ago.

"With him not being there, it was a



Parade Man Dave Szymanski on his 35th year organizing the Coronado Fourth of July Parade. Staff photo by Madeline Yang.

bit of a challenge," he says. (His father helped alongside him on and off for the first 28 years that Szymanski was part of the committee.)

Szymanski had other individuals that he could turn to for help, such as George Smith, one of his father's friends in the committee. But his father molded the love of the Fourth of July Parade into Szymanski's core, supplying it into who he is today.

"But I had George and other committee members at that time that I could rely on for resources," Szymanski says. "So, having George has been wonderful, you know, and he's still doing it."

Smith is going on his 50th year in the committee, having worked with both Szymanski's father and Szymanski over the years.

Smith has also passed down his legacy in a similar way to Szymanski and his father, with his son Scott, who has been on the committee for 10 years.

And like Smith and his father, Szymanski does not see himself stopping anytime soon.

"It's not, 'here's the trophy, thanks for what you do.' I don't do it because of that," says Szymanski. "I do it because I know other people enjoy it... Just allowing people to celebrate our Independence Day."

Fourth of July events

» Continued from Page 1

history. Deck out in patriotic gear to compete in various distance races in Glorietta Bay park. Visit <https://coronadoroughwaterswim.org/fourth-of-july/> to register.

On Monday at 6 p.m., a gathering of bikers will meet at Star Park to circumnavigate the entire island. Join in on the action either with your own bike, or a rental from one of the varied

selections of bike rental shops on the island. (For extra flair, decorate your bike to fit the Fourth of July theme.)

The day of the Fourth crowds of people will shift to each event like one big, family friendly movable party. Since most traffic will be shut down early, find a place to park and then enjoy the rest of the day by foot or bike.

Crown City Classic: 7 a.m. to 10 a.m. — Get the day started at a morning run while decked out in red, white

and blue with The Crown City Classic. The Classic will be hosting the 50th annual 12K and 5K run along Coronado Bay, starting and finishing in Tidelands park. To register, sign up at <https://crowncityrun.com/>.

The Parade: 10 a.m. to 12:30 p.m. — To get a prime location for the parade, get parked and set up early. While a blanket is all that is necessary, a pop-up tent may be helpful to shade the midday heat. The parade will span from 1st street to Churchill place.

While waiting for the parade to start, it can be fun to take kids to the

start of the parade, near 1st Street, to see the lineup of horses and parade floats. (Insider tip: chalk is a great pastime for both kids and adults waiting for the parade to start. Don't be shocked to find chalk circles drawn on the cement solely for the purpose of betting on where the horses will poop during the parade.)

Fireworks Show: 9 p.m. — Head to the golf course for a brilliant Fourth of July fireworks demonstration over Glorietta Bay, off of Stingray Point. Tune into the soundtrack at KXYX Radio 96.5 FM. Title sponsor: City of Coronado.

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brunch noun

'brənch

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To check out our menu or make a reservation for our brunch service, we invite you to visit our website at ChezLoma.net or use OpenTable. Thank you for considering Chez Loma for your brunch plans. We look forward to welcoming you and your guests to our establishment and providing you with a truly outstanding brunch experience.

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Mobility issues affect over 1 in 5 Americans. These individuals, and their loved ones, know how decreased mobility can result in loss of independence, pain and falling hazards. They are often stuck at home, missing out on a variety of activities, in a vicious cycle that diminishes their quality of life. In the past, mobility devices like scooters and power chairs were too heavy and bulky to transport easily. Now, carbon fiber material invented for the aerospace program has been used to create the ultimate mobility device. It's called the Journey Air Elite ... and there's nothing else like it on earth.

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PARADE ENTRANTS

- Coronado Police Department
- Escondido Mounted Posse
- Escondido Mounted Posse
- Grand Marshal — Roy Kitchener, U.S. Navy Vice Admiral
- Majestic Acres, Ramona, Calif.
- Scott Peters, U.S. Rep. 52nd District
- Terra Lawson-Remer, San Diego County Supervisor
- Jordan Z. Marks, San Diego County Assessor/Recorder/Clerk and Kelly A. Martinez, San Diego County Sheriff's Department
- Coronado Mayor and City Council
- Coronado Fire Department
- Lakeside Optimist Club, Bulls Only Rodeo, Lakeside, Calif.
- Coronado Rotary Club
- Knights of the West Coast
- Marine Corps Recruit Depot Color Guard
- Marine Corps Band
- Coronado Detachment of the Marine Corps League
- Marine Corps League, "Bulldog" Detachment 835, San Diego
- Marine Corps League "Col. Mitchell Paige" Detachment 1207, San Diego
- Coronado Chamber of Commerce
- Classic Thunderbirds of San Diego
- Coronado Ukelele Band
- Coronado Democratic Club
- San Diego All-Star Clown Club
- San Diego Harbor Police Foundation
- Bridge and Bay Garden Club
- Poway & Romona Rodeo Queens
- Advertise Anywhere, Inc.
- Model T Ford Club of San Diego
- Canine Companions, San Diego County
- Chula Vista High School, Spartan Legion & Color Guard
- USS Midway Museum
- Honor Flight San Diego
- Force-Con 2023
- San Diego Gulls Hockey Club
- The Colony — San Diego Gulls Booster Club
- California's Tom Cruise
- Wonderbus Entertainment
- Antique Auto Club of America
- United Through Reading
- Creative Dancers 78
- EDCO, San Diego
- Temecula Carriage Company
- 82nd All Airborne Association, San Diego
- Flavor Company Dance Entertainment, San Diego
- Mustang Club of San Diego
- Naval Base Coronado Color Guard
- Navy Band Southwest, San Diego
- U.S. Navy League, Coronado Council
- U.S. Navy Beachmaster Unit One
- Paws of Coronado
- Brass Animals, Mill Valley, Calif.
- Sharp Coronado Hospital Auxiliary
- Fables and Friends Equestrian Club, Alpine, Calif.
- The Distinguished Flying Cross Society, San Diego
- PRC Composites, LLC, San Diego County
- Lamb's Players Theatre, Coronado
- U.S. Border Patrol — San Diego Sector Mounted Patrol, Chula Vista
- Al Bahr Banner Carriers and Color Guard
- Al Bahr Illustrious Potentate
- Al Bahr Antique Car Club
- Al Bahr Clowns Unit
- Al Bahr Genie and the Director's staff
- Al Bahr Peace Officers Club
- Al Bahr Islanders Shrine Club
- Al Bahr Tin Lizzie Parade Unit
- Al Bahr Samaritan Driver's Club
- Victorian Roses Ladies Riding Society, San Diego County
- Optimist Club of Coronado
- San Diego MG Club
- Stateside Islander Crew, San Diego
- KMAC Foundation, Coronado
- MS Senior California, San Diego
- San Diego Knights of Columbus
- Coronado Council of the Knights of Columbus
- The Cameron Highlanders pipe band, San Diego
- Coronado Little League
- San Diego Star Wars Society
- Soroptimist International of Coronado
- The Hole in the Wall Gang, San Diego County
- The Science Fiction Coalition, San Diego
- Friendly Sons of St. Patrick, San Diego
- Irish Congress of Southern California, Inc., San Diego
- Carlyrne Allbee, La Mesa, Calif.
- Kathy Miles, San Diego
- Coronado Historical Association
- Sons of Union Veterans of the Civil War, San Diego County
- Classic Chevys of San Diego
- Ukrainian refugee families
- The San Diego Clown Conspiracy
- Gen. Henry D. Styer, VFW Post 2442, Coronado
- VFW Auxiliary District 1, San Diego County
- Coronado Youth Soccer League
- The Sweethearts of Swing, Coronado
- Kingdom of Terre Neuve, San Diego
- Miss Vietnam San Diego
- Old Salt Coffee Company, Coronado
- Chabad of Coronado
- Scripps Miramar Saddlebreds, San Diego
- Graham Memorial Church Awana Club, Coronado
- Coronado Veterinary Hospital
- J.S. The Rag Man Band, Coronado
- Sons of the American Revolution, San Diego Chapter
- Miss World Class Miss USA
- Garage Collective, San Diego County
- San Diego Veterans Center
- Republican Women of California — Coronado/Crown City
- Republican Women of California — San Diego County
- House of Scotland Pipe Band, San Diego
- San Diego Police Museum
- FIT4MOM, Coronado
- Revolution Snowsports, Inc., San Diego
- Public Services, City of Coronado



