Reconnecting to our oceanic roots

World Oceans Day gets residents out on the water

By KENDRA HARTMANN | VILLAGE NEWS

Rising sea levels. The extinction of endangered species. Depleting ozone, ocean acidification and general environmental destruction and despair. The topics that tend to dominate headlines about the state of our planet’s health largely portray an atmosphere of doom and gloom, and it is this attitude that organizers of World Oceans Day want participants to avoid. Sort of.

Though awareness of such devastation is, of course, imperative to finding a solution, World Oceans Day, held every June 8, aims for a decidedly more celebratory angle. The point of the celebration, said Travis Pritchard of San Diego Coastkeeper, is to raise that awareness by encouraging residents to get out and enjoy the ocean in any way they can.

“Here in San Diego, we’re recommending people spend the day on the beach or in the ocean, reconnecting with our coastal resources and reminding ourselves of the majesty and amazement of the ocean,” he said. “It’s a celebration, a party. Even

LJVMA heats up the village with one sizzlin’ night

By MARINO LAMB | VILLAGE NEWS

Just as the summer sun sets and night’s darkness begins to descend upon the village, merchants, residents and visitors will light up the evening with a festive atmosphere filled with lively music, stunning artwork, one-of-a-kind shopping and good eats spilling out of every storefront from Prospect to Pearl.

Starting June 9, the La Jolla Village Merchants Association (LJVMA) will host “Haute La Jolla Nights,” a much-anticipated series inspired by similar neighborhood events in San Diego, like Little Italy’s successful “Kettner Nights” and North Park’s culturally rich “Ray at Night.”

“LJVMA is always looking for ways to keep La Jolla Village a world-class destination and to support the success of our merchants,” said Julie Matibag, Haute La Jolla Nights chairwoman. “With so many world-renowned galleries and diverse shopping, we decided that this type of program was an ideal fit for La Jolla.”

Throughout the evening, guests will have the opportunity to stroll among more than 100 participating retail shops and galleries in the village after hours, while basking in the tune of more than a dozen musical performances on stage.

Not only will La Jolla’s stores stay open later — from 6 to 9 p.m. — but Village merchants will also host special receptions, offer great deals and giveaways, serve up complimentary appetizers and drinks, and showcase creative displays, demonstrations or shows throughout the evening at no cost.

“La Jolla has so much to offer, but not every
858.459.4033
La Jolla Country Day School

Sibo Cai

Lindsay Kostas

Michael W. Teitelman Loyalty Cup, The Bishop’s School’s top award. Jacobs was recognized for his demonstration of loyalty, excellence and integrity in all aspects of student life. He will attend Massachusetts Institute of Technology next year.

La Jolla High School

Valedictorian
Sibio Cai of Carmel Valley joined Country Day in the sixth grade. She excelled in all subjects throughout her tenure at the school, enjoying her English classes the most. Cai will attend University of Chicago next fall.

Salutatorian
Lindsey Kostas of Pacific Beach has attended Country Day from preschool through the 12th grade. She will attend Stanford University in the fall, where she will play tennis and major in economics, management science and engineering.

La Jolla Country Day School

Sibo Cai

Lindsay Kostas

National Academic Quiz Tournament. Wang received a number of national awards and distinctions, including National Merit finalist, national AP scholar and Questbridge finalist over the years.

The Preuss School

Valedictorian
Sharon Vongvaniith will attend the University of Pennsylvania next fall, where she plans to major in economics and pre-med. She envisions herself attending a business or medical school after her undergraduate career and returning to California to volunteer her time to Preuss students and the squash program at Access Youth Academy.

Salutatorians
• Lucy Luong will attend Dartmouth College, where she plans to major in chemistry. She hopes to work with advanced technology in order to someday resolve modern dilemmas in health and medicine.
• Mustafa Malik will attend Yale University, where he intends to major in molecular biology in order to pursue his continued interest in biology and the human body. He intends to go to medical school after his time at Yale so he can someday become a doctor to heal the sick and injured.

University City High School

Valedictorian
Haifan Pang is proud to have been a UCSD Century. Throughout her high school career, she served as president of the Key Club, co-president of Science Olympiad, member on the Academic League team, member of the varsity badminton team and senior class treasurer in student government. She enjoys English classics, especially those of Jane Austen and Elizabeth Gaskell. She will attend Massachusetts Institute of Technology in the fall, where she hopes to study electrical engineering and comparative literature. She is excited to explore all types of activities and studies in college and beyond.

Salutatorian
Austin Fikes is dedicated to his studies, as well as myriad extracurriculars including Academic League, Science Olympiad, the Aaron Price Fellows Program and numerous internships. In his free time, Fikes enjoys participating in a number of Internet discussion boards. In addition to his online presence he is an avid cinephile, and his favorite directors include Jean-Luc Godard, Andrei Tarkovsky and Lars Von Trier. He will be studying engineering at Harvey Mudd College next year.

For columnist Natasha Josefowitz’ advice to graduates, turn to Page 6.
The community will be recognized at a breakfast for coastal champions at a free event at Birch Aquarium. Six environmental leaders — including businesses, organizations and individuals — and their accomplishments in the community will be recognized at a breakfast ceremony starting at 7:30 a.m. A special ASIS recognition award will go to one winner for efforts to improve the water quality of La Jolla’s areas of special biological significance.

For more information on Coastkeeper’s World Oceans Day events, visit www.sdcoastkeeper.org.

**OCEANS CONTINUED FROM Page 1**

If you go...

- June 8: Coastal Champions Awards ceremony. Birch Aquarium, 7:30 a.m. Includes light breakfast. To RSVP, email give@sdcoastkeeper.org or visit www.sdcoastkeeper.org for more information.
- June 8: World Oceans Day Beach Cleanup, La Jolla Shores, 9 a.m. Meet in front of the lifeguard tower in the grassy area. For more information, beachcleanup@sdcoastkeeper.org.

