La Jolla Shores now follows the Walter Munk Way

On Oct. 18, a day before his centennial birthday, La Jolla Shores boardwalk was renamed Walter Munk Way honoring the esteemed scientist.

Walter Heinrich Munk was born on Oct. 19, 1917. He is a physical oceanographer and professor of geophysics emeritus at Scripps Institution of Oceanography in La Jolla. He is one of the world’s foremost authorities on winds, waves and other projects.

Munk’s distinguished list of accomplishments includes: Being the first person to show why one side of the moon always faces the Earth; pioneering research on the relationship between winds and ocean circulation; investigating irregularities in the Earth’s rotation and their impacts on the planet; description of ocean wave behavior while investigating ocean tides; and furthering the study of global warming via

The votes are in!

Check inside for the results of our 2017 Readers Choice Awards for Retail / Services

Stefan Savage named MacArthur Fellow

Stefan Savage, a renowned cybersecurity expert and professor of computer science at the University of California San Diego, has been awarded a fellowship by the MacArthur Foundation. Perhaps better known as the MacArthur "genius" award, the prestigious no-strings-attached five-year fellowship awards a total of $625,000 to each recipient.

The award recognizes individuals whose work has demonstrated exceptional creativity; promise for important future advances based on a track record of significant accomplishments,

Village Merchants look into ‘branding’

In October, La Jolla Village Merchants Association reviewed the group’s new and improved website and discussed homelessness as well as the frighteningly successful annual Pillage the Village Halloween celebration. Of the new website, LJVMA president James Niebling, said: “It’s very dynamic, and there’s a great opportunity to have tremendously large photographs and videos on it that really enhance the merchants’ listings. Social media continues to make great progress, and we want to see that continue.”
the relation between changes in ocean temperature, sea level, and the transfer of mass between continental ice and the ocean.

Munk's research into tides helped guide the Allies in selecting where and when to land in Normandy on D-Day.

Known as the “Einstein of the oceans,” Munk has been entertained — and honored — by the Pope and dignitaries worldwide.

He's returned the favor, having himself hosted international VIPs like the Dalí Lama at his bluffsop La Jolla home, which he and his first wife, Judith, an architect, built themselves. Not surprisingly, the Munk homestead has an ocean view to die for.

"I can't tell you how many times we've watched sunsets in my life," recounts Walter about his esteemed career.

We've had lots of hurricanes this year. I would never have had the career I've had into service in research efforts to combat German submarines, which were taking a heavy toll on the allies early in the war."

"We didn't know how to find submarines. I used to detect them.

I would never have had the career I've had equivalent to the submarine problem."

"We didn't know how to find submarines. I used to detect them.

By everybody working together internationally to find that sonar (sound) could be used to detect them.

"Are there signs presently of global warming manifesting itself?"

"We've had lots of hurricanes this year. I don't understand whether or not that's just by chance, or related to climate change. What if it happens again next year? Would we have to do something (evacuating) about the whole East Coast? What do you do, move millions of Americans to Texas? What would be the answer to continuing to have the kind of hurricanes, or worse, that we had this year?

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4 Beds +1 Opt. 6.5 Baths, 6,246 Sq. Ft. $4,390,000 PRICE REDUCTION

4 Beds, 3 Baths, 2,642 Sq. Ft. $2,400,000 PENDING

4 Beds, 2.5 Baths, 2,687 Sq. Ft. $1,280,000 - $1,375,000

2 Beds, 2 Baths, 1,404 Sq. Ft. $589,000
Open House 10/22 from 2-4pm  2352 Torrey Pines Rd. #6, La Jolla

4 Beds, 2.5 Baths, 2,322 Sq. Ft. $2,850,000 - $3,295,000

4 Beds, 2.5 Baths, 3,114 Sq. Ft. $1,899,000

4 Beds, 2.5 Baths, 2,518 Sq. Ft. $1,245,000 - $1,295,000

4 Beds, 3 Baths, 2,642 Sq. Ft. $2,400,000 PENDING

4 Beds, 2.5 Baths, 2,687 Sq. Ft. $1,280,000 - $1,375,000

4 Beds, 2.5 Baths, 2,518 Sq. Ft. $1,245,000 - $1,295,000

1 Beds, 1 Baths, 840 Sq. Ft. $459,000 - $499,000
Open House 10/21 from 2-4pm  8750 Villa La Jolla Drive #71

Gregg Whitney
Cal BRE#01005985
858.456.3282
Gregg@GreggWhitney.com
and potential for the fellowship to facilitate subsequent creative work.

Savage is being recognized for “identifying and addressing the technological, economic and social vulnerabilities underlying internet security challenges and cyber-crime.”

“This award recognizes the creative and innovative research Stefan has been conducting since he joined the faculty here at UC San Diego 17 years ago,” said Chancellor Pradeep K. Khosla. “His work has had a tremendous impact on disrupting cybercriminal networks and on raising awareness about how vulnerable cars can be to cybersecurity threats. Stefan exemplifies UC San Diego’s culture of innovation that is positively impacting our global society.”

Savage has been on the faculty of the UC San Diego Jacobs School of Engineering since 2000. He is a professor in the Department of Computer Science and Engineering and has held the Irwin Mark and Joan Klein Jacobs Chair in Information and Computer Science since 2016.

The La Jolla Village News recently spoke with Savage following the announcement of his fellowship.

Do you feel as though social media protection incentives (i.e. allegations that Facebook helps protect ‘false’ information and users) are unethical? How do you feel social media has progressively made our private information, be it financial or personal, more vulnerable?

I don’t believe that Facebook “protects” false information. But I think open platforms are deeply hard to police—inspecting all content and evaluating it—and a determination of false and true is one that is very tricky. Some examples are crisp, but many are grey and the fact that even broadcast media so tremendously on notions of fact highlights this problem. I think addressing this issue in a way that heals rather than creates divisions is going to be a major challenge.

On the broader issue of social media and privacy, I think that it is difficult to remember, from the comfort of your home, or office, or on your phone, that the things you do on social media are not private. They are not private because others can see them when you post. They are not private because the provider may mine them to establish demographic criteria for advertising. They are not private because they don’t “belong” to you and under the third-party doctrine they may be available under a range of legal process. They are not private because they can live forever—long after we have changed our views, matured, etc. It is hard to be “on guard” all the time.

What specific new strategies have you created to combat malware?

We did quite a bit of work on systems to detect and measure network viruses/worms and create new signatures in real-time as malware outbreaks happen. We also did a range of work looking at the infrastructure and economics of how malware is distributed and levers that could be employed to undermine that distribution part of the supply chain. Finally, we’ve done a bunch of work on interrupting the flow of money that is used to capitalize malware.

UC San Diego representative Anu Delouri.

UC San Diego Department of Computer Science professor, cybersecurity expert and MacArthur Fellow, Stefan Savage.

MERCHANDICE

CONT. FROM PG. 1

Niebling added LJVMA is also looking for cooperative advertising ventures with outside entities to help “brand the community.” We want people to start to think about the website to start to take on a very special branding identity.

LJVMA executive director Sheila Fortune pointed out that block captains charged with keeping merchants in their areas notified of bid activities should inform business owners that “old ads are not transitory” and can change their view of the community. That perception never changes, even if it’s a result of businesses being aggregated into “the cloud” and we don’t understand well the sharing part of the supply chain.

“Getting it released sooner — that would be a great tool to protect us (i.e., the security technologies). In the end, it seems to be a very open question if learning technologies are going to increase and decrease our risk, but it seems inevitable that they will change our lives.

“Does your pursuit to protect against cyber crime involve the ‘Dark Web’?” asked board member Laurnie Durisoe of Pantai Inn.

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“I move we oppose the timeline,” said Donovan.

“We appreciate your coming and telling us things we don’t want to hear,” said board member Susan Chern. “With UC San Diego, it always feels like they’re running roughshod over the community. That perception never seems to go away.”