CORONADO FOURTH OF JULY

Find complete information at thecoronadonews.com/fourth-of-july



Coronado News staff

SCHEDULE OF EVENTS

Time	Event	Location
7:30–10 a.m.	Pre-Parade Entertainment	Orange Avenue
10 a.m.	74th Annual Independence Day Parade	Orange Avenue
12:30–2 p.m.	Adrian Empire Demonstration, San Diego Star Wars Society Photo-Op	Star Park
2 p.m.	Navy Leap Frogs Aerial Demonstration	Coronado Golf Course, 17th Fairway
3 p.m.	Public Kids Concert — Katleen Dugas	Coronado Golf Course, 14th Fairway
4–5 p.m.	Patriotic Concert — Coronado Concert Band	Spreckels Park
4–5:30 p.m.	Public Concert — IT'S NEVER 21.8	Coronado Golf Course, 14th Fairway
5:45–8:45 p.m.	Public Concert — PHT & The Honky Tonk Nights	Coronado Golf Course, 14th Fairway
9 p.m.	Fireworks (soundtrack on 96.5FM)	Coronado Golf Course

CONCERTS, EVENTS & MORE

PHT & Honky Tonk Nights rounds out acts

By NICK HANCOCK
The Coronado News

The highly anticipated Fourth of July Parade and celebration on Coronado is right around the corner, and Katleen Dugas will kick off the music side of this event with a concert for kids at 3 p.m. at the Coronado Golf Course on Independence Day.

Dugas will perform for an hour and be on the 14th fairway. She was a hit last year, and sang Disney songs so organizers expect another afternoon of fun for children.

After Dugas comes IT'S NEVER 21.8 and PHT & The Honky Tonk Nights performing at 4 p.m. and 5:45 p.m., respectively. And there's a Patriot Concert with the Coronado Concert Band at 4 p.m. in Spreckels Park.

Rob Kracht, Coronado Fourth of July president, said people interested in staying for all three concerts at the golf course are welcome to make themselves comfortable as all three performers are playing on the 14th fairway.

"The fairways and short rough on the back nine of the Coronado Golf course will serve as a community picnic area. People can bring their own canopies, blankets, chairs, and games. We will mark off a 'dance floor' near the stage, but chairs and blankets will be welcome outside of that area," said Kracht.

Following Dugas' concert for the kids, IT'S NEVER 21.8, led by Coronado's Chris Nurning, will play from 4 to 5:30 p.m. In addition, IT'S NEVER 21.8 also will be playing live aboard "The Wonderbus" during the parade.

According to Nurning, this is the first time he and his band have had the honor to play at this event.

Nurning is a fourth generation Coronado resident, and explained he's wanted to perform in Coronado's Fourth of July Parade ever since his mother appeared in the parade as the first Miss Coronado in 1952.



PHT & The Honky Tonk Nights will headline the Coronado Fourth of July concerts with a show at 5:45 p.m. on the 14th fairway at the Coronado Golf Course. Photo courtesy of band.

"It has always been a dream of mine to follow in my late mother's footsteps, and perform in the Coronado Independence Day Parade," Nurning continued, "This year we're the opening act but it is our sincere hope that we will return next year to 'rock the bay' as the headliner."

Headliner is PHT & The Honky Tonk Nights

As for the headliner, that honor goes to PHT & The Honky Tonk Nights.

Kracht said personally "scouted" the band last year at a show in Ramona, the hometown of the band.

Expect a heavy dose of modern country and rock, according to band leader Patrick Trampus.

"We play anything from Neil Diamond to Jason Aldean. Our goal is to have a song for every person in the audience," said Trampus.

PHT & The Honky Tonk Nights is a five person band that's been together for two years. According to Trampus, each member of the group has decades of experience performing live.

Last year the group performed on the Wonderbus during the daytime event.

"Last year was incredible. It is a huge honor to be playing during our country's Independence Day celebration on Coronado island," Trampus said.

Like Nurning, Trampus is a San Diego native and grew up in East County. He's spent his whole life in the area, and is a retired Chula Vista police officer. Trampus said he's thrilled to be able to perform for his community.

"Coronado has such a strong military presence and rich military history. It's going to be a special day and one we will remember for a long time," said Trampus.

After PHT & The Honky Tonk Nights wrap up their show, Kracht recommends staying on the 14th fairway—or any of the other nearby holes on the back nine of the golf course—to view the 9 p.m. fireworks show.

According to Kracht, if you aren't around the golf course the seawall walkway and Glorietta Bay Park also will provide excellent views of the fireworks.

ON THE MENU

Local vendors ready to serve

By SOFIE FRANSEN
The Coronado News

To provide visitors with plenty of food options on Independence Day, The Coronado Fourth of July has opened Spreckels Park to outside food and beverage vendors.