**If you go...**

- June 8: Coastal Champions Awards ceremony.
- June 8: World Oceans Day Beach Cleanup.

### Ashoo Fabrics & Drapery

**Ashoo Fabrics & Drapery** is the evolution and culmination of over 35 years of experience in custom window treatment and upholstery. Our emphasis on couture quality, unique furnishing products, and affordable prices — have resonated with design-conscious households and interior designers. Our design assistants are expertly trained and available to help you every step of the way. Ashoo Fabrics, “Where Our Dream Designs Meet Your Dreams.”

Our services include: Valances, Decorative Cornice Boxes, Roman Shades, Curtain Rods, Emblems, and Rosettes. Accessories, Trims, Tassels, and more. Personalized Consultations, but the philanthropic duo have their mouthwatering restaurant concepts, but the philanthropic duo have their mouthwatering restaurant concepts, but the philanthropic duo have their mouthwatering restaurant concepts, but the philanthropic duo have their mouthwatering restaurant concepts, but the philanthropic duo have their mouthwatering restaurant concepts, but the philanthropic duo have their mouthwatering restaurant concepts, but the philanthropic duo have their mouthwatering restaurant concepts, but the philanthropic duo have their mouthwatering restaurant concepts, but the philanthropic duo have their mouthwatering restaurant concepts, but the philanthropic duo have their mouthwatering restaurant concepts, but the philanthropic duo have their mouthwatering restaurant concepts, but the philanthropic duo have their mouthwatering restaurant concepts, but the philanthropic duo have their mouthwatering restaurant concepts, but the philanthropic duo have their 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Profile of La Jolla’s historic post office rises to national level
By MARKO LAMB

VILLAGE NEWS

The La Jolla Historical Society, Save Our La Jolla Post Office Task Force and District 1 City Councilwoman Sherri Lightner announced on June 6 that La Jolla’s post office, located at 1140 Wall St., is deemed an endangered historic site by national and local standards.

“The National Trust for Historic Preservation named the La Jolla landmark one of four post offices in the U.S. to be designated on this year’s list of America’s 11 Most Endangered Historic Places, elevating the interest of the building and Belle Baranceanu mural to a national level.

“In the same week, on June 5, Save Our Heritage Organisation (SOHO) also announced the WPA-era post office’s designation on its own list of 12 Most Endangered Historic Resources list, which raises awareness of threatened buildings and sites throughout the county and calls for enhanced historic preservation action of those sites.

“Our community’s engagement and spirit for the project is noted, and our story has reached a national level. We welcome all our supporters to a celebration at our event on July 18.”

District 1 City Councilwoman Sherri Lightner announced June 6 that the La Jolla post office has been named an endangered historic site by two organizations.

SEE POST OFFICE, Page 19

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NEWS briefs

Body of missing diver identified

The body of a scuba diver found off La Jolla Shores on June 2 was identified as OLiver B. May Jr., 45, who disappeared on Memorial Day after failing to meet up with a diving group in the area.

San Diego lifeguards, SDPD divers and civilians conducted a multi-day search for May after he was reported missing by his wife on the evening of May 28. May’s body was found approximately 175 feet below the surface in full scuba gear. Authorities believe May went diving alone after he failed to find the scuba diving group he was supposed to be company for the day.

Further information regarding May’s cause of death will be determined pending an autopsy and examination of his scuba equipment.

P.E.O. scholarship awarded to LI High senior

The La Jolla chapter of P.E.O. announced the presentation of the P.E.O. STAR Scholarship to La Jolla High Senior Sydney Mackeith, said chapter representative Joanne Austin.

Mackeith will attend Stanford University for cognitive science in the fall.

The STAR Scholarship is a $2,500 prize based on leadership, extracurricular activities, community service, academics and potential for future success. The program is open to young women who are citizens or legal permanent residents of the United States or Canada who are graduating high school seniors. The candidates must be nominated by a P.E.O. chapter.

The P.E.O. Sisterhood is a philanthropic and educational organization that promotes educational opportunities for women.

Library grants help fund 2012-13 projects

San Diego Public Library received $119 million in budget surplus, according to Mayor Jerry Sanders last week as part of his “even more library hours in the new fiscal year.”

The expanded library hours are part of a series of service restorations made possible by better-than-expected revenue.

Mayor Sanders has announced last month as part of his revised May budget that he will add $5 million to the library hours in the new fiscal year.

Other city service restorations include: expanded hours at recreation centers.

Trial date set for Mathis intruder

A Sept. 10 trial date has been set for the man accused of injuring former District 1 City Councilman Harry Mathis in a home-invasion robbery at Mathis’ University City home in January.

Harry Henry Duson, 45, pleaded not guilty before San Diego Superior Court Judge Tim Walsh. Duson is accused of setting Mathis’ home on fire to cover up the residential burglary.

Mathis, now 79 and the chairperson of the San Diego Metropolitan Transit Board, testified he was attacked in his garage on Jan. 11 after he had just driven home from hearing Mayor Jerry Sanders’ State of the City address.

Duson is also accused of robbery, kidnapping for robbery and three counts of false imprisonment, each of which involved holding Harry and Mary Mathis and a neighbor against their will. He is also charged with two robbery counts of a Sprint store on Rosecrans Street last November.

A second man who allegedly accompanied Duson in the crime has not been arrested. Duson remains in custody on $1 million bail.

— Neal Putnam

The law says that anyone can have less than $100,000 of assets in the name of a trust. If you have a trust be a beneficiary of these accounts may be the appropriate thing to do. You may avoid probate.

If you have real estate valued at less than $20,000, you avoid probate and no, this is not a typo. If you have either one, assets over $100,000 or real estate over $20,000, then you should have a trust to avoid the court procedure and all the costs of probate.

This does not include vehicles, unless you have a asset value over $10,000 in the name of the trust.

Other assets that do not need to be in the name of the trust are assets that have beneficiary designations, like all retirement plans, IRA’s, 401ks and pay on death accounts. You can name individuals as the beneficiaries and not a trust and they will include real estate. The safer guideline is to put any other assets that do not need to be in the name of the trust.