LJSA voted overwhelmingly to oppose the university’s stated timeline for the project. On LJSA will next meet Wednesday, Nov. 8 at 6:30 p.m. in Building T-29 at Scripps Institution of Oceanography.

LJ Shores Association discusses parking, university expansion

BY DAVE SCHWAB

In October, the LJ Shores Association heard about parking expansion at UC San Diego, clashing with the university over the “timeliness” of scheduled public review for a new planned parking structure.

UC San Diego representative Anu Delouri presented plans for the Vogt parking structure, a proposed project calling for a four-story, two-way parking structure that would support about 840 parking spaces for faculty, staff and students. She said it was an increase of as many as 791 parking spaces from the current campus inventory.

“We have environmental documents out for a mitigated negative declaration (no significant issues) in Warren College on west campus,” Delouri said, adding, “The public review period closes Nov. 9. They don’t have to say anything about it.”

Ned Delouri added to that statement, “This is not the time at which the community is concerned about parking issues.”

Niebling noted that disruptive traffic or people yelling or screaming is entirely inappropriate and that merchants should call the homeless outreach hotline at 619-236-5990 or visit www.211sandiego.org to report such activity.

Fortune said the annual Pillage the Village observance will be held on Halloween day, Tuesday, Oct. 31 from 3 to 6 p.m. throughout the downtown Village. “Balloons for participating merchants will be available to be picked up at Gallery Properties at 7861 Herschel Ave....” Fortune said. “This year, we’re also encouraging merchants to carve pumpkins and put them outside.”

La Jolla Real Estate Brokers Association, at 908 Kline St., will provide bags for La Jolla children, who will lug the village immediately after school. REBA also hosts a kids costume contest.

In other action:

• California State Assemblymember Todd Gloria is holding a community coffee-get-together Saturday, Oct. 21 from 11 a.m. to 12:15 p.m. at 61 S Prospect St.

• Fortune said the merchant group is moving its current office at 1246 Roslyn Lane, located behind the former Alfonso’s. “We’re negotiating to moving into a space over Coast Walk We hope to be moving the first week in November.”

PHOTO BY UC SAN DIEGO QUALCOMM INSTITUTE/ALEX MATTHEWS

By Dave Schwab
Get on board: Whale watching tours surface early at Birch Aquarium

BY BLAKE BUNCH

On Thursday, Nov. 9, the historic La Valencia Hotel will host their third ‘wine dinner’ this year. For this forthcoming event, the hotel has partnered with the widely-acclaimed Sonoma Coast winery, Failla.

Guests will be treated to a $125 all-inclusive five-course prix-fixe menu (all paired with five Failla Wines) and reception to be held in either the hotel’s The MED dining room or La Sala Lounge. During the reception, which begins at 6 p.m., guests will have the opportunity to chat with Failla’s national sales director, Brian Miracle.

“We hope to host the dinners at least once a year in each of the major cities,” said La Valencia President, Alex J. Muñoz. “We are thrilled to have the opportunity to chat with Failla’s national sales director, Brian Miracle. It is quite a treat to have an esteemed winemaker from the Sonoma Coast join us during our wine dinners this year. For those who haven’t been to our wine dinners, this is always a great opportunity to pair wines with the best local seafood, and enjoy some of the best wines in the world, paired with chef Alex Muñoz’s Sonoma Coast-inspired cuisine.”

Right Choice Senior Living

Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (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

- Full Service Assisted Living and Care Home Communities
- Respite/Short Term Stays at Reasensible Rates
- Affordable Care Package
- Spouses to Help Pay for Care Costs
- Home Care / Hourly or Live-in assistance
- Certified VA Benefits for Veterans & Spouses
- Respite/Short Term Stays at Reasonable Rates
- Secure VA Benefits for Veterans & Spouses
- Respite/Short Term Stays at Resonable Rates
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The view from La Valencia’s outdoor, Ocean-view Terrace area.

Come celebrate at La Valencia’s wine dinner with Failla Wines

Each year, gray whales are being spotted off the coast of San Diego ahead of schedule, so this season Birch Aquarium at Scripps Institution of Oceanography at UC San Diego and Flagship Cruises and Events are teaming up to offer whale watching cruises earlier than ever before.

The season begins with cruises on weekends only from Oct. 14 to Nov. 26 and kicks into high gear with twice-daily cruises starting Dec. 2 and running through April 15. Led by expert naturalists from Birch Aquarium, guests will witness part of the largest marine mammal migrations in the world, when 20,000 semi-truck-sized gray whales pass San Diego on their 10,000-mile round-trip journey from the Bering Sea to Baja California’s tranquil lagoons.

These behemoths hug the San Diego coast on both legs of their journey, delighting guests with glimpses of their intimate lives. Lucky passengers will witness whales breaching, or hurling themselves out of the water and mating, and may even get a glimpse of newborn calves.

Beyond gray whales, the 3-5 hour cruises include a San Diego Bay harbor tour — including highlights of San Diego’s military history — and glimpses of dolphins, seals, sea lions, seabirds, and more.

Flagship Cruises and Events’ Marietta is a family-friendly boat and offers 360-degree views from the upper sun deck, multiple restrooms, and free wifi. The onboard snack bar features lunch items, snacks, drinks, and alcoholic beverages for purchase.

Weekend cruise tickets are $47 for adults and $24 for children ages 4-12, weekday tickets are $42 for adults and $21 for children, and ages 3 and under are free every day. Discounts for military, seniors, and Birch Aquarium members are also available. Cruises depart at 9:30 a.m. and 1:15 p.m. at 990 Harbor Drive in downtown San Diego.

For tickets, visit www.aquarium.ucsd.edu or call 619-234-4111, or at the Flagship Cruises and events kiosk on the Embarcadero in downtown San Diego. Advanced purchase is recommended, especially for weekend cruises.

Whale watching tours will run on weekends through Nov. 26. PHOTO CONTRIBUTED
Drink your bacon and eggs at Snooze, an A.M. Eatery

BY MARTIN JONES WESTLIN

According to an article in a 1995 Saturday Evening Post, a Navy man came up with an unassuming turn of phrase that will have a lasting impact on life forevermore. The term, of course, is “happy hour,” meant to describe that coveted time for drinks and small talk (polite and otherwise) after a back-scrapping day at work.

The meaning probably assumes a little too much, as if the other 23 automatically something less than spectacular.

On the other hand, maybe your taste for alcohol doesn’t depend on the clock’s concord. In that case, a visit to Snooze, an A.M. Eatery, is decidedly in order. The staff is up and at ‘em even before your mom (a feat in itself), whipping up spot-on morning fare and doldling with the happy-hour concept all the while.

Now, the early birds and brunchers have a daily venue for libations (and a new anchor for community service) as their workaday brethren tell helplessly their anticipation.

This area has been pretty good to the Denver-based franchise, which expanded to Hillcrest in 2011 and into Del Mar two years later. The Shops at La Jolla Village edition opened Aug. 30, trotting out staples like beef tortillas and poached eggs in the manner the neighborhood has come to expect. The three-egg omelet comes with a choice of three fillings and toast or tortillas — but be warned that you won’t be able to finish it by yourself (although you’ll probably try amid all that deliciousness). The Snooze Classic will vie for your attentions as well, with a choice of seven sides accompanying two cage-free eggs and hash browns or toast.

I’m a sucker for gruyere Swiss cheese, which translated to my fany into the Havana Daydreaming sam- mie. This guy comes with pork, ham and homemade pickles buried under an egg, all on top of a hoagie roll that doesn’t guilt — but don’t be dis- suaded by the girth. Lighter fare is available too, like mushroom-filled egg whites with cheese and single pancakes with a side of fruit.

You’ll have to wash it all down at some point — and that’s where the liquid refreshment comes in. Figure on the flavored mimosas and the great sparkling wine, of course, but if you don’t at least entertain the thought of a Snooze bloody Mary, I can’t be held responsible. One of these, and the memory of your lovely breakfast stays alive (something about the hot sauce).

