La Jolla couple found dead in suspected murder-suicide

BY DAVE SCHWAB

A senior couple was found dead with gunshot wounds in a suspected murder-suicide in a posh home in La Jolla’s Mount Soledad about 7:30 p.m. on May 16.

The deceased were identified by police early the following day as John Mattiace, 80, and Jilavi Parvaneh, 60, a married woman.

Their bodies were discovered by police responding to the couple's son’s request for a welfare check on his parents at their $3 million home at 5579 Avenida Fiesta in a cul-de-sac near Pacifica Drive.

Parvaneh, a registered nurse, was the administrator of an assisted living facility for up to six people in her Avenida Fiesta home, which had recently been remodeled and listed for sale or rent.

The police Special Weapons and Tactics (SWAT) team was called in to search the home by police after Parvaneh’s body was found on a couch on the first floor, as “obviously dead.”

Mattiace was found dead from gunshot wounds on a different floor in the home by the SWAT team shortly after midnight.

A gun was recovered at the crime scene.

“We are viewing this as possibly a murder-suicide,” Griffin said adding, “We are not actively looking for a suspect right now.”

The lieutenant said the motive for the shooting has yet to be determined.

Proposed Children’s Pool walkway improvements stalled

BY DAVE SCHWAB

A years-long effort to improve and beautify Children’s Pool Walkway adjoining the new lifeguard tower is stalled and community park planners are awaiting results of a city review of the situation.

Walkway improvements, as originally proposed, were to include vastly improved pedestrian flow along Coast Walk, double-seat walls, shade trees, repairs to the existing gazebo, the addition of interpretive/historical/educational signage, use of native plants on the bluffs to control erosion and restricting vendor “free speech” tables to a single location.

But a number of problems, many dealing with the walkway’s historicity as well as permitting issues, are seriously threatening to derail the project altogether.

Members from La Jolla Parks and Recreation, Inc. including Phyllis Minick, who has been spearheading the walkway improvement project, met in April with city representatives from the Public Works Department to discuss recent developments in the walkway's restoration. That project was initiated seven years ago by the Minicks and landscape architect Jim Neri to beautify the area in the vicinity of the (now

DIRTY DASHING

The highly anticipated, eighth annual Del Mar Mud Run once again returned to the Del Mar Fairgrounds on Saturday, May 13.

The event included 15 obstacles, more than 20 vendors purveying their goods, and a giant group shower.

Started by San Diego’s VAVI Sport and Social Club at Del Mar Fairgrounds in 2010, the race has quickly become a must-do event for San Diegans to kick off the summer.

“Mud runners” negotiate one of the 15 obstacles located within the confines of the Del Mar Fairgrounds. Now in its eighth year of existence, the May 13 Del Mar Mud Run drew record crowds.
**UC San Diego, BioMed Realty look forward to Center for Novel Therapeutics**

**BY BLAKE BUNCH**

On April 6, University of California San Diego and BioMed Realty announced the future opening of the Center for Novel Therapeutics, which will be located in the university's Science and Research Park. While construction will begin during mid-to-late May, according to Kevin Tremblay, senior director of San Diego BioMed Realty, completion for the new facility is slated for early 2019.

“Although our preliminary discussions date back to 2013, there was a good 12-to-18-month period before the university and ourselves were ready to kick off construction,” said Tremblay.

BioMed Realty has a long history of working with top research institutions, including the J. Craig Venter Institute (in San Diego and Maryland), the Broad Institute, the Dana Farber Cancer Institute, and Stanford Health Care.

“The Center for Novel Therapeutics will feature an 110,000-square-foot "research hub," which aims to "leverage the strength of the university’s world-renowned doctors and researchers at the Moores Cancer Center with private sector companies," according to a recent press release.

Current design for the Center for Novel Therapeutics will create an environment of collaboration throughout the building, with a full range of amenities for tenants and their employees to enjoy, including a conference center, auditorium, modern fitness center and cafe.

The project will also pursue LEED Gold certification. Some of the environmentally-conscious practices incorporated into the center’s design will include a high-efficiency water-cooled central cooling and heating plant, LED light fixtures, and renewable energy from photovoltaic (solar) panels in a glass room of the atrium.

This new research hub should leverage the strength of the university's world-renowned doctors and research at Moores Cancer Center, with private sector companies looking to translate research into helping patients throughout the world.

The center’s design aims to promote "collaboration throughout the building," replete with "a full range of amenities for tenants and their employees to enjoy, including a conference center, auditorium, modern fitness center and cafe," the press release read.

Although less than two years away from completion, upon its completion, the Center for Novel Therapeutics will become a major asset to UC San Diego.

“We are proud that the university recognized our unique ability to develop a building that will become a beacon for oncology research around the globe,” said Tremblay.

"We look forward to providing more than bricks and mortar, but a facilitator of collaboration that helps scientists work together to positively impact patients with cancer."

**Company receives award for Torrey Pines course renovations**

**BY JONATHAN LO**

KTUA Landscape Architecture and Planning recently contributed to the renovation of the Torrey Pines North Course, which took place throughout last year. That project has received a 2017 "Project of the Year Award" from the San Diego Chapter of the American Public Works Association (APWA). The award was presented on May 11 at Paradise Point Resort.

Also, the renovation project will automatically be considered for an "Outstanding Project of the Year" later in the year.

For the renovation, the City of San Diego Public Works Department utilized a design-build delivery method, in which the contractor, in this case, Wadsworth Golf Construction, both creates the design and curries the construction.

KTUA acted as a sub-consultant to Wadsworth Golf, working together with other groups such as O’Day Consulting Engineers, Bryant Taylor Gordon Irrigation Design, and famous golf-course designer Tom Weiskopf.

The design of the course had one main goal: to provide the scenic course with a much-needed update; the North Golf Course had not had a major change since 1958. Other goals included increasing playability for amateurs, increased difficulty for PGA circuit golfers, reducing the cost of maintenance, and decreasing the environmental impact of the course.

To achieve this vision, the project included a multitude of changes. Bunkers were reconstructed, tee boxes were replaced, new golf paths were laid, greens were reshaped, turf was removed, native plants were transplanted, and course irrigation was changed, to name a few.

One interesting change is the flipping of the nines. The 18 holes used to start from the more scenic, much more difficult South Course, before heading to the North Course. It only made sense to flip the nines so players have a nice difficulty progression as they play through the holes and end with a picturesque surrounding landscape.

KTUA principal, Kurt Carlson, has worked on other projects for Torrey Pines for more than a decade. He brought on Chris Langdon, a KTUA senior associate, because he believed he needed someone who loved golf.

Langdon headed the design effort to replace turf with native shrubbery. He played a big part in identifying the five acres of turf to be removed, which were typically not on display to players and passersby. Incorporated in the design was an effort to highlight and showcase the City of San Diego Golf Operation’s efforts to conserve water. The new plant landscape is estimated to reduce water usage by 88 percent compared to the old turf, it will also be irrigated using recycled water.

This high-profile renovation has received positive reviews from PGA Tour professionals, putting the City of San Diego Golf Operations in the spotlight and showcases its drive to maintain a high level of player experience, which is why Torrey Pines has remained an international golfing destination.

An artist’s rendering of the new 110,000-square-foot Center for Novel Therapeutics.