Virginia Weber has been named a Law Corporation Probate Trusts Wills

— Neal Putnam

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*Other offers available to new checking customers who open a Value or Market Checking Account by June 30, 2012. Qualifying checking accounts will receive a credit of $50 per establishment period during which the debit card is purchased and used. Any promotional offers/costs credited will be reported to the IRS as income.

©2012 PacTrust Bank
Reflecting on one of automotive history’s greats

JOHNNY MCDONALD

George Heald mows the lawn of his home on the corner of Prospect and Ivanhoe circa 1888.

Construction was started on one of the first houses to be built in La Jolla. It was the home of George W. Heald, one of the first real estate developers of La Jolla Park. The grand auction and sale of lots in La Jolla had occurred only a little over a month before.

The Heald house was located on the corner of Silverado and Exchange Place. Shortly after this, Heald’s partner, Frank T. Botsford — later known as the “Father of La Jolla” — built his home at the corner of Prospect and Ivanhoe.

George Heald owned a two-story building at the corner of Wall and Herschel streets that became the Heald store. This took place in 1889. La Jolla’s first school met on the second floor of the vacant store until a proper school building was built in 1889 on the west side of Herschel Street just south of Wall Street. Previously, La Jolla children had attended school in Pacific Beach. The Heald store was later moved to a new location at the corner of Prospect and Girard and became the new Chase & Ludington store until it was torn down in 1917.

When his wife died in 1891 — just four years after the Heald house was built — George Heald left La Jolla and moved to San Diego. Several families lived in the Heald house over the years until it was torn down in 1916. If you go to the corner of Silverado and Exchange Place today, you might wonder why George Heald built his house there because you can’t see the ocean. But in those early days, La Jolla was not built up as it is today. There were no trees and no other structures, so the Heald house had a full view of the ocean.

BRIEFS

CONTINUED FROM Page 5

USC undergrads awarded Goldwater prize

Selena Kuo and Elham Rahimi, undergraduates at the University of California, San Diego, received the Barry M. Goldwater Scholarship, the most prestigious award in the country conferred upon undergraduates studying the sciences. The scholarship awards $7,500 per year to support outstanding students who plan to pursue advanced degrees in science, engineering and math. A highly competitive national award, universities may nominate only four undergraduates per year for the Goldwater Scholarship. This year, a total of 282 students were selected on the basis of academic merit from a field of 1,123 applications.

This week in La Jolla history...

June 8, 1887

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Doing it Better

By Natasha Josefowitz, Ph.D.

Graduating seniors, know that life is a series of stepping stones. You are leaving a very special stepping stone — school — of learning from teachers and from books, in academic teachings, acquiring knowledge fed to you. And now, you are climbing onto a stepping stone where you will be on your own.

Never stop reading, researching and asking questions, always remain curious and keep learning. This is the learning curve you will be on forever. To keep learning, do this until the day you die: go everywhere (and I mean everywhere) and experience as much as you can. Grab any opportunity to travel, look for opportunities to meet someone interesting, attend a lecture, go to a conference, or visit a distant friend or relative.

Do anything to get out of your comfort zone: try everything. Agree to do things you don’t know how to do, and you will learn as you go. Take risks. One of my mottoes is “identify the fear and then go there.” Yes — with doubts, a pounding heart, a dry mouth and butterflies in your stomach, but go and do the best you can. If you fall flat on your face, get up, dust yourself off and keep going.

Life after graduation

Never stop reading, researching and asking questions, always remain curious and keep learning. You will need to find out who you are and how you are changing as you move along this new road that you are walking. Give your brain a chance to reconfigure and optimize.

Many people will advise you to find mentors. It is just an important, how- ever, to be a mentor. No matter where you currently are on these stepping stones, there are those who are struggling behind or others ahead of you. Have a hand to be pulled forward or sometimes just to hold for a while. Be the one who gives encouragement, who gives advise, who encourages the people who can be relied upon to be helpful when needed. No matter how low you are on the ladder of life, there is someone below you just as there is someone above — and both are equally important. Be involved in your community — making friends, volunteering and providing service where needed.

While all this may seem overwhelming, it is something you do not have to worry about since you are about to step up to the future.

Take risks. One of my mottoes is “identify the fear and then go there.” Yes — with doubts, a pounding heart, a dry mouth and butterflies in your stomach, but go and do the best you can. If you fall flat on your face, get up, dust yourself off and keep going. It just becomes part of the experience of that step you just left behind. If you never fail it means you are not taking risks.

Always remember that no matter where you are — are you happy, normal, difficult, or painful — it is just a stepping stone on the way to better things. You have one foot in the present and the other is up in the air ready to step up to the future. What you learn on each step becomes part of your accumulated knowledge. Everything you learn is transferable and applicable to what you will need to do next. You don’t have to linger on an unpleasant step with a bad job or bad relationship; move on and be pleased that you have put one more notch of experience on your belt.

You are not stuck — there is always that next rung. Some may be higher than others, some take you sideways. You may hop easily or have to clamber up on your hands and knees, but your future is there, waiting for you. Seize every chance to learn what you can in these hard times, so you are poised to leap forward when an opportunity presents itself. While on your journey of both failure and successful experiments, take time for reflection. It is essential to learn from these experiences and keep going. Dust yourself off, face, get up, fall flat on your face, get up — if you can. If you fail, brush it off and keep going.

