SAN DIEGO POLITICS HITS A WALL
City Council passes resolution opposing Trump’s border proposal

BY NEAL PUTNAM
The San Diego City Council voted 5-3 Tuesday along party lines to oppose President Donald Trump’s proposal to construct a billion-dollar wall at the U.S.-Mexico border.

The city council’s five Democrats voted in favor of Councilmember Georgette Gomez’s resolution to oppose Trump’s executive order to build a wall and to oppose a House bill seeking to fund it from a fee on remittance transactions sent from the U.S. to several other countries.

“I think I’ll keep it simple so our president … will understand. The border wall is a stupid idea,” said Councilmember David Alvarez. “It is a horrible abuse of our taxpayer dollars. It’s a sham by the president. I think it’s important to send a message.”

District 3 Councilmember Christopher Ward seconded Gomez’ resolution, saying, “Today’s resolution will make our priorities clear.”

Council President Myrtle Cole, said, “We

The current walls that separate Tijuana, Mexico from the United States, with San Diego in the background. PHOTO BY THOMAS MELVILLE

Preliminary hearing for Greatrex delayed

BY NEAL PUTNAM
A judge found good cause to delay the preliminary hearing until Nov. 14 for Cindy Greatrex, the former president of the La Jolla Park and Recreation Council, while her attorney gathers paperwork that might clear her of embezzlement of at least $65,000.

Greatrex, 51, recently appeared with her attorney, Paul Neuharth Jr., who argued to delay the hearing before San Diego Superior Court Judge Michael Smyth.

Deputy District Attorney Chandelle Konstanzer argued against the delay. A minute

SEEBIRCH>>PG.6

Birch Aquarium plans major expansion project

BY DAVE SCHWAB
La Jolla’s Birch Aquarium at Scripps Institution of Oceanography at UC San Diego is exploring an expansion on the south side of its property, which could conceivably accommodate at least 100,000 additional visitors per year.

“We are in the very early stages of an exciting expansion project that would allow Birch Aquarium at Scripps to increase capacity of our current aquarium and science center,” said Aquarium executive director Harry Helling. “We have been at our current location for 25 years now and we need to expand in order to better serve the community.”

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should work on building bridges and not walls,” Also voting in favor was Councilmember Barbara Bry.

Voting no were Councilmembers Lorie Zapf, Chris Cate, and Mark Kersey, who are all Republicans.

Councilmember Scott Sherman was absent. Cate and Kersey said nothing during the hearing, but Zapf got into an exchange with Gomez and her staff about the length of the current wall and when upgrades were constructed.

Zapf, who represents District 2, said she believed portions of the current wall went up when President Bill Clinton was in office and upgrades were done when President Barack Obama served, but staff members disagreed.

“This is not history 101,” said Cole, who urged Zapf to move on in her comments.

“Greatrex has pleaded not guilty to one count of grand theft by employee with the allegation that the loss of the necessary documents the DA’s office has to defend his client. He said Friday the prosecutor sent him 80,000 pages on Thursday at 3:30 p.m. which was not enough time for him to review them.

“The delay was caused by the District Attorney in providing documents,” said Neuharth.

Neuharth said his intention is to present witnesses about these grant services “benefiting” the committee to pay for grant writing services with receipts at the preliminary hearing. This, he hoped, would result in a judge dismissing the case, he said.

Neuharth presents witnesses in the La Jolla Village News his client used funds from the group’s website revamp lists pages more dynamically, with larger images and video.

The hearing’s estimate is set at three hours, but it may last longer if Neuharth presents witnesses in order to admit documents.

An arrest warrant declaration by the City Attorney Mara Elliott if the city should disclose names of firms that may have worked on the border wall in the 1980s and 1990s, but Elliott told her that was not before the City Council Tuesday.

Zapf was reacting to another proposal that will be voted on later to debar firms who do business with the city and who are part of companies to not participate in the design, construction, or financing of the border wall. The wall and the House measure for funding it will “be damaging symbols of fear and division that will increase tensions with Mexico.”

“The wall is profoundly un-American,” said Bruce Coons, the executive director of the Save Our Heritage organization, who added it was “detrimental to tourism.”

The resolution encourages local companies to not participate in the design, construction, or financing of the border wall. It says the wall and the House measure for funding it will “be damaging symbols of fear and division that will increase tensions with Mexico.”

LJVMA updates website: Site now designed to function better for mobile phones, with a brand-new logo

BY DAVE SCHWAB

On Sept. 11, La Jolla Village Merchants Association unveiled the much-anticipated update of its website, LaJollabytheSea.com, as well as introducing an iconic new logo.

“We wanted to make it (website) easy for people to use on their phones,” said LJVMA president James Niebling who added the updated design “has a fluid layout.”

The website also has a new white logo with flourishes standing out against an orange background.

Niebling noted the second largest part of the website revamp entailed “an explorer tab” allowing site visitors to “check out different merchants and their photos” which he said makes the site “more vibrant.”

The LJVMA president said the group’s website revamp lists pages more dynamically, with larger images and video.

Offline, Sheila Fortune, LJVMA executive director, noted all merchants in the La Jolla Business Improvement District, who pay their city of San Diego annual business tax, belong to the group and are eligible for website placement.

GREATREX >>
CONT. FROM PG. 1

order from the hearing said the delay was granted for “good cause.”

Greatrex has pleaded not guilty to one count of grand theft by employee with the allegation that the loss exceeds $65,000. She resigned her job after being pulled over for speeding.

Piceno stated he interviewed Mary Monk, the vice president of the La Jolla Park and Recreation bank committee, in March.

“Anyone who is against this wall is un-American, in my opinion,” said Hud Collins. “We need to secure our country for our citizens.”

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**English Tudor Estate**  PRICE REDUCED
3BR/ 5.5BA  Pool/Spa  4,338 Sq. Ft.  $4,699,000

**Mediterranean Luxury**  PRICE REDUCED
4BR+1Optional/ 6.5BA  6,246 Sq. Ft.  $4,390,000

**Windansea**  COMING SOON
4BR/ 4BA  2,322 Sq. Ft.  $2,850,000 - $3,295,000

**Muirlands Treasure**  NEW LISTING
4BR/ 2.5BA  3,114 Sq. Ft.  $1,899,000
OPEN HOUSE: Sat, 12-3pm 6349 Castejon Drive, La Jolla, CA 92037

**Emerald Cove**  NEW LISTING
3BR/ 2.5BA  2,469 Sq. Ft.  $1,399,000  Built in 2001  Peak Ocean Views

**A Symphony in Every Room**
4BR/ 2.5BA  2,687 Sq. Ft.  $1,280,000 - $1,375,000

**Ridgegate**
4BR/ 2.5BA  2,518 Sq. Ft.  $1,245,000 - $1,295,000

**Woodlands North**
1BR/ 1BA  840 Sq. Ft.  $459,000 - $499,000

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Jaimal Yogis: Author’s life, travel experiences yield personal growth

BY BLAKE BUNCH

The Persian sage Rumi wrote, “You are not a drop in the ocean, you are the entire ocean in a drop.” Like many poetic statements, this line can be left to fend for itself against existential examination. It is fitting, however, to commence a chapter in Jaimal Yogis’ latest work, “All Our Waves Are Water,” from which he will be reading from at D.G. Wills Books on Sept. 23.