With so many people coming to the island, the vendors don't take away from Coronado's local business, but they serve to mitigate the long lines and restaurant waits, said Jennifer Stein, a Coronado Fourth of July board member who is in charge of vendors.

These 10 vendor options will be located in Spreckels Park through the parade, up until the concerts start in the afternoon.

Big Jim's BBQ

Big Jim's BBQ will be serving quality smoked meats and food for the soul with different meat choices and sides.

Golden State Dogs

Golden State Dogs will be serving sausages, hot dogs and veggie dogs piled with the toppings of your choice.

Doggos Gus

Doggos Gus will be offering signature Mexican gourmet hot dogs wrapped in bacon and embellished with toppings.

Island Mike's Poké

Grab a freshly made Poké bowl from Island Mike's Poké for a tasty, well-rounded meal on the go.

Kettle Kernels Popcorn

Popping with flavor and nostalgia, Kettle Kernels Popcorn will pair perfectly with parade-watching.

Donna's Shaved Ice

Enjoy the sweet taste of tropical fruits in a refreshing shaved ice from Donna's.

Birria Spot

Birria Spot will be sizzling with flavor and serving traditional Mexican dishes.

Bella Brands Rum Cakes

Local to Coronado, Bella Brands Rum Cakes will be serving a variety of unique, homemade rum cakes.

Cali Cream Ice Cream

Locally owned and operated, Cali Cream Ice Cream will be catering homemade ice cream with bonus dairy-free and vegan flavor options.

Crown City Ice Cream

Coronado's very own Crown City Ice Cream vendor will provide a perfect treat to beat the heat.

CORONADO 101

Places and things to do while visiting

By SOFIE FRANSEN
The Coronado News

For visitors from out of town making their Fourth of July celebration an extended weekend or week-long vacation, Coronado has plenty of options to keep you busy.

Check out these must-see locations and activities.

Village Theatre

The timeless Village Theatre, which originally opened in 1947, has been a gathering place in Coronado for years.

Spanning the walls and leaping to life are hand painted murals by Disney muralist Bill Anderson, who depicts images such as the skyline of Coronado, the Hotel del Coronado, the bridge and scenes from Balboa Park today and during the exposition.

The three screening rooms play newly released films nightly, with the offering of freshly popped popcorn.

The Wizard of Oz House

Located across from Star Park, the Wizard of Oz house served as a winter escape for the author of *The Wonderful Wizard of Oz*, L. Frank Baum.

From 1904 to 1910, Baum spent his winters on the island. He rented out the charming yellow house while writing a few books in the Oz series: "Dorothy and the Wizard of Oz," "The Emerald City of Oz" and "The Road to Oz."

Baum also stayed at the Hotel del Coronado, and it is said that his inspiration for the Emerald City came from the grand hotel.

The Kingston Trio

Not only a winter residence for L. Frank Baum, the Wizard of Oz House was also home to Nick Reynolds of the Kingston Trio.

The trio, composed of Reynolds, Bob Shane, Dave Guard and later John Stewart, was arguably one of the top



The Wizard of Oz house was a winter escape for the author of "The Wonderful Wizard of Oz," L. Frank Baum. Photo courtesy of Joe Dittler.

vocal groups in the world during the late 1950s and 1960s, bringing American folk music mainstream.

It is said that the group influenced musicians like Bob Dylan, Peter, Paul & Mary, Fleetwood Mac and Joni Mitchell.

The trio had two links to Coronado. Reynolds grew up on the island and lived there during his life, and John Stewart was born in San Diego but moved to the island later on.

Dog Beach

Bordering Coronado's North Island Naval Station and across from Sunset Park at the end of Island Boulevard, dog beach is a great place to take your furry friends—leash-free.

The surrounding scenery is stunning, and the location is great for both dog owners, and those who are just looking for people and dog watching entertainment.

Bonfire on North Beach

Enjoy the full experience of the Fourth of July with a bonfire on North Beach, which stretches from just north of the main lifeguard tower to the fence line of Naval Air Station North Island.

Park by a public fire pit away from dog beach and gather your family and

friends to roast s'mores and watch the sunset. The fire pits are non-reservable so be sure to plan ahead.

Rent a boat in the bay or take a ferry

A day out on the water is an automatic guarantee of a good time.

Rent a boat from Seaforth Boat Rentals or take a charter. Renting a pontoon is a great way to gather a large group of people on the water, while still being able to enjoy a BBQ or a picnic with minimal boating experience required.

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Rent a boat from Seaforth Boat Rentals or take a charter. Renting a pontoon is a great way to gather a large group of people on the water, while still being able to enjoy a BBQ or a picnic with minimal boating experience required.

Coronado Summer Concert Series

Head to Spreckels Park at 6 p.m. on Sunday, July 2, to hear the soulful live music performance from one of Coronado's newest local music groups, the Suenamis, as part of the Coronado Summer Concert Series.



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Ky Roberts
Kaye Schneider
Laura Chisholm
Laurie McCaull
Laurie MacGillivray
Law Offices of M. Tami Sandke, APC
Lee Lane
Linda Salinda
Lynda Wood
Margarita Rhodes
Margot McLaren
Marlys Simmons
Marvin Heinze and Jill Olen
Mary Hillebrecht ~
Coronado Farmers' Market
Maryke Davis
Michelle Loesch
Michelle Svoboda
Mike Donovan
Millie Creager

Nancy Baler
Nancy Smith
Pat Mearns
Phil and Fran Monroe
Sally Zoll
Sandra and Jim Strickland
Sara and Dr. John Wells
Sister Virginia Rodee, RSCJ
Sophie Murphy ~
In Honor of Aimee Richards
Stephanie O'Malley
Suzanne Ware
Sydney Stanley
Tara McGuire
Ted Duncombe and Marian Uhlman ~
In Honor of Wendy McGuire
Victoria Biagiotti-Wise
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Virginia Osgood



The businesses and individuals who contributed **“In Kind”** gifts to our Silent Auction, which raised the final amount that took us over the top of our goal, were:


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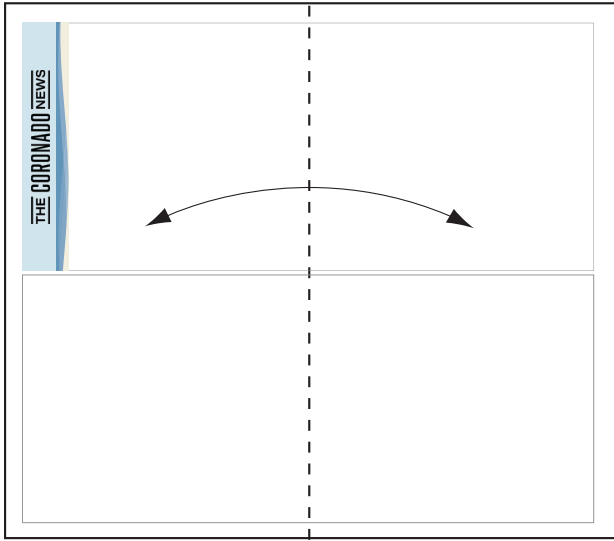
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THE CORONADO NEWS

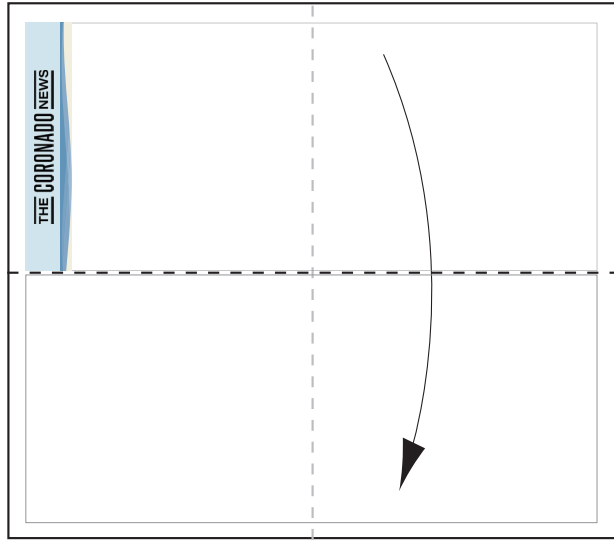
Fourth of July reader contest

Here are two ways to show your Coronado pride at the Fourth of July! Make a newspaper hat from this paper to wear at the parade, and stop by our booth on July 4 or tag a photo to win a prize — read the details below.

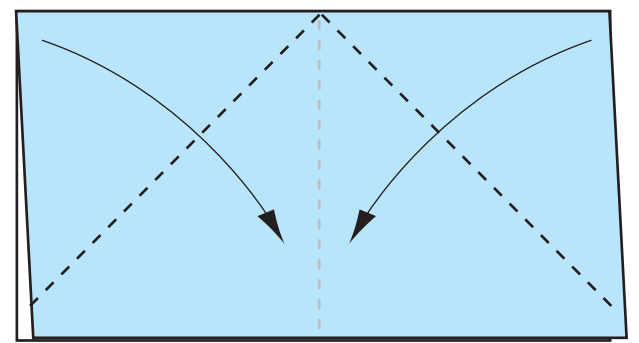
7 STEPS TO MAKE A HAT



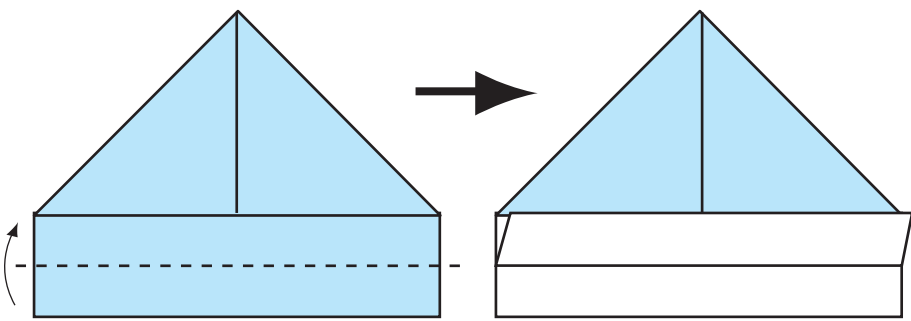
1 Start with a full newspaper sheet (two pages) in a landscape orientation (long edges at the top and bottom). Fold the paper in half vertically, bringing the left edge over to meet the right edge. Crease the fold well and then unfold.



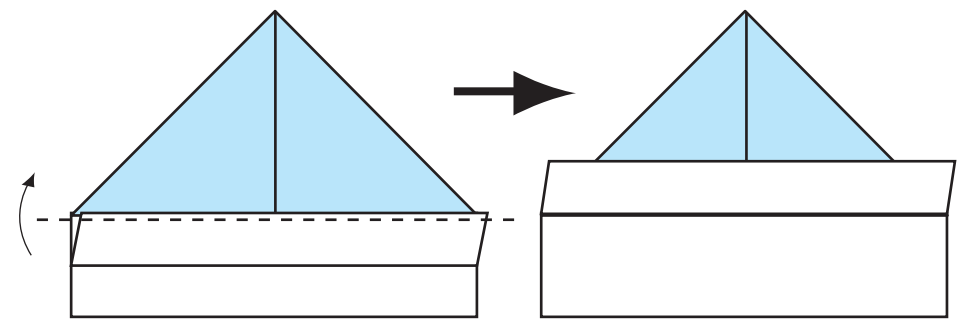
2 Fold the newspaper in half horizontally, bringing the top edge down to meet the bottom edge. Crease the fold well.



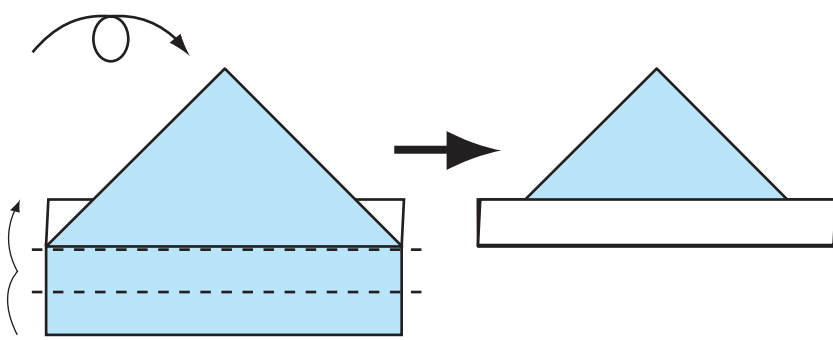
3 Take the top left corner of the newspaper and fold it diagonally towards the center crease. The folded edge should align with the vertical crease. Crease the diagonal fold well. Repeat this step with the top right corner.