Looking for something a little harder? So be it. The Bacon and Eggs features Elijah Craig bacon-infused bourbon and egg whites along with butter and Snooze’s own sour mix. The rest of the morning never went down so easy. Snooze figures its solid community receptions require an equal community-based response, hence its attention to nonprofits and community organizations.

One percent of each sale finds its way back into the neighborhoods in some fashion — the La Jolla venue partners with Ed! Catel, which pro- vides funding for public schools in University City, and with the San Diego Coastkeeper environmental group and the Jacobs and Cushman San Diego Food Bank, the county’s largest hunger-relief organization.

So while you’re getting your eat and drink on here, you’re doing the public interest a good turn. The 9-to-5 stuffs, meanwhile, will just have to wait in line for their shot at the glory — you’ve already been to Snooze, where the toothsome food and drink make every hour a happy one.

Why do we still experience gender discrimination in today’s world?

Doing Better

By Natasha Josefowitz, Ph.D.

Some recent headlines caught my eye:

“Putting women on pedestals” (New York Times, September 4, 2017): Of the 925 public statues in the U.S. less than one percent are of women. In 2017, only 25 are of women who are not royalty. To be made into a statue, a woman had to be a naked muse, royalty, or the mother of God. In the U.S. less than eight percent of public statues are female. Nine of 411 national parks are dedicated to women’s history. Where are the role models girls and women can aspire to?

“How to Disrupt Silicon Valley Sexism” by Anita Hill (New York Times, August 9, 2017): Women under 25 earn an average 29 percent less than their male counterparts. Women of all ages received lower salary offers than men for the same job at the same company 6.1 percent of the time. They hold only 11 percent of executive positions at Silicon Valley companies and own only 5 percent of tech startups. Only 7 percent of partners at the top 100 venture capital firms are women. Her suggestion is to start class-action lawsuits as the only way to make a difference.

Women accusing men of stature are not believed and risk their diplo- mas, day jobs or night shifts. When women report harassment, they are tired, ostracized, and not able to find work. The Federal Bureau of Justice Statistics reports that from 2006 to 2010, 65 percent of sexual assaults went unreported! What’s the point if you won’t be believed? American film producer Harvey Weinstein has been harassing vulnerable women for years according to recent head- lines; he was fired following allega- tions of sexual harassment. Women have finally been stepping forward at work and speaking up, whether they are victims or witnesses to sexual harassment, and finally believed. This provides an opportunity for others to follow suit.

There are a number of hypostheses as to why the bias against women continues:

1. It is in the genes: Men were the hunters, needing to compete for game. Women were the gatherers of roots and berries, needing to collabor- ate and help care for each other’s children. Boys like competitive games; not so for girls. In the playgrounds and playing fields of life girls don’t throw as far, don’t run as fast, don’t yell as loud. So boys are stronger and, therefore, perceived as superior. One of the worst things that can happen to a boy is to lose a race to a girl. The same holds true for men when competing with women for the head office.

2. It is cultural: Women are mothers and seen as needing to stay home and raise children and, therefore, are more of a risk as employees. Women look more often for balance between work and family while men are resisting. According to James Altizer, an engineer, “Technicians in Silicon Valley have formed a cabal whose goal is to sub- jugate men.” As soon as there are a couple of steps forward, there is a step back. What we are seeing here is men’s fear of losing power and control. The talk of “casualties points to the fear of women overtaking men. We are back in the playground and the pervasive threat of girls win- ning. Men are wrong in their para- noia—women don’t want to win; they want a chance at equal oppor- tunities for promotions, for equal pay, and an equal chance to do a good job.

SNOOZE, AN A.M. EATERY

Where: 8861 Villa La Jolla Drive.

When: 6:30 a.m. to 2:30 p.m. daily.

How: 858-483-5556, snoozeeatery.com

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When: 6:30 a.m. to 2:30 p.m. daily.

How: 858-483-5556, snoozeeatery.com

Snooze’s Bloody Mary never looked so bloody good.

PHOTO CONTRIBUTED
One of America’s favorite holidays, Halloween, is coming up and San Diego has a lot of fun and scary events going on for the next couple of weeks. Bring your family and friends and join some of the many events in Point Loma, Ocean Beach, Mission Beach, Pacific Beach and La Jolla.

Local woman, inspired by travel, creates new versatile yoga pants

By LUCIA VITI

Necessity is often noted as the mother of all invention – and rightfully so. But what happens when you tag on dedication, resolve and the determination to succeed? Larissa Miller, the driving force behind PI Yoga Pants, that’s what happens!

PI Yoga Pants, the newest sensation in namaste apparel, was crafted from Miller’s need for comfort. Lightweight, versatile, breathable, and most importantly, comfortable, the Balinese-inspired garment was conceived from the lightbulb moment of “I can design a yoga pant more comfortable than the uncomfortable one I’m wearing.”

While travelling in Thailand, on the first leg of a tour through South East Asia, then Pacific Beach resident Miller wore conventional, tight, black yoga pants that “chung and chafed my skin, blocked and irritated my pores and drove me absolutely insane.” She quickly purchased a soft, flowy pair that were “cute, but didn’t fit right.” Frustrated she knew she should do better.

“I was so excited to be in Bangkok, I walked 1 3 miles my first day in tight black yoga pants,” she said. “I was so overheated, I was miserable. I bought a lighter, flowy pair that were cute but I had to twist them to fit. I knew I could design a better pant that would fit everyone. So I did!”

But the “I did” part included diligence. Miller first committed herself “100 percent” to growing a brand new small business, an easy transition during this respite from corporate San Diego. She then researched a myriad of materials to ensure comfort and breathability in temperatures reaching 100 degrees with 100 percent humidity. Research included many “wear tests.”

According to Miller, selecting the proper material was important because skin becomes sensitive in heat and humidity. Cotton sticks to the skin when hot, silk insulates heat, polyester’s thick and uncomfortable, and Lycra and spandex were automatic “no’s.” Rayon, a premium non-synthetic material, was the softest and most comfortable to wear in tropical weather. The highly-breathable material is also flame retardant. It “doesn’t spark static electricity and doesn’t pill like cotton,” she continued. “And it even protects the body from mosquitoes.”

Versatility for yoga, other workouts and travelling followed suit on the material checklist.

“I wanted to design more than just a pair of yoga pants,” she said. “I envisioned chic boutique pants that would be great for travelling without making you look like a traveler and cute pants for socializing at night. Rayon’s lightweight, easy to wash, dried faster than cotton and wrinkles easily disappeared when hung to dry.”

Miller then searched for a seamstress. While travelling through Bali, she shared her new venture with a taxi driver who graciously offered to introduce her to a friend—a seamstress—and bingo! Collective ideas led to a variety of prototypes. She found a designer and dug roots in Bali because it was “fashionable, colorful, filled with flowers, good energy and rich with artistic and creative essence.”

Patterned samples were posted on Instagram to build an audience. With “overwhelming” positive acknowledgements, she returned to San Diego and “plunged her life savings” into PI Yoga Pants, named after one of her favorite spiritual hubs, Bali, Thailand. The sister-hood of the travelling yoga pants was born!

Over 50 styles — with new collections introduced every season — include Blueberry Lemonade, Midnight Kisses, Touch of Paradise, Stardust, Tribal Warrior Princess, Sunday Brunch, Fifty Shades of Surfboards, Summer Kissed, Enchanted Goddess, Teal Crush, Evergreen Flower of Life, Grand Goddess, and Yacht Week.

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PI Yoga Pants

For more information on these yoga pants, visit www.piyogapants.com.

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UC San Diego names five athletes to Hall of Fame

The University of California San Diego Department of Intercollegiate Athletics inducted four new members into its Hall of Fame during a ceremony Sunday at the Great Hall on campus.


