MIDSUMMER COOL-DOWN  As we bake in 90-degree temperatures around here, Tom Mangelsen seems comfortable in climates that don’t normally see those highs. The iconic wildlife photographer, who took this shot during a trip to Antarctica, is celebrating his 40th year in business and opened La Jolla’s Mangelsen Images of Nature Gallery in 1991. Mangelsen, who lives outside Yellowstone National Park, will be in La Jolla in September for a book signing.

Ordinance group OK’s Boffo theater design plans, George’s terrace expansion, cites eatery’s special uses

By DAVE SCHWAB

The La Jolla Planned District Ordinance (PDO) Committee gave two big thumbs up to Boffo Cinemas’ preliminary design plans for its remodel/addition of the former Jonathan’s Market site at the committee’s monthly meeting July 14.

The committee, which makes recommendations and rules governing commercial development to the La Jolla Community Planning Association (LJCPA), also conditionally approved an expansion of George’s on the Cove restaurant’s substantial number of non-conforming uses.

Earlier this year, Boffo Cinemas signed a 20-year lease with Jonathan’s Market to transform the retail space at 7611 Fay Ave. from a high-end produce market into a premium multiplex theater.

“The existing wall with a vine covering that hopefully will eventually cover 100 percent of the building,” he said.

Fastlicht said there will be a second-level addition in the building. He noted existing onsite surface and underground parking will be more than sufficient, providing a total of 110 parking spaces.

Will raising the city’s minimum wage to $11.50 an hour by Jan. 1, 2017 make San Diego more affordable for those with lower incomes, or will it ultimately harm workers by costing them a chance at jobs?

That’s the question to be answered by a measure adopted July 15 by the San Diego City Council, which plans to boost the city’s minimum wage to $9.75 in 2015, $10.50 in 2016 and $11.50 in 2017.

Scripps Institute chief Marletta to step down amid anger over merger proposal

Scripps Research Institute president and CEO Michael Marletta, who has led the institute since January of 2012, is reportedly planning to vacate his post following his attempt at selling or merging the financially troubled center to the more well-heeled University of Southern California.

Faculty at La Jolla’s biological research giant Scripps Research Institute had called for Marletta’s resignation over the June 16 announcement that Scripps is considering a merger with or acquisition by Los Angeles-based USC. In a June 20 email to Marletta and Scripps trustees board chair Richard Gephardt, all ten faculty department chairs and the dean of graduate and post-doctoral studies reportedly expressed “deepening concern for the future of our beloved institution.”

In the email, faculty members reportedly said Scripps can and should remain independent. “We believe that the proposed path with USC would destroy much of what has been built and what we and others in the community value so much,” the group reportedly wrote. Those who called for Marletta’s resignation say Marletta’s departure should not be seen as an indicator that Scripps is in trouble.

Passage of minimum-wage law raises pros and cons

By DAVE SCHWAB

Will raising the city’s minimum wage to $11.50 an hour by Jan. 1, 2017 make San Diego more affordable for those with lower incomes, or will it ultimately harm workers by costing them a chance at jobs?

That’s the question to be answered by a measure adopted July 15 by the San Diego City Council, which plans to boost the city’s minimum wage to $9.75 in 2015, $10.50 in 2016 and $11.50 in 2017.

The new ordinance would also require employers to provide five paid sick days a year. Council has voted to direct staff to begin conferring with the city’s labor unions as to the methods under which the wage will be raised.

City Council President Todd Gloria characterized it as “a reasonable compromise.” Gloria had originally proposed that the wage be $13.09 an hour.

Gloria warned possible opponents of the wage hike that “there may be better ways that they can spend their time and money than opposing a pay increase to their employees ... or by telling everyone you want your employees to work while they are sick.”

The vote on the minimum-wage hike went along party lines, 6-3, with Democrats voting in favor and Republicans voting against. Republi- can Mayor Kevin Faulconer and the San Diego Chamber of Commerce, led by recent past Republi-
UCSD, Scripps hospitals again rank among nation's best in annual assessment by U.S. News and World Report

The UCSD Health System remains among the nation’s best, according to U.S. News & World Report magazine’s 2014-15 issue of “America’s Best Hospitals.”

The magazine’s 25th annual findings placed the system first in the San Diego metropolitan area and fifth in California, with national rankings in 11 specialties, up from ten last year.

In a related development, the magazine recognized Scripps Memorial in La Jolla for its work in eight specialties. It ranked the facility No. 18 in cardiology and listed it in the fields of pulmonology, endocrinology and otolaryngology. The hospital lost its ranking in urology.

Meanwhile, the Scripps Hospital proton therapy center in Mira Mesa, of which La Jolla’s Rady Children’s Hospital is a part, is currently ranked 15th in the United States and fourth west of the Rocky Mountains.

“These rankings are a reaffirmation of our standing as the top world health system locally and one of the premier, high-performing health systems nationally,” said Paul Viviano, UCSD Health System CEO.

“This recognition is further evidence of our tireless dedication to our mission to provide the best possible patient care by tapping an extraordinarily talented group of physicians, nurses and staff and the discovery-driven resources of the region’s only academic health system. Our goal, first and foremost, is to provide unrivaled care that is personalized to the needs of each and every patient,” he said.

For 2014-15, U.S. News evaluated hospitals in 16 adult specialties and ranked the top 50 in most of the specialties. Just 3 percent of the nearly 5,000 hospitals analyzed for Best Hospitals 2014-15 earned national ranking in even one specialty.

UCSD Health System ranked in cancer (#25 in the country in this specialty, up from #42 in 2013-14), cardiology and heart surgery (#23, up from #42), otorhinolaryngology (#22, up from #48), gynecology (#19, up from #20), nephrology/kidney (#15, up from #17), neurology and neurosurgery (#25, up from #42), urology (#16, up from #22), pulmonology (#6, up from #9), diabetes and endocrinology (#32), gastroenterology and gastrointestinal surgery (#31), and orthopedics (#44). Gynecology and rheumatology were ranked “high-performing.”

The doctors of UCSD Health System are also faculty of the UCSD School of Medicine, which is ranked 14th in the country in research-intensive programs among 128 medical schools in U.S. News & World Report’s “America’s Best Graduate Schools, 2015 Edition.”

The data were produced for U.S. News by RTI International, a leading research organization based in Research Triangle Park, N.C.

In 2016, UC San Diego Health System will open Jacobs Medical Center, the largest new hospital project in southern California. The 10-story, 509,500-square-foot expansion of UCSD Health System’s La Jolla campus will contain three specialty hospitals: the Pauline and Stanley Foster Hospital for Women and Infants, the Hospital for Cancer Care, the Hospital for Advanced Surgery and the Hospital for Women and Infants.

— Staff and contribution
Sentencing of four delayed in pistol-whip robberies

Four men who participated in the pistol-whip series of robberies on Regents Road near UCSD and elsewhere had their sentencing delayed July 11 until Sept. 19.

The series was noted for four victims being hit over the head with a gun and other victims being ordered to get on the ground while their personal items such as wallets and cell phones were taken.

The four men pleaded guilty to all charges of robbery, conspiracy and receiving stolen property in nine incidents in which 14 people were accosted. Not every defendant participated in each hold-up. One or two robbers approached victims in a series of robberies that began March 10, 2013 and ended with the arrests on April 12, 2013.

