La Jolla Shores recently came in at No. 22 on TripAdvisor’s ‘Top 25 Beaches’ in the U.S. Pacific Beach received some notice as well, ranking No. 20. A vast majority of beaches on the annual list were located in the Southeast, with Clearwater Beach, Fla., taking the No. 1 position.

La Jolla Shores makes ‘Top 25 Beaches’ in U.S. List

La Jolla native, Danica McKellar: actress, author, mathematician

See gray whales during their migration with Scripps

Fourth of July fireworks display fizzles without donors

See page 2

La Jolla Shores makes ‘Top 25 Beaches’ in U.S. List

La Jolla native, Danica McKellar: actress, author, mathematician

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THOMAS MELVILLE / VILLAGE NEWS

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Several other Florida beaches were on this list as well... and, to be expected, three Hawaiian beaches.
La Jolla fireworks display halted due to fundraising issues

By DAVE SCHWAB | LA JOLLA VILLAGE NEWS

After a 32-year run, the Fourth of July fireworks display at La Jolla Cove is done.

Due to ongoing fundraising problems, La Jolla’s annual pyrotechnic display has been forced to cancel this year. And the possibility of ever reviving it appears bleak.

The 2018 Fourth of July fireworks celebration in La Jolla Cove would have been the community’s 3rd consecutive display. But ongoing fundraising issues, a perennial problem with the event, means the 32nd pyrotechnic display in 2017 is likely to have been the community’s last.

“Unfortunately, in early January 2018, it was brought to our attention that many of the donors have moved on to other concerns, and will not be making contributions to the fireworks this year,” said Fourth of July organizers, including the La Jolla Village Merchants Association, in a Feb. 20 press release. “We have contacted all the donors to determine the viability of the event this year. Of the many donors, only one responded that they pledged to go to keep the event afloat. But the burden of organizing the Cove display, to hiring police and handling all the security necessary to make a fireworks display safe for the public… Pointing out Fourth of July is one San Diego’s biggest annual events and largest crowd draws, Marengo added it was a “daunting task” to handle, and pay for, everything from retaining a private company to do the display, to hiring police and handling all the security necessary to make a fireworks display safe for the public.

Marengo said she shouldered the burden of organizing the Cove display for several years because “it was important for me and the community. It’s really been part of our tradition. So, it’s just really sad to see that go.”

Marengo summed her feelings behind the scenes who volunteer their time,” concluded the joint letter on the event’s cancellation sent out to La Jollans. “We want to use this opportunity to thank everyone who stepped in to make the past 4th of July events happen.”

Although last year’s fireworks went off without a hitch, thus far, they will not occur this year.

DOR BALCH/VILLAGE NEWS
Country Club: 4 Beds +1 Opt. 6.5 Baths, 6,246 Sq. Ft. $4,390,000

La Jolla Shores: 3 Beds, 3 Baths, 1,709 Sq.Ft. $2,650,000
NEW LISTING

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

Windansea: Ocean view, 4 houses from beach. 3 Beds, 2 Baths + Studio. Open House Sat. 1-4pm & Sun. 2-4pm. Call for address.

Windansea: 4 Beds + 1 Opt, 4 Baths, 2,322 Sq. Ft. $2,550,000
PENDING

Village - SFR: 3 Beds, 3 Baths. 1704 Sq. Ft. $1,495,000
COMING SOON

La Jolla Alta: 3 Beds, 2.5 Baths, 2,549 Sq.Ft. $1,450,000
NEW LISTING

La Jolla Village: 1 Bed,1 Bath, 840 Sq. Ft. $459,000 - $499,000
NEW LISTING
Man who robbed Pacific Beach tourists, La Jolla woman, receives 12-year prison term

Ηὰν καὶ τὸ πολεμικὸ ἄνθρωπον, λέγεται ἡ γυναῖκα τῆς Λά Ιόλλα, εἶχε δικαστική καταδίκη 12 ετών στην ικανότητα.