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Quarterbacking Health Care

Older patients require a different coordinated approach to healthcare that balances their medical needs along with the circumstances of their lives. A majority of older persons have at least one chronic disease that they manage. At the same time a very high number of these people also have difficulty performing basic and more advanced daily activities. Approximately one in every five persons have at least one chronic disease that affects their daily life in some way. Achieving a functional approach to healthcare that balances the reality of their situations at home with their reality in the hospital, and in community care, ultimately results in a more positive outcome for each patient. Many acute situations present differently in the older population with quarterbacking their concerns realistically is the responsibility of a healthcare advocate. A comprehensive history which includes an assessment of medical and cognitive status, determining depression, anxiety and physical abilities, along with full risk and a gait/balance evaluation and home safety needs help to determine the quality of life will bring of each individual. Achieving their goals can be difficult without knowing the reality of their situations at home. Many acute situations present differently in the elderly. For instance, an older person with an infection may not have a fever or a elevated white blood cell count. A patient who is cognitively impaired might seem lethargic when they may be experiencing a stroke or a heart attack.

Geriatric care managers can assist the older population with quarterbacking their care in a coordinated way. They make sure that all aspects of the patient’s health and well being are being addressed. Call Innovative Healthcare Consultants for assistance to meet your goals. 760 731-1334, www.innovativhc.com or www.nurseinyourpocket.com

Less Invasive NuAge Facelift Available

The NuAge Facelift procedure is a minimal incision approach for facial rejuvenation of the lower face and neck. Compared to the traditional facelift the NuAge Facelift is less invasive and has a quicker recovery time. At our facility the Grossmont Oral & Facial Surgical Center, we take pride in the vast scope of services we offer our patients. With three main focuses of practice: Oral Surgery, Maxillofacial Surgery, and Facial Cosmetic Surgery, we are able to customize a treatment plan for each of our patients. As oral and maxillofacial surgeons, Dr’s Varboncoeur & Caldemeyer are recognized specialists who are surgically trained in a hospital based residency program for a minimum of four years. They rotate alongside medical residents in internal medicine, general surgery and anesthesiology, and also spend time in otolaryngology, plastic surgery, emergency medicine and other specialty areas. Their training focuses, though, on the hard (ie, bone) and soft (ie, skin, muscle) tissue of the face, mouth, and jaws. Dr’s Varboncoeur & Caldemeyer’s knowledge and surgical expertise uniquely qualify them to diagnose and treat the functional and aesthetic conditions in the maxillofacial anatomical area. For more information about a free consultation, contact the office of Grossmont Oral & Facial Surgical Center Call 619-464-4446 or go to our website to learn more about this revolutionary procedure at vchoms.com

Women with Hair Loss Can Enjoy Thicker Hair

Help for Thinning Hair – Adding Volume is the Number 1 Requested Service! According to the Women’s Institute for a Responsible Economy, there are 30 million women who are currently experiencing hair loss. It can begin as early as puberty, although it most often occurs between 35 and 55 years of age. In the past several years effective treatments have become available for fine, thinning hair. Professional hair loss treatments are most effective when used at the first signs of thinning or hair loss. After analysis of hair type and problem a personal hair analysis is performed, not only in your scalp but also in your personal hair. The bonds are so discreet you can style your hair any way you choose. Most women who want this service suffer from thin, weak, and damaged hair, but once this application process has been applied, you will be amazed at the transformation that occurs, not only in your hair, but also in your outlook! Extensive training in over 40 different shades.

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Judy Judy Judy

Judy Judy Judy Hair Salon is located in downtown La Jolla 7734 Herschel Ave. Suite P, 858.456.2344 • www.beautybyjudy.info

$200 OFF your first full head of hair extensions

FREE Consultation!*
Residents and visitors can experience the healing power of art by viewing the mandala collection by local artist and Bird Rock Art Guild member Kyle Bowen, whose work is currently showing at Bird Rock Coffee Roasters through the middle of June.

Bowen, 22, is an avid surfer and instructor at ARTS — A Reason to Survive, a local nonprofit that believes visual, performing and literary arts can literally transform lives — especially those of kids.

Bowen said he loved to draw and paint since he was a child, but really became passionate about his artwork after a traumatic brain injury while skateboarding. After the accident, his perception of reality began to change dramatically, prompting paranoia and fear of things that didn’t used to scare him. It was then that he turned to drawing and painting as his own form of art therapy.

Over time, things began to change — this time for the better. Along with his mom’s homeopathic remedies and the help of a friend who became a sort of spiritual guide, he began to heal.

His healing process, as well as his art, took an even more spiritual turn when he received a gift from his grandmother: two books, “Man and His Symbols” by Carl Jung and “Divine Forces” by Paul Heusenstamm. The books inspired him to make his own mandalas — “circle,” in Sanskrit, which are commonly used in Buddhist and Hindu sacred art. Bowen started painting the circular designs on smooth rocks, and once he started, he couldn’t stop. He painted hundreds of them, and as his perception and experience became more positive, mystical and profound, his artwork became more colorful and abstract, with deeper blending techniques.

Bowen said he finds the power of the mandala is extremely healing for the brain and soul. His medium shifted from rock to canvas, and his art started to connect with viewers on a different level. The simplistic, bright, organic patterns draw in the viewer immediately.

“If only I could have discovered this earlier, I could have avoided so many unpleasant experiences,” he said. “But I also think it’s really important that I had those experiences because it makes life interesting and tests the strength of my spirit. I wouldn’t change anything — even if I had the chance to.”

Bowen’s mandala artwork will be on display at Bird Rock Coffee Roasters, 5627 La Jolla Blvd., until the middle of the month.

— Jane Wheeler

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The Madison Gallery will host an opening reception on June 9 from 6 to 9 p.m. for two solo exhibitions — “Blitz,” by James Verbicky and “One by One,” by Matt Devine.

Canadian-born Verbicky uses foreign vintage paper and abstract form. Verbicky bridges the gap between sculpture and painting by binding fragments of vintage media to one another, and is widely known for his atmospheric abstract expressionist work.

Devine is a self-taught metal sculptor who lives and works in downtown San Diego. He works in a variety of metals (including aluminum, bronze and steel), his simple and clean aesthetic is meant to evoke calm and curiosity.

Madison Gallery is located at 1020 Prospect St.

Pace on display

Works by abstract artist Stephen Pace (1918-2010) can now be viewed at SALAZAR — Contemporary and Modern Art, 1162 Prospect St., by appointment only.

