La Jolla lifeguards take title

BY MATHILDE ROUSSEAU
BJERREGAARD

On Wednesday, Aug. 23, San Diego Fire-Rescue Lifeguard Services Division held the 64th annual Ron Trenton Memorial Lifeguard Relays in Ocean Beach. This year’s winners were the lifeguards from La Jolla.

The relays are an exciting and challenging competition among lifeguards that include 12 legs that demonstrate the variety of rescue techniques used in ocean rescue such as running, swimming, paddle boarding and landline rescue.

“The event is a great way of showing the public the lifeguard’s lifesaving capabilities and it is great fun for the lifeguards. It is one of the highlights of the summer,” said Lifeguard chief Rick Wurts.

San Diego Fire-Rescue’s Lifeguard Services Division is geographically divided into four operational areas: southern includes Ocean Beach, central includes Mission and Pacific beaches, northern includes the La Jolla beaches and the fourth area includes Mission Bay and the Boating Safety Unit.

La Jolla lifeguards rejoice during their victory at the 64th annual Ron Trenton Memorial Lifeguard Relays. PHOTO BY THOMAS MELVILLE

See Lifeguards >> PG. 4

Greatrex charged with misappropriation of funds

BY DAVE SCHWAB

An arrest warrant and Superior Court case alleges Cindy Greatrex stole $67,935.86 from the La Jolla Park and Recreation Committee while president of that nonprofit group between May 2016 and February 2017.

She and her attorney answer that claim is false — and that they have the documentation to prove it.

Greatrex has posted $70,000 bail on a charge of 487(B)(3) PC, defined in the California Penal Code as grand theft, which includes circum-

Special circumstances filed against home invaders

BY NEAL PUTNAM

A man suspected of a home invasion robbery in La Jolla had special circumstances allegations filed against him Aug. 28 involving the murder of a woman in Santee.

Jose Nunez Torres, 22, and Gustavo Ceron, 25, are charged with the Oct. 12, 2016 robbery of Robert Hill in his home in La Jolla in which a gun was pointed at his head.

A week earlier, Torres allegedly shot and killed Leticia Arroyo, 34, in her townhome in Santee near Mission Gorge Road. She had been shot in the head.

Deputy District Attorney Jim Koerber said Tuesday his office has not yet decided whether to

See Invader >> PG. 4

Keith Greatrex charged with misappropriation of funds

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Greatrex has a special allegation, PC12022.6(a)(1), defined as the taking of property.

She first appeared in San Diego Superior Court on July 18 to answer charges against her. A preliminary exam for her is scheduled for Friday, Sept. 15 at 8:30 a.m. at San Diego Superior Court, Central Division, County Courthouse, Dept. 11.

When theft involves property stolen valued at over $950, the charge can become grand theft. A felony theft conviction is punishable by 16 months to three years in custody. In California, felony grand theft is codified under Penal Code Section 487.

A preliminary hearing scheduled for Oct. 19, PB, LJ robbers charged

By Neil Putnam

Two men suspected of robbing five people in Pacific Beach will have a preliminary hearing on Oct. 19, a judge set Tuesday in downtown San Diego.

Both Ephraim Jacob Byers, 20, and Kyle James Holland, 19, appeared Tuesday before San Diego Superior Court Judge Timothy Walsh. They are also charged with three counts of making criminal threats to the victims. Byers is accused of robbing a woman in La Jolla by himself in May; said Deputy District Attorney Lucille Yturralde. Yturralde said Byers is also accused of misdemeanor petty theft in Pacific Beach when he went inside a business in May and took something without paying for it. Byers allegedly used a gun in the La Jolla robbery.

Both men have pleaded not guilty. Bail for Byers is set at $500,000 as he has a previous case, said Yturralde. Holland’s bail is $150,000 and both remain in jail.

On Monday, both men pleaded not guilty and a trial date was set for Jan. 22, 2018. The case will stay in El Cajon because of the murder in San Diego.

Hill testified he saw both men climbing through the kitchen window one night. He said a pistol was pointed at his face and the bandits took cash and credit cards before leaving.

Greatrex was in jail since Oct. 16, 2016, but Ceron was not apprehended until Feb. 8 by a fugitive task force. Torres’ bail is $1 million, and Ceron’s bail is $301,000 and they remain behind bars.

Juvenile humpback whale stranded off La Jolla in dire health

On Monday, Sept. 4, a 20- to 25-foot-long juvenile humpback whale was spotted within half a mile of Windansea beach, San Diego police and SeaWorld rescue team went out to closely monitor the whale, but with severe gashes on it’s back and fluke, there was little that could be done.

Volunteers were eventually able to remove some line and buoy’s from the whale, and it slowly began making its way north to the Children’s Pool. As of Tuesday, Sept. 5, it was spotted off Torrey Pines State Beach.

“Wounds are so substantial, that I doubt the whale will make it,” said Justin Viezbicke, the California stranding network coordinator for the National Oceanic and Atmospheric Administration Fisheries.

“It does survive, it’s going to be a long recovery process.” An advisory was issued to boaters to stay at least 1,000 meters away from the distressed whale.

The SeaWorld rescue team’s evaluation was just as bleak. Although they were unable to decipher whether the lacerations were caused by the lines or watercraft, the humpback was deemed to be in “poor condition,” hardly able to dive.

Pedestrian seriously injured on high speed road collision

A 51-year-old man suffered serious injuries after a driver hit the pedestrian in University City. At approximately 9:15 p.m., the driver, who was heading east on La Jolla Village Drive approaching Lebon Drive, unsuccessfully attempted to swerve to avoid the pedestrian, who may have been attempting to cross the street. La Jolla Village Drive is a high-speed 4.5 mile-per-hour travel lanes and no crosswalk on the side of the street where the collision happened.

“Speed is the biggest factor that determines if a pedestrian survives a collision with a car,” said Moya Ross, advocacy manager for Circulate San Diego. “Serious injuries and deaths are preventable with traffic calming and pedestrian infrastructure such as high-visibility crosswalks.”

A diverse coalition of 20 organizations have promoted a campaign for the last two years called Vision Zero, with the goal to end traffic deaths and serious injuries in San Diego by 2025. Mayor Faulconer and the San Diego City Council adopted a 10-year Vision Zero plan in 2015. Last year was the third year in a row the City of San Diego with an increase in pedestrian deaths. In June, the city recently committed to making improvements to the 15 most dangerous intersections, but yesterday’s injury shows that more work is needed.
La Jolla Art Association fundraiser to keep local institution afloat

BY BLAKE BUNCH

It is no secret that Ellen Brown- ing Scripps was a huge proponent of the arts in La Jolla. Not only was she an avid collector and advocate, she placed endowments to fund early forms of what we would call a “collective” today through fully-funded art programs. Few may realize that one such institution was the La Jolla Art Association, which was founded in 1918. Now, after 99 years of existence in the area, the association holds fundraisers to cover their once-endowed program.