“Our Hall of Fame exists to provide a place where we look for, and find, true inspiration,” said UC San Diego director of athletics Earl Edwards. “Today, it is our great honor to welcome [the Class of 2017] into the UC San Diego Hall of Fame. They represent for us the very best of what we all can be if we just try. Their achievements speak for themselves, their successes and motivations are clear.”

The 2017 inductees span the years of 1982 through 2005. Armstrong is the second coach to become a UC San Diego Hall of Famer. Chaiken is the first softball player to go in. While Delurgio is the fifth swimmer and Rapp is the second basketball standout to be named to the Hall of Fame. The foursome brings the total number of Hall of Fame members to 27.

Hemlock Society celebrates 30th anniversary

Celebrating its 30th anniversary, the Hemlock Society of San Diego will hold an all-day conference, Achieving a Peaceful Death: What We Have Learned in Thirty Years, on Saturday, Nov. 4, from 8:30 a.m. to 5 p.m. at the Sheraton La Jolla.

Since its founding in 1980, the Hemlock Society has always explored other than traditional end-of-life models. Conference attendees will learn all about them: what methods are available in this country and what are being used worldwide.

They will also learn about the possible alternatives to life with dementia.

Boy Scout Troop 506 open house

All boys and girls 10-17 years old are invited to the Boy Scout Troop 506 Open House, held on Oct. 30 at 6:30 p.m. at La Jolla United Methodist Church, 6063 La Jolla Blvd. Troop 506 is a great place for all boys looking for outdoor adventure, service to others and fellowship. For more information, visit www.lajollaistroop506.com or contact scoutmaster, Jacques Naviaux, at jacquesnaviaux@yahoo.com.

SD Bar Foundation hosts ‘An Evening in La Jolla’

The San Diego County Bar Foundation (SDCBF) 20th annual “An Evening in La Jolla,” the signature fundraising event for the San Diego legal community, has raised $120,000, providing much needed legal resources to foster children and at-risk youth, the sick and disabled, the elderly, immigrants, domestic violence victims, and more.

The Sept. 23 event at the Birch Aquarium gathered more than 350 legal and business professionals from the San Diego community. Judges, lawyers and legal supporters socialized while enjoying an array of food stations, a full champagne social and a live band. Attendees learned the impactful story and accomplishments of the California Legal Services, one of SDCBF’s Indigent Criminal Defense Fund recipients.

To get involved with the San Diego County Bar Foundation, donate or learn more, visit www.sdblf.org.

Susan G. Komen Race for the Cure

Susan G. Komen San Diego’s 21st annual Race for the Cure is the county’s largest 5K and 1 mile walk/run. It will be held on Sunday, Nov. 5 at 8 a.m. in Balboa Park. When government-funded programs or private insurance is unable to fulfill the community’s need, Komen San Diego steps in to fill the gaps for breast cancer patients. With the money raised during the Race for the Cure, Komen San Diego is able to cover costs for diagnostic mammograms, biopsies, ultrasounds, research, meal delivery, temporary financial aid, patient navigation, breast health education and advocacy.

Herrington partnership with James Beard House

In early October, founding chef Brian Maloney and the Herrington culinary team brought the ocean, land and sea to one of the James Beard Foundation’s most notable events – A Beard House Dinner in New York City.

In honor of this prestigious event, Herrington La Jolla will be hosting a special, one-night-only tribute dinner on Wednesday, Oct. 25 at 7 p.m., with a menu featuring the five courses Maloney and his team served at the New York City event. Each course will be accompanied by a vintage varietal handpicked for each location.

For more information, visit www.herringtonbeanets.com or call 858-459-0221.

David Sedaris at UC San Diego ‘ArtPower’

One of America’s preeminent humor writers, David Sedaris, returns to ArtPower presented by UC San Diego on Thursday, Nov. 16, at 8 p.m. An ArtPower fan favorite for many years, best-selling author Sedaris returns with fresh writing and biting social critiques that make him a master of satire.


The event will be held at the Balboa Theatre, located at 868 Fourth Ave. in downtown San Diego.

Tickets cost $40–55. To order tickets, visit www.sandiegotheatre.org/artpower.
Fashion files: Science and fashion combine with ‘Women in Science’

The Salk Institute presented the first “Women in Science” fashion showcase on Oct. 6. This inaugural event was a collaboration between the San Diego Mesa College Fashion Program and the Salk Research Institute.

Last spring, fashion students each partnered with a researcher at the Salk Research Institute. Many of the areas of expertise the scientist specializes in are brain function, cancer, circadian rhythms, gene editing and motor control, just to name a few. After touring the Salk laboratories and talking with scientists, the students went to work designing a sketch of their ideas. They were inspired to create these designs by using Salk microscopy images.

The event was chaired by local philanthropist Tina Simmer and Salk associate professor Janelle Ayres. There were 13 students who participated and their gowns were modeled at the showcase. Some designs had eye-catching feathers, or fabric with intricate beading and embroidery. Some embellishments incorporated fabric painting or 3-D flowers. Many manipulated the materials with Nuno felting or distressing. Some chose to add a headdress or a hat for the final topper. A few opted to use techniques with LED lights or a fluorescent look that reflected with light.

Proceeds raised from the “Design and Discovery” fashion showcase benefit the Salk Women and Science Special Awards Initiative, established in 2014. They grant awards to scientists who are researching high-risk projects that have not yet attracted traditional funding.

The Salk Institute for Biological Studies is a nonprofit organization and architectural landmark. They embody internationally-renowned and award-winning scientists and personally Jonas Salk’s mission to dare to make dreams into reality. Salk’s tag line is: “Salk is where cures begin.”

San Diego Mesa College is a public two-year community college. The fashion department has certificates and degrees in fashion design, merchandising, and computer technology. Each student designer from this incredible event will receive a photograph of their creation and certificates from Salk president, Elisabeth Blackburn, and San Diego Mesa College president, Pamela Luster.

The winner of the voting will receive a special award and you can help pick this designer. Would you like to vote for your best science to fashion translation? The website for the Design and Discovery fashion showcase voting is: www.salk.edu/design-discovery-fashion-showcase-voting.

Upcoming events
Wednesday, Nov. 8 6 p.m. to Sunday, Nov. 12 at 11:30 p.m. San Diego Fashion Fest at Crowne Plaza San Diego Mission Valley. For tickets, visit www.sdffashionfest.com.

Thursday, Nov. 30, Leonard Simpson’s 10 Best Awards Gala and Fashion Show beginning at 5 p.m. at the Sheraton San Diego Hotel and Marina. Proceeds will benefit The Doris A Howell Foundation for Women’s Health Research. For tickets, visit www.howell-gala.org.

Diana Cavagnaro is an internationally-renowned Couture Milliner based in the historic Gaslamp Quarter. Learn more about her hat designer, teacher and blogger at www.DianaCavagnaro.com

Halloween Weekend of Fun at Inn at Sunset Cliffs

The Halloween Weekend of Fun at Inn at Sunset Cliffs will include a haunted hotel room, pumpkin carving stations, pumpkin art stations and more.

This event is for the whole family and will be held on Saturday, Oct. 28 and Sunday, Oct. 29 at 2 p.m. at Inn at Sunset Cliffs, 1370 Sunset Cliffs Blvd. For more information, visit innsunsetcliffs.com, facebook.com/innsunsetcliffs.com.

Ocean Beach
Halloween Weekend of Fun at Inn at Sunset Cliffs

Howl-O-Ween Canine Carnival
Howl-O-Ween Canine Carnival is a street fair for Oceans and their best friends, featuring games, prizes, costume contest/parade for dogs and their owners and food. The event is held on Saturday, Oct. 21, from 10 a.m. to 4 p.m. in Dusty Rhodes Park at 2483 Sunset Cliffs Boulevard. For more information, visit oceanbeachsandiego.com.