**Shores merchants anticipate regaining their streets, business**

**BY DAVE SCHWAB**

Discussion at La Jolla Shores Association’s May meeting centered around businesses being hard hit by ongoing infrastructure construction, the upcoming annual community fall festival and continuing perceived problems with airplane noise.

“Business in the Shores is suffering in the daylight hours with the road closed to the beach since November with construction, construction trucks, noise, confusion for parking,” said LJSA board member Angie Preisendorfer. “Evenings are better for the restaurants as it quietens down. We’re all looking forward to the opening of Avenida De La Playa at the end of the month. We hope we do not have to see the construction come back after Labor Day.”

LJSA board member Terry Kraszewski, who owns Ocean Girl boutique on Avenida, noted after the meeting that “there is no big plan” to lure business back to Avenida’s commercial strip, but added, “we’re hoping to get banners finished and up to direct visitors here. And FallFest (will help) to bring our neighbors together. We are just so relieved that construction is almost over and that we will have our street and boat launch open again. I can’t tell you how stressful it’s been.”

On Nov. 7, 2016 a group of nearly 100 Shores business owners and supporters assembled in front of Barbarella restaurant on Avenida de la Playa to protest San Diego’s Sewage and Water Department’s management of an ongoing project to replace the drain pipes in the street to minimize the flooding there during La Jolla’s winter rainy season.

The protestors were not so much opposed to the improvement project as they were the department’s failure to establish a firm completion date and to meet that date. Some res...
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UC San Diego conducts first large-scale study on ketamine as an antidepressant

BY BLAKE BUNCH

Since its introduction in 1962, ketamine, often recognized as an illicit hallucinogenic or dissociative drug, has been used in a wide variety of medical treatments. Researchers from the University of California San Diego and the Skaggs School of Pharmaceutical Sciences recently conducted the first large-scale study examining the benefits of using the drug to treat depression.

Utilizing the FDA’s Adverse Effect Reporting System (FAERS), a voluntary database collection system set up in 2004, the researchers formulated data on side-effects associated with clinical trials of the drug as a treatment for pain.

“Utilizing the data published in FAERS, we observed that there have been many reports of ketamine with side effects; however, there were not enough reports to get statistical significance,” Ruben Abagyan, Ph.D., professor of clinical pharmacy at UC San Diego, along with pharmacy students Isaac Cohen, Tigran Makunts, and Rabia Atayee, PharmD., associate professor of clinical pharmacy, all at Skaggs School of Pharmaceutical Sciences, weeded through approximately 41,000 cases to collect their data. They then applied a mathematical algorithm to look for statistically significant differences in reported depression symptoms for each patient.

“We looked at records regarding the marketing of adverse effects of the drug as a treatment for pain,” said Abagyan. “While the small-scale clinical trials presented information that made the drug appear safe for the market, and even though it was approved, the post-market reporting system led us to believe otherwise.”

Adverse effects in the treatment for pain also revealed that most treated reported the lack of common depression as a side effect. One property of ketamine that is suitable for treating depression is its quick onset. The drug, often used as an anesthetic, begins to work instantaneously. This vastly differs from current antidepressants that are on the market, which often take weeks to reach significant levels in a patient’s body.

“Current FDA-approved treatments for depression fail for millions of people because they don’t work or don’t work fast enough,” said Abagyan. “This study extends small-scale clinical evidence that ketamine can be used to alleviate depression, and provides needed solid statistical support for wider clinical applications and possibly larger-scale clinical trials.”

Abagyan noted that in cases where a patient may be dealing with suicidal depression, that a drug with a quick onset is paramount.

“The real mechanism on how ketamine works is still unknown,” Abagyan added. “We have some hypothesis, but no real proof. What we do have is the ability to study the drug with many controls. For instance, if we were to inject some into a patient’s neck or vocal cords, it could have two different effects.”

This study found that depression symptoms in those taking ketamine dropped by 50 percent. This was with an error margin less than 2 percent, compared to patients who took other drug combinations for pain. Also, those treated with ketamine reported a loss of opiod-associated side effects, such as constipation, compared to patients receiving other pain medications.

The team continues to examine data regarding the pharmacological benefits of this drug, which is currently listed as a Schedule III Drug in the U.S.
The walkway at the Children's Pool has fallen into disrepair.

PHOTO BY DAVE SCHWAB

WALKWAY >>
CONT. FROM PG. 1

new) lifeguard tower, and to improve access and circulation at the site.

The project was transferred to the City's Public Works Department in 2016 for design and construction. But La Jollans have received distressing news: The city said the low wall overlooking the Pool on the south and east is "historic" and may be eligible to be designated as a national historic resource, meaning it has to meet the standards of the Department of Interior. Therefore, its preservation must be safeguarded and mitigated during construction.

The city also informed community planners that "a guardrail must be constructed to a height of 42 inches from the ground at different locations along that wall. The City is concerned about the structural integrity of the wall, and is proceeding with structural testing on sections of it."

The result is the project now would require some sort of safety barrier above the wall, assuming that could be accomplished given the structural and historic concerns governing it.

"No one at this meeting thought that any sort of visual obstruction on top, or in the vicinity of the wall, especially a screen which looks like a prison barrier, would be aesthetically acceptable," said LJPB in a statement. "All that being said, they (city) felt that the sidewalk probably could not be uprooted, destroyed and rebuilt," Minick noted, adding, "We suggested, at least get rid of the planters with plum plants that have thorns which is a big obstacle to pedestrians."

Minick added there's been some confusion — and disagreement — over whether the wall's historicity would prevent it from being altered. And, she noted park planners have learned repairing the wall would be expensive.

"Then construction at Children's Pool is tricky, given the city's summer construction moratorium and the pool is being closed from Dec. 15 to May 15 each year for harbor seal pupping season."

"If they (city) decide to do anything (walkway improvements) it wouldn't be until a year from (this) June," Minick said.

In a report recently released to the public, the conclusion is drawn that "any form of improvements at the Children's Pool beyond superficial ones appear to be dead because of the time and cost associated with addressing these (historic and engineering) impacts," while adding, "Discussion turned to alternative plans that would achieve the objective of pedestrian safety and walkway beautification without the cost- and time-prohibitive triggers now reported, amenities including improvements to site vegetation, alleviating pedestrian congestion points by removing other vegetation and replacing it with paving, and the addition of a bicycle rack."

Must-hear music: Acoustic evenings at the Athenaeum

BY BART MENDOZA

The second installment of the "Acoustic Evenings with Jefferson Jay" series, held at the Athenaeum, takes place on May 19, with possibly the strongest lineup of the run. The show features country rocker Cory Wilkins, bilingual Latin pop singer-songwriter Gabriela Aparicio and guitarist Mark Goffney. All three are great performers, with Aparicio easily as one of this town's most dynamic, but even amongst such talent Goffney is the highlight. Nicknamed "Big
May is National Burger Month: Celebrate by binging on beef, bacon and buns

BY JONATHAN LO AND SAVANAH DUFFY

The coastal region offers plenty of popular burger options. Since May is National Hamburger Month and May 28 is National Hamburger Day, the staff at San Diego Community Newspaper Group decided to sample and highlight beloved burgers in Pacific and Mission beaches, Point Loma, La Jolla, and Ocean Beach.