On Sept. 23, from 2 to 5 p.m., they will be hosting a fundraiser to help pay their costly rent (roughly $3,000 per month) at their location at 8100 Paseo del Ocaso, Ste. B. “We were in existence before the Athenaeum,” said Ray Anne Marks, fundraiser chairman. “Up until 1968, we’ve be fortunate enough in the funding of the program from Ms. Scripps, always having a gallery space for the novel price of $1.”

Marks is referencing the fact that, in 1968, the library needed more space and wanted to buy the existing property to build a new library or find another site. The local community wanted to keep the old library at the same centrally-located site.

The La Jolla Art Association then agreed to move to the adjacent Parker Building, owned by the Library Association of La Jolla, to enable the public library to stay at the existing site and use the extra room. “The La Jolla Art Association’s lease for rooms in the adjacent building specified the same $1 rent and 2005 termination date as the old lease.”

In February, 2002, Dottie Stanley, President of the La Jolla Art Association, approached the Athenaeum about the impending end of the lease.

“We were basically ‘kicked out on the street’,” said Marks. “So about six years ago, we started hosting these fundraisers to solely cover rent at our ‘new’ location.”

The fundraiser, of which art will be available for purchase for as little as $200 per piece, will be open to the public from Sept. 11 to 23. That, in itself, is a fantastic way to buy world-class oil, abstract, photography or other curated works.

“The fundraiser works rather differently than most are used to,” said Marks. “Prospective buyers are encouraged to select their favorite 50 pieces out of 65 total, and if they are chosen to purchase a particular piece on their list, they may do so. Participants need not be present for the auction, however, as they can have someone by proxy hold it for them.”

All works being sold are created by La Jolla and San Diego-based artists. For more information on the event, or to bid on artwork, visit www.lajollaartassociation.org. If buyers are not going to be present, they can contact Ray Anne Marks at rmarksart@gmail.com.

‘Artisan Market’ by Ray Anne Marks is one of the many works to be auctioned off (work is in color). PHOTO CONTRIBUTED

Scripps study aims to protect herbivores, preserve coral reefs

BY MALLORY PICKETT

Data from the world’s first herbivore reserve suggest protection works to keep algae overgrowth in check.

Scientists from Scripps Institution of Oceanography at the University of California San Diego predict that protection of seaweed-eating fish and invertebrates will help maintain the health of a Hawaiian coral reef by leveling the competition between fast-growing seaweed and slow-growing coral.

In a paper published recently in the journal Ecosphere, the Scripps team used data from Hawaii’s Kahekili Herbivore Fisheries Management Area, the world’s first herbivore reserve, to evaluate the benefit of a new management policy that specifically protects parrotfish (Uhu, in Hawaiian), surgeonfish (Api), and other herbivores. Such marine organisms keep in check the spread of seaweed that would otherwise overtake and damage or destroy coral reefs.

According to the study’s lead author Emily Kelly, a marine ecologist at Scripps and former Scripps graduate student, their results are very promising.

Kelly and her team, which includ ed researchers from NOAA’s Pacific Island Fisheries Science Center, University of Hawaii, and Hawaii’s Division of Aquatic Resources, gathered data from Kahekili on herbivore grazing rates and algal growth rates from 2009 (the first year of the herbivore protection) to 2014, to track the amount of seaweed eaten each year. The team’s results showed that throughout the first five years of herbivore protection, seaweed growth consistently exceeded grazing by herbivorous fishes, but by a shrinking margin since 2010. In that year, the amount eaten was 20.8 percent of the amount that grew. By the end of the study in 2014, consumption was 67.0 percent of production.

Then they used the data collected from Kahekili and predicted how the grazing deficit would change if the area, which had been protected for only five years, had the same quantity of grazers as the neighboring Molokini Shoul Marine Life Conservation District, which has been protected for more than 40 years.

“We’re trying to provide a window into what Kahekili could look like in the future,” Kelly said of the comparison. “I’m excited to see that the grazing deficit—the difference between the rate of algal growth, and the rate at which herbivores eat the algae—is getting smaller through time.”

“I am very surprised with the speed that this reef ecosystem has responded to the management action,” said Russell Sparks, a coauthor of the National Science Foundation (NSF)-supported paper and an aquatic biologist in Hawaii’s Department of Land and Natural Resources, Aquatic Resources Division. “As a result of the successes we have measured in Kahekili, I suspect herbivore management will become a much more commonly utilized tool throughout Hawaii and the world.”

By making projections for the reserve using a neighboring reef, “we’re not trying to hold this reef to a standard of some reef far away from humans, but rather we’re looking at an example of a reef in the main Hawaiian Islands,” Kelly said.

“We’re trying to use a realistic reef future scenario to show that there could be enough herbivore biomass in the future that herbivores will in fact be grazing down the seaweed.”

Kelly says these results can hopefully support herbivore management as a conservation strategy, which is advantageous for policy-makers because herbivore protection allows mixed use of a reef area.

“Herbivore management can be a great option because it allows for fishing of other types of fishes. Fishing is really important in Hawaii. It has a lot of cultural importance and of course is important for people getting fish for food, for both day-to-day meals and for celebration,” Kelly said. “Hopefully herbivore management can be a balance of allowing fish to graze down the reef and keep it health, but also allow people to fish and use the reef in ways that they have for many generations.”

Kelly added that healthy coral reefs with plenty of fish provide many benefits in addition to supporting food supplies. They also protect shorelines from storms and are a big tourist draw, providing a boon for local economies.

Funding for the research was provided by the Hawaii Coral Reef Initiative, the Mia Tegner Fellowship, the Women Divers Hall of Fame, the Explorers Club Exploration Fund, the Sussman Fellowship, and the Oceanids Memorial Fellowship.

Seaweed-eating fish and invertebrates will help maintain the health of a Hawaiian coral reef by leveling the competition between fast-growing seaweed and slow-growing coral.

PHOTO CONTRIBUTED
BY LUCIA VITI


Wearing pop culture, politics, history and sports, Riggle explores the origins of awesomeness while defining its ethics. The University of San Diego professor toute’s a viewpoint that awesome people build a community by facilitating social openings; those who suck demolish them.

Riggle opens this inscrutable outline for connecting community by high-lighting Jeremy Fry, “a skinny ordi-nary young man at a Boston Celtics game with his mother,” pictured on the arena’s Fancam. Normal reactions to a spanning Fancam – smil-ing, waving, nudging friends and kissing significant others – didn’t apply to Fry. With Jon Bon Jovi’s “Living On A Prayer” blaring in the background, Fry dove head first into cre-ative expression. This kid decided to embody the spirit of Jon Bovi Jovi.