SeaWorld San Diego’s Halloween Spooktacular
SeaWorld San Diego’s Halloween Spooktacular includes family-friendly Halloween dance parties, special live shows, trick-or-treating, Dia de los Muertos-themed area and more. Cost is included with park admission. The event is held on Sept. 23, 24, 30, and Oct. 21, 22, 28, 29 at SeaWorld at 500 Sea World Drive. For more information, visit www.seaworld.com/sandiego/events/halloween-spooktacular.

Mission Beach
BOOmont Park Fall Festival at Belmont Park
BOOmont Park Fall Festival at Belmont Park includes free trick-or-treating, zombie laser tag, pumpkin painting, live performances, family costume contests, kids crafts and more. The event will be held every Friday, Saturday, and Sunday in October. For more information, visit www.belmontpark.com/boomont-park.

Buffalo Exchange
Shop second-hand Halloween costumes, funky accessories and all things apparel at Buffalo Exchange at 1079 Garnet Ave. For more information, visit www.buffaloechange.com.
University City resident, Cheryl Hile, to participate in Bike for MS

BY BLAKE BUNCH

University City resident Cheryl Hile says in jest that she has “always been addicted to ‘runner’s high.’” That is, and in spite of, being diagnosed with MS in 2006.

The UC San Diego alumnus and former employee was understandably shocked at the discovery, which sent her into depression. After taking prescribed anti-depressants for some time, Hile was not feeling any better. The only thing that could help her feel whole again was physical activity.

“I was scared and in shock,” said Hile. “My husband, Brian, is a marathon runner, so he encouraged me to exercise... it’s better than the anti-depressants. Since the diagnosis, I’ve registered and participated in a lot of races.”

On Oct. 21 and 22 she will participate in the marathon biking event to benefit MS, Bike MS. Bike MS starts in Irvine and will finish in Carlsbad, and is separated into legs of either 50 or 105 miles. The event, which is run by the National MS Society, has been rated as one of the best cycling events in California.

While marathon biking and running are often thought of as individual sports, Hile seems to find solace in a team setting.

“It’s nice to have a team,” she said. “Typically, teams get together to train leading up to the events. I have only done a 100-mile race once before, so my training is usually comprised of 60-mile stretches. Most of the time, those training for these kinds of races will cover 80 percent of the total distance of the race. Honestly, most of it is just getting your butt used to the saddle.”

Speaking of the types of bikes expected to see in the race, Hile says that there are “Mostly road bikes, but a few hybrids.” Hile adds that, while most people who participate in Bike or Walk MS are able-bodied, fundraising for loved ones or simply working for the cause, there are some “special people with MS” that participate as well.

Hile was born in Toronto, but spent most of her life in Southern California. She attended UC San Diego, and eventually returned to work for the school – working extensively with grants. When it comes to treatment, Hile feels as though things have developed since her initial diagnosis, when fewer drugs were available. Now, she estimates that roughly 14 types of treatment are FDA-approved to treat MS. Although there are trial clinics, she feels that the risks could be detrimental to her long-term.

“Now, we are able to find out earlier and devise a means of treatment with our caregivers,” said Hile. “This aids in halting disease progression and allows the doctors to seek more aggressive treatment. I mean, aside from my ankle orthopedics that I wear everyday, as well as my general stride, one would be hard-pressed to recognize my outward symptoms. That’s probably the toughest part about MS for me — my husband feeling helpless to understand what I’m struggling with internally.

“Not everyone uses a cane or a walker,” she adds, “The symptoms aren’t necessarily physical, even though someone looks ‘normal,’ it doesn’t mean that they aren’t having trouble.”

Hile recently completed one of her long-term goals – running seven marathons on seven continents. Her message, “You can find a way, you just have to make adjustments, not excuses.”
Lajollacooks4u: Food is good for business

BY MARTIN JONES WESTLIN

The truffles and wine in central Italy’s Umbria region are great this time of year. Then again, so is just about everything else related to good food, including the entrepreneurs.

That’s what La Jolla resident Jodi Abel thought after her husband surprised her with a trip to Italy a while ago. Rolling golden hills and medieval castles would yield a fascination with one local woman’s group forays into home cooking.

One thing led to another — and Abel exported the idea into an enterprise that’s made its mark in La Jolla and far beyond.

“We call ourselves a cooking events company,” Abel explained of her lajollacooks4u, now in its ninth year, “and we’re the only one in San Diego. The people who participate are about 70 percent corporate, and they’re looking for creativity outside their comfort zone.

“The companies at our team-building exercises are global. When they bring people, they bring them from all over the world. It’s much more than a cooking class. After all, who doesn’t like food?”

Well, nobody, including Abel’s clients from accounting giant PriceWaterhouseCoopers, the Domino Foods sugar people, the Kellogg’s cereal folks, Audi of America, the Hewlett Packard computer giant and La Jolla genomics researcher Illumina. Wine merchants from Argentina and regional celebrities have made appearances alongside representatives from Europe to New Zealand as they gather at Abel’s Tuscany-style Mt. Soledad home about four times a month.

Abel also travels extensively in the interest of her craft. She’s in Vancouver this month, with a February trip to South Africa behind her. That kind of visibility nets awards from mavens like TripAdvisor, which has awarded the company its latest Certificate of Excellence and has cited Abel in more than 200 of its five-star reviews.

“The scientists are a little more low-key,” Abel said of her clientele, “but the executives have come right out of the board room. They’re ready to party, and they don’t want it competitive.” Teamwork is the cornerstone as Abel guides eight to 30 guests through the ups and downs of cuisine creation, complete with awards for the best dishes and team spirit.

Central to the fun is “lajollacooks4u: California Cuisine, Fresh, Simple and Delicious.” Abel’s self-published 2015 cookbook featuring 400 recipes. Eggplant Caponata, Edamame Shrimp Salad and Chocolate Salami are among the approximately 80 choices that hold sway — the recipes are traceable to Abel’s European studies as a self-taught chef, and her personal background took it from there.

“I grew up with foodies,” she explained. “My father is a foodie. He would travel for a living, and he would talk about what he ate, not what he saw. Also, what validates me is I’ve been a teacher all my life, and now I’m teaching my passion.”

Abel taught early child development and special ed following her education at Pasadena’s Pacific Oaks College.

Abel believes that San Diego acquits itself as a food center — but she said that one aspect of restaurant mastery seems to persistently elude it.

“I think there are some amazing chefs in San Diego,” she explained, “but the problem here is the service. Everybody has an off day, but in L.A., they’re all over you. They’re even all over you in Cleveland. I just came back from a trip back East, where there’s five-star service as well as food. If the service isn’t great, I’m not going back.”

For more information on lajollacooks4u, visit lajollacooks4u.com. The number is 858-752-4980.

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WELCOME TO MR. JACK O’LANTERNS PUMPKIN PATCH!

As the old saying goes, when life gives you lemons, make lemonade. Well, when two young entrepreneurs and best friends opened Mr. Jingles Christmas Trees, they quickly realized their passion for spreading joy and selling trees during the most wonderful time of the year. After five successful years, they have decided it is time to expand their seasonal business to Halloween, a time for fun, fright, and cool fall nights! Mr. Jingles’ brother is now making an appearance, because as the new saying goes, when life hands you pumpkins, make a Pumpkin Patch!

Our goal at Mr. Jack O’Lanterns Pumpkin Patch is to create an unparalleled family experience when visiting any one of our locations. We have premium pumpkins, games, activities, and attractions, all of which will not break the bank! Swing by on a weekend and you might catch live music or a food truck. Each of our friendly and knowledgeable staff members will assist you with identifying, selecting, and purchasing your desired pumpkin, along with assisting in games, attractions, and fun activities at our patch! Items such as spider webs, halloween decorations, pumpkin carving sets, novelty, and more are also available to make your one-stop Pumpkin Patch shopping experience easy, convenient, and affordable! And be sure to check out our New Halloween Costume Store featuring costumes from baby/toddler all the way up to adult in both male/female styles. You’ll also find home decor, Halloween props, wigs, masks, makeup and more. Come visit our family owned pumpkin patch and let us show you Halloween at its’ best!
University City updates: Halloween Carnival, opera and more

BY JEMMA SAMALA

Bob Byrnes named conservation hero

University City’s Bob Byrnes was recently recognized by Cox Communications and the San Diego City Council for his conservation and restoration efforts on behalf of the San Diego Chapter of the California Native Plant Society.