A man who held up five tourists in Pacific Beach and a woman in La Jolla was sentenced recently to 12 years in state prison.

Byers, 21, was denied probation by San Diego Superior Court Judge Michael Groch, who ordered him to pay $870 to three victims.

Byers’ accomplice, Kyle James Holland, 20, was sentenced to one year in jail on terms of three years probation. He was also ordered to pay the victims back.

Holland received credit for serving 413 days in jail, which exceeds the one-year term and he was expected to be released from jail Thursday or Friday.

Groch suspended a six-year prison term for Holland, which he won’t have to serve if he follows all the rules on probation. He was also fined.

Byers had a 2015 assault conviction for which he received probation. He was also convicted of being a felon in possession of ammunition in another case, said Deputy District Attorney Lucille Yturralde.

Yturralde asked for 20 years for Byers, who pleaded guilty to making a criminal threat to one victim.

Groch indicated he was going to limit the prison term for Byers to between 11-14 years. The prosecutor then sought a 14-year term.

Byers also pleaded guilty to petty theft in an accident at a Pacific Beach business in which an employee’s iPhone was stolen last March after he was distracted in the store.

Some of the victims had not submitted their paperwork to the court as to their losses, so Groch ruled that he could impose additional restitution later against both men.

Both Byers and Holland were identified by most of the witnesses in a preliminary hearing on Oct. 19.

Three women who were vacationing together from Arizona and an Arizona couple were held up in two incidents in Pacific Beach in which their cell phones and other items were taken.

Detective Stephanie Audette testified she interviewed Holland after his July 24 arrest and told him she “was acting as a lookout.” She said Holland admitted Byers gave him a gun to help him in the hold-ups.

Pilot dies in crash: Craft registered to LJ doctor

The pilot and sole occupant of a small aircraft was killed on Feb. 21 in the plane crashed in Kearney Mesa between Interstate 15 and Montgomery Field, authorities said.

“Emergency crews were dispatched to the crash a little after 6:30 a.m. in a lot outside a business at 4450 Ruffin Road between Balboa Avenue and Ridgehaven Court,” San Diego Fire-Rescue Department spokeswoman Monica Montor said. Nobody on the ground was injured.

“The pilot was the only person on board and died at the scene,” San Diego police Officer Tony Martinez said.

Online records show the plane was a single-engine, fixed-wing Cirrus SR 22 registered to a doctor in La Jolla. Authorities were working to identify the victim.

It wasn’t immediately clear what caused the crash, authorities said. Skies were clear at the time and the sun had just risen over the horizon.

Footage from several television stations showed the downed aircraft appeared badly damaged, with most of its front end destroyed.

A SigAlert was issued for Ruffin Road between Balboa Avenue and Ridgehaven Court. All lanes in both directions were expected to be closed for several hours during the investigation.

The deadly air accident is the second this month following a Feb. 6 crash in Santee near Gillespie Field that killed 70-year-old Irvine medical school professor John Longhurst and his wife, 71-year-old Cherill Longhurst.

Salk, UCSD scientists receive $1.5M to study firefighter health

Salk Institute and University of California San Diego School of Medicine researchers have been awarded a $1.5 million grant by the Department of Homeland Security for a three-year study to see whether restricting food intake to a 10-hour window can improve firefighters’ well-being.

“Firefighters seem invincible to us, but they are actually at high risk for many chronic diseases because of how shift work disrupts the body’s natural rhythms,” says Satishchanda Panda, a professor in Salk’s Regulatory Biology Laboratory and principal investigator of the new study. “We want to understand if we can counter some of the disruption with simple changes not only to what firefighters eat but also when they eat.”