Riggle writes, “...he bounced out of his seat and immediately assumed the role of Jon Bovi Jovi in a music video – lip-synching, awkwardly dancing, and air-guitaring to the song while roaming among the audience with a diverse and increasingly lively crowd.” Enthralling, spirit-lifting, inspir-ing and of course awesome were but a few of the positive labels placed upon this seemingly, unassuming teen.

“At least one commentator found a renewed faith in people,” writes Riggle. “Another saw Fry in the makings of a society-structural ideal: ‘This man should lead us.’” Although the crowd enthusiastically and energetically joined Fry, one frumpy sad-sack nudged him away while mocking him with air kicks. Riggle writes what many Youtube observers agreed, the frump sucked. And let’s face it, no one wants to suck.

But what differentiates awesome and suck, ergo Fry versus the frumpy, sad-sack, mean-kicking spectator? Riggle notes that the frump might be the product of his culture. Awesome cultures permit people to “freely” express themselves, thus “collectively” enhancing the quality of our lives. And we’re on the precipice of change. He writes, “Our collective interest in being awesome (and not sucking) marks a new era in American cul-ture that is shaped by social, political, and technological shifts.”

“On Being Awesome” details America’s social shifts from the 1930 emergence of “cool” to the Cultural Revolution of the 1960s. “Obsessed with social, cultural, and political changes paved an easier path for self-expression, affording everyone ‘our own sense of a life worth living.’” However, a decline in community surfaced as a consequence. The transition, according to Riggle, served as both a positive and a negative.

Riggle even adds the invention of the high-five in 1977 to his list of awesomeness cultural game-changers. Yes, the high-five was invented in the late ’70s by a baseball player named Glenn Burke.

So how does a high school dropout who became a successful professional skater navigate his way to philosophy? By exploring – completely unencumbered by a formal classroom – world religions, self-help manuals and philosophers the likes of Plato, Descartes and Buddha. “I was a high school dropout who never really cared about school,” he said. “Yet here I was in love with [Philosophy] the most venerable tradition in Western education.”

Riggle left the skating circuit to pursue a philosophical education. Interrupted only by a short stint as a musician, he spent “intense, yet blissful, semesters” at the University of California at Berkeley where he received a bachelor of arts in Philo-sophy. A PhD from New York Uni-versity followed suit. Today the awe-some author serves as a professor of philosophy at USD where “I can skate and philosophize all year-round.”

Among his many philosophical awesome epithets stands a warning that marketing and social media exploit awesomeness by selling the “spectacle” instead of the encour-agement to be awesome. Marketers “repackaged” and “distorted” all that “embodies the ethics of awesomeness” for the sake of sales. Riggle notes that a life spent online is a life spent opting out of dynamic social situations because we “harbor a nagging feeling that there’s something better to do or look at online.”

“It’s important to remain con-nected to real awesomeness, which is something we can’t simply enjoy on TV or the Internet, we have to create it for ourselves, in our own lives, neighborhoods, workplaces, and so on,” he writes.

According to Riggle, being awe-some is liberating.

“Awesomeness is the bell that a free people must endlessly sound: it’s the caffeine we must crave lest we get headachy, tired, cranky – the small price we must pay to become human again and again,” he writes. “The ethics of awesome is an ethics of aspiration and communal imagina-tion: The imagination must be cultivated; the culture must be imag-inated.”

“On Being Awesome” covers such topics as the basics and modes of awesome and suckiness, articulating awesome, creative community builders, introverts and expecta-tions, be cool, be not cool, individuality and community – tension and resolution, altruism, art, athleticism and a civic life.

Riggle concludes by questioning the reader, “From our current van-tage point, we don’t really know what life would look like if we were more awesome more often. What would we care to think, read and write about? What would we love to do? Whom would we love to be around? What kinds of communities and neighborhoods would we build? What kind of movements and collectives would we start or sup-port? What kinds of cultures and societies would we create? I don’t have the answers to these questions and we can only find them together. One thing is for sure, I’m down to find out.”

USD professor (and former pro skater) Nick Riggle’s ‘On Being Awesome’ is slated for release on Sept. 19.

PHOTO CONTRIBUTED

JCompany celebrates 25 years of youth theatre in La Jolla

Over its 25-year history, JCompa-ny Youth Theatre has brought hun-dreds of shows to the stage allowing thousands of young thespians to gain poise, confidence and self-esteem through the magic of the stage. On Sept. 9, all of San Diego is invited to celebrate JCompany’s 25th jubilee season with a trip down memory lane. The family friendly evening will feature a light reception (beer and wine for adults, coconuts and milk for kids) along with trib-utes to JCompany stars and a curated collection of costumes, props and memorabilia from some of its most memorable shows.

Founded in 1993 by artistic direc-tor, Becky Cherlin Baird and execu-tive producer Melissa Garfield Bartell, JCompany is recognized as one of Southern California’s leading famil-ly-based youth theatre companies. JCompany’s professionally mounted performances are based out of the David and Dorothea Garfield The-atre, a 49-seat state-of-the-art theatre facility located at the Lawrence Family Jewish Community Center.

“In honor of this milestone, and to commemorate our successes, we are raising funds to renovate the JCC’s rehearsal room,” says Krystle Hart, JCompany managing director. “Our goal is to create the very best, most professional experience for our young actors and improve the qual-ity of their theatre education.”

The evening will also include the unveiling of the JCompany Jubilee Exhibit: A Look on 25 Years of Excellence, which will be housed at the Gotthelf Art Gallery located at the JCC through Oct. 15. The exhibit is a historical and visual retro-spective of one-of-a-kind production artwork. Dorothy’s ruby slippers, Joseph’s coat of many colors, and so much more.

JCompany Youth Theatre has performed such classics as ‘Fiddler on the Roof’ (above), ‘Les Miserables,’ ‘Beauty and the Beast’ and more.
Physician-scientist and waterman joins SD Coastkeeper board

SD Coastkeeper announces the addition of Dr. Jim Perry, University of California San Diego professor of pediatrics and bioengineering, to its board of directors. Perry, a lifelong competitive swimmer, sailor, surfer, scuba diver and co-founder of two Surfrider Foundation chapters, is now bringing his love of water, medicine and science to empower the work of San Diego County’s water quality watchdog.

“When news broke that our federal environmental regulations were being dismantled in D.C., I started looking for what I could do to help protect our water here in San Diego,” says Perry. “I discovered San Diego Coastkeeper and found they were already entrenched in the work I knew was necessary but didn’t know was feasible: in-house water science combined with legal and policy work that gets major, measurable results.”