“All Our Waves Are Water” explores life’s perplexing challenges: dealing with loss, work and life balance, personal and collective purpose, joy, acceptance, and belief systems in a heady, yet familiar, manner. Similar to his previous works, Yogis interweaves his experiences and extensive knowledge of sacred tradition with exotic (and at times non-exotic) backdrops.

He does so all while the wise inspiring, and exploring, universal truths as though he were performing a laid-back cut backoff the lip of a wave, reading its sections, then pumping forward on a 4-lump glassy day. That is, with ease.

“All Our Waves Are Water” starts out with me as a 23-year-old journalism student living in the Himalayas. “In Saltwater Buddha, I had shipped over this period of my life and always wanted to come back to it.”

The young Yogis endures the type of all-consuming heartbreak, to which many can relate. All the while, he is struggling to publish stories (in a foreign country) and be regimented with his writing—for his eventual aim is to attend Columbia Journalism School, which would “ensure a decent career.”

Along his path, he befriends an upbeat Tibetan monk named Sonam. Sonam acts as a positivity source for Yogis, reassuring him that it is okay to experience emotion and pain while still seeking enlightenment. In fact, in order to become enlightened, it seems as though one must experience these feelings. Anger, jealousy and other “monsters of our existence” continue to plague Yogis. While brought up in what some would call a “non-traditional” manner, he was introduced to surfing, yoga and meditation at a young age. After his parents divorced when he was six, these practices weren’t a large part of his life until his late teens.

“I think I had a lot of anger at my parents that I didn’t know how to deal with,” said Yogis. “There was definitely some resentment directed at my father (for whom the book is dedicated), for I felt that he spent too much time working, and not as much time with me as I would have liked.”

“In regards to negative emotions, I felt as though at the time I was carrying this hurt and anger. Although I had been introduced to yoga, Buddhism and meditation at a young age, I didn’t become zealous until I was 18 or so, hence ‘Saltwater Buddha.’ I think Jack Kerouac said it best that ‘Buddhism’ is best studied as a teenager.”

Throughout the work, Yogis weaves punchy, real observations rooted in his personal quest. From attempting to master tube-riding in Puerto Escondido, often referred to as the “Mexican Pipeline,” to living every surfer’s dream existence in Bali, Yogis always remains analytical in his approach.

After leaving Columbia Journalism school, he settled in San Francisco with Siri, his artist significant other. Working at a magazine, writing some pieces he was fond of (and many he wasn’t) Yogis faces a harsh reality while on a surf escape in Bali. Should he follow the rat race? Or live—simply, surfing and practicing his faith and personal philosophies? “I could always see that I had options, but that freedom can often prove paralyzing,” said Yogis.

While a great deal of the anti-establishment and rebelliousness found in his previous work bleeds into “All Our Waves Are Water,” Yogis has endured great life changes since his younger days. Now 37-year-old, he lives in Ocean Beach, San Francisco with his wife and two young boys.

When prompted if he still carries the bravo and anti-authoritarianism identified by surfers around the globe, since he is now an authority figure of sorts, Yogis laughs. “You know... I hope so. I still haven’t taken a ‘real job,’ so I hope that I am following my heart and gut. When my first son was born, I wrote a children’s book title ‘Turtles Don’t Surf,’ in which the outcome is one turtle eventually becomes a surfer. I encourage them to take risks, but at the same time want to stress that they have to value and heed the rules.”

La Jolla Playhouse celebrates premiere of ‘Wild Goose Dreams’

BY LUCIA VITI

Delightful. Written by Korean playwright Ha Jung Won and directed by Leigh Silverman. “Wild Goose Dreams” will captivate every family member, millennials included. Simply staged, softly lit, talent abound, a cast of characters (including internet avatars) sing, dance and tug at heartstrings to connect the lonely.

Actor James Kyson plays Gook Munsung, a lonesome South Korean “goose father,” a label awarded to men who work in their homeland while supporting families in America. Goose fathers align their families with the concept that life and education is better in the U.S. Actress Yunjin Kim plays Yoo Nanhee, a defector from North Korea who left her family, touting her love and loyalty to her father, in her viciously服务平台

Jaimal Yogis watches a set roll in prior to paddling out. He will be reading from his new work ‘All Our Waves Are Water’ at D.G. Wills Books in La Jolla on Sept. 23 at 7 p.m.

Photo contributed

La Jolla Playhouse will host the premiere of the stage production “Wild Goose Dreams” based on a novel written by Ha Jung Won and directed by Leigh Silverman.

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Three sea turtles returned to ocean after rehabilitation at SeaWorld

BY MATHILDE ROUSSEAU BJORREGAARD

Three olive ridley sea turtles, which had been rehabilitating at SeaWorld for almost two years, were returned to their Pacific Ocean home the morning of Monday, Sept. 11.

The sea turtles, named Solstice, Lightening and Tucker, were rescued from cold waters near the Oregon coast in 2014 and 2015 and flown to SeaWorld for rehabilitation over the past few years by the U.S. Coast Guard.

Solstice and Lightening, both female turtles, arrived to SeaWorld in February 2015 and March 2016, and male turtle Tucker was transferred in April 2016.

When the sea turtles were found they were cold-stunned and suffering from buoyancy issues, which left the animals unable to dive and forage for food.

“Sea turtles like tropical warm water and the temperature regulates their bodies ability to work. When the water gets cold the animal’s system starts shutting down and they end up on the beach,” said Mike Price, who is assistant curator of oceano-logical Operations at SeaWorld.

At SeaWorld the sea turtles have undergone a groundbreaking rehabilitation protocol that involved placing the turtles in a 12-foot-deep, 11,500-gallon saltwater rehabilitation pool. Here the sea turtles slowly but surely began to dive, forage and maintain proper buoyancy.

After the lengthy rehab, SeaWorld’s aquarium experts and veterinarians said that the turtles were in healthy condition, of good weight, navigating through a water column, eating a variety of food types, and were ready to make it on their own in their ocean home.

The sea turtles were loaded onto SeaWorld’s rescue boat Second Chance on Monday morning and returned to the ocean approximately 15 miles off the coast of San Diego.

Prior to their return, the sea turtles were outfitted with satellite transmitters by Hubbs-SeaWorld Research Institute to monitor their movements. In that way, they are able to follow them for up to six months.

“What is so exciting about today is that after close to two years of hard work, we get to return the sea turtles and give them a second chance in life,” said Price.