La Jolla
Beaumont’s might offer only two burgers, but it’s well worth your time and appetite. The Char-Burger is your basic burger, made with 100 percent angus beef, house aioli, lettuce, tomato and onion. But Beaumont’s is the main burger attraction on this menu. A half-pound, three-meat blend of veal, pork and beef contributes to a thick, juicy patty with more flavorful and gamey taste than your average juicy patty with a more flavorful pound, three-meat blend of veal, pork and beef. The LJBC House Burger is made with premium beef, bleu cheese, Portobello mushrooms, buffalo wing sauce, tomato and green leaf lettuce on a pretzel bun.

Sampling these burgers has definitely been an amazing gastronomical journey. We hope you indulge and enjoy some of the bodacious beach burgers as much as we did. Happy burgers everyone.

Pacific Beach
Rocky’s Crown Pub at Ingraham and La Playa is home to some of the best burgers in San Diego, and the Char-Burger is a classic burger with horseradish sauce, tomato, onion, lettuce, and perfectly seasoned are balanced together for the perfect meal after a long walk on the boardwalk. Or, if you’ve had too many drinks out of a tasty burger.

Mission Beach
Draft, on Ocean Front Walk in front of Belmont Park, allows patrons to enjoy their food on a boardwalk patio while basking in the sun and people-watching. The Draft burger had a juicy patty with the standard lettuce, tomato, onion, cheddar cheese, and mayonnaise, and because we ordered it Draft-style, sunny side egg, bacon, crispy onions, and beef cheese were added in. Right after the first bite, the beef and burger juices oozed out on the plate.

The bison burger had a thick patty with poblano pepper, grilled onions, munster cheese, and cumin mayonnaise. Surprisingly, with so many strong individual flavors, nothing in the bison burger overpowers the others; the flavors blend together perfectly and yet you can still distinctly taste each ingredient. For the vegetarians out there, the veggie burger has tofu bacon, fried green tomato, pickled pepper, chipotle mayo.

San Diego Drugstore Hamburger, a classic burger with mayonnaise, lettuce, tomato and onion. But Beaumont’s has more than just quality craft beers; they’ve got a great bar food menu as well. Try their Rogue Wave Burger (a classic burger with horseradish mayo), or their LJBC House Burger. The LJBC House Burger is made with premium beef, bleu cheese, Portobello mushrooms, buffalo wing sauce, tomato and green leaf lettuce on a pretzel bun.

New Location at Point Loma Plaza, Free Parking!

PHOTO BY SAVANAH DUFFY

PG.8

SEE BURGERS >>
Deadline to enter La Jolla Holiday Festival approaching

Registration for this year’s La Jolla Christmas Parade and Holiday Festival is early, open now and closing as soon as slots are filled on a first-come, first-served basis, by no later than June 15. The registration deadline cannot be extended, so you must enter/input your own registration by the deadline.

Last year’s La Jolla Christmas Parade and Holiday Festival ran at full capacity and several groups had to be turned away because they did not meet the registration deadline. Registration applications are being accepted on a first-come, first-served basis on our website, www.ljparade.com. Remember you can start your registration and you will obtain a login to complete the application.

Only when application is complete will the festival be able to review your application and notify if your group can secure a slot.

After completing the entire application process you will get a confirmation email confirming successful registration and the contact information you need to review your application process you will get a confirmation email confirming successful registration and the contact information you will get a confirmation email confirming successful registration and the contact information you need, including detailed step-by-step instructions and the city agreements you need to read and accept as required by the SD Special Events permit.

To ensure your group has the opportunity to participate in the 2017 parade, start your registration soon. If you have any questions or problems registering, contact info@ljparade.com.

Q and A with the FAA regarding airplane noise in the area

BY DAVE SCHWAB

Amid continuing reports of problematic noise by San Diegans surrounding San Diego International Airport downtown, and in surrounding areas, including La Jolla, the San Diego Airport Noise Advisory Committee, with broad public representation, continues to study the issues involved.

The ANAC board is comprised of more than 20 board members representing a broad cross-section of the community, everyone from retired airline pilots to city and county legislative aides, community advisory board members and citizens at-large.

Residents can track airplanes coming and going from San Diego via Flight Tracker monitoring the movement of flights and air traffic patterns within the greater San Diego area. Flight Tracker includes specific information about flights from San Diego International (SAN), Montgomery Field (MYF), Brown Field (SDM), NAS North Island (NZY), and MCAS Miramar (NKX) airports, as well as information on air traffic transiting through the San Diego area.

Flight tracker information includes the aircraft’s type, altitude, origin/destination airports, and flight identification. This system allows residents to review specific aircraft that created a noise concern and lodge a complaint to the Airport Noise Mitigation Office directly from Flight Tracker. All Flight Tracker data is post processed by the vendor within 24-hours ensuring the track is accurately displayed and complete.

Casey Schmoor, a representative from the Peninsula on the ANAC board, had several questions about ongoing noise problems allegedly associated with flight path changes in and out of San Diego International Airport.

The La Jolla Village News had a Q and A with Federal Aviation Administration public affairs manager Ian Gregor, who responded to Schmoor’s queries:

LJVN: With the exception of left turns over the Peninsula, all departure issues (early turns, missed approaches, curfew violations, etc.) tracked by the Airport Authority are continuing at, or greatly in excess of, the growth rate in SAN operations (less than 2 percent annually), indicating day-to-day management is not controlling, nor improving upon, the problems.

FAA: Missed approaches/go-arounds are important safety tools that air traffic controllers and pilots use. They occur for a variety of reasons. Sometimes, controllers send arrivals around if a preceding arrival exits the runway more slowly than expected. Sometimes pilots choose to go around if they are coming in too high or fast on their approach.

What’s referred to as “early turns” is in fact controllers directing aircraft off published departure routes to keep aircraft properly separated from one another, or to keep them efficiently sequenced.

LJVN: Terminal Radar Approach Control (TRACON) are FAA facilities housing air traffic controllers using radar displays and radios to guide approaching and departing aircraft. TRACON appears to now be redirecting some westerly departures with flight plans filed for left turns (ZZOOO) instead to the right along the coast at Bird Rock and turning over La Jolla for no discernable reason, negating the efficiency benefits of the ZZOOO departure around Point Loma. Is this true?

FAA: For more than two decades, we have issued a 290-degree heading to all Lindbergh departures after 10 p.m. Controllers usually clear the aircraft to a point where they can resume the ZZOOO departure, which entails turning left. However, controllers will occasionally instruct a pilot to turn right. They generally do this to avoid conflicts with military traffic that is inbound to North Island.

LJVN: ANAC did little to help meet the ANAC Subcommittee’s request to have the FAA fulfill its promise to have an appropriate FAA representative attend the subcommittee meetings and ANAC to facilitate a dialog for solutions and in fact, tabled a motion to forward a letter drafted by the subcommittee to the FAA asking them to please follow through on their promise. Can you tell me more about this allegation?

FAA: The FAA sends air traffic representatives to the ANAC and sub-committee meetings. These representatives are based locally and have detailed knowledge of how the local air traffic system works, so they are able to directly answer any questions that arise.