For most of human evolutionary history, daylight and access to food were limited. So almost every cell in our body has a biological clock that tells it when to be active, using the nutrients from food to grow and conduct normal business, and when to rest. These 24-hour clocks produce circadian (daily) rhythms in almost every aspect of physiology and behavior. Increasing evidence is showing that disruptions to this natural cycle caused by the modern lifestyle, with its artificial light and round-the-clock access to food, can impact our health, resulting in everything from poor-quality sleep to obesity, cardiovascular disease, diabetes and cancer.

Panda, whose laboratory studies in Salk’s Regulatory Biology Laboratory focused on circadian clock mechanisms in flies and fruit flies, has been studying the role of the disruption with simple interventions like breakfast for years and is now setting out to test the same intervention in firefighters.

The research team will administer breakfasts at four different times of the day to see which intervention has the greatest effect on the circadian rhythms. The intervention will be compared to current dietary and lifestyle practices to see which is most effective.

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If you are like most home sellers, you would like to sell your home, as is, for a price that is above the market value. However, most people are not aware of the tricks and traps that can be used to buy and sell real estate.

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Faulconer joins mayors supporting $1.5 billion in funding for homeless crisis

San Diego Mayor Kevin L. Faulconer on Feb. 21 joined the mayors of the other 10 largest cities in California, and a bipartisan group of state lawmakers at the Capitol to introduce AB 3171 – which would allocate $1.5 billion, or 25 percent of the state’s $6.1 billion budget surplus to help cities address the growing homeless crisis.

State Assemblymember Phil Ting (D-San Francisco) and State Senator Ricardo Lara (D-Bell Gardens) will champion the effort in their respective houses.

“Homelessness is not just an issue. It is the most pressing issue facing California cities today,” Faulconer said. “Cities are responding to this crisis with more local resources and programs, and we need support from our partners in the Capitol too. We are asking state leaders to help us make a real difference on our streets.”

California’s homeless population has seen year-to-year increases of 13 percent in 2016 and nearly 14 percent in 2017, according to the U.S. Department of Housing and Urban Development.

In response to the surge, cities across the state have utilized their general fund resources and local voter-passed revenue measures to provide housing, shelter, supportive services and outreach to people experiencing homelessness. Despite these efforts, substantial assistance from the state is needed to address the magnitude and complexity of the statewide homelessness issue.

The City of San Diego has taken several actions to tackle homelessness at the local level, including:

- Helping more than 1,000 homeless veterans transition to permanent housing through the “Housing Our Heroes” campaign – a partnership with the San Diego Housing Commission.
- Opening three new bridge shelters with a total of 700 beds and supportive services, including job training, mental health and substance abuse counseling, health care and housing navigators to assist individuals with finding a place to live.
- Expanding a safe parking program, providing individuals living in their cars a safe place to park at night, with supportive services.
- Opening a transitional camp area that helped 24 families with 57 children move into permanent homes before the camp closed in December.

- Moving forward this spring with plans to open a Housing Navigation Center – a one-stop shop where homeless individuals can be connected to the most appropriate supportive services and housing solutions based on their specific circumstances.
- Increasing waste abatement and sanitation efforts downtown, in the riverbeds and in communities most impacted by homelessness.

AB 3171 calls for one-time funds to be allocated to cities on a matching basis, resulting in over $3 billion in collective state and local funds to meaningfully address one of the most intractable issues facing cities.

The group of Big 11 mayors sent a letter to legislative leaders earlier this month, urging them to set aside part of the budget surplus to help boost services to homeless individuals. The group is planning to lobby lawmakers next month to ensure the passage of AB 3171.

The California Big 11 Mayors is a bipartisan group comprised of the most populous cities in the state – Los Angeles, San Diego, San Jose, San Francisco, Fresno, Long Beach, Sacramento, Oakland, Bakersfield, Anaheim and Santa Ana.

“Homelessness is first and foremost a humanitarian crisis, but it is also the single greatest threat to the economic prosperity, opportunity and growth our cities are fighting for,” said Sacramento Mayor Darrell Steinberg.