Olive ridley turtles are the smallest turtle in the Pacific Ocean and they are listed on the federal endangered species list as threatened. They get their name from the olive green color of their shells.

Olive ridleys can be found in the tropical regions of the South Atlantic, Pacific and Indian Oceans. In the eastern Pacific they occur from southern California to northern Chile.

Scripps Institute researchers examine global warming

A new study evaluating models of future climate scenarios has led to the creation of the new risk cate-gories “tipping points” and “unknown” to characterize the range of threats posed by rapid glob-al warming. Researchers propose that unknown risks imply existential threats to the survival of humanity.

These categories describe two low-probability, but statistically sig-nificant scenarios that could play out by century’s end, in a new study by Veerabhadran Ramanathan, a distinguished professor of climate and atmospheric sciences at Scripps Institution of Oceanography at the University of California San Diego, and his former Scripps graduate stu-dent Yanyang Xu, now assistant professor at Texas A&M University.

The risk assessment stems from the objective stated in the 2015 Paris Agreement regarding climate change that society keep average temperature from warming beyond 5°C, which has not been experienced for at least the past 20 million years.

The scientific consensus is that warming probability of five percent or less is a “low-probability high-impact” sce-nario and assess such scenarios in the analysis “Well Below 2°C: Mitigation strategies for avoiding dan-gerous and catastrophic climate changes,” which appears today in the journal Proceedings of the National Academy of Sciences.

Ramanathan and Xu also describe three strategies for pre-venting the gravest threats from tak-ing place.

“When we say 5 percent probabili-ty high-impact event, people may dismiss it as small but it is equivalent to a one-in-20 chance you are about to board will crash,” said Ramanathan. “We would never get on that plane with a one-in-20 chance of it coming down but we are willing to send our children and grandchildren on that plane.”

The researchers defined the risk categories based on guidelines established by the Intergovernmental Panel on Climate Change (IPCC) and previous independent studies.

Dangerous global warming includes consequences such as increased risk of extreme weather and climate events ranging from more intense heat waves, hurricanes, floods, and droughts. Planetary warming between 3°C and 5°C could trigger what scientists term “tipping points” such as the collapse of the West Antarctic Ice Sheet and subsequent global sea-level rise, and the dieback of the Amazon forest.

In human systems, catastrophic cli-mate change is marked by deadly heat waves becoming common-place, exposing more than 7 billion people to heat-related mortalities and famine becoming widespread. Furthermore, the changes will be too rapid for most to adapt to, par-ticularly the less affluent, said Ramanathan.

Risk assessments of global tem-perature rise greater than 5°C have not been undertaken by the IPCC. Ramanathan and Xu named this category “unknown?” with the question marks acknowledging the subjective nature of our deduc-tion. “The existential threats could include species extinctions and major threats to human water and food supplies in addition to the health risks posed by exposing over 7 billion people worldwide to deadly heat.

With these scenarios in mind, the researchers identified what mea-sures can be taken to slow the rate of global warming to avoid the worst consequences, particularly the low-probability-high-impact events. Aggressive measures to cur-tail the use of fossil fuels and emis-sions of so-called short-lived climate pollutants such as soot, methane and HFCs would need to be accom-plished by active efforts to extract CO2 from the air and sequester it before it can be emitted. It would take all three efforts to meet the Paris Agreement goal to which countries agreed at a landmark United Nations climate conference in November 2015.

“This report shines a bright light on the existential threat that climate change presents to all humanity,” said Calif. Governor Edmund G. Brown Jr., who has collaborated

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SAN DIEGO. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you’ll want to sell your home for the highest price in the shortest time possible without compromising your sanity.

To assist home sellers, a new industry report has just been released called “27 Valuable Tips That You Should Know To Get Your Home Sold Fast and for Top Dol-lar.” In this report you’ll discover how to avoid financial disaster when selling your home. Using a common-sense approach you will get straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

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with Ramanathan on carbon neutrality measures in the state. "Scientists have many ideas about how to reduce emissions, but they all agree on the urgency of strong and decisive action to remove carbon from the economy."

Xu and Ramanathan point out that the goal is attainable. Global CO2 emissions had grown at a rate of 2.9 percent per year between 2000 and 2011, but had slowed to a near-zero growth rate by 2015. They credited drops in CO2 emissions from the United States and China as the primary drivers of the trend. Increases in production of renewable energy, especially wind and solar power, have also been a major factor.

Ramanathan said the proposed aquarium expansion is to create more touch points to share the story of Birch with the community, adding that the aquarium is currently limited to what can be displayed on its website as well as on social media.

"The proposed expansion is to create more touch points to share the story of Birch with the community, adding that the aquarium is currently limited to what can be displayed on its website as well as on social media," Ramanathan said.

Birch Aquarium spokesperson Beth Chee said the expansion project is in the early stages, adding that the full scope is still under development. Chee said the aquarium is currently seeking input from a wide range of stakeholders to ensure that the expansion is designed to meet the needs of the community.

"The goal is for the first phase to open in five years," Chee said. "In order to move forward, Birch Aquarium would need to gain community support, raise the necessary funds, and get approval from regulatory agencies. There will be opportunities for the community to learn more about this project as it evolves."

Birch has always highlighted the work of Scripps researchers. But the subject has received increased attention since Margaret Leinen became the institute’s director in 2011. She wants the public to have a better understanding of the institute, which does everything from study climate change to the world’s poles to monitor the health of coral reefs in remote areas of the Pacific.

"The San Diego community has come to rely on Birch Aquarium as a source for information about all of Scripps Oceanography research, not just a place to see marine organisms," said Leinen, an oceanographer.

Scripps Institution of Oceanography, founded in 1903, is one of the oldest and largest centers for ocean and Earth science research, public service and undergraduate and graduate training in the world. Hundreds of ocean and Earth scientists conduct research with the aid of oceanographic research vessels and shore-based laboratories.

SIO is a division of the University of California San Diego. The public explorations center of the institution is the Birch Aquarium at Scripps.

Since becoming part of the University of California in 1912, the institution has expanded its scope to include studies of the physics, chemistry, biology and climate of Earth.
Sharpee has been awarded a grant of approximately $950,000 over four years by the National Science Foundation to study how the brain processes complex sounds. This grant is part of a multi-national project together with groups in France and Israel.

“Sharpee’s computational approach and modeling is at the cutting edge of neurobiology research,” says Salk president Elizabeth Blackburn. “This award will allow her to continue to make important discoveries about how the brain processes sounds and test theories about how different types of neurons work together. Such work could inform better ways to treat hearing loss or improve speech-recognition technologies.”

Sharpee, who is a member of Salk’s Computational Neurobiology Laboratory, seeks to develop a unifying theory of “biological control” to understand the universal principles of behavior.

Specifically, she is uncovering how animals sense and adapt to their environment as well as make predictions and decisions. To do this, she applies mathematical strategies—their statistics and probability models—to chart the principles by which the brain’s billions of neurons exchange energy and information.