“We’re thrilled to have Dr. Perry join our Coastkeeper team,” says Matt O’Malley, executive director of San Diego Coastkeeper. “His passion and his experience in the public health and bioengineering arena will greatly complement our work to protect and restore our waters in San Diego County.”

In addition to his professorships at UC San Diego, Perry is the director of the cardiac electrophysiology and adult congenital heart programs at Rady Children’s Hospital, holds medical device patents and has served as chief science officer for a biomedical device startup. Perry has also worked at Children’s Hospital and Yale University, has published 100 research papers and holds medical device patents and served as chief science officer for a biomedical device startup. Perry has also worked at Children’s Hospital and Yale University, has published 100 research papers and holds medical device patents and served as chief science officer for a biomedical device startup.

Over 100 sites to be cleaned at 33rd annual Coastal Cleanup Day

On Saturday, Sept. 16 from 9 a.m. – noon, an estimated 7,500 volunteers will participate at more than 100 sites across San Diego County as part of the 33rd annual Coastal Cleanup Day (CCD) hosted by Love A Clean San Diego (ILACSD).

Volunteers of all ages and ability levels are encouraged to sign up for a site in their neighborhood and help leave a lasting impact on the whole region. The media is invited to join ILACSD staff, event sponsors, and elected officials at the kickoff site at Golden Hill Park where volunteers will help with service projects at the park and the recreation center, including a mural project and mucking. For more information about sites and volunteer registration, visit www.CleanupYourOwn.org.

While CCD is best known for its beach cleanup sites, ILACSD focuses the majority of its efforts along inland waterways and canyons where 80 percent of marine debris starts. Last year alone, CCD volunteers removed more than 92 tons of trash and recyclables from local watersheds that otherwise would have polluted San Diego’s beloved coastline and the Pacific Ocean. In addition to trash removal, volunteers will also beautify San Diego County by removing graffiti, planting native species, building trails, and restoring habitats.

ILACSD invites volunteers to take waste reduction into their own hands by pledging to “Bring Your Own” reusable items when they registering at www.CleanupYourOwn.org. Each volunteer who brings a reusable water bottle, work gloves, and/or a bucket to collect litter significantly reduces the need for single-use bags and disposable gloves. Prizes will be awarded to the best-decorated buckets entered into this year’s “Bring Your Bucket” contest.

The daily schedules for music, Humor Me (comedy), artwork and Pulpate (cuisine) have been released for the KAABOO Del Mar festival. KAABOO will take place from Sept. 15 to 17.

Although Hang Ten and daily Hang Five VIP passes are currently sold out, Hang Loose passes are still available. Hang Loose three-day passes cost $45.90 with the inclusion of a convenience fee and shipping. Two-day Hang Loose passes cost $279.90 and single-day passes cost $153.90. For tickets or more information, visit www.eventbrite.com/e/kaaboo-del-mar-september-15th-17th-2017-tickets-27390611055.

Upgrades are still available for Bask, a Las Vegas-style nightclub featuring DJs and VIP table reservations with bottle service. Bask is presented in partnership with MGM Grand’s Wet Republic, and Club Elevate, which is in partnership with MGM Grand’s Jewel nightclub. Attendees can cool off poolside at the Grandview Stage, so when the music stops on outdoor main stages, the party doesn’t have to.

"The decision by the Trump administration to rescind the DACA program is both callous and shortsighted. The roughly 800,000 Dreamers who live in this country contribute to our economy, our communities, and the future of our nation. The 40,000 San Diegans who are eligible for DACA have families here and are a part of the fabric of our local community. To heartlessly open these young people up to deportation is to forget that our country was built on the hard work and aspirations of immigrants. I stand firmly against any action to deport Dreamers, and I will advocate for the protection of DACA by Congress.”

- Councilmember Barbara Bry
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Alyssa Huynh, Bishop's soccer player, pursues skills internationally

BY BLAKE BUNCH

La Jolla High School women's soccer center-midfielder Alyssa Huynh, may be 14-years-old, but her age is merely a number compared to her talent on the field. Like most pursuing all this futbol, Huynh plays on several different teams to stay sharp, nearly year-round. While the Vikings' season takes off this winter, she was also recently chosen to play for West Coast FC, a select team that recently played against Canadian and French clubs at an international tournament in Atlanta.

"Basically, we played three scrimmage matches," said Huynh. "At halftime, we'd switch our opponents. We beat the French teams 4-1 and 10-0, as well as the Canadian team 6-0."

Huynh is constantly perfecting her game, playing whenever she gets the chance.

Suffice it to say, the sophomore attacking center midfielder (the '10 position' as she quickly refers to it), also takes frequent trips up to the Temecula Futsal Club to hone her game. Futsal, a relatively recent development in the soccer world, is basically the indoor equivalent of the sport, but with a weighted ball. Huynh says that playing with the weighted ball proves to be an advantage in further developing her footwork.

While Huynh should be playing at the U16 level, she often plays "up" at a U18 level.

She has been fortunate to have worked with notable Southern California coaches, Platini Soaf, her coach with the 2001 Developmental Academy at West Coast FC (Orange County), is well-known throughout the soccer world. Typically, Huynh practices with this squad three times a week, in addition to working with coach Charlie Johnson at the Bishop's Academy and perfecting her technical skills with her father.

"He's really good with the girls," says Le Huynh, Alyssa's father. "He is not trying to put 'the fear of God' in them and really knows his stuff."

Huynh has logged some miles in her pursuit of all things soccer. From July 23 to 30, she traveled to Costa Rica to compete against the Costa Rican Women's National Futsal team.

"They were really great," said Huynh. "Although they beat us by a large margin, it's great to simply interact with different styles of play."

Since the Bishop's season doesn't commence until after players return from winter break, Huynh will continue her studies and work on her play while not in the classroom. She informed La Jolla Village News that she is taking a journalism class this semester, and looks forward to matches against Francis Parker and Santa Fe Christian.

LJ Parks and Beaches discuss fall events, Children's Pool history at August meeting

BY DAVE SCHWAB

In August, La Jolla Parks and Beaches, Inc. approved a fall event for the Challenged Athletes Foundation and received an offer to dedicate Princess Street for beach access, as well as hearing a pitch to have Children's Pool historically designated.

Kristine Entwistle of CAF told community park planners Aug. 28 that this year marks the 24th consecutive year for CAF's annual triathlon involving cycling, swimming and running, which is held partly at Browning Scripps Park at the Cove.

The event is on Oct. 22 this year. "We are not making any changes (to plans) from previous years," Entwistle said, adding, "Last year, due to the (frightful) bacterial (seal) levels we had to move the swim to the Shores (from the Cove)."

Entwistle said there will be "about 200 athletes competing that day," noting the challenged triathlon is "one of the main fundraisers for CAF."

The CAF October triathlon was unanimously endorsed by LJPB board.