Pace, who initiated his formal art training by studying drawing and watercolor methods with W.P. A. artist Robert Lahr, made an important contribution to the tradition of abstract expressionism.

In anticipation of the La Jolla Festival of the Arts on June 23 and 24, live art could be seen around La Jolla and other parts of the city on June 3. Dinah Wolfe, above, performed at the corner of Prospect Street and Herschel Avenue, and passersby stopped to watch, ask questions or pick up a flyer about the event to be held at UCSD’s Warren Field.

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We have everything special, beautiful, soft & girly for your SPECIAL LADY...
Summer — and summer fashion has arrived

Hooray, summer is, for all intents and purposes, here! This is my favorite time of year and I look forward to hanging out at the beach and soaking up the sun. Having spent 30-some odd summers down at Windansue, I have a checklist of five basic essentials that I go through every spring to make sure I'm beach ready. First and foremost is the bathing suit. I know this is probably everyone's least favorite thing to shop for (mine included), but living in San Diego makes it a necessity. And you don’t need just one — I recommend having two or three for your summer season. Fit, comfort and style are all important. Just like clothes and accessories, swimsuits have gone from matronly and some jewels, and this suit I so look forward to hanging out at the beach and soak up the sun. Having spent 30-some odd summers down at Windansue, I have a checklist of five basic essentials that I go through every spring to make sure I'm beach ready. First and foremost is the bathing suit. I know this is probably everyone's least favorite thing to shop for (mine included), but living in San Diego makes it a necessity. And you don’t need just one — I recommend having two or three for your summer season. Fit, comfort and style are all important. Just like clothes and accessories, swimsuits have gone from matronly to chic [cover-ups] and some jewels, and this suit is my favorite time of year and I so look forward to hanging out at the beach and soak up the sun. Having spent 30-some odd summers down at Windansue, I have a checklist of five basic essentials that I go through every spring to make sure I'm beach ready. First and foremost is the bathing suit. I know this is probably everyone's least favorite thing to shop for (mine included), but living in San Diego makes it a necessity. And you don’t need just one — I recommend having two or three for your summer season. Fit, comfort and style are all important. Just like clothes and accessories, swimsuits have gone from matronly and some jewels, and this suit is my favorite time of year and I so look forward to hanging out at the beach and soak up the sun. Having spent 30-some odd summers down at Windansue, I have a checklist of five basic essentials that I go through every spring to make sure I'm beach ready. First and foremost is the bathing suit. I know this is probably everyone's least favorite thing to shop for (mine included), but living in San Diego makes it a necessity. And you don’t need just one — I recommend having two or three for your summer season. Fit, comfort and style are all important. Just like clothes and accessories, swimsuits have gone from matronly and some jewels, and this suit is my favorite time of year and I so look forward to hanging out at the beach and soak up the sun. Having spent 30-some odd summers down at Windansue, I have a checklist of five basic essentials that I go through every spring to make sure I'm beach ready. First and foremost is the bathing suit. I know this is probably everyone's least favorite thing to shop for (mine included), but living in San Diego makes it a necessity. And you don’t need just one — I recommend having two or three for your summer season. Fit, comfort and style are all important. Just like clothes and accessories, swimsuits have gone from matronly and some jewels, and this suit is my favorite time of year and I so look forward to hanging out at the beach and soak up the sun. Having spent 30-some odd summers down at Windansue, I have a checklist of five basic essentials that I go through every spring to make sure I'm beach ready. First and foremost is the bathing suit. I know this is probably everyone's least favorite thing to shop for (mine included), but living in San Diego makes it a necessity. And you don’t need just one — I recommend having two or three for your summer season. Fit, comfort and style are all important. Just like clothes and accessories, swimsuits have gone from matronly and some jewels, and this suit

The Betsy's black and off-white BIA bikini is VIX's classic take on color blocking. Courtesy photos

VIX's solid black Cris dress, far left, can double as a cover-up and a mini dress. The company's lace vinoget tunic, left, is a favorite cover-up at VIX designer Paula Hermanny, and was recently worn by model Gisele Bündchen. Courtesy photos

Paddleboard Yoga

Tired of the same old running routine to get fit for the summer? Try some of these alternative workouts to whip into shape — and have fun in the process — just in time for beach season.

Paddleboard Yoga

Try a balancing act that strengthens the body’s core, while getting you out of that hot, crowded yoga studio and into the sunshine for one of the latest fitness and yoga trends — stand-up paddleboard (SUP) yoga. Despite the seemingly daunting task of performing a sun salute while trying not to fall into the depths below, the low-impact fitness workout is a beginner-friendly sport, said La Jolla SUP yoga instructor Gillian Gibree.

“Anyone can jump on a board and paddle on their first day,” she said. “The yoga portion adds a little more of a challenge to the paddleboarding, but we always offer modifications. SUP yoga is all about enjoying a new experience outdoors while having fun.”

Just getting outside to enjoy the sunshine and water are enough to give SUP yoga a try. The short- and long-term benefits of this form of exercise are an added bonus.

“You will develop a stronger core from stand-up paddleboarding with the correct paddle technique,” she said. “Many students I have taught get hooked on the sport long-term because it targets every muscle group and is way more fun than going to the gym. I’ve seen so many lives completely transformed by this sport, physically and spiritually.”

Paddle Into Fitness offers weekly paddleboard yoga classes at OEX Mission Bay. For more information, visit www.paddleinfofitness.com or call (619) 866-6129. SUP rentals are also available at OEX La Jolla. For rental information, visit www.oexcalifornia.com or call (858) 454-6195.

Dance into fitness

Ever since Jane Fonda made group dance and aerobics fitness classes all the rage in the 1980s, people have realized that exercise doesn't have to be a chore. While regular physical activity in general helps keep one's body healthy and toned, dancing in particular can breathe new life into a tired soul,” Bashar said. “On a more physical level, dancing can give you a great mind-body workout.”