“This grant represents a tremendous opportunity to solve the mysteries of auditory processing by combining electrical recordings from the brain, simulations of large-scale neural circuits, and statistical analysis of both model and large-scale neural circuits, and statistical analysis of both model and real responses to understand how statistical analysis of both model and real responses to understand how neurons exchange energy and information.

The Marine Room, a San Diego landmark, and award-winning oceanfront restaurant for over 75 years, announced it will be participating in San Diego Restaurant Week Sept. 24 through Oct. 1. Fabula re:Week provides the perfect opportunity for both new guests and regulars to experience fine dining at its finest. At the price of $50 per person, The Marine Room’s Restaurant Week menu features extraordinary items and tempting seasonal fare. Savor the three-course menu designed by the award-winning duo of executive chef Bernard Guillais and chef de cuisine Ron Oliver.

Appetizer: Pistachio ras el Hanout spiced prawns, Carlsbad organic artisan bibb lettuce or organic sweet corn coconut bisque.

Entrée: Wild rice crusted Shetland Islands salmon, star anise briochè-coated diver scallops or tabula rasa beer-braised prime beef cheeks.

Dessert: Orange blossom panna cotta, wattlesseed chocolate fondant or gristine cherry sorbet.

For an additional $15 per person, enjoy additional entrée options of center cut black angus filet mignon, agumes butter bast-ed Maine lobster tail and red walnut crusted Alaskan halibut.

Organized by the California Restaurant Association’s San Diego County Chapter, San Diego Restaurant Week is in its twelfth year as San Diego County’s largest and most successful dining event. Held twice annually, this culinary tradition features more than 180 of San Diego’s best restaurants offering fixed price, three-course meals. For more information, visit www.SanDiegoRestaurantWeek.com.

Reservations are highly recommended for The Marine Room during Restaurant Week, and can be made by calling 858-459-7222. For more information, visit MarineRoom.com.

UC San Diego women’s water polo announces Davidson as assistant

Davidson comes to La Jolla with 10 years of coaching experience at the club and high school levels. Most recently, Davidson was the head of age group water polo at Rose Bowl Water Polo Club where she oversaw the 10, 12 and 14 and under boy’s and girl’s programs. Both of her U14 girl’s and boy’s teams won the 2016 Champions Cup in Hawaii while her girl’s team placed second at the 2016 Junior Olympics.

In 2016-17, Davidson coached the La Cañada High School girl’s water polo team where she was named the Stars News Coach of the Year. Previously, Davidson spent two seasons as the head coach of the Cathedral Catholic High School girl’s water polo program and oversaw the San Diego Shaolin’s and under and under 14 girl’s team. She is currently in her fifth year as a USA Water Polo Development National Team assistant coach.

“I am beyond excited to have her on board to help us out our 2018 squad,” said Kreutzkamp. “With her experience as a head coach in high school, a club coach for many years, and a head coach in the national team pipeline, she brings a wealth of experience to our team.”

Collegiately, Davidson played for Pat Beemer at Wagner College for four years. She helped lead the Seahawks to a NCAA appearance in 2006 and was also a three-year member of the swim team. She graduated from Wagner in 2009 with a bachelor of arts in history and also earned a bachelor of science in nutrition science from Kaplan University in 2015.

Davidson graduated from Temple City High School where she was a part of the 2003 and 2004 CIF SS Water Polo Championship teams.

Hunt Slonem at Madison Gallery

Madison Gallery presents internationally-recognized artist Hunt Slonem’s “In Two Worlds” from Nov. 11 to Jan. 11. The artist reception will be hosted from 6 to 9 p.m. on Nov. 11, and will feature a book signing by the artist of his recent publication “Birds” along with fan-favorite “Bunnies.”

Slonem is known for his neo-expressionist works featuring butterflies, bunnies and tropical birds. Hunt has catapulted into the collections of the world’s top museums, including the Guggenheim, the Metropolitan Museum of Art and the Whitney among others.

For more information, contact info@madisongalleries.com, or call 858-459-0816.

Up to $1,000 reward for information on unsolved murder

San Diego County Crime Stoppers and investigators from the San Diego Police Department’s Homicide Unit are asking for the public’s help in identifying and locating the suspect responsible for the murder of Barbara Nantais.

On the morning of Aug. 13, 1978, San Diego police officers responded to Torrey Pines State Beach where passers-by found the body of 15-year-old Barbara Nantais lying on the sand.

Nantais had been strangled and beaten to death. Nantais’ boyfriend (James Alt) had gone to the beach with her the night before and was discovered nearby suffering from a severe head wound. Alt’s injuries left him semi-conscious and with no memory of the attack. Investigators believe an unknown suspect attacked Nantais and Alt while they were lying together on the beach.

Del Mar Racetrack Gears up for “Bing Crosby” season

With Del Mar closing out their 78th summer season, the racetrack is looking ahead to its annual fall meet. The track’s second season, known as the “Bing Crosby Season,” is set to kick-off Wednesday, Nov. 1, followed by one of Thoroughbred racing’s most prestigious international events, the 2017 Breeders’ Cup World Championships on Nov. 3 and 4.

Bing was a music man, of course, so no doubt he’d have no problem appreciating the two concerts the track will present: the eclectic hip-hop group The Roots on Saturday, Nov. 11, and the return of its popular Reggae Fest featuring Iration on Saturday, Nov. 18.

Also on Nov. 18, the track welcomes college students to its annual College Day where all students get in at no cost with valid college ID and can enjoy live music by Red Bull DJs, activities and more at the Red Star Café.

On Nov. 25, the Craft Beer, Cider, Cocktail & Wine Festival will offer dozens of local seasonal brews, ciders, cocktails and wines to taste.

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Kena, her name says it all, “unique”. Kena was born to sing. She's an amazing singer/songwriter with a gift from God. Early on, the Atlanta based singer joined the adult choir at her Church. Since then, she has placed high in several competitions including American Idol. Kena has felt that her gift was for God and she considers herself under construction and a work in progress. Now Kena is ready to share her amazing voice with You and the world!
KAABOO festival sees another successful year, less noise

BY BLAKE BUNCH

The third annual KAABOO music, food and comedy festival was held from Thursday, Sept. 15 to Sunday, Sept. 17. In true San Diego fashion, young families, teenagers, Millennials and Baby Boomers alike congregated at the Del Mar Fairgrounds to see a wide variety of attractions.

With notable classic rock n roll acts such as Eric Burdon and the Animals, Michael McDonald, Dave Mason, Jackson Browne and Tom Petty and the Heartbreakers performing alongside recent pop acts like Ke$ha, Pink, Muse and David Guetta, the festivalgoers were ultimately introduced to new musical realms.

Ice Cube was there. T-Pain was there. Even DJ Diesel (Shaquille O’Neal) performed a set under his new-found moniker. Perhaps Shaq should stick to working as a TV personality.