Pam Heatherington, of the Environmental Center of San Diego, presented a letter of support for the park group to consider endorsing, as well as disbursement of $1,000 from the account of Friends of WindanSea.

Kretowicz battled residents for his blufftop property arguing his property rights would be compromised by passers through. He gave up the fight some months ago after exhausting all his legal appeals.

"Once funds are ready, we will use a surveyor to start the (trail) design," Heatherington said.

"To show our support we gave them (Environmental Center) a check for $1,000," said longtime parks planner Melinda Merryweather, who has long championed beach-access rights.

"This sets an important precedent for future transfer of funds between accounts," said LJPB board member Tom Brady.

LJPB boardmember Ken Hunchrichs also presented a proposal to work toward having Children's Pool designated as historical.

"We've (residents) said the pool was historical, the city said it wasn't because the beach was never clean," Hunchrichs said.

"It (Children's Pool) used to be cleaned every day," pointed out LJPB boardmember Phyllis Minick. "The city came in with trucks and cleaned those beaches every day."

"I hear some groundswell for a working group," said LJPB president Ann Dynes.
The Globe Guilders brought Celebrating Couture 2017 to the Omni La Costa Resort and Spa on Aug. 30. Neiman Marcus presented the 27th annual fashion show and luncheon. This event benefits The Old Globe’s artistic and arts engagement programs. The fashion affair began with a champagne reception and a wonderful silent auction. Costumes from Old Globe productions were displayed for the guests to enjoy. It was such a delight to see these costumes up close. Viewers were able to appreciate the details and skill that went into creating these incredible costumes.

Kim Neapole, Lisa Berry Shaw, and Lynn Silva were the co-chairs of this event. JoAnn Kilty was honorary chair.

Neiman Marcus selected designers from around the world for this preview. Top-notch designers, such as Monique Lhuillier, Marchesa, and Naeem Khan, were shown at this upscale event. This year showed two different styles coming down the runway. The first was a rebellious punk rock style, while another look was sheer fabrics on lace or tulle with embroidered or beaded handwork.

Velvet and crushed velvets were seen on the catwalk for both men and women. Furs were back with a big impact. Fringe was held over from last season and is still in vogue. Flounced cuffs are another popular trend this year along with asymmetrical designs that are off one shoulder.

The hot color to have in your wardrobe for the fall is red. Model after model came down the runway in rich red creations. Sequins are a great way to add a splash to your ensemble for the fall and holidays. Leather jackets are fashionable and are the one item you will want to add to your wardrobe. The layered look was all the rage for men and they could be seen wearing a reinvented camouflage look along with stylish beanies.

After the show, Neiman Marcus provided a one-of-a-kind boutique in the foyer. All the guests could come and see these irresistible garments and accessories. They came to this popup boutique and tried on these fabulous designs, shopping until they dropped.

Proceeds from the Celebrating Couture event go to the Globe Guilders, a volunteer auxiliary of the Old Globe. They started in 1955, and provide funds for the artistic and arts programs.

In addition, they promote membership and attendance at the Old Globe Theatre and encourage volunteering activities.

For more information about the Globe Guilders or the Tony Award-winning The Old Globe Theatre, visit: www.globeguilders.org.
SD lifeguard pens open letter to Texas governor

Dear Gov. Abbott, Mayor Turner and citizens of Houston,

I am sorry to tell you that we are not coming. I am a San Diego Lifeguard Sergeant. We have a River Rescue Team that is nationally recognized. Our guards spent weeks rescuing people during hurricane Katrina.

We saw this storm approaching Thursday and packed our bags. The team hooked up the taxpayer funded CAL-OES trailer and boats that have sat in storage for this type of event. They waited for the call to go that would surely come quickly. It did not. On Saturday, our team was informed to unpack and take the boats over to the Fire Department. They will go. Our team stayed packed and readied more boats and asked to go.

Sunday came and we listened to your pleas for help; still we are not sent. Today some guards and I asked for time off so that we could drive our own boats and trucks on our own time. We planned to be there by 3 p.m. Tuesday.

This was in response to your cries for anyone with a boat. We were denied vacation to come help you. The Coast Guard reports through CNN that there are thousands in need and the worst is yet to come. still we sit here. We have plenty of staff to send, but we are blocked.

As professional lifeguards, we are saddened that there are moms, grandmas and children that we could rescue if we were only allowed to go help.

We are sickened that Chief Brian Fennessy has blocked our response. Former San Diego Fire Deputy Chief Doug Nakama is now Chief of Special Operations, OES for Governor Brown (619-381-7800) doug.nakama@caloes.ca.gov). Nakama knows that we have ability and numerous resources. He knows that we are self-sustained and could leave with an hour’s notice. He does not send us.

It is with heavy hearts that we send this apology. We can only hope that if our families were in need, someone would come. Attached is a photo of our CAL-Osha truck packed and sitting in the yard.

-Ed Harris, SD Lifeguards

UC San Diego Osher Lifelong Learning Institute open house

Discover the joys of continued learning and enrichment at a free Open House on Saturday, Sept. 23 at 9:30 a.m. at UC San Diego.

Presented by the Osher Lifelong Learning Institute, this membership program for adults over the age of 50 offers daytime lectures, seminars, and guided discussions by the renowned UC San Diego faculty and community leaders. There are no prerequisites, exams or credit—simply the joy of learning in a community of peers.

For more information about Osher and its fall program at UC San Diego, visit ol.li.ucsd.edu or call 858-534-3409. Parking is free on Saturdays.
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From my garden: Keep indoor air clean with houseplants

BY LINDA MARRONE

We were recently talking over dinner about our daughters’ weddings, when one of the women blurted out how at her own wedding in Phoenix her mother reproachfully said to her, “Did you have to pick the hottest day in the year to get married?” My friend is still smarting at that remark; she is 99. This happened 80 years ago, yet the emotion was still powerful. It made me wonder about how we still hold on to slights, to criticisms, to feelings of betrayal, to having been wronged, or made to feel inadequate—the list is long. It continues with holding on to when we have acted badly, hurt someone, been embarrassed by our own actions, did something we should not have done, or did not do something we should have. I’m talking about regret and remorse.

How to let go if you are you still holding on to an old grudge

Doing it Better

By Natasha Josefowitz, Ph.D.

Bad things happen to all of us. How we deal with these events does not necessarily depend on the magnitude of the hurt for people have forgiven the rapist, but cannot forgive that mother on that wedding day in Phoenix long ago. There is a difference between not forgiving and not forgetting. One can remember painful events without emotional attachment, but if the memory elicits hurt, anger, blame, or even a wish for revenge, then it is not only not forgotten, it is not forgiven.