LJVN: In the first three months of this year more than 8,000 noise complaints have been filed, putting them on track to exceed the approximately 10,000 submitted in 2016. Any response to this?

FAA: Please contact the airport noise office.

LJVN: The Airport Authority has changed their procedures for accepting citizen noise complaints to disallow complaints submitted by email, forcing community residents to resort to phone calls or a lengthy on line procedure, which will likely result in a reduction in complaints due to these complexities. What is the reasoning behind this change?

FAA: Contact the airport. This is not an FAA issue.

Right Choice Senior Living

Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) had the desire to develop Assisted Living Care Homes and Services for seniors that are a cut above the rest at fair & competitive rates. Right Choice Senior Living has Residential Care Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area) medical facilities and the beach. Come see us today before making your final choice. Make the Right Choice Today. For more information call (619) 246-2003 or go to the website at www.rightchoicenursing.org.
Receiving an upsetting diagnosis, and the six sequential reactions that follow

By Natasha Josefowitz, Ph.D.

Recently I noticed that things were getting a bit blurry, so I went to the Shiley Eye Institute at UC San Diego to have it checked out. Guess what? Dr. William Freeman, director of the Jacobs Retina Center, said I have macular degeneration! He was helpful in explaining what it is and the treatment for it trying to be reassuring but it didn’t sound good. I have the dry kind in my left eye and the wet kind in my right.

I am 90 years old and often wondered which of my organs would be leaking blood vessels in my eye! “Intra-retinal fluid hemorrhaging in my retina.” When things like this happen to me, I become interested in observing myself to study my reactions to the news, assuming that I am ing myself to study my reactions to the news, hoping that it might be helpful not the only one to react this way to the news, and the incredible luck is that I live in a city where coping strategies can be shared.

When things like this happen to me, I become interested in observing myself to study my reactions to the news, assuming that I am not the only one to react this way and hoping that it might be helpful to others. The stages of reactions I went through upon receiving this upsetting diagnosis:

**Stage 1—Shock**
Somehow this does not fit the image I have of myself as invulnerable. It’s hard to believe that what I have seen happen to others is now happening to me. There is an element of fright; I am scared of the unknown.

**Stage 2—in a funk!**
Feeling sorry for myself. On my way home I bumped into a couple of friends; I was very teary-eyed as I told them my bad news.

**Stage 3—Catastrophising**
Worst-case scenario—I’m going to lose my sight; I will go blind. There’s a white cane in my future. I am a writer, a researcher; I read a lot. This is the end of my productive life!

**Stage 4—Research**
Checking out WebMD and Mayo Clinic online, talking to friends who have it, gathering information. Looking into available resources such as equipment that magnifies print, books on tape, speech recognition software on computers (none of which I will need in the foreseeable future).

The incredible luck is that I live next to some of the top eye-care facilities in the world, the Shiley Eye Institute, the Joan and Irwin Jacobs Retina Center, and the Hamilton Glaucoma Center, so I couldn’t be in better hands.

**Stage 5—Treatment**
My treatment consists of specially formulated vitamins for the dry kind of macular degeneration in my left eye and a monthly injection in my right eye, which will slow progression of the disease there.

The idea of an injection in my eye made me anxious; there was no need to be. Shiley retina specialist, Eric Nudelman, MD, Ph.D., began by numbing my eye. When I asked him when he was going to proceed with the injection, he replied he was already done. I was surprised as I felt no pain.

**Stage 6—Best-case scenario:**
This isn’t so bad. My father used to say: “If this is the worst that will happen to me, I’m signing the contract.” I am writing this with my eyes still dilated, but I couldn’t wait to tell my readers what is happening to me as a possible roadmap for others.

Yes, we can all go from funk through let’s explore all options to celebrate what still works (my head, more or less), and re-invent ourselves with new disabilities, new coping mechanisms, and maybe the opportunity for new adventures. I’m game!

Natasha Josefowitz is the author of more than 20 books. She currently resides at White Sands Retirement Community in La Jolla.
Country Day baseball team is a loose and talented outfit

BY ED PIPER, JR.

It really showed on center fielder Josh Howe’s walk-up music in the bottom of the first. “Pretty boy swag, pretty boy swag, pretty boy swag,” screams my name when I pretty boy swag.” The whole Country Day baseball team standing in the home dugout, many singing the lyrics, with special emphasis on the word “swag.”

Then it stuck its head up again loudly in the bottom of the next inning, players on the bench singing along to catcher Alex Steiger-wald’s walk-up leading to his at-bat: “I'd love to change the world/But I don’t know what to do/So I’ll leave it up to you.”

As Jacob Frankel, one of eight seniors on the Torreys, said before the game: “We play loose. Sometimes we get too loose. Then the energy isn’t there in the dugout.”

But on this night, May 12, Frankel and his teammates bring the energy and shutout visiting Bishop’s 2-0 on a two-rounder by senior ace Brandon Nance, a sweep of Coach John Edman’s team through the Coastal League games against the rival Knights.

Nance, a 6-foot-1-inch right-hander, combined his fastball with a wicked curve, often on the outside corner, for his first complete game victory of the season. The Fordham University commit struck out eight Bishop’s batters, whose team looked pretty overmatched by the Torreys, said before the game: “We play loose. Sometimes we get too loose. Then the energy isn’t there in the dugout.”

The talented Torreys, sporting four other seniors with college letters of intent, carried a 14-10 record into this final week of the regular season before the CIF playoffs. But many singing the lyrics, with special emphasis on the word “swag.”

Baseball commit responded. “That’s what helped our team play well last year. We’re not nervous, giving 100 percent, playing our best.” He then proceeded to virtually fill a book in commenting on each teammate he was asked to describe—a reporter’s dream.

Carson Greene, the junior shortstop, made a claim to be a goodball. “I like to keep it loose and dance in the locker room.” Asked if he is a good ball player, he asserted, “I like to think so.” His pregame intensity in an interview match for the Torreys, ranked 19th on MaxPreps to start the week, would seem headed for placement in the Division 1 playoffs in CIF. Most of Country Day’s players play year-round on club teams, some on Edman’s non-school team, some on other club teams.

**Jack Martin, Bishop’s water polo player in Olympic Development Program**

BY ED PIPER, JR.

Fasula (pass it). Tirala (shoot it). Duro (hard). Eschale gaunas (play with heart).

Jack Martin heard some of these phrases in Spanish when his water polo team played Tijuana Tritones and Baja. And though his upbringing is all in suburban San Diego, in some way the Bishop’s eighth-grader could cross as foreign as he could decipher what some of his opponents were calling out with the Spanish he has learned in school.

“They speak entirely in Spanish,” says the 6-foot-1-inch tall center, only 13 years old playing against water poloists much older than himself. “When they play, it’s fun to be able to understand some of what they’re saying to each other.”

“I’ve never been to a Spanish-speaking country,” says the sandy-haired lefty. “Some day I definitely want to go.”

The other boundary-breaking that young Martin, who also dabbled in basketball this year with the Knights’ middle school team, has done was at age nine facing off with 1-4-year-olds in the pool.

“When I first started, this is what happened. The older players I went against weren’t all top-level players. Now it’s totally different. I was on an (Olympic) development team, and they were all top players.” Besides his size, Martin’s natural southpaw abilities make him stand out. Opponents have to adjust to defending the rare left-hander. Now, with training, he has developed skills with both hands, further complicating defense of him. Now he is a dangerous weapon in front of the goal.