Michael McGinnis, 19, Joseph Ragland, 27, Jamarious Porche, 24, and Askia Muhammad Toure, 21, face prison terms ranging from 18 months to 15 years. They all remain in jail on $300,000 bail.

One victim from City Heights appeared in court July 11, and San Diego Superior Court Judge Jeff Fraser offered him a chance to read a statement, but he said he would do it when they are sentenced on Sept. 19.

A man and a woman were held up at 7600 Regents Road on April 9, 2013 and were robbed of a backpack, a cellphone and other items. Other victims were robbed near San Diego State University, Rolando, University Heights and Mission Village.

One victim lost a computer and another an iPod, but most of the property was recovered by San Diego police.

— Neal Putnam

Two people plead guilty in bank-fraud ploy

Two people have pleaded guilty to federal charges involving a $1.8 million fraudulent loan that was made by La Jolla Bank before it went out of business in 2010.

Annand Ortuondo, 33, of Spring Valley, has pleaded guilty to bank fraud involving a loan to his business that was made by La Jolla Bank in May 2008. Ortuondo will be sentenced Sept. 26.

Laura Ortuondo, 33, of Cupertino, pleaded guilty to making a false statement to a federal agent about her role in obtaining the loan for Sluman, for whom she worked at the time. She will be sentenced Sept. 12.

The bank funded the $1.8 million loan after Ortuondo submitted two documents that falsely said the Internal Revenue Service had released tax liabilities and liens on one of Sluman’s businesses. Court records allege that Sluman also bribed an unnamed manager at La Jolla Bank.

La Jolla Bank loaned the Tabu Sushi business $250,000 in 2006. Later, the unnamed manager received $10,000 in cash from Sluman initially described as a loan, according to court records. He forgave that loan in order to receive the $1.8 million loan after he gave the same manager $15,000, records say.

Ortuondo destroyed a personal computer that contained evidence of obstructing the investigation, according to the U.S. Attorney. The loan was guaranteed by the U.S. Small Business Administration.

La Jolla Bank failed in February of 2010 and was taken over by the Federal Deposit Insurance Corporation.

The federal judge who ruled Califor-nia’s death penalty unconstitutional, judge rules

California’s death penalty unconstitutional, judge rules

The federal judge who ruled California’s death penalty unconstitutional said the state system inmates with uncertain fates, perhaps in violation of the Eighth Amendment prohibition against cruel and unusual punishment.

On July 17, Santa Ana Judge Corine Carney vacated the 1995 death sentence of Ernest Jones, who had asked the court to decide whether his sentence was valid. No executions can proceed in California while the decision stands, although the decision will likely be appealed. Jones had been found guilty of the rape and murder of his girlfriend’s mother.

California has 748 people on Death Row, the highest number of any state. Since 1978, more than 900 people have been sentenced to death. Thirteen have been executed, while 94 have died of other causes. Thirteen have been executed, while 94 have died of other causes. About 350 have been on death row longer than 19 years.

Matt Cherry, executive director of Death Penalty Focus, said the law in California needs to be changed.

The bank had run up a debt of approximately $1 billion, according to the U.S. Attorney. It reopened as One West Bank.

Sluman, free on $15,000 bond, faces a maximum sentence of 30 years in federal prison, although federal sentencing guidelines make that sentence unlikely. He may be required to pay restitution in place of serving a substantial prison term if he agrees to pay the money back.

Records say the restitution requested is at least $2.15 million.

Ortuondo faces a maximum five-year term, but both sides have agreed to a sentence of eight months’ house arrest and a $3,000 fine. Ortuondo remains free on $20,000 bond.

Sluman owns Tabu Sushi Bar & Grill II in El Cajon, Nadir & Son, Inc., in National City, and Harvest Farms in Lancaster. — Neal Putnam

“Justice requires that we end this charade once and for all,” Cherry said in a published report. “It’s time to replace California’s broken death penalty with life in prison without the possibility of parole. That’s the best way to ensure that convicted killers remain behind bars until they die, without wasting tens of millions of tax dollars every year on needless appeals.”

The state placed a moratorium on death sentences in 2006. The state attorney general’s office is said to be reviewing Cherry’s decision.

— Staff and contribution

California’s death penalty unconstitutional, judge rules

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— Staff and contribution
vision of the future of Scripps and those of the faculty "no longer align."

Marletta later said in a published report that further discussions to address the conflict are imminent. "As we move forward, representatives from the faculty, administration, and board are coming together to thoughtfully review a range of options for the institute’s future," he said.

Marletta, a chemist by trade, served as chair of the chemistry institute’s future, "he said.

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Meanwhile, USC began a $6 billion general fundraising campaign a few years ago. Meanwhile, USC began a $6 billion general fundraising campaign a few years ago. - Staff and contribution

The San Diego Foundation board of governors has announced that Kathryn Mead, former chief operating officer of The California Endowment, has been selected as the foundation’s president and chief executive officer. Current foundation president and CEO Bob Kelly will retire this year after 20 years of service.

"Throughout her 20-year career as a senior executive in the health-care industry managing large and complex organizations, Kathryn has developed hands-on foundation and philanthropy expertise," board of governors chair Steve Smith said. "She brings to the foundation a deep understanding of the needs of donors as well as the challenges facing low-income communities. Kathryn has raised funds at the multimillion-dollar scale and has built major collaborations between for-profit, nonprofit and public/governmental entities. These are vital skills in addressing the challenges and needs of community members identified during the CEO search process."

The foundation maintains a branch in La Jolla.

In January 2014, executive search firm Russell Reynolds Associates was appointed to assist the board search committee. The board conducted a community listening tour, holding more than 20 meetings across the San Diego region and engaging more than 150 community members who shared ideas about the future of the foundation and desired qualities for the new CEO.

The Escondido resident "is an extremely bright, innovative and energetic leader who is deeply connected to San Diego," remarked board of governors interview committee member Constance Carroll, chancellor of the San Diego Community College District. "She is an excellent communicator who will build on the tremendous success of the foundation and bring new focus and resources to Foundation programs, donors and volunteers."

Mead previously held positions as CEO of the Council of Community Clinics in San Diego, vice president of CalPERS sector for Blue Shield of California, president and CEO of Sharp Health Plan in San Diego and vice president of managed care at the Children’s Hospital in San Diego. She was recently appointed by Governor Brown to the Agricultural Association/San Diego Fair Board of Directors and serves as trustee and vice-chair for the Alliance Health-care Foundation and trustee for the Charles R. Drew University of Medicine and Science.

San Diego Foundation names new president

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San Diego Foundation names new president
Level 1 water-conservation alert in force as city's drought woes continue

BY DAVE SCHWAB

After three successive years of drought, the city has issued a Level 1 alert calling for residents to voluntarily participate in water conservation measures, including not watering lawns more than three days a week and watering lawns or washing vehicles only before 10 a.m. or after 6 p.m. during summer months.

“The cheapest gallon of water is the one you don’t use,” said council president pro tem Sherri Lightner, of District 1, who added she’s “proud to see San Diegans stepping up their water-saving practices to help address our drought conditions and long-term supply needs head-on.”

“We need to do everything necessary to deal with drought and water supply conditions,” said Lightner, adding, “Mandatory conservation could become the new standard in our efforts to secure an adequate water supply.”

To achieve an affordable, sustainable local water supply, Lightner said San Diego will need all the tools available including conservation, desalination, recycling and reuse.

Lightner said it’s her goal to use these tools to meet our local water needs and “to have enough surplus to sell to other water-thirsty regions.”