“We are on the front lines of providing compassionate and effective solutions to this issue, and we request that our state partners make alleviating homelessness in our cities an even greater priority.”

Petition to end ‘Films of Woody Allen’ course at UCSD nixed by academic senate

By BLAKE BUNCH | LA JOLLA VILLAGE NEWS

While racism, bigotry, sexism and other forms of hate have no place in academic institutions, as of late, the University of California San Diego has had to address these issues head on.

At UC San Diego, a “Films of Woody Allen” course, one that has been offered since the late 90s, now has been petitioned to come to an end. The student-led initiative, started by student Savannah Lyon, cites allegations of rape against the filmmaker, as well as general unpopularity of the course, to justify its cessation.

“They believe they have a right to teach this class due to academic freedom. They do not care about the statement it makes to survivors everywhere,” Lyon’s Care2 petition read. “They do not care that Woody Allen is on his way out of Hollywood. They do not care that the class is less than 1/3 full, making it an unpopular class that has no reason to be taught. They do not care that there are thousands of other directors who could teach the same film basics that they use Woody Allen to teach, directors who haven’t raped 7-year-old girls.”

On Wednesday, Feb. 21, the UC San Diego academic senate voted to continuing offering the course, responding with the following statement: “First, we recognize that the University is responsible for vigilantly maintaining and promoting the First Amendment guarantee of free expression of ideas and opinions on campus and for encouraging critical, deliberative and informed debate on controversial issues,” their decision read.

“This responsibility is manifested both in our valuing and respecting the right of students to express their deeply held views, and our valuing and respecting the right of our faculty, in accordance with fundamental principles of academic freedom, to choose what they teach.

“Second, we conclude that cancelling or removing this, or any other course for the reason, that it contains the study of controversial material, or even material widely regarded as morally problematic, would undermine both the value of free inquiry and the associated rights of faculty to engage in such inquiry by choosing their course content.”

27 Fast & easy fix up tips to get the best price for your home

Selling 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 Dollar.’” It tackles the important issues you need to know to make your home competitive in today’s tough, aggressive marketplace.

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.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1023. You can call any time, 24 hours a day, 7 days a week.
La Jolla resident, McKellar, stars in Hallmark film, releases 8th mathematics book

By DAVE SCHRAB | LA JOLLA VILLAGE NEWS

La Jolla native, and star of the television series “The Wonder Years,” Danica McKellar, is a New York Times-bestselling author, actress and major proponent of mathematics. Her books, “Goodnight, Numbers,” “Ten Magic Butterflies,” “Rithmetic Mathtime,” and her most recent work, “Do Not Open This Math Book,” aim to instill a love of math in both young girls and boys. “Do Not Open This Math Book” was released on Feb. 13. La Jolla Village News recently caught up with McKellar via email to chat about her acting career, her recent Hallmark film, and, of course, all things math.

Hi Danica. Please tell us about this new book of yours, “Do Not Open This Math Book,” that just came out. What was it’s purpose?

As in all my math books, my purpose is to turn kids’ attitudes about math at a young age away from a negative and into a positive.

Particularly for young girls who for too long have been told that for their future, math is not important; if they are struggling with math, it’s ok to give up. This book obviously is purposed to get them curious and confident with math at a very young age.

Where did you draw your inspiration from to write this book?

Growing up I saw it happening, a double standard for boys and girls. The inspiration coalesced when I was asked to testify before a congressional committee on science and technology in DC as to why there aren’t as many women in science and technology as there are men.

Much to the surprise of the congressmen, I told them the division starts in fifth grade, and by the time they enter college it is too late to change them. The cultural damage is done long before. This was a surprise to the congressmen, who then asked me what I might do to change that. From that experience my inspiration was drawn.

What would you like to see happen with this book now moving forward?

I’d like to see every mom and dad in the world read it to their kids every night at bedtime.