“I’m close to ambidextrous on my back shot,” he says, referring to a shot in which the offensive player, facing away from the net, quickly flicks the ball backward. “I have just about the same ability with either hand.”

“It kind of came naturally. I started out right-handed on the back shot, even though I shot left-handed on regular shots.”

The future Knight high-schooler, who will train under Bishop’s coach Doug Peabody this summer on the San Diego Shores club team, shows himself to be outgoing and athletic, a typical middle-school student who carries on a busy schedule.

“That’s the picture I try to paint of myself,” he says, seated in the campus student center taking care of his homework and other responsibilities after a long day. “Friendly.”

He tells how, in his participation in the Olympic Development Program (ODP) at a tryout camp in Irvine, he roomed with three other young players. “I’m now really good friends with all of them.”

It’s a good experience. With water polo, it helps you make connections. I know people from Connecticut I wouldn’t have known without water polo.”

Maybe this pertains for “water polo diplomacy” in future years, the way ping pong players went to China to help pave the way for a normalization of relations with that world power.

A reporter catches the part-time baseball player on a three-day break from water polo, one of the less busy periods of his year. With a laugh and three siblings, Sierra, a ninth-grade water polo player for Bishop’s, Charlie, a fourth-grader into soccer and baseball, and Henry, a first-grader who is still a free agent, Jack tells of his mom Sandy making up the family schedule. “It takes her half an hour to make out then she sends out an email,” he chuckles.

“ Basically, my life is hectic. I have to be somewhere all the time,” he says. But, he adds “it’s not bad.” He says he enjoys water polo, though it now comes at a much more serious level. Mom’s taxi is humming, while Dad, Sean, an attorney, presumably keeps everyone on an even keel. Martin’s mother measures only 5-foot-11-inches, and father 5-foot-11-inches, so, “I got my height from cousins. There are some tall people in the family.”

Regarding his favorite subjects in school, his math teacher, David Johnson, also a soccer and volleyball coach at Bishop’s, “is an insane nice person,” Martin says. “He makes math class fun. In my opinion,
StreetCar Merchants brings sweet Southern comfort food to Prospect

BY JONATHAN LO

Mexican, Korean, “American,” Thai, Indian, etc. There are so many different cuisines in San Diego stemming from the diverse groups of people living here. However, one cuisine is sorely lacking: Southern food. Ron Suel, owner of StreetCar Merchants of Fried Chicken, Doughnuts, and Cofee, is trying to bring the world of Southern cuisine to San Diego in this strangely satisfying trifecta.

Initially, StreetCar Merchants’ aim was to be a coffe and donut shop that Suel and his partner were going to open. But during a visit from his little brother, Suel realized there was no decent place to get authentic Southern food in San Diego.

After whipping up his own batch of fried chicken to appease his brother’s food pangs, Suel was told, “You should do fried chicken, that’s the best fried chicken I’ve ever had.” Suel and his partner entertained the idea and eventually agreed to push forward with the weird fried chicken, doughnut, and coffee combination.

“Cooking fried chicken to order is something that’s just not done. It’s difficult to do, it’s difficult to do consistently, and it takes a lot of time, which is why restaurants tend to avoid it.” Suel said. “Our biggest complaint is that our fried chicken takes too long to come out, but we want to stay true to how our family has always made it, fresh piping hot.”

When StreetCar Merchants opened its doors, the popularity of the fried chicken eclipsed those of the doughnuts and coffee. For emphasis, StreetCar Merchants did not start making fried chicken until lunchtime. And it is just a fun place.”

By uniting people on the common ground of fried chicken, Suel hopes to generate conversation between diverse groups of people. Besides attracting diverse groups of people to sit and share ideas, Ron Suel has several items on his wishlist. For one, he would really like it if the ingredients in the South were more accessible (or less costly) here in Southern California.

“What I really want people to know is how we go above and beyond to get authentic ingredients. When I fly home or a relative flies here, I will pay to bring back extra baggage to load up all of stuff I need,” he laughed. “I have been stopped at an airport and asked why I had a suitcase full of hot sauce. It’s because you can only get that hot sauce in the South.”

Another desire of his is for people in Southern California to visit Louisiana and try the food firsthand in its native location. Suel commented on how few people have formed a real opinion or feeling about Southern food because they have not experienced it.

For more information on the StreetCar Merchants of Fried Chicken, Doughnuts, and Coffee, visit www.streetcarmerchants.com or stop by one of their two locations in La Jolla or North Park. StreetCar Merchants will also be opening up a third location in Gaslamp sometime in the near future.

Malashock Dance School’s annual gala funds outreach programs

BY LUCIA VITI

“We dance for laughter, we dance for tears, we dance for madness, we dance for fears, we dance for hopes, we dance for screams, we are the dancers, we create the dreams.” ~ Albert Einstein

Malashock Dance and the Malashock Dance School kicked off its annual fundraising event, “The Art of Dance,” last weekend at San Diego’s Abbey on Fifth. Benefitting the school’s artistic educational outreach and scholarship programs, the iconic dance company, along with its junior counterpart, intermingled fashion, art and dance with a paddle auction.

Founded in 2007 as an additional tier of Malashock Dance and the Malashock Dance School kicked off its annual fundraising event, “The Art of Dance,” last weekend at San Diego’s Abbey on Fifth. Benefitting the school’s artistic educational outreach and scholarship programs, the iconic dance company, along with its junior counterpart, intermingled fashion, art and dance with a paddle auction.

Founded in 2007 as an additional tier of Malashock Dance and the Malashock Dance School, the Malashock Dance School provides scholarships and educational programs for under-served communities, low-income families, individuals with disabilities, and those simply “inspired to move.”

“The Malashock Dance School creates partnerships and programs that enhance the emotional, physical, and artistic development of thousands of children in our community,” said executive director, Molly Puryear. “We empower children through movement and create great dancers and extraordinary people in the process.”

According to Puryear, the school has partnered with 25 schools and institutions, “dancing” with 40,000 San Diego students since its inception.

Programs serve low-income families and those with disabilities who lack access to free or low-cost arts programming. Instruction sidesteps socioeconomic barriers and school budget cuts while filling the void of private dance studios in low-income areas.

Malashock Dance’s fundraising gala, “The Art of Dance,” was held on Saturday, May 13.

“Malashock dance works closely with public, private and charter school districts,” she said. “Although all schools are required to offer art programs, budget cuts sometimes delete the proper stuff.”

That’s where we come in as a nonprofit and say, ‘Hey we’ll write a grant and raise funds to support our involvement. If the school says ‘yes’ we’re on board. A contract is written and we expose the entire student body – most often kindergartens through eighth grade – to the arts.”

Puryear added that the Liberty Station, Arts District-based school connects dance with more than 4,000 students every year to reach beyond classroom academia.

“Our life-changing scholarships and educational outreach programs help students focus, collaborate and problem-solve,” she said. “Including those identified as at risk. We save students by dance. We help to increase test scores, school attendance and student/parent involvement. And we’re the only dance organization in San Diego that provides classes for students with cognitive disabilities. The Art of Dance will ensure that we not only continue, but that we expand our outreach programs to other schools.”