The state of California is mired in a long-term drought, and San Diego is no exception. Noting San Diego’s annual rainfall average at Lindbergh Field is 10.44 inches, National Weather Service forecaster Jimmy Taeger said the rainfall amount for 2013-14, which ended June 30, was 5.06 inches. Taeger said rainfall levels the previous year was 6.51 inches and 8.03 inches the year before that. Taeger said you have to go back to 2010-11 to find the last year when rainfall was at or above normal. 12.62 inches fell that year.

Recent changes to the city’s Emergency Water Regulations have established new restrictions on water use as well as stepping up enforcement and penalties.

All water waste is prohibited in the San Diego municipal code. Wasting water is illegal at all times, even when no drought response levels are in effect. Any violations of the water use restrictions associated with drought response levels are also treated as water waste.

The city may penalize those who continue to waste water with an escalating series of penalties up to and including shutting off water service. When customers continue to waste water after being contacted by the Public Utilities Department’s conservation staff, the City’s code enforcement section can step in.

Should a customer refuse to stop overwatering, fail to repair a leak or continue other water waste, the code enforcement officer or water waste investigator will fashion an appropriate response.

Code enforcement officers have a variety of remedies to help ensure compliance, including issuance of a warning letter, administrative citations ranging from $100 to $1,000, civil penalties up to $2,500 per day for violations, referral to the city attorney for civil or criminal prosecution and shut-off of water service.

On July 15, California’s Water Resources Control Board voted to impose mandatory water use restrictions statewide in response to California’s ongoing drought. For the city of San Diego, however, permanent mandatory water use restrictions were in place since 2009 already meet elements of the requirements mandated by the state.

As a result, the state’s regulation does not require the city of San Diego to make changes to its emergency water regulations but should serve as a reminder to all San Diegans that using water efficiently and in compliance with the City’s current water use restrictions, are important to help conserve water during this severe drought condition.

“I want to thank San Diegans, who for years have done a tremendous job of stepping up to the plate to incorporate water conservation into their way of life,” said Mayor Kevin Faulconer. “This summer, as we see temperatures climb, we must continue to be mindful of the current drought situation by adhering daily to the city’s permanent water use restrictions.”

The city will continue to review the state’s decision and monitor the drought conditions throughout the state to determine if any changes to its drought response level are necessary. In the meantime, the city’s focus will be to reduce water waste by educating residents on how to comply with the restrictions through education, rather than an enhanced enforcement system focused on fines.

Meanwhile, the city recommends a few methods for water conservation:

• Check faucets, pipes and toilets for leaks.
• Plant drought-resistant lawns, shrubs and plants.
• Put a layer of mulch around trees and plants.
• Water during early parts of the day.
• Don’t run the hose while washing your car; and
• Use a broom, not a hose, to clean driveways and sidewalks.

Looking for Homeowners to Qualify for a FREE Home Solar Installation

Corporate Directors Forum schedules cybercrime parley

Corporate Directors Forum, a San Diego advocate of professional standards in corporate governance, will host a breakfast and discussion on cybercrime and cybercriminals, and advice on the best practices to combat them, Wednesday, July 30, at the Hyatt Regency La Jolla Pavilion.

“Topics will include the state of cyber expertise among today’s CEOs and directors; what infrastructure for protection needs to be in place; tech-related questions for boards to ask of CEOs; and the needs of NRG Home Solar...
Salk identifies gene that halts movement of lung cancer

Scientists at the Salk Institute for Biological Studies have identified a gene responsible for stopping the movement of cancer from the lungs to other parts of the body, indicating the potential for a new way to fight one of the world's deadliest cancers. By identifying the cause of this spread — which often happens quickly in lung cancer and results in a low survival rate — Salk scientists are able to explain why some tumors are more prone to spreading than others.

The newly discovered pathway, recently detailed in a published report, may also help researchers understand and treat the spread of melanoma and cervical cancers.

"Lung cancer, even when it's discovered early, is often able to (spread) almost immediately and take hold throughout the body," said Reuben Shaw, professor at Salk's molecular and cell biology laboratory. "The reason behind why some tumors do that and others don't has not been very well understood. Now, through this work, we are beginning to understand why some subsets of lung cancer are so invasive."

Lung cancer, which also affects nonsmokers, is the leading cause of cancer-related deaths in the country, estimated to be nearly 160,000 annually.

The United States spends more than $12 billion on lung cancer treatments, according to the National Cancer Institute. Never-smokers, is the leading cause of lung cancer-related deaths in the country, estimated to be nearly 160,000 annually.

The United States spends more than $12 billion on lung cancer treatments, according to the National Cancer Institute. Nevertheless, the survival rate for lung cancer is dismal: 80 percent of patients die within five years of diagnosis largely due to the disease's aggressive tendency to spread throughout the body.

To become mobile, cancer cells override cellular machinery that typically keeps cells rooted within their respective locations, allowing cancer cells to begin traversing the body and taking up residence in new organs. Salk has discovered the gene that receives the body's instructions to travel to cancerous adhesions and change their size and number.

"It was very, very surprising that this gene would be so powerful," Salk report author UCSD professor Jonathan Goodwin said. "At the start of this study, we had no idea (the gene) would be involved in metastasis. There are dozens of proteins that (the gene) affects; for a single one to control so much of this phenotype was not expected."

The work was funded by grants from the National Cancer Institute and other institutions.

The Salk Institute is one of the world's preeminent basic research institutions. Salk scientists make contributions to the understanding of cancer, aging, Alzheimer's disease, diabetes and infectious diseases through the study of neuroscience, genetics, cell and plant biology and related disciplines.

Faculty honors include Nobel Prizes and memberships in the National Academy of Sciences.

— Staff and contribution
UCSD's embattled Ché Café is far more than an indie rock venue

Editor's note: A preliminary-injunction hearing on the fate of UCSD's Ché Café arts/entertainment venue is scheduled for Aug. 1. If the Ché prevails, it will remain in operation until a final settlement is reached on the breach of contract matter that fuels the latest in an ongoing series of flags over the facility's future. Below is a response by San Diego's Dirk Sutro to our June 27 editorial that advocated the Ché's permanent closure.

Your “opinion” piece against the Ché Café [La Jolla Village News, June 27] is disappointing and misguided. It is clear that you do not appreciate the importance of the Ché Café as part of San Diego's and UCSD's historical/urban-cultural fabric. To say that it is a “poor man's Student Union” and to cite a few past performances by indie rock bands as a primary reason why it should be preserved is disappointing and misguided.

Many recent new buildings on campus cost $30 million or $50 million or more. In other budgetary spending categories, for line items that do not seem very significant, the amounts are much more than $700,000. UC Berkeley's football coach is paid about $2 million per year. Total revenue for UCSD in 2012-13 was estimated at $3.44 billion. Expenditure for Student Services was $855 million.

The importance of the Ché Café to UCSD and San Diego culture and history, however, is much more significant than the above. When Marshall College was founded at UCSD in the 1970s, its central mission was to add multicultural curriculum and identity to campus. Unfortunately, that mission was partially subverted by Thurgood Marshall instead of after a revolutionary figure: by low-budget buildings that do not meet UCSD's generally high standard of design and materials; by a lack of the institutional expenditure for Student Services; and by low budget buildings that will necessary to sustain a significant multicultural mission. $700,000 is a drop in the bucket in the overall UCSD budget.

Your “opinion” piece ignores the many important reasons why it should be preserved.