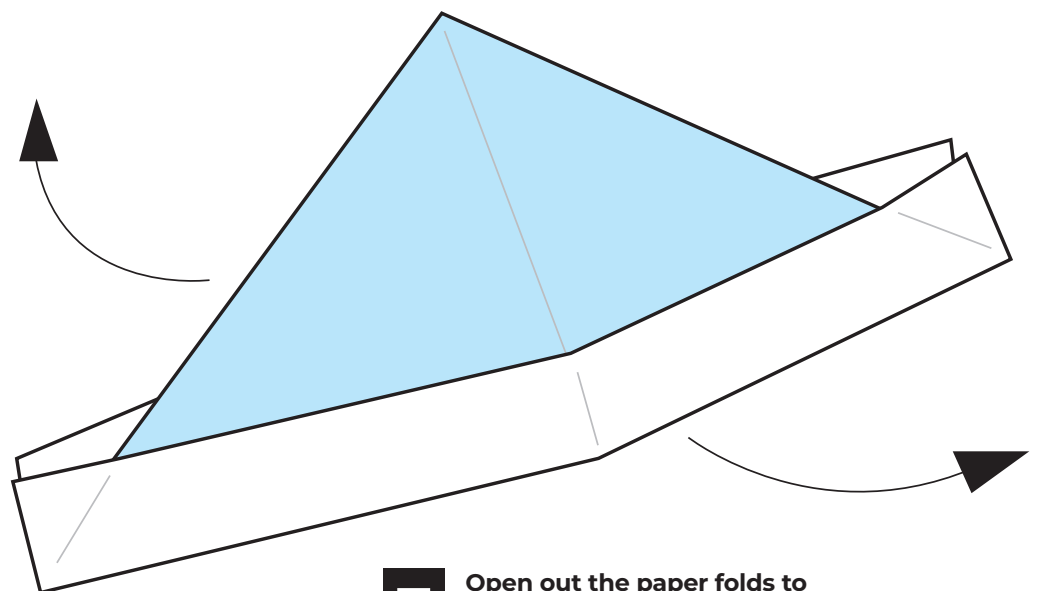
4 Fold the bottom edge (uppermost layer of the newspaper only) up to the base of the triangles, about 1 inch from the bottom. Crease the fold well.



5 Fold the bottom edge up again, this time aligning it over the bottom edge of the folded corners. Crease the fold well, and tear the outside corners, if necessary.

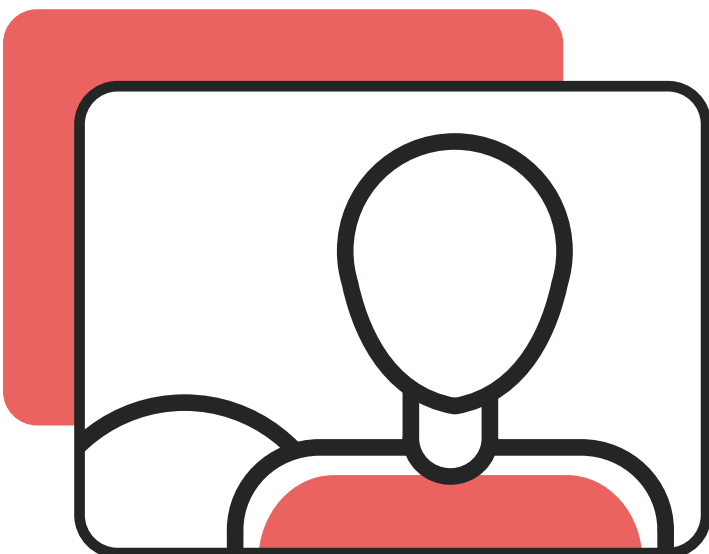


6 Turn over paper, and repeat steps 4 and 5 to fold up the remaining newspaper layer from the bottom.

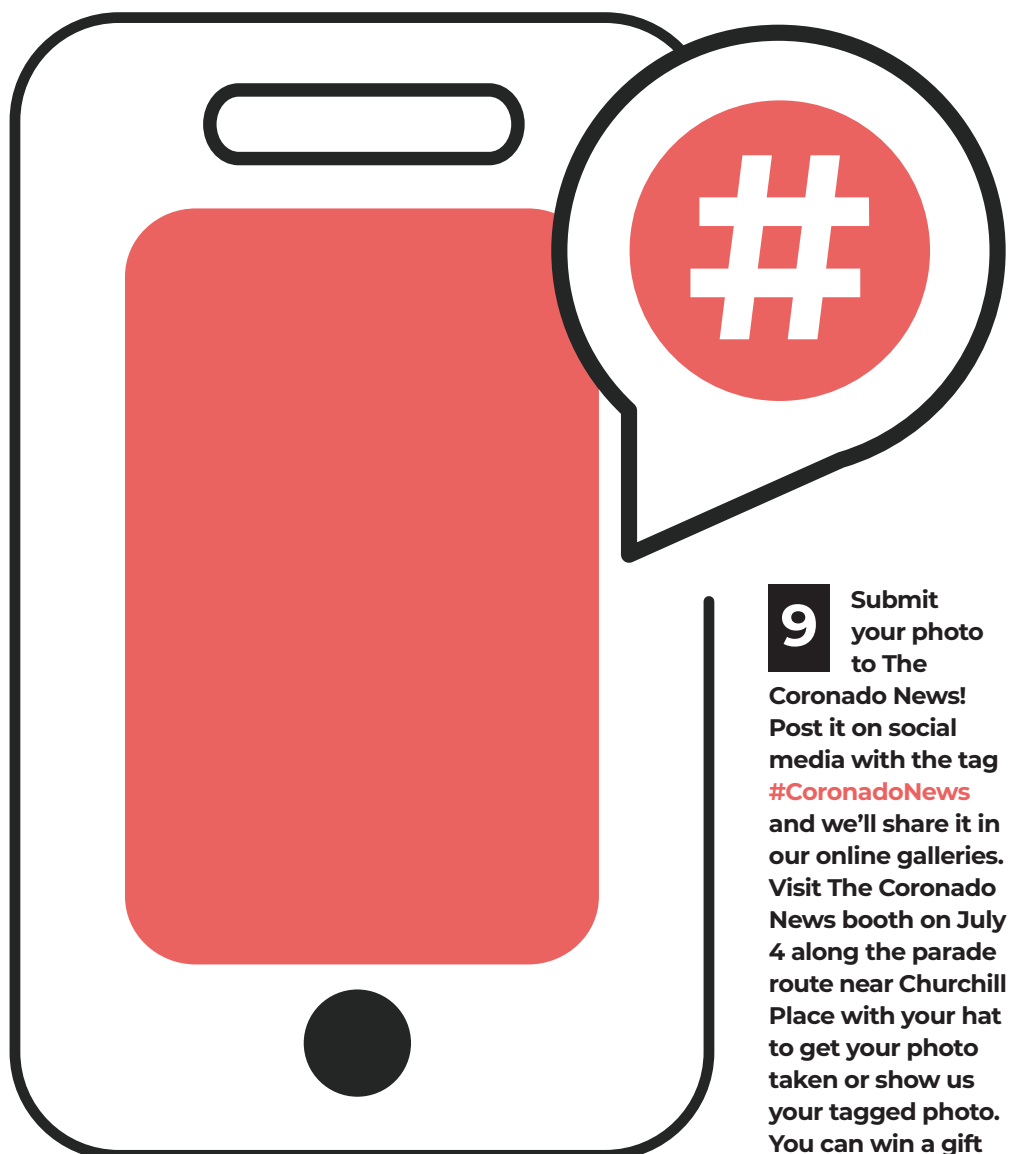


7 Open out the paper folds to shape it around your head. The hat is now finished!

ENTER OUR PHOTO CONTEST



8 Take a picture while wearing your Coronado News newspaper hat! Show your community pride and support for local journalism in a photo to share with other Coronado News readers.