Major names in comedy were also drawn to the festival, and judging by the crowds packed in to see their favorite comedians, like SNL alums David Spade and Norm Macdonald, for talk show host Arsenio Hall and road warriors Patton Oswald, Nick Swardson, as well as newcomer Al Madrigal, the comedy aspect of KAABOO was a major hit with festivalgoers.

Perhaps one of the more interesting areas of the festival was the air-conditioned “Palette,” or the higher-end arts tent geared to showcase local artists and artisans in their element – creating live art. Here, one could bid on art, as well as pick up some craft wares, before heading to the Sunset Cliffs or Trestles main stages to catch a headlining act.

While excessive noise from the musical acts proved to be a major objection to the festival’s existence, predominantly by surrounding residents of Del Mar. KAABOO organizers went the extra mile this year to avoid any issues.

Festival creator and CEO Bryan Gordon addressed their lengths to avoid “noise pollution” at a Sept. 14 media conference.

Here, Gordon said that the organizers had hired “audio engineers, speaker companies, and audio scientists,” to make sure that they had all their bases covered.

Whatever technology they utilized to avoid excessive noise seemed to work, for it was difficult to hear music from outside of the fairgrounds. The festival’s conclusion on Sept. 17 marked another successful year in the books for KAABOO.

San Diego Restaurant week held from Sept. 24 to Oct. 1

BY MATHILDE ROUSSEAU

On Sunday, Sept. 24 through Sunday, Oct. 1, the 13th annual San Diego Restaurant Week returns with over 180 participating restaurants offering prix-fixe menu options throughout San Diego County.

For one week only, San Diego area restaurants will offer three-course prix-fixe dinner menus for $20, $10, $40 or $50 per person and or two-course prix-fixe lunch menus for $10, $15 or $20 per person.

Participating restaurants span across the county, from the South Bay to East County and to the borders of Oceanside and Fallbrook, and touch on all cuisine styles to satisfy a vast array of cravings.

San Diego Restaurant Week is supported by the nonprofit San Diego Chapter of the California Restaurant Association. Tickets are not necessary, but reservations are recommended.

This year, 25 different restaurants in La Jolla are participating in the San Diego Restaurant Week. These local restaurants have gone the extra mile in regards to accessibility, creating special and exciting menus.

Participating restaurants in La Jolla are: Apollonia Greek Bistro, Beaumont’s Eatery, Bistro Du Marche by Tapenade, Brockton Villa, Catania, Chedi Thai Bistro, Cusp Dining and Drinks, Donovan’s Steak and Chop House, Draft Republic, Duke’s La Jolla, Galaxy Taco, and George’s California Modern.


For more information, visit SanDiegoRestaurantWeek.com.

Councilmember Barbara Bry responds to recent memo on short-term rental regulations

After reviewing the memo issued by Councilmembers Ward, Kersey, Sherman and Alvarez, I was encouraged to see that my colleagues and I agree that there is a need to regulate short-term rentals and to provide resources for enforcement. We also agree that San Diegans should have the right to supplement their incomes and that it is time for a definitive solution to this problem.

My proposal differs in that it allows San Diegans to exercise their rights as property owners while it simultaneously protects our residential communities from the proliferation of mini-hotels. My proposal is the only one that preserves our already scarce housing supply.

A recent report by Professor Alan Gin at the University of San Diego’s Burnham-Moores Center for Real Estate states that short-term rentals contribute to the depletion of San Diego’s housing stock.

The city council is well aware of this housing shortage. I recently joined my colleagues in an 8-1 vote to create a minimum stay requirement of 30 days for all new companion units that will be built under eased regulations to create more housing units for San Diegans.

It is not possible to advocate for the creation of more housing for San Diegans, while at the same time allowing existing units to be taken off the market and used as short-term rental properties. The suggestion of another affordable housing fund does not mitigate the loss of housing units that will result from this proposal.

While my proposal to regulate short-term rentals protects the rights of those who wish to rent out their entire primary residence on a short-term basis for up to 90 days per year, it is the only proposal that prohibits investors from converting homes in our residential neighborhoods into permanent mini-hotels.

- Barbara Bry

Trisha Brown Dance Company’s ‘In Plain Site’ adapted for UC San Diego campus

Celebrate the work of legendary choreographer Trisha Brown with a unique iteration of her site-specific work “In Plain Site.” In planning since before Brown’s passing earlier this year, “In Plain Site” perpetuates Brown’s legacy and draws from her model for reinventing her choreography and re-siting works to new contexts and locations. At the performance at ArtPower on Saturday, Oct. 21 and Sunday-Sunday Oct. 22 at 2 and 5 p.m., specifically chosen pieces from Brown’s repertory will be restaged in relationship to the UC San Diego campus, beginning at Stuart College’s La Jolla Project, the public art piece by Richard Fleischner.

Audience members are invited to follow the dancers as they move among locations on the UC San Diego campus.

This concert is part of La Jolla Playhouse’s Without Walls (WoW) Festival. The Trisha Brown Dance Company is a post-modern dance company dedicated to the performance, and preservation of the work of the founding artistic director and choreographer.

Tickets are $40 and can be purchased online at boxoffice.ucsd.edu or at 858-534-TIXS (8497).
Globetrotting senior proving adventure has no expiration date

When Carolyn Downey returns from a South American cruise in November, she’ll have spent 219 days, or nearly two-thirds of the year, away from her home at White Sands La Jolla. Her recent itineraries read like a Rick Steves travel guide – world cruises; and tours through Asia, Europe and the Pacific Rim.

While aging is often (unfairly) synonymous with slowing down, Downey is only speed-walking. “My mom took a painting class with a friend, and the teacher, astonished at her raw talent, asked her ‘where did you learn how to paint?’ to which my mom said ‘this is my first time.’”

Schumacher continued she always wanted to be “just like [her] mom” and quickly took to the form herself. Her mother, largely self-taught, became her first teacher. She works “really large,” utilizing bold, bright colors. Since oil has a quick drying time, she often mixes her colors on the canvas, as opposed to a palette. When prompted on as the classification of said work, Schumacher likes to refer to it as “contemporary impressionism.”

“I really enjoy painting animals and people,” says Schumacher. "Something I have been involved in as of late are commissioned works of people's pets, which I really love doing. People are so close to their pets, they’re like their children. It’s truly rewarding to see people's reactions to the pieces, for sometimes, they are of pets that have died.”

While currently enrolled in the graduate program at the University of Florida School of Art and Art History, Schumacher also takes on a great deal of commission work, creating pieces specifically for clients' homes. Her works have a varying price point, due to sheer size, hours worked on, etc., but can range from $500 to $5,000.

“I work continuously,” said Schumacher. “Sometimes I’ll begin a painting at 6 a.m. and will finish it around the early evening, so for roughly 12 hours or more. I get so focused on what I’m doing, I often completely forget to eat.”