Not only does he invest his personal time in the organization’s efforts, he also sets aside time to encourage and train other volunteers on best practices. Byrnes and his team of dedicated volunteers spend countless hours removing invasive plants that could potentially harm wildlife.

As one of two California winners this year, Bob was able to select the nonprofit Native Plant Society to receive an award of $10,000 from Cox Communications.

For more information, and to view a video depicting Bob’s efforts, visit coxconservesheroes.com.

Brown bag opera

Our Mother of Confidence Church will be hosting the next Brown Bag Opera — “Anna Bolena,” on Sunday, Oct. 22, from 1 to 4:30 p.m. This opera is the story of the mistresses for whom Henry VIII broke with the Church of Rome and divorced his wife Catherine. Anna bore him a daughter, but miscarried their child to create an “outpost” to live in and hunt from. Essential oils, such as peppermint, tea tree, lemon, and orange can help repel ants. Soak cotton balls in one of these essential oils and place the soaked cotton balls on a small piece of plastic in cabinets or in areas you see the ants congregate. If you have pets, place the soaked cotton balls where your pets can’t reach them. I once had a dog that loved to eat cotton balls and I am not sure if the scented oils would have kept him away.

You can also make sprays in 1-quart spray bottles using essential oils. Bonner’s Castle Soup or distilled white vinegar. Use the spray on baseboards, counter tops, or to wipe out the inside of your cabinets. When you see ants, spray them with whichever spray you decide to make and wipe them up.

Castille soap spray: Use 1/4 cup Bonner’s Castle Soap and fill up the rest of the bottle with water.

Vinegar spray: Fill the spray bottle with half vinegar and half water.

Essential oil spray: 1/4 cup water, 1/4 cup distilled white vinegar, 25 drops of peppermint oil and 15 drops of a citrus oil.

If you find the outside area where the ants are entering your home from or their nest, spray some diatomaceous earth (DE) all around the area. DE is a white powdery substance that is made from the fossilized remains of marine phytoplankton and it is not harmful to humans or pets. When the ants cross the DE and get on their bodies they essentially dehydrate them and they die. DE will work on all insects with exoskeletons, including fleas.

If the area you treated with DE gets damp or wet, you will need to reapply it. You can purchase DE on Amazon.

While I don’t want ants in my house, I have a “live and let live” policy in the garden. Ants are our garden partners and they aerate the soil, eat insects that eat our plants and are also a food source for many of the beneficial insects we want to attract to our gardens.

Like everything else, balance is important and if the ant population should get out of control in your garden, use DE there to help keep everything in balance.

From my garden: Got ants? Here’s how to remove them

BY LINDA MARRONE

It seems that during this time of year, ants are trying to find new places to live and they eventually invade our homes. Fortunately, there are many natural ways to discourage them from making your house their new home without using pesticides, which can be harmful to both you and the environment.

The most important step is to try and keep your kitchen free of things that attract them. Keep counters, floors and the inside of your cabinets free of crumbs and any sticky residues from your products like honey. Even water left in a sink can be an attraction to ants, since they usually enter our homes to find water.

Keep sugar and foods, such as dry pet foods, cereal, crackers and flour in sealed containers and not in boxes. Try placing your honey containers in sealable plastic bags. Also, check your house plants to make sure that the ants have not used their soil to create an “outpost” to live in and hunt from.

Essential oils, such as peppermint, tea tree, lemon and orange can help repel ants. Soak cotton balls in one of these essential oils and place the soaked cotton balls on a small piece of plastic in cabinets or in areas you see the ants congregate. If you have pets, place the soaked cotton balls where your pets can’t reach them. I once had a dog that loved to eat cotton balls and I am not sure if the scented oils would have kept him away.

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Cox Communications Manager of Governor Affairs Oscar Urtega, Councilmember Lorie Zapf, Bob Byrnes, and Governor Drive.

THE NEWMAN CENTER AT UC SAN DIEGO UNIVERSITY CITY

Musical mandolin evening

The Newman Center at UC San Diego Women’s Ministry presents a musical evening with the San Diego Mandolin Orchestra, the Newman Choir, and the Good Samaritan Handbell Choir on Saturday, Nov. 4, from 7 to 9 p.m. at Good Samaritan Church, 3121 Eastgate Mall.

Tickets for this ecumenical, musical event are only $10. Contact Teresa, Anisha, or Bessie at womensministry@catholicucsd.org to order tickets. Proceeds benefit Newman Women’s Ministry Fund, which sponsors speakers and scholar- arships for women’s retreats.

Good deeds: Girl Scouts earn Bronze Award

University City’s Girl Scout Troop 3884 earned their Bronze Award: the highest honor a Junior Girl Scout can achieve.

Their passion and love for animals led them to partner with the San Diego Humane Society. These G.I.R.L.s (Go-getter, Innovator, Risk-Taker, Leader) made goodie bags for new adopters of dogs, cats and rabbits.

The project was funded with their Girl Scout Cookie proceeds combined with donations from Purina, Petco and Pura Natural Pets. Sixty goodie bags were filled with food, treats, pet care items, handcrafted toys created from recycled materials and personalized pet care information sheets. Congratulations to these amazing Girl Scouts for making the world a better place.

Additional event Reminders:

Oktoberfest by Edi’Cate! – Oct. 21, 1 to 6 p.m. at Standley Park.

UC Bloodmobile Blood Drive – Nov. 4, 8 a.m. to 1:30 p.m. at Sprouts Marketplace on Governor Drive.

READ MORE ONLINE AT sdnews.com
First things first: Charlene Baldridge fete a critical success

BY MARTIN JONES WESTLIN

Coronado’s Lamb’s Players Theatre seats just shy of 400 people — but on the evening of Oct. 16, that was hardly the point. The venue made way for about that many like-minded souls who’d found a celebratory home in memory of Charlene Baldridge. The noted fine arts critic for nearly 40 years and long-time contributor to La Jolla Village News died on Sept. 9 following a lengthy illness. She was 83.

In the days that followed, social media were crazy with best wishes and reminiscences, not the least of which centered on “The Warrior’s Stance,” a compilation of poetry by Baldridge’s daughter, Laura Jeanne Morefield, who died of colon cancer in 2011. The book begat Baldridge’s “The Warriors’ Duet,” a play chronicling the women’s otherworldly connection as travel partners, competitive writers and best friends.

The play has been performed several times at local theaters. At the time of her death, Baldridge was vigorously seeking further representation in Morefield’s behalf.

The Oct. 16 event saw every manner of accolade and blessing for a woman extraordinarily versed in matters theatrical, choreographic, symphonic and operatic. Yours truly will now attempt to duplicate her effort in this space every other week. I freely admit I’m no Charlene; then again, in my defense, neither is anybody else.

Without Walls Festival

La Jolla Playhouse is no stranger to the “wow” factor. In its 70-year history, the troupe has transferred 28 plays to Broadway and has won 38 Tony Awards along the way. Through Sunday, Oct. 22, it’s injecting yet another layer of “wow” into its pedigree, this time on the community’s behalf, at the aptly named Without Walls.

Playhouse officials cite this as a foray into immersive theater, which places the audience in the middle of the action, with directors inviting spectators to take a more active role in the performance. Playwrights from San Diego to Berlin are strutting 17 plays at six venues from downtown to the UC San Diego campus, and the Playhouse is cheerfully seeking your participation at one of them. For information about shows and tickets, please see lajollaplayhouse.org/withoutwalls2017 or call 858-550-1010.