Dancing not only burns calories in a fun, social manner — the exercise can also optimize heart health, strengthen weight-bearing bones, and improve posture, balance and flexibility. “Dancing can be magical and transforming. It can breathe new life into a tired soul,” Bashar said. “On a more physical level, dancing can give you a great mind-body workout.”

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La Jolla’s live

By BART MENDOZA

MUST HEAR: The Trunks

One of the busiest jazz combos in town is also among the youngest. The Trunks Quartet started out as musicians with La Jolla High School’s jazz ensemble, and they now have a weekly residency at the Il Covo restaurant, as well as regular gigs at Café-Bar Europa. The OB Farmers Market and Claire De Lane, to name just a few. Playing a mix of original instrumental music and rich classics as “Caravan,” “Take Five” and “Chameleon,” the band is building a well-deserved local following, impressing with both their youth and musicianship. If you’re a jazz fan of any type, The Trunks Quartet needs to be on your radar. If they’re this good at this age, imagine what the future holds.

The Trunks Quartet: Wednesdays at Il Covo, 6:30–9:30 p.m., 8008 Girard Ave., #220.

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(619) 886-8660

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ARTS & ENTERTAINMENT

Thursday

MUSIC SCENE

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8008 Girard Ave., #220.
SWIMWEAR
CONTINUED FROM PAGE 9

interesting.
If modesty is not your thing, then the bikini is what you desire. Local company VI-X (www.vixswimwear.com) has an amazing line of bikinis, that fit and flatter most body types. Its triangle tops are comfortable and the cups, on dial for adequate coverage. If that’s not enough, they offer all bot-
toms in two styles: Brazilian and full. VI-X’s prints and solid colors are well done and come with some unique features that are happening in fashion — I’m cur-
tently eyeing their peach-pink bikini—
(ni (Paraty Bia tube top $92 and Bia tube bottom $92) to round out my collection. Most of
their suits come with their signature “tube” hard-
ware that looks like jewelry for that extra splash of
sassiness and sophistication.
Now that we have our suit
picked out, let’s focus on cover-ups. Shorts and T-shirts just won’t cut it
any more with all the chic options
that are out there. I love a great hoo-
key in a wild print. They are lightweight so they dry quickly,
and keep you polished at all times. If
June gloom has you worried, do a
heavier version in terrycloth. Other
styles that are great are callahns, ponchos, drawstring dresses and rompers.
Two down, three to go . . . The media
tote that holds everything is next on
the list. Size is really key here, as I’m
usually lugging around a towel (or
two), reading materials, water, sun-
screen (my family and I love Head
and hunters), and snacks. A zip pocket is
often very, very great on guys and
and girls. If you are looking for more
coverage, I would go with a wide-
brimmed or floppy sun hat. They come
in all kinds of fabrics from ribbon to
cotton and straw, and the prices will
vary according to fabric and design-
gers. For example, a beautiful straw hat
from Eric Javits can run anywhere to
$350-$425, but it is gorgeous and if
you take care of it properly you will
have it for many summers to come. Not
looking to break the bank but still
want coverage? There are plenty to
satisfy; Helen Kaminski does a cotton
bucket hat for $95, San Diego Hat Com-
pany does a ribbon crusher from
$50-60 and at these prices, you can
use it all summer and move on to
something else next year. I also like
these types of hats because they travel
easily, can get wet or be washed
without any fuss. Another option that
I love is a wide-brimmed visor. On hot
days, it’s nice to not have your head
completely covered, trapped in all the
heat. They also roll up so travel is a
cinch and are at a more reasonable
price point ($54-$145).
I hope this helps to get you beach
ready. No matter where you are or
what you are doing you can always
look your best. Enjoy this summer sea-
son and hit the beach (or pool) with
confidence. After all, it’s everyone’s
best accessory.
— Sabrina Heit has been a fashion con-

cultant in San Diego for several years. A
long with consulting, she is the creative
director and lead stylist for The Gap at
17C. heitadrina@yahoo.com
Auctioning art, champagne with chocolate and a meritorious knight

Starry, starry nights with Vincent Andrunas

Most of us know the Museum of Contemporary Art, San Diego (MCASD) as an organization that acquires and exhibits very interesting (and certainly unusual) artwork. But once every other year it also becomes a seller of art, and that happened May 30 when it held the Biennial Art Auction 2012 at its La Jolla location.

The lively and festive affair began with luxuriant libations and lavish hors d’oeuvres in the museum’s Axline Court, itself a work of art. The Hyatt Aventine supplied the catering, with a wide variety of tasty treats tray-passed in plentiful proportions, while fine cheeses and freshly made sushi rolls were available at stations around the room. The multiple bars kept busy, ensuring the 300 guests would never fear thirst. (Studies show that thirsty bidders find it much harder to raise their auction paddles …)

Informal curatorial tours were available during the reception, and the silent auction was open in the Fayman and Jacobs Galleries. More than 60 items were offered, with estimated values ranging from $500 to $30,000. At 8 p.m., MCASD director and CEO Hugh Davies opened the live auction, saying the works the curatorial team had brought together represent the best selection they’ve ever had. While the last auction netted more than $600,000, he expected the evening’s event would break that record.

Beginning with a surfboard customized by Andy Warhol (which sold for $18,000), attractive auctioneer Lydia Fenet (of Christie’s New York) skillfully and entertainingly dispatched the dozen or so live auction pieces, including several that went for $50,000 to $70,000 each. A “paddle raise” for art education for San Diego youth drew an initial pledge of $25,000 followed by enough smaller pledges to double that amount. Lastly, guests followed the auctioneer through the silent auction galleries, where final bids were solicited on several selected items in a “live closing.” By the time the smoke cleared and the guests settled down to dessert and coffee, more than $750,000 had been raised for the museum’s exhibition, acquisition and education programs.