Tell us about this Hallmark Channel Valentine’s movie that you’re in. I love working with the Hallmark people from top to bottom. “Very Very Valentine” is another whole-some Hallmark movie that the whole family can watch and enjoy together.

It must be an exciting life to be both an author and a working actor. Tell us something about that. You must be really busy.

I am a busy person, but I enjoy every moment of my professional career. I admit “Dancing with the Stars” added a whole new level of busy, but I got it done.

Hard work allows me to be productive, and ironically also allows me to do the most important thing—spending a lot of time with my husband, Scott, and my son, Draco.

We have to admit to being big fans of your work on “The Wonder Years” and apologize if we, like everyone else, asks about it. We know that was a long time ago.

You’re forgiven.

Anyway, how did you break into acting as a child actress?

My mom somehow knew that my sister, Crystal, and I would take to the stage (my father taught us early the joys of being a ham), and took us unceasingly to dance, acting and singing classes, and then to auditions in LA beginning when I was 6 and Crystal was 4.

You must have been like 6-to 10-years-old early-on during “The Wonder Years.”

I was 12 in the pilot episode.

It’s often a very difficult transition for child stars later in life. Some never seem to make the transition and a soft landing. Seems like you have been able to avoid that.

As a math advocate and an author, did being multi-faceted like that help you transition into adulthood?

Thanks to the love and support of my family. I never had a problem with that. I was, however, very grateful that at UCLA I began to be identified for my math instead of for my role in “The Wonder Years.”

Even the biggest stars have to compete for roles, have ups and downs in their careers, etc. Tell us something about that please.

Someday I’ll write a book about it. You’ll have to wait until then.

You have been mostly on TV. Is that easier to navigate than landing a Hollywood movie role? Easier to get a job, etc. Why don’t you tell us a little bit about future endeavors you have planned, in terms of writing or acting or whatever. Thanks so much for your time!

Big screen movies difficult to get?

Well, I turned down “Titanic,” “Wonder Woman,” and most roles played by Reese Witherspoon. Seriously, I see my future as more of the same. I love everything about making Hallmark movies and writing math books for kids and teens. But then, who knows what the future may bring?

“Be Our Guest” from March 2 to 18 and experience the classic story of the bright, beautiful and very independent Belle in a dazzling production of “Beauty and the Beast.” This production will feature 14 La Jolla and University City youth at the Lawrence Family Jewish Communi-
ty Center, Jacobs Family campus’ David and Dorothya Garfield Theatre, located at 4126 Executive Drive.

The Academy Award-winning film comes to life in this romantic and beloved take on the classic fairy-tale. Step into this magical world, an international sensation that has captured the imagination of 13 countries worldwide.

The classic story follows Belle, a young woman in a provincial town, and the Beast, a young prince trapped by the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed into his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.

The role of Belle is played by Amber Bartlett, a senior at San Diego Jewish Academy, who has been performing in JCompany shows since she was 10 years old. “Belle is the role of my dreams,” says Amber. “I’ve loved the songs, story and music of ‘Beauty and the Beast’ since I was a little girl.” She continues: “This is my 18th JCompany show and I’ve played all types of wonderful parts, but I relate to Belle so much. Like Belle, I’d always felt a little bit odd and different and didn’t feel like I fit in. Belle finds a place to belong when she finds the enchanted castle; I found my place to belong at JCompany.

Joey Landwehr, JCompany artistic director, assures that “Amber’s incredible soprano voice is perfectly suited to the challenging songs and range required to play this part. What Amber brings to the role is a passionate connection to Belle as a strong, independent woman. As Belle, Amber is a force to be reckoned with.

Throughout its 25-year history, JCompany’s mission is to use theatre as an educational tool. Joey Landwehr challenges cast, crew and audiences to go deep into a story.