Puryear described her role as executive director as her passion.

“We’re the crux for integrating arts education into the role of expanding the arts,” she said. “We’re a professional contemporary dance school that sprinkles outreach residencies and dance programs throughout the community. We give kids skills that translate into success in all areas of their lives. For the per-
University City updates: Veteran’s Memorial service, a community garage sale, Little Free Library and more

BY JEMMA SAMALA

University City community garage sale

The annual University City community garage sale will be Saturday, June 3, from 8 a.m. to 2 p.m. The annual event is coordinated and sponsored by Coldwell Banker University City. Signs, advertising and maps are provided free of charge to participants. The deadline to be on the map is May 31.

Maps and addresses can be picked up at Coldwell Banker (Vons Shopping Center, 3959 Governor Drive, starting at 7 a.m. on June 3. For UC residents who would like to include their garage sale in this huge event (like this author), contact Coldwell Banker at 858-352-6587 or email coldwellbankeruc@gmail.com. This is by far the best day of the year to go garage sale shopping in UC. You will find a huge variety of items at wonderful prices.

Veteran’s Memorial Service

Miramar National Cemetery is holding a Veterans Memorial Service at 1 p.m., Sunday, May 28, at the cemetery located at 5795 Nobel Drive. All veterans, active-duty military, and the public are invited.

The Veterans Memorial Service is sponsored by the Miramar National Cemetery Support Foundation and coordinated by the director and staff of Miramar National Cemetery. For more information, visit www.miramarcemetery.org/.

Music for winds

On May 28, the Rose Canyon Harmonic, a wind ensemble made up of current and former members of the La Jolla Symphony Orchestra, will return to University City United Church to perform Charles Gounod’s “Petite Symphonie,” Beethoven’s “Rondino,” and Mozart’s “Serenade No. 12.”

The program, which begins at 7 p.m., will include a free-will offering benefitting the church and its music program; and lasts for about one hour. UCUC is located at the west end of University City, 2877 Governor Drive. These pieces are beloved works in the wind ensemble repertoire.

The Mozart “Serenade” and the Beethoven “Rondino” are written for eight wind players (pairs of oboes, clarinets, horns, and bassoons); the Gounod Petite Sympho- ny adds to this ensemble a flute. The Mozart and Beethoven pieces are very much in the Harmonic wind ensemble tradition, and date from its prime around 1780-90.

Charles Gounod’s “Petite Symphonie” was written for French flutist Paul Taffanel in 1885, how-
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An Ice Age paleontological-turned-archaeological site in San Diego preserves 130,000-year-old bones and teeth of a mastodon that show evidence of modification by early humans. Analysis of these finds dramatically revises the timeline for when humans first reached North America, according to a paper to be published in the April 27 issue of the prestigious science journal Nature.

The fossil remains were discovered by San Diego Natural History Museum paleontologists during routine paleontological mitigation work at a freeway expansion project site managed by the California Department of Transportation (Caltrans). The bones, tusks, and molars, many of which are sharply broken, were found deeply buried alongside large stones that appeared to have been used as hammers and anvils, making this the oldest, well-documented archaeological site in the Americas.

“This discovery is rewriting our understanding of when humans reached the New World. The evidence we found at this site indicates that some hominin species was living in North America 115,000 years earlier than previously thought,” said Judy Gradwohl, president and CEO of the San Diego Natural History Museum, whose paleontology team discovered the fossils, managed the excavation, and incorporated the specimens into the museum’s research collection.

“This raises intriguing questions about how these early humans arrived here and who they were.”

Until recently, the oldest records of human sites in North America generally accepted by archaeologists were about 14,000 years old. But the fossils from the Cerutti Mastodon site (as the site was named in recognition of field paleontologist Richard Cerutti who discovered the site and led the excavation), were found embedded in fine-grained sediments that had been deposited much earlier, during a period long before humans were thought to have arrived on the continent.

“When we first discovered the site, there was strong physical evidence that placed humans alongside extinct Ice Age megafauna. This was significant in and of itself and a ‘first’ in San Diego County,” said Dr. Tom Demere, curator of paleontology and director of Paleo Services at the San Diego Natural History Museum and corresponding author on the paper.

“Since the original discovery, dating technology has advanced to enable us to confirm with further certainty that early humans were here significantly earlier than commonly accepted.”

Since its initial discovery in late 1992, this site has been the subject of research by top scientists to date the fossils accurately and evaluate microscopic damage on bones and rocks that authors now consider indicative of human activity.

In 2014, Dr. James Paces, a research geologist with the U.S. Geological Survey, used state-of-the-art radiometric dating methods to determine that the mastodon bones—which were still fresh when they were broken by strategically-placed blows from hammerstones—were 130,000 years old, with a conservative error of plus or minus 9,400 years.

“The distributions of natural uranium and its decay products both within and among these bone specimens show remarkably reliable behavior, allowing us to derive an age that is well within the wheelhouse of the dating system,” explained Paces, a co-author of the paper.

The finding poses a lot more questions than answers: Who were these people? Are they part of an early— but failed— colonization attempt? Or is there a long, but as of yet, scarcely-recognized presence of humans in this hemisphere?

Mastodon discovery shows evidence that humans lived here 130,000 years ago

SD beach trash mostly plastic, cigarettes

San Diego Coastkeeper and Surfrider Foundation San Diego County Chapter recently released data about trash collected by more than 6,500 volunteers at San Diego County beach cleanups in 2016 and 80 percent of all trash removed contained plastic, with cigarettes containing plastic foam filters remaining one of the most common types of trash found.

Scientists say plastic debris is particularly harmful to marine life, but beachgoers aren’t the only ones to blame for the litter.

“Much of the trash we find on the beach is first littered miles away from the coast. It reaches the beach when wind and rain blow trash into our canyons, creeks and storm drains,” says Kristin Kuhn, San Diego Coastkeeper programs director. “Small, lightweight plastics are particularly dangerous because they move easily to the coast, are hard to remove and look like food to aquatic and marine life.”

Volunteers with San Diego Coastkeeper and Surfrider Foundation picked up nearly 188,000 pieces of trash last year while tracking the amount, type and weight of trash for end-of-year analysis. Cigarette butts accounted for 12 percent of all trash removed, and remain the most common type of beach litter. With their plastic foam filters full of toxins, cigarettes also pose a significant pollution threat to San Diego’s waters.

Plastic breaks down into smaller pieces over time but never biodegrades, releasing harmful toxins as it does. In addition to the toxins associated with the plastic itself, cigarettes are particularly harmful to San Diego’s marine ecosystems because they leach a number of other toxins—such as arsenic, formaldehyde and heavy metals—into the water.

The beach cleanup volunteers also collected 4,302 fully intact plastic bags during 2016, continuing the trend of slight but consistent decreases in the number of plastic bags found each year. To protect the environment from plastic bag litter, California adopted a single-use plastic bag ban late last year.

“We look forward to seeing how the bag ban affects the health of our beaches as we continue cleanups this year,” says Kuhn.

La Jolla Shores was the cleanest beach in San Diego County in 2016 with .42 pounds of trash found per person. The dubious award for the dirtiest beach went to Sunset Cliffs, with an average of 5.67 pounds of trash removed per volunteer in 2016. Sunset Cliffs replaced 2015’s dirtiest beach, Fiesta Island.