The 26-year-old was recently named in the “Top 21 Under 31: Young artists to collect now” by Southwest Art Magazine. She has qualified as a semi-finalist in Bombay Sapphire’s “Artisan Series” competition. Also, her series “Beach Girls” is one of 100 artists in a current competition. The winner will be featured at Scope Miami, around Art Basel.

Schumacher, in true millennial fashion, uses social media to her utmost advantage.

“Things are different now, in that social media allows me to truly represent myself. It also acts as a catalyst for me to have a meaningful relationship with collectors across the country,” said Schumacher. “It’s just been so exciting to land in La Jolla. We’re so close to L.A., down-town San Diego and, most importantly, the ocean. My husband and I are both water people, so we could not imagine a better place to be.”

La Jolla Coldwell Banker hosts successful pet adoption event

The La Jolla office of Coldwell Banker Residential Brokerage and Animal Donation Advocates hosted a successful pet adoption event on Sept. 9 where five pets were adopted from the Animal Donation Advocates. Hundreds of Coldwell Banker offices and animal shelters around the country hosted similar pet adoption events for the Coldwell Banker “Homes for Dogs” National Adoption Weekend on Sept. 9 and 10.

“The La Jolla office was proud to partner with Animal Donation Advocates for our adopt-a-pet event. For more than 110 years, Coldwell Banker has helped people find homes, and now our mission extends to our furry friends,” said Jeff Nunn, the branch manager of the La Jolla office of Coldwell Banker Residential Brokerage. "Affiliate agents and their clients donated their time and money to help these rescued dogs find their forever homes today.”

The nationwide adoption weekend is part of the “Homes for Dogs Project,” a three-year campaign launched by Coldwell Banker and Adopt-a-Pet.com.

In just the first year alone, the organizations helped to facilitate more than 20,000 adoptions. Coldwell Banker launched “Somebody to Love,” in April 2017, a national advertising campaign which told the stories of a man and a homeless dog who find each other.

It was lauded one of the highest-ranking ads of all time by Ace Metrix, and was praised by the New York Times as being a “commercial to love.”

To learn more about the Rancho Coastal Humane Society, visit rchumanesociety.org.
Fashion files: The Art of Fashion runway show in Rancho Santa Fe

The Country Friends and South Coast Plaza presented the 62nd annual Art of Fashion runway show on Sept. 14 at The Inn at Rancho Santa Fe. This exciting day began with a Moët and Chandon reception and social hour. Kathleen Bade, anchor from Fox 5 San Diego, was an exuberant emcee for the afternoon. Bade brought the co-chairs, Maggie Bobbleff and Denis Hug to the stage and announced that they looked like “Charlie’s Angels.” The trio made a great team and will forever be immortalized as the new “Charlie’s Angels.” John Craig Johnson sang a moving rendition of the National Anthem.

Jenny Craig was the honorary chair for the day. Many will remember that she created a weight loss empire. After this success, Craig has given back to many charities over the years, including the San Diego Police Fund and Military Families. Craig was recognized during the program for her outstanding contributions to the community.

The runway show was located on the lawn under a gigantic tent. It was a picture-perfect day for all these designer fashions from South Coast Plaza. They are celebrating their 50th year in fashion bringing a dozen of their luxury boutiques to the runway. Max Mara showed their fitted dresses with cocoon coats. This season they added stylish beanies with fur pompoms. I loved Roberto Cavalli’s white tux suit with strips down the side. Cavalli also impressed the audience with a long magenta gown. Versace always wows spectators, and this time it was with a fashion-forward red dress.

Many of the designers showed black and white including Max Mara Weekend. One of my favorites was a polka-dot dress by Ralph Lauren. The greatest reaction from the audience came from Oscar de la Renta. A white silk gazar gown that was frocked with black velvet came down the runway turning heads all the way. Oscar de la Renta also showed a beautiful silk Mikado-style dress and a fuchsia pullover sweater that was embroidered with silk flowers, sequins, and beads.

After the incredible runway show, the guests sat down on the lawn for an amazing luncheon. Afterwards, everyone went shopping in the South Coast Plaza boutiques that were set up adjacent on the lawn. The guests shopped until they dropped at these impressive pop-up stores.

Country Friends is a nonprofit organization that has been “Helping San Diegans, One Hand at a Time” for 62 years. Proceeds go to the 30 plus designated charities. They support agencies that provide services to women, children, and the elderly including those with disabilities. For more information visit: www.thecountryfriends.org

Upcoming events
Saturday, Sept. 23 “Strut for Sobriety!” boutique, luncheon, awards ceremony and fashion show by A New PATH (Parents for Addiction Treatment and Healing) at the Hyatt Aventine La Jolla. The event celebrates recovery from drug addiction. The fashion show is produced by Gretchen Productions. For more information, call 619-670-1184.

Wednesday, Oct. 4 “Salk: Women and Science” design and discovery fashion showcase from 5:30 to 8 p.m. Collaboration between Salk researchers and designers at Mesa College. For more information, call 619-224-0500. Visit www.designdiscovery.salk.edu

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

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THANKS LA JOLLA FOR 107 YEARS OF FRIENDSHIP

Erling Rohde Plumbing started in 1910. It is the longest run, family-owned business in La Jolla and San Diego. The company now in Bird Rock has been operated for the last 35 years by the grandson of the founder, Michael Glancy. Mike returned from Vietnam in the 70’s and decided to seize the opportunity to work in a “good trade.” He is also a surfer and wanted to stay close to the ocean. Mike says his company offers two valuable traits: honesty and knowledge. Rohde Plumbing’s specialties include water heater replacement, toilet, faucet, backflow protection, underground leaks including water, sewer, and gas pipes, and Ray-Pac boiler repair and/or replacement. They have earned their stellar reputation for providing genuine, caring customer service.
From my garden: A silent spring, summer, fall and winter

BY LINDA MARRONE

There was a time that I would wakeup to the sounds of singing birds, but now my garden is silent most days. About four years ago, the crow and seagull population increased in my neighborhood and the songbirds just seemed to disappear. This past spring, I noticed some of my favorite birds reappear and after a short spring, silence returned.

When we first moved to our home 30 years ago, I enjoyed the presence of many different types of birds in our garden and since I don’t use pesticides, I rely on the birds to help keep the insect population down and now I miss not only hearing them, but also seeing them at work.

Hawks used to summer along the coastline near our home and visit a large tree in our back yard. Mother hawks would teach their young how to hunt here and they would circle the neighborhood surveying their seacoast domain.

About five years ago, I noticed that the hawks were no longer coming for their annual visit and then the population of crows and seagulls began to increase. Neighbors complained about a seagull invasion and I heard that the White Sands even hired a falconer to release his hawk around their grounds to help deter the gulls. Nature was clearly out of balance. This year I noticed a lone hawk in my tree, which was a welcomed surprise and at least in my immediate area, there have been fewer crows and seagulls.