Once upon a time, Scripps Health hosted annual tennis tournament fundraisers. Eventually, auction events were spun off — and now, decades later, auction events are the major attraction and tennis is long gone. The events have become quite successful, and never so

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more so than May 31 at the Hyatt Aventine, when Abeer and George Hage hosted the latest and greatest Spinoff Auction for Life, enticingly themed “Champagne and Chocolate.” Their Revo Biolabs signed on as title sponsor. They’d hoped for 400 guests, but 500 bought tickets, selling out the event 10 days in advance (word must have gotten out about the chocolate). At check-in, new reading glasses, in numerous designs, were available free for anyone who’d forgotten their own (or simply wanted a new style), ensuring readability of item descriptions. Nearby, a blonde “Champagne Princess” appeared (waist up) on a round table, encircled by glasses of the bubbly; another table offered chunks of chocolate from Dubai — the first of many luxurious chocolates offered throughout the evening. The huge silent auction shared the Barcino Pavilion with a wide variety of irresistible designer chocolates, plus hors d’oeuvres and open bars. Guests itching to get into some sort of trouble had multiple options. Dinner offered filet and mahi-mahi, while the program featured top Scripps leaders speaking about the growing patient service capabilities of the healthcare system. “Robin,” a cancer survivor with a bright future and outstanding prognosis, credited Scripps physicians for their early diagnosis and skilled care. A cake with candles appeared for Abeer Hage, celebrating her birthday at the event she chaired. The live auction’s 13 unique items (and fund-a-need pledge requests) were generously received, and more chocolate treats appeared. Through George and Abeer’s dedicated involvement to this event, driven by their understanding of the universality of cancer’s threat, approximately $1 million was raised.

***At an international ceremony and celebration near La Jolla’s southern edge, Gordon Kortun became a knight last Saturday evening. Of Norwegian ancestry through his mother, Lael Kortun, Gordon traveled to Norway some years ago, returning with his beautiful bride Annika, whom he’d met there on a family vacation decades ago. He’s the Honorary Royal Norwegian Consul for San Diego and Imperial Counties, but jokes that Annika is the “real” Norwegian and should have the position. She, however, thinks he’s better for the job — and apparently he’s been doing it quite well. For his meritorious service, His Majesty King Harald of Norway sent Royal Norwegian Consul General Sten Arne Rosnes down from his San Francisco post to bestow upon Consul Kortun the Order of Merit, Knight First Class. Everyone at the festive event seemed to agree the honor was well deserved.
Donovan's Steak House
They may look good enough to eat, but the paintings and sculptures at Donovan’s of La Jolla are strictly off limits – so you’ll have to content yourself with the USDA prime beef, the eater’s star attraction. If steak isn’t in the plan, pork and veal chops and succulent seafood will satisfy the most discriminating of palates. And at Donovan’s, fresh seasonal vegetables and your choice of potato are always included with each entrée.

Amici
A focus on authenticity, friendly service, customer satisfaction, Amici’s fast becoming one of La Jolla’s favorite pizzerias. Freshly made pizzas, pastas, and salads made of the highest quality ingredients and freshness – for a taste that is nothing short of perfection.

Cafe Milano
Owner/Chef Pasquale Ciamm, brought Northern Italian cuisine to La Jolla 12 years ago and has successfully pleasuring both local residents & out of towners, even of the country pizzeria, with his home made pappardelle pasta, veal osso bucco, lobster ravioli and other many authentic Italian dishes. Cafe Milano offers your palate an exciting & incredible experience for the whole family at affordable prices. Early Bird Special: 4:30 p.m. and 6:30 p.m. and choose a select soup or salad, menu entrée, and dessert for $18.95.

Station Sushi
Station Sushi can handle your late night private party for 20 – 40 people (10 person minimum 10:30 p.m. to 1:30 a.m.) And the best part is for only $40 per person it’s all you can eat & drink (some restrictions apply). Join us for Happy Hour Sunday-Thursday 5:30 to 7 p.m. We are now open for lunch Monday-Friday 11:30 a.m. to 2 p.m. Dinner Monday-Sunday 5:30 close. Full Bar www.stationssushi-birdrock.com

Coastal Dining
In and Around La Jolla

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Retina cell research

Recording activity of hundreds of neurons

Chichilnisky's laboratory is focused on how the retina processes visual information and transmits this information to the brain. A key area of interest is how the cellular circuitry of the retina performs the necessary computations essential for vision.

Long-term goal of the research is to contribute to development of a visual prosthesis that could be implanted in the eye and substitute for retinal tissue damaged by degenerative diseases.

Lindy's goggles on display

Historically, five La Valenciana Hotel Corporation trustee members were responsible for reacquiring Charles Lindbergh's goggles from France so they could be placed in San Diego's International Aerospace Hall of Fame.

They're now part of the Museum's current special exhibition, "How Things Fly.

The goggles had been given by Lindbergh to the manager of the Le Bourget aerodrome in Paris on May 21, 1927 in appreciation for concealing them to the Balboa Park museum. Those members were Gifford C. Ewing, Willis M. Allen, Sr. and Jr. James R. Ridgway and Richard P. Irwin.

The USPS has yet to determine the ultimate fate of the post office. The building has neither been placed up for sale, nor its services relocated. At the same time, the USPS has also not approved any protections or covenants to preserve the building and mural.

The task force has submitted its paperwork for the building to be placed on the National Register of Historic Structures, which would protect the building's façade and mural, but the task force has not yet received a definitive answer in that regard. "We respectfully request that the 1937's designation be reinstated as soon as possible and that the USPS engage in meaningful conversations with us," said Lightner. "We're asking for a transparent and uniform national process from the postal service—one that follows federal preservation laws when considering disposal of all these buildings so that we are not needlessly placing the future of historic post offices at risk."

Residents gathered at the La Jolla Post Office for a press conference on June 6, where District 1 City Councilwoman Sheri Lightner announced the building has been placed on two lists of endangered historic structures.

**NEW LISTING**

VILLA TUSCANIA CONDO!