Community members can help by volunteering at one of the 40 beach cleanups planned for 2017. Find more information about upcoming cleanup days by visiting San Diego Coastkeeper’s event calendar or Surfrider’s event calendar. Surfrider and Coastkeeper ask volunteers to bring their own reusable bags, gloves and water bottles.

According to SD Coastkeeper and the Surfrider Foundation, LJ Shores is San Diego’s cleanest beach.
From my garden: Brilliant-colored Nasturtiums are easy to grow

BY LINDA MARRONE

The other day, I was heading toward Highway 52 and noticed the verdant patchwork of colors growing on the hillsides. All the rain we had this past winter created a lush display of varying shades of green intermixed with brilliant orange and yellow cascading masses nasturtium flowers.

I've had nasturtiums growing in my garden for years, and they continually reseed themselves and come back in abundance each year in the early spring. The nasturtium plant is essentially a flowering vine and it loves to ramble through my flower gardens. As the flowers die, a large round seed pod forms that will fall into the garden and create more flowers the following year. Once you plant nasturtiums, they will be in your garden forever.

While shades of bright orange and yellow are the most common colors, nasturtiums also come in a variety of other colors and both the flowers and leaves can be variegated. Other colors include: crimson, creamy white and deep pink.

Nasturtiums love to grow in poor soil that is well-drained and they do best if you do not fertilize them. If fertilized too much, you will have an abundance of leaves and few flowers.

You can start them from seed in the cooler winter months of January or February, or you can find small plants in six-packs at local nurseries.

As the plants begin to form their vine, you can pinch back runners to encourage more flower. From time to time I will deadhead some of the spent flowers to encourage new ones. Once they establish, nasturtiums do not require a lot of care or water. You may need to bait for slugs and snails, since they love to munch on the leaves.

I occasionally pick the flowers to add a colorful peppery bite to salads or I use them to garnish platters. You can also eat the plant’s leaves, which have a much stronger flavor.

Nasturtium Salad

1 bag mixed salad greens (I like Trader Joe’s Sorrento Mix)
Hund full or more of organic nasturtium flowers, stems removed
1 Persian cucumber, sliced thin
1 cup cherry tomatoes in a variety of colors, cut in half
1 tab shallot, minced
3 tablespoons white balsamic vinegar
1/4 teaspoon dry oregano
Sea salt and pepper, to taste
1/4 cup good quality extra virgin olive oil

Whisk the shallot, vinegar and oregano together and let the mixture sit for 30 minutes. Whisk in the olive oil to make a vinaigrette and season it with salt and pepper to taste. Toss the salad greens, nasturtium flowers, cucumber and tomatoes together and dress lightly with the vinaigrette. Season with more salt and pepper, if desired. Serve immediately.

SD theater review: Focus on music, local award recipients, dance, and more

BY CHARLENE BALDRIDGE

Jazz

Farrell Family Jazz at the Athenaeum is selling subscriptions now. The 2017 version of the popular summer features four leading combos, the Chris Potter Quartet on Wednesday, June 7, the Linda Mau Han Oh Quartet on Thursday, June 1, Ambrose Akinsanya Quintet on Saturday, June 24, and Shai Maestro Trio on Tuesday, July 11.

Series tickets cost $76 for members and $96 for non-members. Single tickets cost $21 for members and $26 for non-members. Reservations are strongly recommended. All concerts begin at 7:30 p.m. at the Athenaeum Music and Arts Library, located at 1008 Wall St.

For more information, call 858-454-5872 or visit www.ljathenaeum.org/jazz-at-the-athenaeum.

Family fun

Families are sometimes operatic. It’s their nature. But this one is operatic in an unusual way. Three members of the same family, San Diego Opera (SDO) debutantes Lurette Bybee and Emma Grimsley, and 17-year SDO veteran, bass-baritone Greer Grimsley – mother, daughter, husband/father – will play major roles in San Diego Opera’s production of “Pirates of Penzance,” running from Oct. 14 to 22 at the Spreckels Theatre.

Mezzo-soprano Bybee will portray Ruth, Gilbert and Sullivan’s “maid of all work.” Emma sings the ingenue role of Mabel (“Poor Wand’ring One”), and Greer plays the swashbuckling Pirate King.

Subscriptions to the 2017-18 season are on sale now.

Theatre

From June 3 to July 2, La Jolla Playwright, screenwriter and author Stephen Metcalfe’s “Loves and Hours” plays at Scripps Ranch Theatre, located at 9783 Avenue of the Nations.

Director Fran Gercke says, “Metcalfe is my kind of playwrightwright because his characters always feel like next-door neighbors.” The play concerns a newly divorced empty nester, at a loss what to do with the rest of his life, which woman to choose, trying to do what’s best for his autistic son. Metcalfe’s recent novel, “The Practical Navigator,” addressed a similar theme and is a great read.

For more information, call 858-578-7729 or visit www.scrippsranchtheatre.org.

Outsider Critics Circle Awards and more

New York Outer Critics Circle announced winners of awards to be presented May 25 at Sardi’s restaurant. Among the awardees is the La Jolla Playhouse-initiated musical “Come From Away” which wins for outstanding new Broadway musical, outstanding book of a musical (Irene Sankoff and David Hein), outstanding director of a musical (Playhouse artistic director Christopher Ashley), outstanding sound design (Gareth Owen), outstanding choreography (Kelly Devine), and outstanding featured actress in a musical (Jenn Colella).

“Come From Away” is nominated for the following Tony Awards (June 11): best musical, best book, best original score, best featured role (Colella), best lighting (Howell Binkley), best direction (Ashley) and best choreography (Devine), UC San Diego alumnus Jefferson Mays is nominated for leading role in a play for “Oslo,” and Old Globe associate artist Douglas W. Schmidt, for best scenic design (“The Front Page”).

Leonard as Richard

Great breaking news, Robert Sean Leonard (“House”) will take the title role in “King Richard II” at the Old Globe’s Shakespeare Under the Stars, running from June 11 to July 15. To follow that, artistic director Barry Edelstein will stage “Hamlet” from Aug. 6 to Sept. 10. So soon after seeing the National Theatre Live production of Tom Stoppard’s “Rosencrantz and Guildenstern Are Dead,” that should be great fun.

Mays is nominated for leading role in a musical for “Come From Away,” best direction (Ashley) and best choreography (Devine), UC San Diego alumnus Jefferson Mays is nominated for leading role in a play for “Oslo,” and Old Globe associate artist Douglas W. Schmidt, for best scenic design (“The Front Page”).

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Fashion files: Soroptimist celebrates with Bucket List Bash

Soroptimist International of La Jolla celebrated 70 years of service at the Birch Aquarium on May 13. This second annual Bucket List Bash began with a cocktail reception overlooking a breathtaking view of La Jolla Cove. President Diana Hill welcomed the crowd.

Vickie Riggs, vice president, took the podium and announced that Barbara Bry from City Council District 1 was honoring this Soroptimist Chapter with a "commendation" for serving the community. Councilmember Bry was unable to attend and sent Bridger Lanfer from her office to bestow the honor.