Bats used to appear around dusk and dawn and once I had to take a wounded crow to Project Wildlife after it was struck by an owl and fell into my garden with a broken wing. Sometimes, I would get annoyed by the constant crowing that silenced all the other birds, but when this incident happened I had new appreciation for the crows. As their wounded friend hopped around our garden unable to fly, several crows flew down and tried to assist him. They stayed by his side until I was able to approach him and take him for help.

Birds are a critical part of our ecosystem and we need them to eat insects, move seeds and pollinate plants. Other birds such as hawks and owls help to reduce the rodent population. As I researched the recent decline of birds, I sadly realized that many places throughout the world are experiencing the same phenomenon. Researchers believe that habitat loss, climate change and the overuse of herbicides and pesticides are the main reasons for the alarming decrease of the bird population.

Many of these same problems were written about by Rachel Carson in her 1962 book, “Silent Spring,” which is still a good read today. Her book helped ban the use of DDT and assisted putting laws into place to protect our air, land and water.

As I sit at my desk with all the windows open it is eerily silent and the sounds of nature I used to enjoy are gone.

Reports show that we have lost over half of our songbird population in the past 40 years and the decline is steadily increasing year after year and is affecting all bird species.

University City news: Electrical boxes transformed, Cars and Coffee, and more

BY JEMMA SAMALA

Zoo animals transform box

University City artists have continued to transform electrical boxes into works of art. Artists Gail and Chuck Connors have created an outstanding zoo scene on a transformer box at the corner of Governor Drive and Regents Road. This is the sixth creation they have painted for the University City Community Association’s transformer box project.

They were able to rope in their friend and neighbor, Julie Conidi, to participate in this last transformation. The zebra and giraffe peek out behind colorful flowers and fauna while a lounging mother panda and her baby enjoy some bamboo leaves. Colorful butterflies flitter among the flowers and a squirrel sits calmly on a tree branch.

Gail compliments the community by saying, “This is the nicest community we have ever worked in; people are so friendly and gracious.” Local business Aphraugraphics sponsored this classy and colorful creation. Community beautification is a major priority for the UCCA. More info can be found at: universitycitynews.org.

Cars and Coffee

The next UC Cars and Coffee get together will be Saturday, Sept. 30 from 8 to 10 a.m. in the parking lot of UC Marketplace, located at 3202 Governor Drive.

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.

To learn more about Osher and its fall program at UC San Diego, visit olli.ucsd.edu. To RSVP, visit olli.ucsd.edu/openhouse or call 858-534-3409. Parking is free on Saturdays.

Community conversations

University Community Library is hosting Community Conversation sessions on Saturday, Oct. 7, from noon to 1 p.m., and again at 1 to 2 p.m. They will take place at Standley Park and Recreation Center, 3585 Governor Drive.

The Community Conversations are an opportunity for UC residents to have their voices heard by key community organizations and representatives.

Organizers are interested in hearing both the good and bad about living in UC, and how to make it an even better place to live.

UC residents are encouraged to share their aspirations for the neighborhood, concerns, and ideas to help improve the quality of life in UC.

All residents are invited to participate. For more information, call 858-552-1655.

Good deeds: EduCatel’s 9th annual Oktoberfest

EduCatel! continues to serve the students of University City, distributing more than $1.7 million in funds to the five public schools in UC. Save the date for their annual fundraiser, Oktoberfest, on Saturday, Oct. 21, from 1 to 6 p.m. There will be sample beers from local micro-breweries, food, a book sale, games, and plenty of entertainment.

Entertainment will include the UCHS Marching Band, DJ Rick, Bumba y Soul, Victims of Authority, and Rare Form. Plus the annual principal’s challenge can be pretty entertaining too. Home brewers can also participate in the annual Mash Heads Homebrew Competition. There will be a complimentary shuttle service, with pick-ups along the length of Governor Drive.

Donations of $180 to the Dollar A Day Competition. There will be a complimentary shuttle service, with pick-ups along the length of Governor Drive.

University News
LJ Crafted Wines brings totality of winemaking process to La Jolla

BY ED PIPER, JR.

You hear it more than once from Jake Jones: “People used to schedule us (University City football) all the time for Homecoming.” You know what it means—a free spirit, linebacker, team leader—more than once. Nickname: “Pretzel.”

Jake Jones, UCHS football captain and middle linebacker

PHOTO BY ED PIPER, JR.

On Thursday, Sept. 14 at 11 a.m., the staff and owners of LJ Crafted Wines destemmed and crushed a barrel of top-quality Merlot grapes that were delivered to the premises from Dry Creek Valley, Sonoma.

The team used a hand-cranked de-stemmer and de-stemmer to prepare the grapes for the first part of the wine making process.

This is the second year that LJ Crafted Wines customers can follow the sequence of making a barrel of wine on site at the tasting room. Fermentation proceeds for the next two weeks with twice daily punch-downs of skin cap, followed by pressing before barrel-aging the wine until the fall of 2018 when it will be ready for drinking.

Merlot, one of the world’s leading grape varieties, may have been the victim of the “Sideways” movie effect: one line in particular in this 2004 movie contributed to devastating damage to the wine’s reputation, but the staff at LJ Crafted is prepared and excited to educate customers on the soft, rich Merlot, especially one with our local story.

The first vintage barreled at LJ Crafted, a 2016 Petite Sirah, will be available this coming November.

“We buy our grapes in the Sonoma or Napa valleys,” said owner Lowell Jooste. “It’s all about the main ingredient, which is the grape. Also, we’re only going to be working with top-quality wine. All of our production occurs in Northern California, and then is shipped to us in barrels.”

It appears as though production has been relocated, temporarily.

A fresh bin of Merlot grapes being destemmed on site at LJ Crafted Wines.

PHOTO BY CELIA SEPOULVEDA
The uses and misuses of profanity in various epochs and cultures

By Natasha Josefowitz, Ph.D.

“Son of a motherless goat!” You would not hear this in the U.S., but you might hear these as swear words in the Middle East. The word “curse” is a term in France, Belgium and common in the U.S. However, calling someone an “idiot” has the same effect in both countries.

Our Puritan heritage may have influenced our proclivity to daily using swear words, whereas the same does not hold true in Latin countries. Having been raised by Russian parents, I don’t remember hearing any such called “bad words,” nor do I know of any. However, putting your thumb between your index and middle finger in Russia and some Middle Eastern countries is as bad as flipping the finger here.

Remember the controversy when Clark Gable said in the 1936 movie Gone with the Wind: “Frankly, my dear, I don’t give a damn!” Mothers worried about taking their children to see this movie with such a bad word spoken out loud. In the 18th century England “bloody” was a swear word; it no longer is today. All body parts, including genitals, can be mentioned in conversation in France, but not in the U.S. As we have noticed that not in Washington, D.C., a government official can be fired for using bad language.