Yes, the building is run down. However, there is no other independent, edgy, rootsy location/hub for UCSD students. The Price Student Center is a very nice place, but UCSD students. The Price Student Center is a very nice place, but UCSD students. The Price Student Center is a very nice place, but UCSD students. The Price Student Center is a very nice place, but UCSD students. The Price Student Center is a very nice place, but UCSD students. The Price Student Union was partially subverted by Thurgood Marshall instead of after a revolutionary figure: by low-budget buildings that do not meet UCSD's generally high standard of design and materials; by a lack of the institutional expenditure for Student Services; and by low budget buildings that will necessary to sustain a significant multicultural mission. $700,000 is a drop in the bucket in the overall UCSD budget.

The murals at the Ché are an essential part of the venue's history and ongoing value. This art is much more significant than the venue's relevance as an indie rock venue. They depict Chicano history, and they were painted by prominent artist and activist Mario Torero — who also did murals in [San Diego's] Barrio Logan. In a city where Chicano culture is barely represented, the murals are essential. Torero's San Diego art is on the order of importance of historical (white) San Diego artists like Alfred Mitchell and Charles Reiffel. I am certain that if Torero were a member of the white/Euro art mainstream, UCSD and community leaders would be bending over backwards to preserve the Ché and Torero's murals.

When Marshall College was founded at UCSD in the 1970s, its central mission was to add multicultural curriculum and identity to campus. Unfortunately, that mission was partially subverted by naming it after Thurgood Marshall instead of after a revolutionary figure: by low-budget buildings that do not meet UCSD's generally high standard of design and materials; and by a lack of the institutional expenditure for Student Services.

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The Ché occupies one of the few remaining buildings from the days when the UCSD campus was Camp Matthews, a Marine base. As such, it represents the kinds of modest and functional buildings that were the predominant centers for education in the campus' early years. I suggest you Google 'Camp Matthews' to get a better idea. These old and unpretentious buildings illustrate how an important university is often born with innovation and creativity, not with fancy architecture. A few UCSD faculty were here in the late '60s, and they fondly recall those days of creating a new university from scratch on the West Coast, in a setting very different from the East Coast Ivy League.

I really don’t understand your motivation for advocating a tear-down of the Ché, but you omit many vital facts, and your arguments seem to be based on your personal experiences and biases rather than an informed view of the Ché’s importance to UCSD and San Diego culture and history.
**Calendar**

**FRIDAY · JULY 25, 2014**

**LA JOLLA VILLAGE NEWS**

**MUST SEE >>**

**FRI., JULY 25**

Book signing, 7:30 p.m., Warwick’s Books, 7812 Girard Ave., suite L. Novelist Deborah Harkness will discuss and sign her novel “The Book of Life. Reserved seating is available. Call Warwick’s at (858) 454-0347 or visit warwicks.com.

**SAT., JULY 26**

Artist Brian D. Murphy at The Blue Azul Collection, 5 to 8 p.m., 1237 Prospect St. Join the artist for an opening reception. Visit Facebook, /theblueazulcollection, or call (858) 412-4150.

**SUN., JULY 27**

La Jolla Concerts by the Sea, Bill Magee Blues Band, 2 to 4 p.m., Ellen Browning Scripps Park at La Jolla Cove, 1133 Coast Blvd. Join in the family-friendly free summer concert series for all ages offering an array of musical styles. thelaollas.org.

**MON., JULY 28**

The Comedy Store, comic Jeff Ross presents Roast Battle, 8 p.m. doors open at 7 p.m., 916 Pearl St., 21 and over, two-drink minimum. Jeff Ross is live for a rare one-night performance, followed by the Roast Battle, in which two stand-up comics compete in a match of wits and insults. thecomedy- store.com.

**TUES., JULY 29**

Stroller Strides exercise for moms and their children, 9:30 to 10:45 a.m., La Jolla Shores Kellogg Park lawn, 8220 Camino Del Oro. Moms meet on the grass in front of the playground for 75-minute workout classes. fits4mom.com.

**WED., JULY 30**

SummerFest Under the Stars, 7 to 8 p.m., Scripps Park in La Jolla Cove, 1133 Coast Blvd. Enjoy a free concert featuring La Jolla Music Society music director Cho-Liang Lin. SummerFest artists and special guests, the San Diego Youth Symphony’s International Youth Symphony. fms.org.

**FRI., AUG. 1**

Precious Pooch Dog Contest, 10 a.m. to 2 p.m., La Jolla Community Center, 6811 La Jolla Blvd. Enjoy a free “Woof-tacular!” Day at the La Jolla Community Center and visit exhibitors featuring dog accessories, food, toys, veterinary services and a dog contest, which begins at 11:30 a.m. and includes ugliest dog, best tail wagging, best terri- fic trick, best puppy, best senior dog and best original costume. ljcommunitycenter.org or call (858) 459-0831.

**SAT., AUG. 2**

Noted author Chris Ahrens will read from and discuss his new novel “Twi-light in the City of Angels” on Saturday at 7 p.m. at D. G. Wills Books, 7461 Girard Ave. (858) 456-1800. dgwills- books.com.

**TUES., AUG. 5**

Bird Rock Community Summer Picnic, 5 to 7 p.m., Calumet Park, $10 per person. Barbecue dinner catered by Beaumont’s. Come on out and meet your neighbors. birdrockcc.org.

**Comic-Con’s growth is no laughing matter**

1970 will go down in San Diego lore as the year that featured not one Comic-Con event but two. The inaugural parade, held March 21, was only meant to raise funds and possibly bump up interest for a future convention—but somehow, the idea took hold immediately, and the minicon morphed into a three-day gala that August, with 300 attending discussion groups and film screenings and featuring sci-fi writer Ray Bradbury as a guest.

The rest is history, of course. San Diego’s Comic-Con International is the model for every popular-arts festival of its kind worldwide, with more than 130,000 attending a colossal slate of interviews, films, awards ceremonies and panel talks and generating about $160 million into the local economy over its single weekend. This year’s edition opened with a preview night on July 23 and runs through Sunday, July 27, with most events taking place in the vicinity of the San Diego Convention Center downtown.

Among the favorite events is the Masquerade Awards competition, in which the entrants run with their imaginations in designing their escapist sartorials. Among last year’s winners were Hannah Black (pictured) as a Femme Doctor of Dr. Who fame; Black designed the garb, and her ascot and parasol were painted by Jarrrell Williams (photo by Daniel Sakow). At right is a formidable Charr, part of an online role-playing competition. The costume was designed and made by Devon Jopling (pictured; photo by Kevin Green).

**LA JOLLA & GOLDEN TRIBLE CHAMBER OF COMMERCE**

**Mixing & mingling Upcoming Chamber Mixer July 30**

It has been a busy month for the La Jolla and Golden Triangle Chamber of Commerce with two Mixers and Two Ribbon Cuttings Scheduled. We also have several new members including: Phenix Salon Suites, Family Auto Service, Heath Gallery, Village Gifts & Engraving and Value Strategies Inc.

Our next mixer will be held at Phenix Salon Suites on July 10th from 5:00-7:00PM. Tacos will be offered and refreshments will be served. Several new members will be introduced with photo opportunities. Phenix provides customers the opportunity to be pampered by a variety of beauty professionals all under one roof.

They are located at 7655 Girard Avenue Suite 201, La Jolla, California 92037. The attendance donation will be $10 for members and $15 for non-members. For groups of three or more non-members the donation will be $10 each.