During the evening, two different awards were given, the Live Your Dream award and the Reboot Ladies award. TV personality Leonard Simpson made the presentations. The Live Your Dream awards were given to three incredible ladies, Haniyyah Haqq, Chuc Le, and Otani Linn Laster. Soroptimist helped these women get back on their feet after the struggles they have endured in their life. This will give them a chance to pursue their careers and help with the raising of their children.

Soroptimist has been focusing on women in the military since 2015. The National Veterans Transition Service Inc. provides a three-phase program to help the transition to the civilian world. They call it “Reboot.” Maurice D. Wilson designed the Reboot Workshop to help veterans and was on hand to talk about the program.

Six amazing women finished the Reboot Workshop and were honored on this extra special evening. They were Andrea Griffin, Beverly Smith, Clara Bryant, Clairabella Bindoy, Beck BuJak, and Camille West. All nine of the honorees began the evening by having their make-up done by Karen Delgado from Karoli Make-up School and Cosmetics. Everyone had their hair styled by Whattani of Del Mar Plaza.

All the honorees walked down the runway as Simpson commented on their history and goals. Macy’s provided fashions for the women.

The Soroptimist International of La Jolla helps women and girls with programs, such as the Live Your Dream program, which educates and trains women, and the Dream It, Be It program, which gives career support for girls.

Soroptimist aims for what is best for women and that is what they have been doing over the last 70 years in La Jolla.

In the 1950s, they started a meeting place for seniors that is now the La Jolla Community Center. They also helped build Parker Auditorium at La Jolla High School and convinced the merchants to display American flags for the 1969 San Diego Bicentennial, for which a story was published in Reader's Digest about this “Avenue of Flags.”

In the 1980s, they raised funds by creating a Vaudeville troupe. Then, in the 1990s, they held a symposium with UC San Diego School of Medicine and founded the Doris A. Howell Foundation for Women’s Health. They worked on preventing girls and young women from sexual exploitation in human slavery in 2010. They have now added the Reboot program to their list of accomplishments.

I can’t wait to see what they do for the next 70 years! For information, visit www.soroptimistlj.org.

Haniyyah Haqq (above) and Andrea Griffin (below) at the Bucket List Bash. PHOTO BY DIANA CAVAGNARO
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La Jolla Music Calendar: May 19 to 31, all around town

Friday, May 19
Rheanna Downey, singer-songwriter, Noon. UTC Palm Plaza;
Carissa Schroeder, singer-songwriter, 4 p.m. Duke’s;
Hesam Abedini and Niloufar Shiri, composition recital, 5 p.m. Conrad Prebys Concert Hall, UCSD;
Godwin Shells, singer-songwriter, 5 p.m. Farmer & The Seahorse;
McConigle & Gladstone, pop & jazz duo, standards, 6.45 p.m. La Valencia;
Singer Songwriters, acoustic music, 6 p.m. The Turquoise;
Christine Parker, singer-songwriter, 6 p.m. Indulge;
AJ Degrassi Trio, piano jazz, 7 p.m. Eddie V’s;
Yvette Jackson, improvisational music, 7 p.m. Conrad Prebys Concert Hall, UCSD;
Mark Coffney and Gabriela Aparicio, acoustic music, 7:30 p.m. Atenaeum;
Tad Sisler, vocals, piano, keyboards, 8 p.m. 11 p.m. In the lounge, The Manhattan;
Modern Day Moonshine, classic covers, 9 p.m. Beaumont’s;
Global Grooves, Latin jazz, 9 p.m. The Turquoise;
Steady Holiday, indie pop, 9 p.m. The Loft, UCSD.

Saturday, May 20
Jasmine Commerce, singer-songwriter, Noon, UTC Palm Plaza;
Lady Dottie & The Diamonds, R&B, 6 p.m. La Valencia;
Freddie A Dream Trio, piano jazz, 7 p.m. Eddie V’s;
Doug Hartley Trio, jazz, 7 p.m. The Turquoise;
Michael Colm, piano recital, 7 p.m. Conrad Prebys Concert Hall, UCSD;
Tad Sisler, piano standards, 8 p.m. In the lounge, The Manhattan;
Lawrence Park, singer songwriter, 8:30 p.m. The Loft, UCSD;
Jones Revival, rock, 9 p.m. Beauumont’s;
Andrew Bisessar, Latin sounds, 9 p.m. The Turquoise;

Sunday, May 21
Sam Bybee, classic covers, 11:30 a.m. Beauumont’s;
Sam & Stacy, singer-songwriter, Noon. UTC Palm Plaza;
Stephen Lewis, piano recital, 4 p.m. Conrad Prebys Concert Hall, UCSD;
Ray Briz Trio, piano jazz, 6 p.m. Eddie V’s;
Sounds Like 4, jazz, 6 p.m. The Turquoise;

Monday, May 22
Shelly Taylor Trio, piano jazz, 6 p.m. Eddie V’s;
Joshua Carney, piano recital, 7 p.m. Conrad Prebys Music Center Experimental Theater, UCSD;
Dr. Richard Hogan, Tchaikovsky concert & lecture, 7 p.m. Conrad Prebys Concert Hall, UCSD;

Tuesday, May 23
Mikael Zlatkovich Trio, piano jazz, 6 p.m. Eddie V’s;
Tomcat Courtney, blues, 7 p.m. The Turquoise;
Tyshawn Sorey, jazz, 8:30 p.m. The Loft, UCSD;

Wednesday, May 24
Casey Turner, singer-songwriter, Noon. UTC Palm Plaza;
Freddie A Dream Trio, piano jazz, 6 p.m. Eddie V’s;
Danny Green, jazz, 6 p.m. La Valencia;
Tomcat Courtney, blues, 6 p.m. The Turquoise;
Ryan Welsh, composer recital, 6 p.m. Conrad Prebys Music Center Experimental Theater, UCSD;

Thursday, May 25
Ben Benavente, singer-songwriter duo, Noon. UTC Palm Plaza;
Mikael Zlatkovich, piano jazz, 6 p.m. Eddie V’s;
Whitney Shay & Robin Henkel, singer-songwriter, 5 p.m. Farmer & The Seahorse;
James Fei, computer music, 5 p.m. Conrad Prebys Music Center Experimental Theater, UCSD;
Blue Jean Simmons, standards, 5:30 p.m. The Turquoise;
Ken Yarbro, standards, 6 p.m. La Valencia;
Chris Cerna Trio, piano jazz, 6 p.m. Eddie V’s;

Friday, May 26
Joe Cardillo, singer-songwriter, Noon. UTC Palm Plaza;
Ben Benavente, singer-songwriter, 4 p.m. Duke’s;
K. Emeline, acoustic covers, 5 p.m. Farmer & The Seahorse;
Stacy Duo, standards, 6 p.m. La Valencia;
Singer Songwriter, acoustic music, 6 p.m. The Turquoise;
Cantua, singer-songwriter, 6 p.m. Indulge;
AJ DeGrasse Trio, piano jazz, 7 p.m. Eddie V’s;
Freddie A Dream Trio, piano jazz, 7 p.m. Eddie V’s;
Trails and Rails, acoustic music, 7:30 p.m. Athenaeum;
Tad Sisler, vocals, piano, keyboards, 8 p.m. In the lounge, The Manhattan;

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