9 Submit your photo to The Coronado News! Post it on social media with the tag [#CoronadoNews](#) and we'll share it in our online galleries. Visit The Coronado News booth on July 4 along the parade route near Churchill Place with your hat to get your photo taken or show us your tagged photo. You can win a gift card to [Fuzziwig's Candy Factory](#) — while supplies last!



10 Watch our Facebook page at facebook.com/thecoronadonews or online at thecoronadonews.com/fourth-of-july to see photos of our Fourth of July Reader Award winners.

City council whittles requests, assigns \$1 million in grants

» Continued from Page 1

Donovan stated a disappointment that he felt these organizations were taking advantage of the grant system and to “tighten up” their requests.

He even offered that they take a seminar in writing a grant request as he didn't see any of the necessities on this year's applications.

“I think we need to continue [the

course], or maybe offer it more often,” Donovan said, referencing a grant writing course the city offered in the past.

Donovan did draw laughs when he admitted to the long council meeting: “I guess I'm getting tired so I'm going to rag on somebody.”

The end of the deliberation resulted in \$1,015,000 being awarded to 25 organizations for the fiscal year 2023-2024.

List of recipients

Certain organizations had multiple programs funded. Here's a complete list of the grant recipients:

- Coronado Historical Association**
 - Keep the Coronado Museum Free, \$72,144
 - Coronado's African American History Exhibit, \$15,391
 - Coronado's Ferries from the Della to Today Exhibit, \$14,429
- Coronado Floral Association, \$84,000**
- Safe Harbor Coronado**
 - Family Support Services, \$59,396
 - Healthy Families Program, \$75,000
- Coronado Chamber of Commerce**
 - Promotion of the City of Coronado and its Businesses, \$55,436
 - Holiday Parade & Tree Lighting, \$15,391
 - Coronado Visitor Center Website, \$34,882
- Coronado Fourth of July**
 - Parade, \$52,249
 - Leapfrogs and Fireworks, \$43,363
- Lamb's Players Theatre, \$50,501**
- Coronado Philharmonia Orchestra, \$23,072**
- MainStreet Coronado Ltd**
 - Economic Vitality, \$36,521
 - Home-Town Traditions, \$25,840
- Musica Vitale**
 - 2023-2024 Mainstage and In-School Programming, \$16,966
 - Crown City Chorale General Operating Support, \$6,412
- Memorial Day Planning Committee, \$2,600**

- Friends of Children United Society, \$23,279**
- Coronado Schools Foundation**
 - Coronado Art & Wine Festival, \$21,959
 - Robotics Team Expansion Request, \$9,317
- Reading Legacies, \$13,837**
- Coronado Community Theatre, \$20,246**
- Coronado Community Band**
 - Operations Support, \$17,174
 - July 4th Patriotic Concert, \$1,500
- Classics 4 Kids Inc., \$15,389**
- Villa-Lobos International Chamber Music Festival**
 - Coronado Residency, \$6,514
 - Coronado School Outreach, \$4,930
- Storytellers of San Diego, \$3,069**
- Emerald Keepers**
 - Student Clubs & Internship Programs, \$10,825
 - Community Programs & Outreach, \$38,425
- Pacific Animal Welfare Society, \$26,835**
- Coronado Island Film Festival**
 - Production of the Annual CIFF 2023, \$25,000
 - Year-Round Production & Outreach, \$80,000
- Coronado Music and Arts Foundation, \$15,000**
- Coronado Little League, \$12,000**

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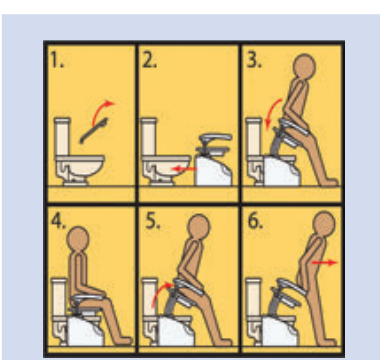
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SPORTS

Big turnout for 26th Low Tide Ride & Stride to help the military

By **SOFIE FRANSEN**
The Coronado News

Bikes and ebikes with riders of all ages lined the starting line on North Beach at 8 a.m. on Saturday morning to take off on their 5K course for the Low Tide Ride & Stride.

The event is the Coronado Rotary Club's signature showcase, featuring chip-timed 5K runs, walks, ebike races and bike races along the sixth best beach in America. Saturday's race was the 26th anniversary.

Andre Sauer, 10, was excited to bike on the beach down an American flag lined course.

"I'm a bit excited and personally, I think it might be a cool experience to bike on the beach," Sauer said.

Sauer and his parents Rebecca and David have called Coronado home for 5½ years, but it was their first time in the race.

"It's such a good cause, and every time I take a walk and see this happening every year, I'm always so bummed that I'm not a part of it, so this year I've made it a point and we're so psyched," Rebecca Sauer said.

"We started [the race] to benefit the military," said Stephanie Anderson, the co-chair of the Low Tide Ride & Stride with John Duncan. "We'll have lots of military families participating. It's such a family fun event."

The majority of the proceeds are used to support local combat-wounded active duty military and veterans and first responders.

The Coronado Rotary Club is hoping to raise as much as possible from the Low Tide Ride & Stride, but is expecting to raise over \$100,000 in donate-able funds this year, Anderson said.



Runners take off along North Beach at the starting line for the 26th Annual Low Tide Ride & Stride. Staff photo by Sofie Fransen.

Support is also given to the STEP program, which builds financial self-sufficiency among junior active duty enlisted members and recently discharged enlisted veterans and their families facing financial crisis.

One of the biggest recipients of the proceeds is The Warrior Foundation Freedom Station.