This issue can impact our own health. We know that anger is stressful, and stress releases cortisol which narrows our arteries, which in turn can cause heart problems. Nelson Mandela once said “resentment is like drinking poison and waiting for your enemy to die.” Yet there are people who live in a permanent state of grievance. They seem to always be waiting for the next thing to be upset about. Their continuous complaining makes them feel alive. They live in a hostile world where everyone is waiting to take advantage of them. Always feeling put upon has what is called a “secondary benefit.” In other words, by making our perp suffer we are continually aggrieved has the purpose of eliciting pity from others. The “poor me” (a victim of circumstances) wallows in this state without ever taking any responsibility for the miserable state.

There have been many examples in medicine where patients’ anger and blame interfered with their ability to heal. One of the problems with memory is that the brain tends to remember negative events more than positive ones. This has an evolutionary benefit, for our survival depended on remembering potential dangers in order to avoid their threats in the future. In addition, anything that has a large emotional charge is better remembered. Considering how difficult it is to let go and forgive both ourselves and our perpetrators, what can we do to move past? One of the ways that has worked for me comes from my work as a therapist. Behind every destructive behavior is some unresolved pain that is then acted out. The therapy is to identify the pain, its trigger, and find a different solution in coping with it. When attacked, either verbally or physically, in order to forgive one must try to see the flawed humanity and/or the flawed expression of pain resulting in acting out aggressively. Empathy is only possible if we do the following steps:

1. Examine the price we pay for not forgiving.
2. Decide to forgive.
3. Develop some level of understanding and compassion for the offender.
4. Acknowledge that the offender may be suffering (Megan Feldman Bettencourt, “Triumph of the Heart,” Psychology Today, August 2011). Empathy is the ability to understand another person’s feelings. It’s roots are compassion, which is innate in humans, unless they are deprived of nurture or love as infants and babies. Under these circumstances, the caring part of the brain does not develop; first children and later adults may express unmet needs through bullying and violence. Deprived or abused at an early age, people cannot feel compassion, which is “the sympathetic consciousness of others’ distress together with a desire to alleviate it” (Diane E. Levin, professor of early childhood education, Wheelock College, Boston).

It is only when we can feel compassion that we can forgive. Studies have confirmed that forgiving increases optimism, elevates mood whereas lack of it correlates with depression and anxiety. Forgiveness even increases blood flow to the heart.

So, dear readers, if you are still holding on to a grudge, whether from years ago or yesterday, or are you still beating yourself up from some bad decisions in the past? If so, find compassion and forgiveness in your heart (it’s actually in your brain) and you will be healthier and happier.

Natasha Josefowitz is the author of more than 20 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2017. Natasha Josefowitz. All rights reserved.
University City updates: Police search, a blood drive, and Regents Road bridge

BY JEMMA SAMALA

SD Police Department looking for new chief

The City of San Diego is asking for the public’s help to find a replacement for outgoing police chief Shelley Zimmerman, who is retiring in March 2018. The plan is for the new chief to be selected by January 2018.

“Under Chief Zimmerman San Diego has become a leader in community policing and remained one of the safest big cities in America. Our next police chief must build on her commitment to excellence and continue to forge strong bonds with our neighborhoods,” said Mayor Kevin Faulconer. “The police chief serves all of San Diego so we want everyone to have a chance to participate in our selection process. I am encouraging San Diegans to attend these community forums so the public’s voice is heard.” The City will host four community meetings this fall and unveil an online survey to accept community nominations. One meeting will be held in University City at Standley Park Recreation Center, 3585 Gover- norn Drive, on Thursday, Sept. 21, starting at 6 p.m.

UC blood bank drive

Saturday, Sept. 9 marks the date of the next UC San Diego Blood Bank Bloodmobile Blood Drive at the Sprouts/Starbucks marketplace on Governor Drive from 8 a.m. to 1:30 p.m. You’ll find the bloodmobile in the center of the parking lot. Sign up at www.mysdbb.org.

Spontaneous blood donors and blood buddies are also welcome, and it is recommended to pop in between 11 a.m. to 1 p.m., if you do not have a reservation. Also, the bloodmobile door shuts at exactly 1:30 p.m., therefore the process must begin prior to closing. Future scheduled UC San Diego Blood Bank Blood Drives at the Sprouts/Starbucks Marketplace will be on Saturdays: Nov. 4, and, in 2018, Jan. 13, March 10, and May 12.

UCPG shocked! No one is listening!

“We are under siege with too much construction,” said Janay Kruger, chair of the University Community Planning Group. “It is rather concerning to read in the UT that Cal Trans has been negotiating in the courts against the wishes of the University Community Planning Group (UCPG) has invited the director of Cal Trans District 8 to the Sept. 12 meeting at 6 p.m. at the Scripps office building to hear community concerns. There is no charge for parking, and all residents, workers and property owners are welcome.

The meeting will be located at 10010 Campus Pointe Drive in the first floor meeting room. Bring your concerns to the meeting or call Cal Trans director Lori Berman, 619-688-6669 or I-5 project manager, Allan Kosup 619-688-3611.

Regents Road bridge status

Regarding the removal of the Regents Road Bridge from the community plan, the August case management conference with the attorneys for both sides, and the judge, took place as scheduled. The court set future dates for the filing of opening briefs and reply briefs in Octo- ber, November and December, pend- ing the certification of the administrative record by Sept. 6. The trial, in the form of a hearing before the judge (where both sides present their arguments) is scheduled for Jan. 4, 2018.

Good deeds: Bella Project aims to prevent dog drownings

For their Silver Award, University City’s Girl Scouts (Troop 3476), Delia Braillard and Carolyn Sutton, incoming freshmen at UCSD, founded “The Bella Project.”

The Bella Project is a non-profit, community outreach mission which strives to inform new dog owners of the dangers of dog drownings. The project includes the creation of a flyer, sponsored by Dr. Feinberg at the Governor Animal Clinic. This flyer includes information on how to puppy-proof homes and yards protecting dogs from drowning.

Ancient DNA recovered from fossils is a valuable tool to study evolution and anthropology. Yet fossil DNA has not been found yet in any part of Africa, where it’s destroyed by extreme heat and humidity. DNA has not been found yet in any part of Africa, where it’s destroyed by extreme heat and humidity. Glycans are complex sugar chains on the surfaces of all cells. They mediate interaction between cells and the environment, and often serve as docking sites for pathogens.

In their latest study, Varki and team found that, as part of its natu- ral breakdown, a signature part of Neu5Gc is also incorporated into chondroitin sulfate (CS), an abundant component in bone. They tested this newly discovered molecule, called GC-CS, in a variety of mammalian samples, including easily detectable amount in chimpanzee bones and mouse tissues.