Kalabash second Fridays

Every second Friday, La Jolla’s Kalabash School of Music and the Arts hosts something called The Songbird Circle, billed as “a club for teenagers who like to write songs and eat pizza.” If you’re a teen, it’s a cinch both prospects sound pretty good — add this installment’s “The Natural World” theme, and Friday, Nov. 10 at 6 p.m. promises to deliver many and varied surprises accordingly.

The school routinely looks for ways and means to enhance arts education in the community; you can find out how by attending this event at the school, 5725 La Jolla Blvd. or by visiting kalabasharts.com/contact-us. The number is 858-456-2753.

La Jolla Symphony and Chorus

We bet very few of you have crossed the Rue St. Paul, one of the grand thoroughfares through Montreal’s Old Town, with its high-end restaurants and colossal historic sites. We’ll further wager you’ve never gone there with only your imagination to guide you amid selections by Aaron Copland, George Gershwin and Duke Ellington.

La Jolla Symphony and Chorus can help with that on Saturday, Nov. 4 at 7:30 p.m. and Sunday, Nov. 5 at 2 p.m., as it presents its “Crossing the Rue St. Paul,” the group’s season opener. Bring your mind’s eye to UC San Diego’s Mandeville Auditorium, 9500 Gilman Drive, and let the music do the rest.

Dave Holland

If you were looking at the daily paper’s weather log, the term “cross-currents” might not necessarily catch your eye. But you’re not. You’re anticipating a visit on Sunday, Oct. 29 at 8 p.m. from cross-currents, inspired by jazz and the music of India. The group is led by 2017 National Endowment for the Arts jazz master and Grammy Award-winning bassist Dave Holland, and the La Jolla Music Society is delighted to present them all at the Jacobs Music Center, Copley Symphony Hall, 750 B St. in downtown San Diego. Call 858-459-1728 or see ljms.org.

Copley is also the home of the San Diego Symphony, whose website is sandiegosymphony.org.

Pacific Beach resident leads team to successful swim around Santa Cruz

BY MATHILDE ROUSSEAU

Claudia Rose, who is a long-time resident of Pacific Beach, captained the record-setting swim team “Selkie and the Sirens” as they spent nearly 40 hours swimming around Santa Cruz Island on Sept. 26 and 27.

“There have been a few other people trying to do it, but they didn’t make it and we wanted a new challenge as a team,” said Rose.

The swim team consisted of six women from both coasts of the United States. Rose, Michelle Pernemaux McConica from Ventura, Calif., Diana Corbin from Maryland, Carol Lynn Swol from Maryland, Jeannie Zappe from Pennsylvania and Louise Hyder-Darlington from Pennsylvania.

“Selkie and the Sirens” began swimming on Sept. 26 at 7:20 a.m., and each woman swam for an hour in-turn, once every six hours throughout the day, night, day and then into the wee hours of Sept. 27 before they made it back to their starting point at Willows Anchor.

“I think we made it because we really stood together as a team during the hard times of the swim,” Rose said.

The swim was sanctioned by the Santa Barbara Channel Swimming Association and officially observed by San Diego residents Paula Selby and Ralph Lufkin and Ventura resident Jane Cairns.
Munk dedication prompts personal recognition, appreciation

On Oct. 18, the eve of Walter Munk’s 100th birthday, La Jolla Shores Boardwalk was renamed in his honor.

**BY DAVE SCHWAB**

In having La Jolla Shores boardwalk named in his honor for a lifetime of service, world-renowned oceanographer Walter Munk credited the University of California, San Diego, Scripps Institution of Oceanography and the two loves of his life, Judith and Mary, for making it all possible.

“Walter and I would like to extend a very special thanks to Terry Kraszewski of Ocean Girl from the Shores, and all our visitors, supporters and family who’ve taken time out of their busy day to honor someone who is very special in my heart,” said Mary Coakley Munk, who added, “It’s especially meaningful to me to have had the good fortune to have worked on several projects in the (Kellogg) park where our (Walter’s and my) paths first crossed.”

With a nod to UC San Diego founding father scientist Roger Revelle, whom Munk described as “a great influence,” and current Scripps’ director Margaret Leinen, who Munk noted is carrying on the Institution’s tradition of excellence, the award-winning scientist recalled coming to Scripps and La Jolla in 1939. At that time, the deep offshore canyons of La Jolla had just been discovered.

Munk noted wife Mary is trying to produce a map with bronze inlays of all the unique species that make the grand canyons of La Jolla their home.

“That’s so people who cannot (scuba) dive can get some indication of the wonders of these canyons,” the scientist said.

Internationally known for his continuing research on global warming, Munk warned that the boardwalk being dedicated in his honor “may not enjoy a 100-year birthday. I’m worried it will take a miracle to prevent it from being flooded (from future sea level rise).”

Munk, who worked with other scientists during World War II to solve acoustical problems in detecting underwater German subs, which were taking a heavy toll on the allies, said the world will need “a similar climatic miracle” if it is to avert another manmade tragedy.

Munk and his breakthroughs in predicting waves figured prominently into the successful allied invasion of Normandy in June 1944.

The oceanographer pointed out that political parties and scientists worldwide banded together to solve the submarine problem.

“We need to do the same thing now,” Munk said, adding converting from fossil to renewable fuels is ultimately the answer to combating global warming.

“I believe we can do something that will remind you of the success of the Normandy (D-Day) landing,” Munk said, concluding, “If we do, we will see a 100th birthday of the (Munk) walkway.”

This award-winning pumpkin will fly at UC San Diego

Point Loma High alumn Jon Berndes, who now lives in East County, “really” knows how to grow pumpkins. Every year he brings in the cream of the crop. As you can see, he didn’t disappoint again this year.

“I have been growing pumpkins for almost 20 years,” Berndes said. “I have grown almost 10 tons of pumpkins.”

Berndes added, “This year’s 800-pound pumpkin is my largest. I entered it in the Irvine pumpkin weigh-off Sept. 23 and I won $1,000 for being the third-heaviest pumpkin. I also won $100 for being the prettiest pumpkin.”

Berndes said, on Halloween day, his pumpkin “will be full of candy and dropped from the 11th floor at Muir Hall at UC San Diego. I have provided the pumpkin for the drop the last eight years.”

Berndes added his other big pumpkin, the lighter one, is 700 pounds.

‘The Art of the Surfboard’: An exhibition of Bessell boards

“The Art of the Surfboard,” an exhibition of work by renowned artist and shaper Tim Bessell will be on view in the new library/gallery space at St-James-by-the-Sea Episcopal Church, located at 743 Prospect.

The exhibition opens on Friday, Oct. 27 with a public reception from 6 to 8 p.m. at which the artist will be present. Musician James Clarkson will also be on hand.

Tim Bessell was introduced to the world of art by his mother when he was quite young.

At 15, he began to shape surfboards, and in several years, had established himself as a professional shaper, working with board companies including Lightning Bolt of Hawaii and Caster Surfboards of San Diego.

He now has his own company, Bessell Surfboards, and during his career, has shaped more than 48,000 boards for surfers all over the world.

Bessell, the acclaimed shaper, defines himself as an artist, and has now combined his extensive shaping experience and passion for contemporary art to produce surfboards that are works of art.

Bessell had the tremendous opportunity to once meet Andy Warhol at the behest of a close friend and shaper, Carl Ekstrom, who sold a board to Warhol while he was living in La Jolla. After acquiring the rights to shape boards with Warhol prints glassed in, Bessell has shifted his focus to create “rideable works of art.”

Among his designs are images of Elvis Presley and the Warhol series. He has shown them in Tokyo, Italy, London, New York, Los Angeles, Monterey and in other San Diego venues.

The gallery will be open to the public on Saturdays from 11 am until 1 p.m., on Sundays from 8:30 a.m. until 3 p.m. by appointment.