**July Business After Five Mixer at Torrey Pines Bank**

Ted and Gene Barduson of La Jolla Wellness Studio will be hosting a re-grand opening on Thursday July 31st from 5:00 to 7:00PM. Chamber President George Schmill will preside over a ribbon cutting. Demonstrations of their state of the art exercise machines will be offered and appetizers as well as hard and soft beverages will be served. They are located at 7640 Fay Avenue, Studio F, La Jolla, CA 92037. This is a free event!

On July 2nd Torrey Pines Bank hosted a business After Five mixer at their La Jolla Village branch located at 4340 Executive Drive Suite 130 in University City. Our hosts Senior Vice President and Branch Manager Burt Briglia and Relationship Manager Rose Starck provided a lovely setting for networking and a delicious buffet dinner for approximately 30 guests. The Chamber thanks them for their generosity.

**Family Auto Service Open House & Ribbon Cutting**

On July 10th Family Auto Service held an Open House and Ribbon Cutting that was presided over by Chamber Vice President Ted Barduson. Chamber Members and the General Public were invited by Owners Rob & Claudia Russell to tour the facility; enjoy refreshments and view for great raffle gifts. FamilyAuto Service is located at 1027 Virginia Way in the heart of La Jolla.
And They’re Off!: Del Mar rolls out 75th season of horses and hats

The Del Mar Thoroughbred Club opened its 75th horse racing season July 17 to a crowd of more than 42,000, who wagered a total of nearly $15 million. The crowd arrived in ‘dressed to impress’ attire.

Lisa Marks and Tara Graham brim with anticipation as Del Mar Thoroughbred Club opens its 75th season. PHOTO BY DIANA CAVAGNARO

Between July 30 and August 22, La Jolla Music Society (LJMS) will present the annual chamber music festival known as SummerFest, comprising a series of 15 concerts played by more than 60 artists, mostly at MCASD Sherwood Auditorium, 700 Prospect St. in La Jolla.

SummerFest 2014 will begin with a free concert featuring music director Cho-Liang Lin, SummerFest artists and the San Diego Youth Symphony International at 7 p.m. Wednesday, July 30, at Scripps Forum through August 10.

Peter Carusso looked dashing in a 1901 Brooks Brothers boater hat; Jeanne Larson looked charming in a hat from Lux Ave Boutique. Michele Palani arrived on crunches wearing a Lily & Taylor hat.

More popular hats were featured from The Village Hat Shop, Arturo Rios, Diana Cavagnaro-Couture Millinery and Ralph Lauren.

The Hat Contest was a favorite again this year, with the grand prize going to Belinda Berry of Walnut Creek. She won a five-star getaway at the Grand Del Mar valued at $1,500 and a $500 Village Hat Shop Gift Certificate.

The race season runs through Sept. 3. A second season begins on Nov. 5 through Dec. 5. For more information, visit dmtnc.com.

UPCOMING EVENTS
FRIDAY THROUGH SUNDAY, AUG. 8-10: STARTUP WEEKEND SAN DIEGO FASHION INNOVATION is hosted by Comerge Workspace and is located at 330 A St. This intensive 54-hour workshop will teach you the basics of entrepreneurship, san-diego.startupweekend.org/

THURSDAY, AUG. 14: COUTURE SYNDICATE PRESENTS FASHION X from 6 to 11 p.m. at Tin Roof San Diego, located at 401 G St. This event will include art, music and fashion. facebook.com/events/251932841692945/

SATURDAY, AUG. 16: FASHION ON POINTE IS THE 37TH HAUTE WITH HEART FASHION SHOW presented by St. Madeleine Sophie’s Center. The event will be at 11 a.m. at the Hitean San Diego Bayfront, Downtown, 1 Park Boulevard. For reservations, call Neil Fullerton at (619) 442-5129.

— Diana Cavagnaro is a nationally recognized hat designer and milliner. Diana has been operating a fashion business for 30 years, the last 20 years in downtown San Diego’s historic Gaslamp Quarter. She has been teaching in the fashion department at San Diego Mesa College for 20 years. Diana is an active member of the Gaslamp Quarter Association, the American Sewing Guild, the San Diego Costume Council and the Fashion Group International.

This year’s SummerFest likely next to last at Sherwood

Between July 30 and August 22, La Jolla Music Society (LJMS) will present the annual chamber music festival known as SummerFest, comprising a series of 15 concerts played by more than 60 artists, mostly at MCASD Sherwood Auditorium, 700 Prospect St. in La Jolla.

SummerFest 2014 will begin with a free concert featuring music director Cho-Liang Lin, SummerFest artists and the San Diego Youth Symphony International at 7 p.m. Wednesday, July 30, at Scripps Park. La Jolla Cove. Lin plays Vivaldi’s popular “Four Seasons” along with an ensemble of brilliant string players, including former music director Heichiro Ohyama, on opening night, Friday, August 1.

Tchaikovsky receives homage from pianists Orion Weiss and Anna Polonsky on Saturday, August 2; Tuesdays, August 5, 12 and 19, belong to featured composer Franz Joseph Haydn. Fabled pianist Yefim Bronfman essays Prokofiev sonatas plus Beethoven’s “Archduke” Trio with violinist Martin Beaver and cellist Lynn Harrell Wednesday, August 13.

LJMS president and artistic director Christopher Beach looks forward to English trumpeter Alison Balsom (Wednesday, August 6, at St. James-by-the-Sea). “Her style and energy are infectious,” he says. He also recommends the world premiere of Howard (“Lord of the Rings”/Shore’s “A Palace Upon the Ruins” Friday, August 15.

Other SummerFest guest artists include the Miró Quartet (Sunday, August 10) and the Assad Brothers, guitarists (Wednesday, August 20). Renowned conductor Leonard Slatkin conducts the SummerFest finale on Friday, August 22.

SummerFest 2014 is likely the next to last at Sherwood Auditorium, as the 45-year-old LJMS plans to build a state-of-the-art, $60 million Performing Arts Center in La Jolla. “An acoustically rich performance venue,” Beach says, “it will enhance everything we do and show off the extraordinary musicians that we bring to the festival each year.”

For complete programming, series and individual tickets and information about free Encounters at the Athenaeum Music and Arts Library, go to ljms.org or call (858) 459-3728.

AT THE PLAYHOUSE
Make plans to attend American Conservatory Theatre/La Jolla Playhouse co-production of “The Orphan of Zhao,” featuring Tony Award-winning actor BD Wong in the juicy role of a country doctor who saves the titular infant from death at the hands of a dissolute Emperor and his cruel minister, who destroy the entire Zhao clan. The Orphan of Zhao wins a European revenge tale adapted by British poet James Fenton. The spectacle, the acting and the music are extraordinary. This plays through Sunday, August 3, in the Mandell Weiss Theatre. lajollaplayhouse.org or (858) 550-1010.

In the Mandell Weiss Forum through August 10, the Playhouse presents Elizabeth Egly’s “Ether Dome,” a co-production with Alley Theatre, Hartford Stage and Huntington Theatre Company. Directed by Michael Wilson, the play features exquisite production values and a company of 16. Commissioned to explore the history of anesthesiology, it is quite simply the most unbearable play I’ve attended in nearly 65 years of theatergoing. What a waste of talent, money and good intentions.