Like Neu5Gc, they found that human cells and serum have only trace amounts of GC-CS — again, likely from red meat consumption. The researchers backed up that assumption with the finding that mice engineered to lack Neu5Gc and GC-CS (similar to humans) had detectable GC-CS only when fed Neu5Gc-containing chow.

Curious to see how stable and long-lasting GC-CS might be, Varki bought a relatively inexpensive 50,000-year-old cave bear fossil at a public fossil show and took it back to the lab. Despite its age, the fossil indeed contained GC-CS.

That’s when Varki turned to a long-time collaborator — paleoan- thropologist and famed fossil hunter Meave Leakey, PhD, of Turkana Basin Institute of Kenya and Stony Brook University.

Knowing that researchers need to make a very strong case before they are given precious ancient hominin fossil samples, even for DNA analy- sis, Leakey recommended that the researchers first prove their method by detecting GC-CS in even older ani- mal fossils.

To that end, with the permission of the National Museums of Kenya, she gave them a fragment of a 4- million-year-old fossil from a babo- like animal recovered in the excav- ation of a bone bed at Allia Bay in the Turkana Basin of northern Kenya. Hominin fossils were also recovered from the same horizon in this bone bed.

Varki and team were still able to recover GC-CS in these much older fossils. If they eventually find GC-CS in ancient hominin fossils as well, the researchers say it could open up all kinds of interesting possibilities.

“Once we’ve refined our technique to the point that we needed smaller sample amounts and are able to obtain ancient hominin fossils from Africa, we may eventually be able to classify them into two groups — those that have GC-CS and those that do not.

Those that lack the molecule would mostly likely belong to the line- age that led to modern humans,” said Varki, who is also adjunct pro- fessor at the Salk Institute for Bio- logical Studies and co-director of the UC San Diego/Salk Center for Aca- demic Research and Training in Anthropogeny (CARTA).

In a parallel line of inquiry, Varki hopes GC-CS detection will also reveal the point in evolution when humans began consuming large amounts of red meat.

“It’s possible we’ll one day find three groups of hominin fossils — those with GC-CS before the human..."
La Jolla music calendar: Sights and sounds Sept. 8 to 21

Friday, Sept. 8
Kekoa, Hawaiian singer-songwriter, noon. UTC Palm Plaza;
Carissa Schroeder, singer-songwriter, 4 p.m. Duke’s;
Godwin Sheils, singer-songwriter, 5 p.m. Farmer & The Seashore;
McConigle & Gladstone, pop and jazz duo, standards. 6 p.m. La Valen-
cia;
Lucinha Arruda, bossa nova tunes. 6 p.m. The Turquoise;
Kinnie Dye, singer-songwriter. 6:30 p.m. Indulge;
AJ DeGrasse Trio, piano jazz, 7 p.m. Eddie V’s;
Tad Sisler, vocals, piano, key-
boards. 8 p.m. – 11 p.m. In the lounge, The Manhattan;
DB Jukebox, classic covers. 9 p.m. Beaumont’s;
Flamenco Show, jazz. 9 p.m. The Turquoise;

Saturday, Sept. 9
Dustin Jake, singer-songwriter, noon. UTC Palm Plaza;
Freddie A Dream Trio, piano jazz, 1 p.m. Eddie V’s;
Lady Dottie and The Diamonds, blues and R&B. 6 p.m. La Valen-
cia;
Israel Maldonado, singer-song-
writer. 6:30 p.m. Indulge;
Craig Dawson Trio, piano jazz. 7 p.m. Eddie V’s;
Doug Hartley Trio, jazz. 7 p.m. The Turquoise;
Tad Sisler, piano standards. 8 p.m. In the lounge, The Manhattan;
Greasy Pete’s, rock. 9 p.m. Beaum-
ont’s;
TBA. 9 p.m. The Turquoise;

Sunday, Sept. 10
Sam Bybee, classic covers. 11:30 a.m. Beaumont’s;
Whitney Shay and Robin Henkel, blues and jazz. noon. UTC Palm Plaza;
Freddie A Dream Trio, piano jazz. 1 p.m. Eddie V’s;
Keni Yarbrough, pop and jazz guitar. 5 p.m. La Valen-
cia;
Los Reyes, flamenco & salsa. 6 p.m. La Valen-
cia;
Tuesday, Sept. 12
Mikan Zlatkovich Trio, piano jazz. 6 p.m. Eddie V’s;
Michael Kova, solo guitar. 6 p.m. La Valen-
cia;
Shelly Taylor Trio, piano jazz. 6 p.m. Eddie V’s;
Javil & Naoko, Flamenco guitar. 6 p.m. La Valen-
cia;

Wednesday, Sept. 13
Casey Turner, 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 Valen-
cia;
TBA. 6 p.m. The Turquoise;
K Emeline, singer-songwriter. 6:30 p.m. Indulge;
Tad Sisler, vocals, piano, key-
boards. 8 p.m. – 11 p.m. In the lounge, The Manhattan;

Thursday, Sept. 14
Jasmine Commerce, singer-song-
writer, noon. UTC Palm Plaza;
Mikan Zlatkovich, piano jazz. 6 p.m. Eddie V’s;
Keni Yarbrough, singer-songwriter. 6 p.m. Farmer and The Seashore;
Lucinia Arruda, bossa nova. 6 p.m. The Turquoise;
Lois Reyes, flamenco &alsa. 6 p.m. La Valen-
cia;
Adam Wolf Perspective. 6:30 p.m. The Turquoise;

Monday, Sept. 11
Shelly Taylor Trio, piano jazz. 6 p.m. Eddie V’s;
Javil & Naoko, Flamenco guitar. 6 p.m. La Valen-
cia;

Tuesday, Sept. 12
Mikan Zlatkovich Trio, piano jazz. 6 p.m. Eddie V’s;
Michael Kova, solo guitar. 6 p.m. La Valen-
cia;
Río Novo, bossa nova. 6 p.m. The Turquoise;
Jazzilla, jazz. 8 p.m. The Turquoise;

Wednesday, Sept. 20
Mike Myrdal, singer-songwriter, noon. UTC Palm Plaza;
TBA. 6 p.m. The Turquoise;
Craig Dawson Trio, piano jazz. 6 p.m. Eddie V’s;
Danny Green Trio, jazz. 6 p.m. La Valen-
cia;

Thursday, Sept. 21
Matt Commerce, singer-songwrit-
er, noon. UTC Palm Plaza;
The Gold Standard, singer-song-
writer. 5 p.m. Farmer and The Sea-
horse;
Blue Jean Simmons, standards. 5:30 p.m. The Turquoise;
TBA. 6 p.m. Indulge;
Fred Hardy, jazz. 7 p.m. The Turquoise;