This foundation pioneered a new approach to supporting military men and women who are ill or injured through creating Freedom stations, which are unique recovery transition centers and housing facilities.

"The Rotary has been a firestone of giving that has helped a lot of our warriors, ill and injured," said Sandra Lehmkuhler, CEO and founder of the Warrior Foundation.

Ed Lohlein joined the Rotary in 1985 and has been living in Coronado since 1972.

He has volunteered at every Low Tide Ride & Stride since its inception

26 years ago.

"It's always a lot of work, but there are always a lot of volunteers from our club that work hard at getting this thing going," Lohlein said. "We have people that come every single year. It's something for everybody."

With bikers, walkers and runners, the course was set up for everybody's enjoyment, no matter the age or skill level. Many people made it a family or group event.

This year's event was relocated (for the second year in a row) to protect the Least Tern and Snowy Plover's nesting grounds on the Navy base.

As coastal birds, the Least Tern's nesting grounds are often disturbed by beach-goers, according to the Audubon Field Guide.

By changing the course and steering runners, bikers, viewers and loud music away from their critical nesting grounds, the Rotary protected the endangered species.

Crown City Classic race celebrates 50th year

By **SAM DATIN**
The Coronado News

The Crown City Classic is back for its 50th anniversary race in Coronado, with the first race kicking off at 7 a.m. on July 4.

Here's everything you need to know: This year, athletes will have the choice of competing in the 12K or 5K along the Coronado Bay.

In past years, the race has only offered the 5K.

This year, in hopes to attract more long distance runners, the 12K will be an option. Both races begin at 7 a.m.

The race also also feature a half mile kids run that starts at 8:30 a.m., and there are virtual runs.

The course will begin in Tidelands park, adjacent to the Coronado Bridge and run along Glorietta Boulevard, down south towards the Silver Strand.

Super Coffee will sponsor the event to promote its brand and fuel runners.

The longstanding tradition coincides with America's oldest tradition, the Fourth of July.

"There's two different firework shows on the island; one that faces Glorietta Bay, one that faces San Diego Harbor," says Jamie Monroe, owner of Easy Day Sports. The company oversees the event and anticipates 2,500 competitors.

Online registration is available at runsignup.com/Race/CA/Coronado/CrownCityClassic2023.

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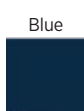
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Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough... a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

“What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!”

—Kent C., California

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum so it weighs only 47.2 lbs. It features one-touch folding and unfolding – when folded it can be wheeled around like a suitcase and fits easily into a



Available in Green, Black and Blue (shown)



The Zinger folds to a mere 10 inches.

backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.

Why take our word for it? Call now, and find out how you can get a **Zinger** of your very own.



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LIFE ON THE ISLAND

Where to eat for the Fourth of July

By **SOFIE FRANSEN**
The Coronado News

Home to a little slice of heaven, Coronado has plenty of amazing cuisine options to match the feeling of paradise.

Divide it anyway you want — pizzas, pastas, deli meats, charcuterie boards, down home meals, high-end cuisine — the island has food to satisfy your needs.

With the all-day Coronado Fourth of July festivities and other events, visitors and residents may want to consider thinking about food ahead of time, especially when it comes to the day of the parade.

You may want to consider what food options will support your on-the-move celebration style.

In addition to the Coronado Fourth of July vendor options in Spreckels Park, here are a few grab-and-go food options and shareable platters to cater to the mobile style of the day:

Chez Loma

Located within the historical Carey-Hizar House at 1132 Loma Ave., Chez Loma is the perfect location to enjoy a charming, candlelit dinner amongst French windows, a quaint upstairs dining room and European inspired character.

Here, you can always count on dishes that incorporate old school French techniques with fresh, seasonal ingredients, along with dishes inspired from a variety of cultures.

Try out their newly implemented brunch menu from 9 a.m. to 1:30 p.m. on Saturdays and Sundays in addition to their extensive dinner times.

Wine A Bit

Home to a wine bar and patio, Wine A Bit on 928 Orange Ave. serves over 200 exceptional boutique style wines from around the world.

Relax and unwind with a glass of wine or craft beer, or enjoy a unique appetizer list and artisan Flatbread pizza.

Wine tasting events are offered weekly along with several venue options for a private event.

Island Pasta

Located at 1202 Orange Ave., Island Pasta is a perfect option to grab a sandwich, pasta or pizza during or after the parade.

Send a family member or friend to grab food to go while others save spots along the parade route.

Park Place Liquor Deli

This hidden gem serves an unexpected killer sandwich.

Try mouth-watering sandwiches like the Park Chicken Ciabatta, meatball sandwich, natural sandwich or the Big Kahuna.

Also located along the parade route near Rotary Park on Orange Avenue, this is an ideal stop in between activities of the day.

Scratch Gourmet

Order a gourmet charcuterie board from Scratch Gourmet for delivery only at (619) 987-4912.

Full of fresh and dried fruit, cheeses, olives, bread crackers and nuts, the platter is perfect for an after the parade park celebration and shareable with a large group of people.

Scratch delivers between 9 a.m. and 6 p.m., but be sure to allow 48 hours of notice.

The sizes vary. A mini serves one person, a small serves two to three people, a medium serves six to eight, and a large serves 15 to 18 people.



ABOVE: Chez Loma has a prime location in downtown Coronado, within walking distance of the historic Hotel del Coronado. It sits on Loma Avenue, a street running off of Orange Avenue which hosts other noteworthy restaurants like The Henry, and soon to be launched Blanco Cocina + Cantina.

LEFT: Park Place Liquor & Deli is a great stop for Parade route. Staff photos by Sofie Fransen.

In addition to preparing easily accessible food for the day of, longtime veterans of Coronado's Fourth of July recommend making reservations in advance.

If you are here for an extended vacation surrounding the Fourth, here are a few local tips of places to try out.

The Night & Day Cafe

In a hidden sliver along Orange Avenue, a homey small town diner has been watering mouths since 1929.

The Night & Day Cafe, 847 Orange Ave., serves everything you could want in a cafe— big breakfasts, burgers and sandwiches for lunch, and tacos and burritos for dinner— all along a singular bar that fills the length of the cafe built during the Great Depression.

No reservation needed, but with the small scope of the cafe, be sure to plan ahead.

Beach & Taco Shack; Babcock & Story Bar

In the mood for some food and a promenade with music? Head to the iconic Hotel del Coronado where the Beach & Taco Shack and the Babcock & Story Bar have live music.

While you can dig your toes in the sand at the Beach & Taco shack while enjoying tropical cocktails and fish tacos, the Babcock & Story Bar serves craft cocktails and tasty bites on a stunning mahogany bar.