AND THE WINNERS ARE
South African playwright Athol Fugard’s “The Homecoming,” scheduled to run through August 10, will receive the Japan Art Association’s 2014 Praemium Imperiale [sic] International Award for excellence in theater and film. Given each year since 1988, the arts prizes carry with them an award of approximately $150,000 plus a gold medal and will be presented in Tokyo on Oct. 15. Estonian classical composer Arvo Pärt is also a winner.

Closer to home, Bodhi Tree Concerts received a San Diego International Fringe Festival award for best ensemble musical performance for its production of “The Seven Deadly Sins.” Bodhi Tree is familiar for numerous area concerts, most recently a Sondheim Cabaret July 13 at the Cuvier Club.

According to this week’s New York Times, the next step for the revised musical “Side Show,” which closed recently at the Kennedy Center after a run at La Jolla Playhouse, could be Broadway. Could be September.
With its new brunch menu, Amici’s is quickly coming into its own  

By MARTIN JONES WESTLIN

Market your comfort-food product as a state of mind whose time has come, and results will eventually follow. Starbucks did it with something as nondescript as coffee and snacks, and today, it has franchises all over the universe and beyond. Melt Down is locking into its share of the marketplace with its obsession over the once-lowly grilled cheese sandwich, of which it now serves untold varieties (you can only get ’em in Pennsylvania so far, but that’ll change). Portland, Ore.’s FBJ won’t hear of stopping until your peanut butter and jelly sammie tastes like mom’s.

Amici’s East Coast Pizzeria has exactly the right idea. A clutch of East Coast transplants started exploiting their take on the applied and fine art of the pizza 27 years ago in Northern California (the firm is headquartered in San Mateo); their hard-won concept, centered around centuries-old brick-oven bakery methods, found its way into the La Jolla marketplace in May of 2012. A Hillcrest location would follow a year later, with both venues fixating on the crusts — “crispy, airy and slightly chewy,” the way the East Coast takes its pizza, thank-you-very-much, and the centerpiece of this fixture in American culture.

Comes now the latest installment in the eatery’s refinements — its weekend brunch menu, in force between 10 a.m. and 2 p.m. on Saturdays and Sundays at the La Jolla and Hillcrest locations. The roster sports a breakfast-fast sandwich featuring herbed ricotta and lemon-dressed baby arugula and topped with a fresh organic farm egg. Oddly enough, several brunch-specific pizzas are on tap too — The Classic, with its fresh basil, cherry tomatoes and bacon or sausage; The Western, touting honey-cured ham, diced green peppers and red onions; The Mediterranean, featuring roasted Yukon Gold potatoes, baby spinach, roasted red bell peppers, feta cheese and fresh basil; and Il Cavolo Pollo, which includes a chicken breast, shredded lacinato kale, cherry tomatoes, parmesan, olive oil and fresh basil.

Amici’s will also offer what it calls its Sparkling Specials during brunch — a glass of Gloria Ferrer Blanc de Noirs wine or a Ferrer mimosa.

Amici’s shows the same reverence for its edibles as for its physical plant, which in La Jolla means signature surroundings. Long, lean architecture...
Dining
FRIDAY · JULY 25, 2014
LA JOLLA VILLAGE NEWS

**Donovan’s**

Donovan’s sets the standard of fine dining excellence. A classic steakhouse. A stylish, lively atmosphere. Cordially friendly. We like to think of Donovan’s as your own special place. A place where you can celebrate with friends, family and associates.


**The Broken Yolk Café**

The Broken Yolk Café offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are more than 20 different omelets to choose from, as well as a wide variety of other breakfast favorites which include pancakes, waffles and French toast. Feel more like lunch? Try one of our juicy half-pound burgers or one of our large sandwiches.

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**Picnic in the Park with The Patio**

There are a lot of activities synonymous with summertime, and attending an outdoor concert is one of them. Starting Sunday, July 20, the Pacific Beach Community Foundation will be launching its 12th “Concerts on the Green” summer concert series at Kate Sessions Park. The series runs for four consecutive Sundays and will feature musical acts The Jackstones, Three Chord Justice, The Siers Brothers, and Theo & The Zydeco Patrol.

Music starts at 6:30 p.m.

The Patio on Lamont Street, a sponsor of the concert series, will be providing to-go picnic boxes for pickup at the restaurant, which are perfect for snacking on while listening to tunes! The to-go box will include an assortment of cheese, charcuterie, crostini, and spreadable house made compote, all for $15.

Many of our regular menu items are also available for take-out everyday, including flatbreads, sandwiches, soups and salads; just call ahead before heading to the park.

In addition, at each concert, The Patio will be passing out complimentary house made dog treats to our four-legged friends! The treats are made from bacon and short rib scraps, whole wheat flour and peanut butter, and pups love them!

The Patio on Lamont Street is located at 4445 Lamont Street in Pacific Beach. For more information or to place a to-go order, call 858-412-4648.

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**AMICI’S**

CONT. FROM PG. 10

ture, a generous patio with tiny fire pits on the tables, a clean brown color scheme and an almost brawny sense of space make a dandy climate for digging into a Greek Isle special (something about artichoke hearts and feta cheese sends me over the moon).

You can also create your own pizza amid an exhaustive selection of toppings — and on brunch days, you’re invited to try the Pizzarito, which involves pizza dough wrapped into a burrito skin with sauce and toppings inside it all. And remember that Amici’s has fueled its reputation on its salads, too, which hints it’s an ideal place for lighter fare.

Coffee, grilled cheese sandwiches, peanut butter and jelly, pizza: take away the marketing strategies, and they’re all pretty much unheralded staples.

Amici's East Coast Pizzeria cheerfully invites your comparisons about the latter, confident that after your first meal, the marketing will take care of itself.

Amici's is located at 811 Prospect St. in La Jolla and at 3958 Fifth Ave. in Hillcrest. Delivery in limited areas is available. For hours, contact info, menus and more, see amicis.com.

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**The Broken Yolk Café**

The Broken Yolk Café offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are more than 20 different omelets to choose from, as well as a wide variety of other breakfast favorites which include pancakes, waffles and French toast. Feel more like lunch? Try one of our juicy half-pound burgers or one of our large sandwiches.
When philanthropy matters, hip has nothing on San Diego. The latest Patrons of the Prado installment in Balboa Park demonstrated as much on July 12 during a Beatles-themed fundraiser for The Old Globe Theatre, The San Diego Museum of Art and The Reuben H. Fleet Science Center. Dressed for the part are La Jolla philanthropists Jeanne Hancock Larsen (middle right), La Jollans Micki Olin and Reid Abrams (lower right) and Maria and Paul Stanley (below). The scene was just as hip at the opening soiree of the fifth annual La Jolla International Fashion Film Festival, held at the Mangelsen Images of Nature Gallery on Girard Avenue. Directors Federica Gasca, Borja Mucientes and Vikram Bawa shot a selfie with an African “savannah” in the background (far right), while fashion historian Linnea Zinnear and designer Saam McBride share in the spirit of the occasion (near right). There's more about the festival, which runs through Saturday, July 26, at ljfff.com.

Fab fundraiser

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Health scams abound

Using failures constructively

Ket. While some may be helpful, they do not undergo government oversight. The buyer must be cautious.

forgetting things or losing our memory as we age. You may see ads for: anti-aging medications. Aging is normal and as of this time, no treatment has been proven to reverse the aging process. Eating right, getting exercise and not smoking give you the best chance of aging well.