Back to school: La Jolla Cluster, UC San Diego look forward to a new year

BY DAVE SCHWAB

With the Aug. 28 early onset of
the 2017 academic calendar, the five schools in the La Jolla Cluster —
Bird Rock, La Jolla and Torrey Pines elementary schools, Muirlands Mid-
dle School and La Jolla High — are all hitting the ground running.
Students at La Jolla High and its four feeder schools are joining more
than 111,000 students in the San Diego Unified School District this
year along with SDUSD Supt. Cindy Marten, school board members,
principal administrators, teachers and parents in kicking off the 2017-
2018 school year.
Dr. Michael McQuary, board
trustee – District C, comprised of
schools in the La Jolla, Point Loma
and Mission Bay clusters, is excited about the new school year for stu-
dents and staff alike.
“During the 2017-18 school year,
our instructional leaders and staff
will work with parents and commu-
nity/business partners to support
and challenge our students to mas-
ter rigorous curriculum and instruc-
tional standards that will prepare
them for success in a 21st-century
world, including a readiness for col-
lege, career and civic/global engage-
ment,” McQuary said. “An overview
of the instructional program can be
found in the District’s Local Control
Accountability Plan (LCAP)
www.sandiegounified.org/lcap,
which is the three year strate-
getic plan that lays out the vision, mis-
sion, goals, major objectives and
activities, evaluation design, and
budget for the district and all 180+
plus schools in the district.”
This year, said McQuary, as out-
lined by the School Board and
Marten, there will be an emphasis
on these five key initiatives across all
schools and grade levels in SDUSD:
• Academics offering continued
implementation of a broad and chal-
 lenging curriculum and rigorous
graduation standards that have
resulted in students achieving the
highest graduation rates of the
major urban school districts in the
state (12 of our 16 high schools in
San Diego Unified School District
and 13 of our 16 high schools were
ranked among the best in Califor-
nia).
• Visual and Performing Arts
offering increased funding and sup-
port for the arts that research
demonstrates has a positive impact
on the academic and emotional
growth and development of chil-
dren. Music will be taught in every

Glycans >>

Cont. from pg. 14

lineage branched off, those without
Gc-CS in our direct lineage, and then
more recent fossils in which trace
amounts of Gc-CS began to reappear
when our ancestors began eating
red meat,” Varid said. “Or maybe our ancestors lost Gc-CS more gradual-
ly or only after we began eating red meat. It will be interesting to see,
and we can begin asking these ques-
tions, now that we know we can reli-
ably find Gc-CS in ancient fossils in
Africa.”
Leakey is also hopeful about the
role Gc-CS could play in the future,
as an alternative to current
approaches.
“Because DNA rapidly degrades
in the tropics, genetic studies are not possible in fossils of human ances-
tors older than only a few thousand
years,” she said. “Therefore such ancient glycan studies have the
potential to provide a new and
important method for the investiga-
tion of human origins.”
Co-authors of this study also
include: Anne K. Bergfeld, Roger
Lawrence, Sandra L. Diaz, Oliver
M.T. Pearce, Darius Ghaderi, and
Pascal Gagneux, all at UC San Diego.
This research was funded, in part,
by the National Institutes of Health
and the Mathers Foundation of New
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One of the best marketing ideas in recent years is the mixing of music and retail, giving shoppers a break from shopping mayhem as well as giving performers much-needed exposure.

The best such example is UTC’s Palm Plaza acoustic series, which takes place Thursday – Sunday.

Some of the area’s best acoustic performers take part in these free shows, such as Jasmine Turner, who performs on Sept. 14.

Jasmine Commerce: Thursday Sept. 14 at University Town Center Palm Plaza. 4545 La Jolla Village Drive. Noon. All Ages.

-Bart Mendoza

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Frank F. Bangert • 858-803-7253
Sat 1-4 pm
840 Multivista Villa
3-BR/2-BA
$2,065,000
Maria Tapia • 858-337-7209
Fri/Sat 10-11:30 am
765 Belknap Place
4-BR/4-BA
$1,385,000-$1,480,000
Mendelow Wolfe • 774-236-6223
Sat/Sun 10-5 pm
13075 Caminito Del Rocio
3-BR/3-BA
$1,195,000
Real Team • 858-395-4333
Sat/Sun 11-2 pm
4619 Peck Court
2-BR/2-BA
$855,000
Myriam Huneke • 619-246-9999
Open Sat 1-4 pm
1716 Via Anguila
2-BR/2-BA
$925,000
David Schmied • 858-313-5300
Open Sun 1-4 pm
6046 Calliope Drive
3-BR/2-BA
$799,000
Gregg Whitney • 858-404-5255

MISSION BAY
Fri-Sun 12-3 pm
1356 Parker Pl
3-BR/2-BA
$835,880
Frank Rys • 619-995-3000

MISSION HILLS
Sat 12-3 pm
1715 Missouri Street
4-BR/2.5-BA
$1,100,000-$1,350,000
Amber Anderson • 619-840-3400

PACIFIC BEACH
Sun 2-5 pm
4453 Bermuda Ave
4-BR+Studio/3-BA
$2,395,000
Christamaria Ormsby • 619-417-4493

OCEAN BEACH
Fri 6-8 pm, Sat & Sun 1-4 pm
3113 Xenophon St
4-BR/4.5-BA
$1,898,000
Lanz Correia • 619-564-6355

POINT LOMA
Sat 1-3 pm
13112 Chambord Way
4-BR/3-BA
$1,190,000
Moira Tapi • 858-337-7269

CARAMEL VALLEY
Sun 12-4 pm
2111 Emerald St
1-BR+Studio, 4-BR/3-BA+2 Units
$1,228,000-$1,298,000
Frank Rys • 619-995-3000

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Exceptional Muirlands Village Single Level Family Home • Open This Sunday 1-4

1161 Via Angelina

This wonderful remodeled single-level family home is tucked away on a quiet & secluded cul-de-sac. Amazing privacy! 4BD/4BA with 2,672sf on an all-useable oversized 11,600sf lot. Ideal for casual outdoor entertaining, the large sun-drenched backyard has plenty of grass to roll around on. Muirland's Junior High and La Jolla High School are just a couple blocks away. Windansea, La Jolla's best beach & the charming Village of La Jolla are both walking distance as well!

Offered at $2,195,000

Premiere Unit in Positano! • Enjoy Sunsets & Ocean Views

7411 Herschel Avenue, Unit 3B

This wonderful rarely available top-floor west-facing corner-unit features 2BR/2BA and boasts a granite and stainless steel kitchen, spa-like bathrooms and a sun-drenched outdoor balcony. Private & quiet condo, flooded with natural light with A/C and it's own individual secure garage. Just a stone’s throw from all of the shops, restaurants, cafes & galleries of La Jolla. Walk to all!

Co-listed with Marc Lipschitz
Canter Brokerage

Offered at $780,000