Klatt Realty has JUST LISTED For Sale this choice 2 bedroom, 2 bath condo with a small patio and covered parking for 2 cars close to UCSD! Action priced at $385,000! This will sell fast! Call Klatt Realty for your appointment to see this deal for yourself!!

RENTALS: $2,200*** RPI

We are offering this 2 bedroom, 1 bath apartment in the Foot of Prospect area for a 1 year lease now! The unit has been painted and new flooring has been installed in the kitchen and the bathroom! Rent includes a 1-car garage! Sorry, no pets, please. Call for full details and an appointment to see this for yourself.

**CONTINUED FROM PAGE 6**

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### Retina cell research

From Salk Institute we learn that E. Lindy's goggles on display

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**FITNESS**

CONTINUED FROM PAGE 9

**San Diego Bahá’í Faith**

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Multi-Faith Devotional Program

10:30 am – 12:00 pm

Introductory Talk & Discussion

Please call 858-268-3999 for more information and visit our websites:

www.sandiegobahai.org • www.bahai.org

**WEDNESDAY, June 13**

- **Used book sale, 9 a.m. to noon**
  Lawrence Family Jewish Community Center, 4126 Executive Drive, including silent auction of rare books, runs through June 17. (858) 362-1150, susannah@ljathenaeum.org, free.

- **“Seating Arrangements,” 7:30 p.m.**
  theories and a look at the history of musical seating arrangements through the 1920s and 1930s. Held at 1008 Wall Street. (858) 454-5872, www.ljathenaeum.org, free.

- **Benny Green and John Clayton, 7 p.m.**

**THURSDAY, June 14**

- **La Jolla Town Council meeting, 5 p.m.**
  La Jolla Recreation Center, 615 Prospect St., (858) 454-0347, www.lajollatowncouncil.com, free.

**FRIDAY, June 15**

- **Introduction to Ocean Acidification, 7:30 p.m.**
  University of California San Diego, 9500 Gilman Dr., La Jolla. Free. For more information, call (858) 534-7577.

**SATURDAY, June 16**

- **Watermelon Drop, 10 a.m.**
  UCSD La Jolla campus. For more information, call (858) 534-2841.

- **Suzanne Robinson’s Sidewalk Sale, 10 a.m.**
  3270 Silverado St., La Jolla. All proceeds benefit La Jolla Children’s Association. Free.

**SUNDAY, June 17**

- **28th Annual Longboard Invitational, 9 a.m.**
  Air and Ocean Beach. Vendors, music, food, and professional and amateur longboard competition. Entry fee: $10. For more information, call (858) 534-2841 or visit www.longboardsurf.com.

**July 10**

- **29th Annual Longboard Invitational, 9 a.m.**
  Air and Ocean Beach. All proceeds benefit La Jolla Children’s Association. For more information, call (858) 534-2841 or visit www.longboardsurf.com.
Prepare to be charmed by this adorable & inviting Village bungalow just blocks to the beach. Privately nestled amongst gardens, this ocean view 1 bedroom cottage offers a great indoor/outdoor lifestyle. Three sets of French doors open to a covered patio and oversized view deck ~ adding great al fresco living. Appointments include a cozy living room fireplace, lots of skylights, vaulted ceilings, Spanish tile flooring and solar panels for eco-friendly, low cost utilities. Nearby community pool, tennis courts, farmer’s market, beaches, boutiques and dining.

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Light & Bright Village Bungalow ~ La Jolla

Light & Bright Village Bungalow Prepare to be charmed by this adorable & inviting Village bungalow just blocks to the beach. Privately nestled amongst gardens, this ocean view 1 bedroom cottage offers a great indoor/outdoor lifestyle. Three sets of French doors open to a covered patio and oversized view deck ~ adding great al fresco living. Appointments include a cozy living room fireplace, lots of skylights, vaulted ceilings, Spanish tile flooring and solar panels for eco-friendly, low cost utilities. Nearby community pool, tennis courts, farmer’s market, beaches, boutiques and dining.

Offered at $799,000

Dazzling Bay, Ocean & City Views ~ North Pacific Beach

Dazzling bay, ocean & city views from this custom built home nestled on a private cul-de-sac. Gorgeous remodeled kitchen & baths, hardwood floors & custom fireplace mantle. All this amongst a versatile 5 bedroom floor plan with abundant windows to maximize views, voluminous ceilings, view balconies & skylights. Separate 1 bedroom suite offers the convenience of private entrance, ideal for guests, nanny, etc. Private spa, meandering gardens with mature landscape and air conditioning.

Offered at $1,295,000

Call today to view these great homes!

Jeannie Gleeson
(858) 551-3355   jgleeson@SDCoastalHomes.com   DRE#01059544
Welcome to La Jolla’s Barber Tract

The Barber Tract is one of La Jolla’s most historic neighborhoods and is a place where alluring vintage cottages rub shoulders with stately Mediterranean, Spanish Colonial and storybook English Tudor and French Normandy style homes. Located just south of the Village and famous for its beautiful white sand beach and charming flower-filled gardens, the Barber Tract is a wonderful place to live, as well as an interesting neighborhood to explore.

A treasure trove of early 1920s and 30s European Revival architecture, many of the homes were designed by noted architects, such as Edgar Ullrich, Herbert Palmer, Florence Palmer, Requa & Jackson, Thomas Shepherd and Lillian Rice. Over 18 homes in the Barber Tract have been historically designated with many proudly displaying their historic site plaques on their walls.

Affectionately named for Phillip Barber, who purchased and developed the prime seaside land after he moved to La Jolla in the 1920s, Barber built his own home, on an oceanfront site on Dunemere Drive. Today, The Dunes/Casa de la Paz is historically designated as historic site #520 and was once owned by the late Academy Award winning actor, Cliff Robertson.

The owner of a historic Barber Tract home & garden, Linda is a co-founder of the Secret Garden Tour of La Jolla and a member of the City of San Diego’s Historical Resource Board. She specializes in historic and architecturally designed homes. Take a tour of Linda’s garden at www.LindaMarrone.com or learn more about the Barber Tract.