Arthritis cures. Symptoms of arthritis come and go so cures with a product are come and go so cures with a product are not enough, so it is critical for those in charge to be in touch with the reality of the situation when they are responsible for the outcome.

There are errors that could have been prevented with some foresight. These preventable blunders or missteps are due to one of two factors: ignorance or neglect. Either the person did not have the knowledge or competence to prevent the error, or the person did not pay attention, deliberately or not.

It is no wonder that most people do not want to tell their superiors when something has gone wrong. Often, the problem could be lessened if caught early enough, so it is critical for those in charge to be in touch with the reality of the situation when they are responsible for the outcome.

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Dietary supplements. Most dietary supplements do not undergo government oversight. The buyer must be cautious.

Anti-aging medications. Aging is normal and as of this time, no treatment has been proven to reverse the aging process. Eating right, getting exercise and not smoking give you the best chance of aging well.

Health BRIEFS

Health scams have been around forev- er but it seems as if the awareness of them is greater than ever to advertise miracle cures and "magic potions" with the Internet and e-mails bombarding us. A lot target dis- eases that have co-occurred such as diabetes, arthritis and Alzheimer's and the older person is the one that suffers most often with these diseases. You may see ads for: dietary supplements. Most dietary supplements do not undergo government oversight. The buyer must be cautious.

It is no wonder that most people do not want to tell their superiors when something has gone wrong. Often, the problem could be lessened if caught early enough, so it is critical for those in charge to be in touch with the reality of the situation when they are responsible for the outcome.

There are errors that could have been prevented with some foresight. These preventable blunders or missteps are due to one of two factors: ignorance or neglect. Either the person did not have the knowledge or competence to prevent the error, or the person did not pay attention, deliberately or not.
Brave New World: Sports travel clubs are the young athlete's boon (and bane)  By ED PIPER

Back in the day, the young athlete had it relatively simple: Play for the school sports team or play Little League baseball, Pony League and Colt League. There might be a batting cage in town, and there might not be, for organized team trips to visit. Soccer isn't yet established and is a minor influence in the American youth sports world.

Fast-forward to the modern era of heightened attention on sports in general in our culture, with its ESPN 24-hour news cycle. Young people can now get a highlight disk of their best plays custom-made for college recruiters. Parents may hire a personal trainer for their child to improve individual skills in the sport of their choice. Recruiting starts early, jet-propelled by the Internet and electronic communications.

Welcome to the Brave New World that young athletes and their parents already know and have been negotiating at least since the 1990s. The Holy Grail? Landing a full-ride athletic scholarship on a Division I college team. And for the .01 of 1 percent who make it: the 1990s. The Holy Grail? Landing a full-ride athletic scholarship on a Division I college team. And for the .01 of 1 percent who make it: the 1990s.

“Since the Mizuno 18-1’s Coast Darrel team is so talented,” Palatella texted, referring to his club team, “we would be playing on the top courts, playing the best teams and getting all those reps. It’s a lot of work, but if you love volleyball and you want to get better, then it’s the way to go.”

Joe, a 6-foot, 5-inch leaper entering his senior year as a Viking, mentions USC, Texas, South Carolina, Georgia and Miami as colleges with talented volleyball teams he would love to play for next year. Surely, he would be the first as well to talk about the enjoyment and success he has experienced on the La Jolla CIF Division III champion team in 2013 and the team’s march to the Division I semi-finals in the recently completed 2014 season.

Across the La Jolla High campus, Riley Young, headed to LSU next month to play for the Lady Tigers, sharpened her skills playing for coach Dave Jones, who coaches both the boys and girls teams. Young savored her fleeting times with her classmates as a senior this spring and enjoyed social activities like the prom that are part of the school experience.

“I love how social activities are involved with school,” says Young, who leaves August 17 for Baton Rouge, “I like on the school team how close we all are.” Regarding her club experience, she comments, “A club team is good because you can pick the coach you want to play for. The competition is much better than high school is. It’s different not having it tied to campus, because you’re playing with girls all around the county versus with the girls you go to school with.”

Jorgen Klinsmann, coach of the U.S. men’s soccer team that brought cheers in the just-completed World Cup, complained that American athletes lose the opportunity for full-time concentration on their sport by attending college and combining studies with play. Athletes from his native Germany and other countries across the world can enter a sports academy at a young age, with their parents’ blessing (or pushing), and begin to receive professional coaching with an eye toward the pros. Witness Barcelona soccer and Lionel Messi, an Argentinian who transplanted himself halfway across the world and is now a three-time Ballon d’Or (Ball of Gold) winner, emblematic of the best player in the world.

Coach Paul Baranowski, varsity head coach of the La Jolla High boys basketball team, sees both sides of the road. Baranowski, with 20-plus years’ coaching, has also directed travel teams.

“I have mixed feelings about the inherent conflict which exists for players,” the Viking coach says. Sometimes players have to choose to play for the school team or a club team only. CIF recently reaffirmed by vote its rule against an athlete playing for a club team concurrent with the high school season. Club soccer teams have ongoing competition year-round. Some travel squads don’t allow team members to play for their high school teams.

Baranowski cited the value of travel teams in the interest of an individual player’s improvement. But he cautioned that families should gain information about coaches before signing up.

“My preference,” says the third-year La Jolla head coach, “is that high school players prioritize school team commitments ahead of club participation.”

Jones, the Viking volleyball coach, is also a classroom teacher. Contacted during his teaching day in summer school, he voiced some strong opinions about travel clubs and non-teacher coaches in general.

“I think there’s a huge difference between (club and school teams),” Jones said. “The biggest difference I see are the intangibles that are taught in school, versus on the club teams. When you look at attitude and leadership (being emphasized), those things come in as factors on club teams, but not as much.”

Jones talked about the fact high school athletes carry out their activities in a school setting, with accompanying support and accountability. “Wherever you go or whatever you do, you’re representing La Jolla High.” He said, “On the other hand, when you’re playing for a CIF championship, you have the support of your whole school.”

Baranowski and Jones agree that athletes are told they need to participate in regional and national travel competition because of exposure they will receive to college recruiters. Regarding walk-on coaches who are not classroom teachers, Jones reserved his strongest opinions.

“I don’t think it’s good to have walk-on coaches in high schools,” he said. “They don’t have the pedagogy... the understanding how to work with the students. I’ll give you an example. I’m teaching summer school at Clairemont High. I looked on their website, and 80 percent of their coaches are teachers. I’d say it’s more like 15 percent at La Jolla High.”

Jones said the valuable contribution club coaches bring is high-quality instruction in individual skills, a fact that he tries to take advantage of by inviting club coaches in to teach his team members.
Summer ocean gremlins return

Well, it is officially summer, and you know what that means? Right, not talking about the longer days and warmer evenings. Not even thinking about the crowds and lack of easy parking anywhere within a mile of the beach.

Smaller surf and less of it? Nope. I’m talking about stingers. The gremlins of the ocean who always appear right around now as the tides drop out to negative lows and water temps climb up into the low 70’s. These creatures are nasty, and it has already been an near epidemic year for people getting stung by them.

Beach breaks are the most likely place to run into them, but sand pock- ets in the reefs can harbor these little land mines as well. Though the wound that they inflict is usually just a small laceration, the pain can be a very serious thing to deal with. On rare occasions, the barb can actually break off inside of the vic- tim’s body, so great care must be taken to make sure none of this foreign mate- rial is left in the wound.