The exhibition closes on Sunday, Nov. 26. For more information on the exhibition or the opening reception, call 858-459-3421.
La Jolla music calendar: Live shows around town Oct. 20 to Nov. 2

Friday, Oct. 20
Kekoa, Hawaiian singer-songwriter, noon. UTC Palm Plaza; Ke’ Ahi, singer-songwriter, 4 p.m. Duke’s; The Gold Standard, singer-songwriter, 5 p.m. Farmer and The Seashore; McGonigle & Gladstone, pop and jazz duo, standards. 6 p.m. La Valencia; Marauak, bossa nova tunes. 6 p.m. The Turquoise; A DeGrasse Trio, piano jazz. 7 p.m. Eddie V’s; Israel Maldonado, singer-songwriter. 7:30 p.m. Athenaeum; Tad Sisler, vocals, piano, keyboards. 8 p.m. – 11 p.m. In the lounge, The Manhattan; San Diego Symphony, classical. 8 p.m. La Valencia; Gusto, classic covers. 9 p.m. Beaumont’s; Global Grooves, Brazilian jazz. 9 p.m. The Turquoise;

Saturday, Oct. 21
Steven Ybarra, singer-songwriter, noon. UTC Palm Plaza; Craig Dawson Trio, piano jazz. 1 p.m. Eddie V’s; Lady Dottie and The Diamonds, blues and R&B. 6 p.m. La Valencia; Marauak, Brazilian jazz. 6 p.m. The Turquoise; Craig Dawson Trio, piano jazz. 7 p.m. Eddie V’s; Ashley Robillard, classical, jazz. 7:30 p.m. Athenaeum; Tad Sisler, piano standards. 8 p.m. In the lounge, The Manhattan; Part Time Model, rock. 9 p.m. Beaumont’s; Now Time Quartet, jazz. 9 p.m. The Turquoise;

Sunday, Oct. 22
Nathan & Jesse, singer-songwriter, noon. UTC Palm Plaza; Freddie A Dream Trio, piano jazz, 1 p.m. Eddie V’s; Rogue Zellickman, chamber music. 3 p.m. Prebys Concert Hall, UC San Diego; Sounds Like 4, jazz. 5:30 p.m. The Turquoise; Ray Briz Trio, piano jazz. 6 p.m. Eddie V’s; Middle Earth Ensemble. 8 p.m. The Turquoise;

Monday, Oct. 23
TBA, classical. noon. Athenaeum; Shelly Taylor Trio, piano jazz. 6 p.m. Eddie V’s; Oscar Aragon, acoustic guitar. 6 p.m. La Valencia; Victoria Martino, classical. 7:30 p.m. Athenaeum; Tuesday, Oct. 24
Mikan Zlatkovich Trio, piano jazz. 6 p.m. Eddie V’s; Randy Bollier, solo guitar. 6 p.m. La Valencia; Jazilla, jazz. 7 p.m. The Turquoise; Wednesday, Oct. 25
Marcela Mendez, singer-songwriter, noon. UTC Palm Plaza; Freddie A Dream Trio, piano jazz. 6 p.m. Eddie V’s; Danny Green Trio, jazz. 6 p.m. La Valencia; Beaumont’s; Roman Palacios with Tommy Gannon, standards. 8 p.m. In the lounge, The Manhattan; Thursday, Oct. 26
Joe Cardillo, singer-songwriter, noon. UTC Palm Plaza; Chris Cerna Trio, piano jazz. 6 p.m. Eddie V’s; Ryan Hiller, singer-songwriter. 5 p.m. Farmer and The Seashore; Keni Yarbrough, singer-songwriter. 6 p.m. La Valencia; Chris Cerna Trio, piano jazz. 6 p.m. Eddie V’s; Fred Hardy, jazz. 7 p.m. The Turquoise; Brent Hollingworth, classic covers. 7:30 p.m. Beaumont’s; Nate Smith, jazz. 8 p.m. The Loft, UC San Diego;

Friday, Oct. 27
King Taylor Project, singer-songwriter, noon. UTC Palm Plaza; Carissa Schroeder, singer-songwriter. 4 p.m. Dukes; Rebecca Jade, acoustic covers. 5 p.m. Farmer & The Seashore; Lo Fries, standards. 6 p.m. La Valencia; Marauak, bossa nova. 6 p.m. The Turquoise; A DeGrasse Trio, piano jazz. 7 p.m. Eddie V’s; Tad Sisler, vocals, piano, keyboards. 8 p.m. – 11 p.m. In the lounge, The Manhattan; tba. 9 p.m. The Turquoise; Ron and The Reapers, classic covers. 9 p.m. Beaumont’s;

Saturday, Oct. 28
Marcela Mendez, singer-songwriter, noon. UTC Palm Plaza; Craig Dawson Trio, piano jazz. 1 p.m. Eddie V’s; Lady Dottie and The Diamonds, classic covers. 6 p.m. La Valencia; Doug Hartley Trio, jazz. 7 p.m. The Turquoise; Craig Dawson Trio, piano jazz. 7 p.m. Eddie V’s; Tad Sisler, piano standards. 8 p.m. In the lounge, The Manhattan; Emotional Rescue, classic covers. 9 p.m. Beaumont’s; tba. jazz. 9 p.m. The Turquoise; Sunday, Oct. 29
TBA, singer-songwriter. 11:30 a.m. Beaumont’s; Sam and Stacy, singer-songwriter, noon. UTC Palm Plaza; Sounds Like 4, jazz. 5:30 p.m. The Turquoise; Ray Briz Trio, piano jazz. 6 p.m. Eddie V’s;

Monday, Oct. 30
Shelly Taylor Trio, piano jazz. 6 p.m. Eddie V’s; Oscar Aragon, solo guitar. 6 p.m. La Valencia; Victoria Martino, classical piano. 7:30 p.m. Athenaeum; Tuesday, Oct. 31
Mikan Zlatkovich Trio, piano jazz. 6 p.m. Eddie V’s; Ryan Hiller, singer-songwriter. 5 p.m. Farmer and The Seashore; Keni Yarbrough, singer-songwriter. 6 p.m. La Valencia; Roman Palacios with Tommy Gannon, standards. 8 p.m. In the lounge, The Manhattan; Wednesday, Nov. 1
TBA, singer-songwriter, noon. UTC Palm Plaza; Freddie A Dream Trio, piano jazz. 6 p.m. Eddie V’s; Danny Green Trio, jazz. 6 p.m. La Valencia; Tocmat Courtney, blues legend. 7 p.m. The Turquoise; Roman Palacios with Tommy Gannon, standards. 8 p.m. In the lounge, The Manhattan; Thursday, Nov. 2
TBA, singer-songwriter, noon. UTC Palm Plaza; Tolan Shaw, singer-songwriter. 5 p.m. Farmer and The Seashore; Keni Yarbrough, singer-songwriter. 6 p.m. La Valencia; Chris Cerna Trio, piano jazz. 6 p.m. Eddie V’s; Fred Hardy, jazz. 7 p.m. The Turquoise; TBA, acoustic covers. 7:30 p.m. Beaumont’s.
Must hear music: The Now Time Quartet

Jazz fans will want to check out new combo, The Now Time Quartet, performing at Cafe Bar Europa on Oct. 21. Featuring violinist Alicia Previn, bassist Michael Oletta, keyboardist Adam Wolff and drummer Jeff Dalrymple, the band performs a selection of instrumental jazz standards and deep cuts, using them as a base for improvisational performances. All are virtuosos, but Previn in particular is a marvel, using her instrument for both lead and rhythm playing, but always adding plenty of melody. The Now Time Quartet’s edgy, freeform music will appeal to anyone who enjoys jazz, prog or vintage soundtracks.

**Now Time Quartet:** Saturday, Oct. 21 at Cafe Bar Europa, 873 Turquoise St. 9 p.m. 21 and up. www.theturquoise.com/wordpress.

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PHOTO CONTRIBUTED

Violinist Alicia Previn, bassist Michael Oletta, keyboardist Adam Wolf and Drummer Jeff Dalrymple comprise The Now Time Quartet. They will be at Cafe Bar Europa on Saturday, Oct. 21.

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Barber Tract Beach, circa 1920s

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