“‘Beauty and the Beast’ is so much more than a ‘princess story’,” Landwehr explains. “It’s a story with so many powerful themes easily grasped by young actors. On one level, the story highlights the strength and determination of a young woman who is willing to make the ultimate sacrifice to protect her family.”

Of course. Belle is a student of life and a lover of books. At the heart of the tale is the idea that you can’t judge a book or a person by their cover. In light of this theme, Landwehr explains that the entire cast and crew decided to read all the book, “Wonder” by R.J. Palacio, the story of a 10-year-old boy named Auggie, who struggles to fit in and make friends despite being born with severe facial deformity.

“Beauty and the Beast” at Garfield Theatre

Amber Bartlett says playing Belle is, “The role of my dreams.”
"Shift workers, like firefighters, are a critical part of our community’s well-being and we need to identify strategies to improve their overall cardiovascular health. We believe that a simple lifestyle intervention, such as time-restricted eating, can prevent or help reverse cardiovascular diseases, such as high blood pressure, diabetes and coronary artery disease," says Taub, cardiologist and director of the Step Family Cardiovascular and Rehabilitation Center at UC San Diego Health. "The goal of our study is to better understand how giving the body a ‘metabolic rest’ by limiting the amount of time food is consumed can improve important parameters for health such as weight, blood glucose levels and cholesterol."

The circadian intervention will incorporate an app developed by the Panda lab and already tested by thousands of people to conveniently track food intake, sleep and exercise habits. The study will enroll 150 firefighters who will be randomly assigned to either the circadian group, whose food intake will be limited to a 10-hour period, or the behavioral counseling group, which will serve as the control. In addition to regular clinical visits to measure blood glucose and lipid levels, all subjects will undergo continuous health monitoring via wearable sensors.

"The wellness of our employees is our top priority," says San Diego Fire-Rescue Chief Brian Fennessy. "We are hopeful this study will give our members information they can apply to their lives, which will reduce the incidence of chronic disease that firefighters are prone to."

The study will be closely watched by the National Fire Protection Association, which is interested in extending any beneficial results to other fire departments. And because nearly 20 percent of Americans are shift workers with nonstandard hours of activity and rest, the study results may also prove applicable to these individuals and their family members, who can likewise be substantially impacted by a shift worker's schedule.

"We are very excited about this study, which embodies a collaborative model for biomedical research in which landmark discoveries from a premier basic science institute are tested in a real-world situation through a world-class medical research entity," says Panda. "It's a win-win-win."
ArtSpot: Violinist Paul Huang sets return engagement with symphony and chorus

Paul Huang

If violinist Paul Huang’s awards were Oscars, Hollywood would quickly replace Fort Knox as the nation’s gold repository. If he’d taken a day off school for each nod, he’d never have set foot in a classroom.

Recipient of the prestigious 2015 Avery Fisher Career Grant, the 2017 Lincoln Center Award for Emerging Artists and just about everything in between, the Taiwanese American is gaining attention and press worldwide for his eloquent music making, distinctive sound and effortless virtuosity.

You can see and hear for yourself on Sunday, Feb. 25 at 3 p.m. at the Auditorium at Scripps Research Institute as Huang and the La Jolla Symphony and Chorus offer a program of classical markers by Saint-Saens, Prokofiev and Kressler on the heels of his acclaimed 2016 outing at the society’s Summerfest. The auditorium is known nationwide for its acoustic perfection — and Huang’s outstanding precision should thank you for attention from the most discerning ear.

The venue is located at 10620 John J. Hopkins Drive.

For further information, see ljsms.org or call 858-459-3728.