Bluewater Boathouse and Seafood Grill

Located across from the Hotel del Coronado and adorned in the same victorian-style architecture, the Bluewater Boathouse and Seafood Grill at 1701

Strand Way has a lovely atmosphere.

The landmark was built in 1887 as a design prototype for the Hotel del Coronado. It is surrounded by picturesque views of Glorietta Bay and serves fresh seafood.

Garage Buona Forchetta

Making a reservation for dinner at this “Best of Coronado” award-winning restaurant is already a must.

But add Garage Buona Forchetta at 1000 C. Ave. to your list of must-trys for a weekend breakfast. Some staples include the Buona Forchetta french toast, which has a crispy corn flake crust, the Stracciata toast with smoked prosciutto and eggs, and crafted omelets.

Be sure to call ahead for reservations.

McP's Irish Pub

Originally founded by former Navy SEAL Greg McPartlin in 1982, McP's Irish pub at 1107 Orange Ave., is still home to locals and men and women in the military.

Stop by for a drink, a meal, or just to take in the history and memories.

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6x		3-	
2÷	3-	2	10+

CHALLENGING

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	11+		12x	
12x		7+	24x	3-
	7+		5	4-
8+		2÷	2÷	1
	6		2÷	

TODAY'S ANSWERS

2	1	3	4
1	4	2	3
3	2	4	1
4	3	1	2

5	6	1	3	2
3	4	2	6	5
6	4	5	1	2
2	4	5	1	3
5	6	4	1	3
4	1	5	2	3
3	6	5	1	2

RULES

- Each row and each column must contain the numbers 1 through 4 (easy) or 1 through 6 (challenging) without repeating.
- The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners.
- Freebies: Fill in single-box cages with the number in the top-left corner.

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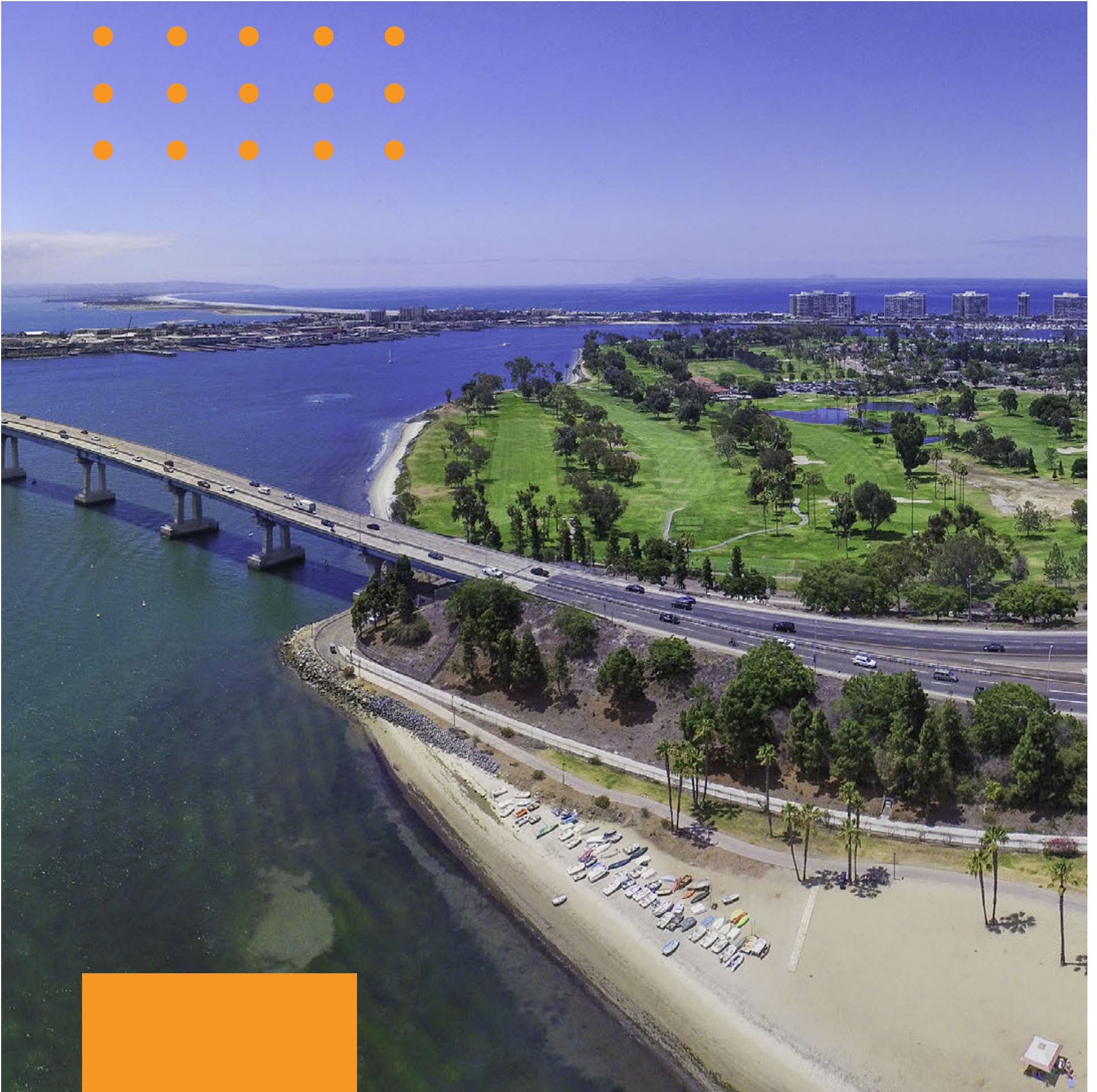
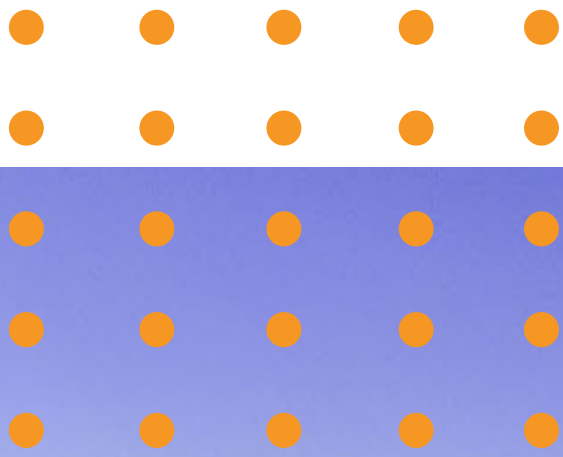
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