In other words, what is unacceptable today might well be accepted in the next generation. No words are intrinsically bad; they are only taboo if the culture so dictates. Two bad words of my French childhood were “pipi” and “caca.” In America today, “pee” and “poo” are okay and appear in baby and dog training manuals.

According to Dr. Richard Stephens of Keele University, swearing can increase our ability to withstand pain. In an experiment where subjects were asked to keep a hand submerged in ice water as long as they could, when given a list of swear words, they could keep their hand in 50 percent longer than saying neutral words. The pain was also less intense.

In another experiment, subjects were asked to pedal a bicycle against an increasing resistance as long as they could. When given a list of swear words, they could pedal longer than saying neutral words. The study showed that cursing improved performance.

The use of profanity reduces tension and serves an emotional need. According to Dr. Timothy P. Foy, a professor in the history of the arts at the San Diego State University, swear words are a cultural construct that perpetuate itself through time. In other words, if no one objected, it would not be considered profanity. Kristen Wong in her New York Times column on “The Case for Cursing” (July 27, 2017) writes that in a social setting, swearing can act as a connector. Every generation has its special slang and swear words which bond people together. Today it seems that the “f” word fulfills that need. It seems to occur every few sentences both in movies and television shows as well as on the street. As people grow older, they swear less.

There is a difference between cursing and cussing. Cussing means to punish someone, wishing them a bad outcome. There may be an evolutionary reason for the use of cursing. It is an expression of anger or frustration towards others which takes the place of hurting them physically. It is a way of coping with stress.

According to Dr. Timothy Foy, the Massachusetts College of Liberal Arts, people don’t swear because they have a limited vocabulary. It is the other way around; the more fluent people are, the more swear words they can generate. Sometimes politicians will swear at rallies or while being interviewed in an effort to look cool; but if they keep doing it, it loses its punch.

If you do not tell your children that they have used a bad word, they will have no interest in using it. However, if you tell them that a neutral word is bad, they will start saying it just to annoy you. A friend told me the story of her 5-year-old grandson who was using swear words. She told him that these words were okay, but if he really wanted a bad word, he should never use the word “papaya.” Next time she visited he cursed and took him for a walk, he crept up behind an old woman and whispered loudly “papaya” and ran off, very proud of his naughtiness.

So the next time you stub your toe and use an expletive, know that you’re reducing the pain and you are self-medicating yourself.

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.
We're on Apple News! Search for “sdnews.com” and add us to your favorites!
“The Lion King” kicks off JCompany Youth Theatre 25th anniversary

The African savannah is coming to life as JCompany Youth Theatre kicks off its Jubilee Season with Disney’s The Lion King at The Lawrence Family Jewish Community Center, Jacobs Family Campus at the Garfield Theatre, located at 4126 Executive Drive, La Jolla running Oct. 20 through Nov. 5.

Based on the Disney’s 1994 Academy Award winning animated film, the stage adaptation with music by Elton John and lyrics by Tim Rice, took Broadway by storm in 1998 winning six Tony Awards, including Best Musical.

While there are life lessons throughout, it’s ultimately the song, dance, incredible costumes that draws an audience.

For more information, call 858-362-1348 or visit www.sdcjc.org/jc. Tickets are $19 for students and $17 for JCC members. Group rates available.

Must hear music: Tolan Shaw at Farmer and Seahorse

The best singer-songwriter in San Diego currently? Tolan Shaw.

Appearing at the Farmer and Seahorse on Oct. 5, Shaw first came to prominence with acclaimed indie band, The New Archaic, before heading into solo acoustic mode, the move showcasing his masterful guitar playing skills as well as smooth, evocative voice.

Shaw is the Winner of the 2017 San Diego music award for best singer-songwriter, and with his arsenal of melodic, hook filled songs, such as recent single, “Change The World,” it’s easy to see why. Perennially on tour, Shaw’s fanbase is growing worldwide, so it’s likely small shows like this won’t likely be possible for too much longer. The skies the limit when it comes to Shaw and his talent.

Tolan Shaw: Thursday, Oct. 5 at Farmer & The Seahorse, 10996 Torreyana Rd. 5 p.m. All ages. No Cover. www.dukeslaajolla.com

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Sat/Sun 1-4pm  8331 Centro de la Costa  4BR/4BA  $2,900,000  Arturo Sanchez  858-522-3900
Sat 1-4pm  2330 Avenida Street  3BR/2BA  $1,375,000  Jim Parker  858-551-3379
Sun 1-4pm  6771 Calle Quinto Espino  4BR/2BA  $1,645,000  Denise Matkin  858-551-3360
Sun 2-4pm  82 Beaver Street  3BR/2BA  $740,000  Daniel Albrecht  858-656-7767
Sun/Sun 1-4pm  4023 Park Crest  3BR/3BA  $675,000  Nyrian Hunsicker  619-249-0890
Sun 1-4pm  3371 Avenida Wilfredo  4BR/3BA  $1,900,000  Andrew Jahn  858-520-5490
Sun 1-4pm  7402 Pippola Way  4BR/4BA  $2,195,000-$2,295,000  Nelson Gomila  858-610-7677
Sun 1-4pm  1236 Muirlands  4BR/3BA  $1,870,000  Linda Demetriou  619-361-5351
Sun 1-4pm  7715 Whitefield Place  4BR/3.5BA  $3,250,000  Reed Team  858-456-1240
Sun 1-4pm  8231 Centro de la Costa  4BR/3BA  $3,500,000  Arturo Sanchez  858-522-3900
Sun 1-4pm  7715 Whitefield Place  4BR/3.5BA  $3,250,000  Reed Team  858-456-1240
Sun 1-4pm  642 Maitland Vista  3BR/2BA  $2,800,000  Maria Tapia  858-337-7290

CARAMEL VALLEY
Sat & Sun 1-4pm  13112 Chambord Way  4BR/3BA  $1,190,000  Moira Tapia  858-337-7290

OCEAN BEACH
Sun 3-6pm  4923 Bermuda Ave.  4BR/3BA  $2,300,000  Christine Dominguez  619-417-4403

PACIFIC BEACH
Sat & Sun 10-1pm  1207 Archer Street  3BR/2BA  $1,400,000  Scott Smith  619-770-4200
Sun 1-4pm  1244 Line Street  3BR/2BA  $1,340,000  June Schramm  619-554-3262

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For over a half century, architect Thomas Shepherd designed homes and buildings throughout La Jolla and it is said that his houses gave La Jolla a certain “look,” second only to the beauty of its beaches. Shepherd was one of the most prolific architects to work in La Jolla and he designed hundreds of homes and buildings here. To date, 21 La Jolla homeowners of Shepherd designed homes have had them historically designated. The most recent addition is a home I had the privilege to sell at the beginning of this year. Designed in the French Eclectic Style, the latest addition to the growing list of La Jolla landmark homes is now Historic Site #1265.

Congratulations to the new owners and thank you for preserving another one of La Jolla’s architecturally significant properties!