The Cake takes the Playhouse

Della is overjoyed for both her bakery and her best friend’s daughter Jen, whose chosen Della’s Bible-belt shop is known nationwide for its um is known nationwide for its...
On Feb. 11, Lululemon La Jolla presented “Fashion for a Future,” an event that was co-sponsored by Parakeet Café and Puesto. The fashion show was held outside above their location on Girard Avenue. The guests arrived, mingling with each other and enjoying a reception sponsored by Parakeet Café. DJ Kanoya laid down the tunes and also provided lighting for the event. Store manager, Sandi Crosby, welcomed the crowd prior to Lululemon educator, Erin Shelton, founder of Lightyear Leadership, and Susanne Conrad, talking to the group about imagine1day. That nonprofit’s mission provides equal education and leadership opportunities in Ethiopia, which currently has one of the world’s highest numbers of out-of-school children.

All proceeds of the evening benefited imagine1day and equal education in Ethiopia. They gave away $2,000 worth of terrific raffle prizes, from which proceeds will help build an elementary school. Erin Shelton will be traveling to Ethiopia as one of 10 leaders with imagine1day and in partnership with Lightyear Leadership. While there, she will be working with 100 educators and leaders to strengthen educational policies.

The fashion show began with the Lululemon’s spring debut collection for both men and women. The clothes are designed for yoga, running, training, swimming, and the fast-paced person who is ‘going to and from.’ The models were a mix of customers, local Lululemon ambassadors and influencers. A majority of them were fitness instructors around the La Jolla and San Diego area. There were four lululemon ambassadors, Kat Ganss-Smith (National Endurance Manager, Triathlon - Ironman at Team Challenge for Crohn’s & Colitis and Orange/Theory Fitness instructor), Sophia De Silva Hopson (Mosaic yoga instructor and creator of OM My Goodness podcast), Courtney Day (Spark Cycle instructor) and Eugene Kim (Co-Leader of November Project SD). One of the models and a Lululemon LJ Educator, Johnathan Hall, was at one point training for the Olympics.

This was such a fun fashion show and the athletic models came down the catwalk with yoga mats, tennis rackets, and dumbbells. One model even did somersaults down the red carpet. Some of the standout styles were women’s pants with tech mesh. This peekaboo fabric would be great for cooling down after a workout. The standout color of the event expressed a variety of shades of green. Additional color trends were maroon, navy, and tangerine. The crowd was continuously engaged with this entertaining show.

If you are not familiar with this fashionable sports wear company, check them out at 7835 Girard Ave. Lululemon Athletica La Jolla is helping to change the world with Fashion For A New Future. Look for more information on imagine1day at imagine1day.org.

**Upcoming Events**

**March 3 to June 26** - “Fashion Redux: 90 Years of Fashion Exhibition” at the San Diego History Center in Balboa Park. Showcases local students from San Diego Mesa College with a fashion show on April 26 and lecture by Susan Lazear. For more information, visit sandiego-history.org.

**Sunday, March 25**, High Tea from 2 to 4:30 p.m. presented by Soroptimist International of Poway and North San Diego at Fairmont Grand Del Mar. Fashion show by Leonard Simpson with an English garden theme. For tickets, visit sihightea.org.

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Local

Birch Aquarium gives guests a face-to-face introduction to ‘the friendlies’

It’s the longest recorded migration of any mammal, stretching from 10,000 to 12,000 miles roundtrip. Beginning in December, more than 20,000 gray whales (also known as California grays), make the slow but steady six-mile-per-hour swim from their feeding grounds in the Bering and Chuckchi seas north of Alaska, to their breeding and birthing grounds in the lagoons of Baja.

“They’re not very fast, but they are very methodical and persistent,” said Lisa Gilfillan, education specialist, and the head of the whale watching program at Birch Aquarium in La Jolla. “They travel hundreds of miles a day. It’s like a tortoise and the hare story. They do their best just to keep going.”

During this lengthy migration period, Birch has partnered with Flagship Cruises for the past 18 years to take marine mammal-loving guests on whale watching excursions to witness this spectacle. The 3.5-hour boat adventure departs twice daily aboard the Marietta, a two-story whale watching yacht. With 70 miles of coastline in their migration path, San Diego is considered the best location to witness these gentle giants travelling south for the winter.