Treatment for a wound is somewhat limited. It normally consists of putting the damaged area into water as hot as can be tolerated, then adding hot water at regular intervals. Some people can handle the pain better than others, just as some wounds are worse than others. My experiences with being stung have been somewhat lucky, I’d say. The initial sensation was a quick prick and a burning sensation. As the body starts to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the venom, I felt that burn grow quickly in intensity and start to react to the ven...
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If it’s summer, this must be basil

By Linda Marrone

To me, basil is synonymous with summer — and even though you can find it year-round in the market today, it just doesn’t have the same flavor during the rest of the year. There is nothing on a warm summer night like a beautiful Caprese salad, made with fragrant basil from the garden, heirloom tomatoes, fresh mozzarella, a splash of balsamic vinegar and the best extra-virgin olive oil you can find.

A member of the mint family, basil (Ocimum basilicum) is a hearty culinary herb that is easy to grow and will thrive in your garden and in containers. Besides its wonderful flavor, it is also known to have strong antioxidant and antiviral properties. Basil likes well-drained soil or containers that drain well and at least six hours of sunshine a day. If you have a warm, sunny place indoors, you can grow it inside; but I feel the indoor product doesn’t yield as good a flavor. A month-long feeding of balanced organic fertilizer will keep your plants thriving and producing during the warm months. Since I use basil so frequently during the summer, I find I need to replace my plants every couple months.

Most basil plants are annual, but a few, such as African blue basil, are perennial in our mild climate. These plants have beautiful lavender blue flowers, and I grow them in my flower garden for the flowers and the scent, but I do not eat them, because the flavor is much too strong for my taste.

I prefer sweet basil (Genovese), commonly used in Italian cuisine, and Thai basil that complements Asian dishes. Genovese basil is sweet, with a light licorice flavor, and Thai basil has cinnamon/clove undertones. There are more than 60 varieties of basil, and some that can be found at most nurseries include cinnamon, opal, lemon (that goes great with fish) and bush basil — an attractive small plant with tiny, slightly spicy leaves and a bushy, compact shape. If you plan ahead, you can find many different varieties in seed form. Basil seeds take seven to ten days to germinate and will mature in about two months.

Like most herbs, basil likes to be pruned — and as you cut it to add to your dishes, the plant will continue to grow and produce more flavorful leaves.

For the best flavor, cut off the leaves and some of the branches just as the plant begins to bud. Make sure you cut off the flowers as they begin to form to ensure the formation of leaves instead of seeds.

Basil leaves bruise and discolor easily, so add them to your dishes at the very last moment. I find that tearing the leaves as opposed to chopping them helps to maintain the beautiful bright green color.

BOFFO

CONT. FROM PG. 1

Fastlicht said the goal is to have the new theater complex, which will have seven screens and 361 seats, operational by the first quarter of 2015.

Boffo has also applied for a full liquor license. “We bought the license from Zenbu across the street,” said Fastlicht. One operating condition, he added, is that the establishment is required to be primarily a restaurant, not a bar.

“I think it’s a great project and will be a wonderful addition to the Village,” said PDO committee member Deborah Marenco, who moved approval of the project’s design. The design was endorsed by a 6-0 group vote.

La Jolla restaurateur George Hauer and architect Mark Steele detailed a proposal to expand the existing George’s Ocean View Terrace, at 1250 Prospect St., onto an adjacent existing roof. The proposal includes expanding the existing bar area, with additional bar and seating in an improved waiting area.

“We need to look at a fair and equitable application of the laws with George’s, and he needs a shared-use agreement,” Stiegler said.

After debate, the PDO voted 6-0 in favor of George’s proposal pending the restaurant’s acquisition of a shared-use agreement.

SANDAG seeks public comment on trolley plan document

The trolley extension program’s impact on fairy shrimp is outlined in a new SANDAG report.

The San Diego Association of Governments (SANDAG) invites public comment on a supplemental environmental document for the Mid-Coast Trolley extension project that evaluates a previously unidentified impact on San Diego fairy shrimp, a federally listed endangered species.

The 45-day public comment period for this document, available at sandag.org/midcoast, will end Sept. 2.

The report, a supplement to the Draft Supplemental Environmental Impact Statement/Subsequent Environmental Impact Report, discloses impacts to fairy shrimp living next to a set of railroad tracks during sur-

San Diego Association of Governments (SANDAG) invites public comment on a supplemental environmental document for the Mid-Coast Trolley extension project that evaluates a previously unidentified impact on San Diego fairy shrimp, a federally listed endangered species.

Comments may be submitted in writing via U.S. mail, email or fax or may be made orally on the project’s voicemail at the following addresses and phone numbers:

U.S. mail: Leslie Blanda
Mid-Coast Project Development Program Manager
San Diego Association of Governments
401 B St., Suite 800
San Diego, CA 92101
Email: midcoast@sandag.org
Fax: (619) 699-1905
Voicemail: (619) 595-5620

The Mid-Coast Corridor Transit Project will extend trolley service from Santa Fe Depot in downtown San Diego to the University City community, serving major activity centers such as Old Town, UCSD and Westfield UTC. The project would be funded in partnership by SANDAG using a regional half-cent sales tax for transportation improvements, and the Federal Transit Administration New Starts Program. Construction is anticipated to begin in 2015, with service starting in early 2019.

— Staff and contribution

COURTESY PHOTO

Bush, opal and cinnamon basil thrive in the foreground.

Basil Pesto

My husband’s summer favorite!

• 2 cups basil leaves, stems removed
• 1/4 cup toasted pine nuts
• 2 garlic cloves, chopped
• Zest from 1 lemon
• Sea salt and freshly ground pepper, to taste
• 1/2 to 3/4 cup extra-virgin olive oil, as desired

1. Place the basil, pine nuts, garlic and lemon zest in a blender and process until the mixture becomes a coarse paste. Transfer the mixture to a large bowl and stir in the cheese, parmesan, garlic, pine nuts, lemon zest, sea salt and pepper. Drizzle with olive oil, as desired.

2. Serve with pasta, eggs or as a topping on bread.
“There’s been a sad lack of critical reflection or moral responsibility among the American Jewish community,” he said.

The rallies ended after about an hour.

San Diego No. 3 in clean-tech activities, research firm says

Clean Edge, a leading clean-tech research firm, has ranked San Diego the nation’s No. 3 city in activities that center on nonpolluting technologies, from electric vehicle and renewable-able adoption to patent and investment activ-

ity. The survey also ranked California the top state in clean-tech activities.

San Diego ranks No. 2 in clean electricity and carbon management, fourth in advanced transportation and No. 6 in the categories of green buildings and clean-tech investment, innovation and work force.

Los Angeles ranked No. 7 on the overall list.

Clean Edge, founded in 2000, is headquartered in Portland, Ore. and Oakland, Calif. and has tracked reports on so-called clean tech-

nologies, such as solar and wind, for 12 years.

California leads the nation in clean tech for the fifth consecutive year, with Massachusetts and Oregon repeating their No. 2 and 3 rank-
ings from the 2013 state index.

“Climate disruption and the growing availability of market-competitive clean-energy technologies are driving many states and cities to tackle climate issues head-on,” said Clean Edge founder and managing director Ron Per-

da. “More than ever, this year’s leadership index highlights how some top regions are taking climate action seriously.”

CONT. FROM PG. 2

At the counter-rally sponsored by the organ-

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One North Park resident said local Jews need to stop justifying what he called Israel’s unac-

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