“Right now, we’re in the heart of the season where we’re seeing 10 to 20 whales per cruise,” said Gilfillan. “We usually see them breaching, spyhopping or playing in the kelp forests at the point of Point Loma.”

But this is only one of two cruises Birch offers to see these whales. In partnership with Andiamo Travel, aquarium members are also offered the chance to spend a week in Mexico to visit the lagoons where the whale calves are born. Gilfillan, who just returned from the lagoons last week, says most of the people on her trip became members just to go on this voyage.

“It’s a pretty magical experience,” said Gilfillan. “In the lagoons, the whales are very curious and will come right up to your boat and let you touch them. You will never forget that moment when you touch your first gray whale.”

Gray whales are considered to be “medium-sized whales,” only growing to be roughly 45–50 feet in length, according to the Marine Mammal Center. But once these animals get close, Gilfillan says there’s “no other feeling like it in the world.”

“It’s really humbling to see these massive animals up close and know that they’ve traveled thousands of miles to be in the same place that I happened to be in a week ago,” said Gilfillan. However, interactions between gray whales and humans have not always been so peaceful. For hundreds of years, instead of being called “the friendlies,” they were called “devil fish.”

“For hundreds of years, they were hunted more so than other whales because gray whales hug the coast as they travel south,” said Gilfillan. “This means they are very easy to find and were very easy to hunt. Other whales dive deeper and go further off shore.”

Smart cookies: La Jolla Girl Scouts building business skills while earning troop funds

Local Girl Scouts, including Muirlands Middle School sixth grader BellaRose Uhrig, are out in full force, helping neighbors stock up on America’s favorite cookies. As they participate in the Girl Scout Cookie Program, the girls are learning important life and leadership skills, including goal setting, decision making, money management, people skills and business ethics. All cookie proceeds stay in San Diego to fund troop activities and service projects. The cookie program also makes it possible to provide $1,000 local Girl Scout members with innovative programs in entrepreneurship, outdoors and STEM (science, technology, engineering and math). Earnings also support camps, volunteer training, and the financial assistance that keeps Girl Scouting available and affordable for all.

BellaRose, a member of Troop 3876, is a fifth-generation La Jollan, and a third-generation Girl Scout. Her grandmother, Caroline Linda Thompson, was a La Jolla Girl Scout in the 1950s.

BellaRose’s mother, Jessica Uhrig was also a Girl Scout, and has led Troop 1876 since the girls were Daisies in Kindergarten.

Now a Girl Scout cadette, BellaRose says she loves every aspect of Girl Scouting, especially the cookie program. She earns her way to Girl Scout camp every summer using “cookie rewards,” which she is achieving again this year by selling at least 650 boxes. For her, that is an easy feat, since she has been a top cookie seller in the La Jolla-Pacific Beach area (the Girl Scout Pacific Jewel Service Unit) for three consecutive years.

In January, BellaRose’s troop used cookie proceeds to host a “She & Me” camping weekend for Daisies and Brownies and their mothers (or grandparents, aunts or other adult ‘she’) at Girl Scouts San Diego’s Whispering Oaks camp near Julian.

The California grays rebounded from extinction not once, but twice, and actions to protect the species started in the 1940s, when the International Whaling Commission made it illegal to hunt the whales. In the 1970s, the Marine Mammal Protection Act and the Endangered Species Act, made the gray whales amply more protected and the population is currently estimated at about 26,000, according to NOAA’s Southwest Fisheries Science Center in La Jolla.

Because of these laws, Gillifan and the boat crew have to stop the Marietta 100 yards short of the whales. Still, this doesn’t stop “the friendlies” from swimming right up to the starboard side to say hello.

“To think that now we have a relationship with them now where we’ve both learned to trust each other again and that we can go into their little sanctuaries in Mexico and you can see the moms bring their babies to the boat,” said Gilfillan. “I think that’s really magical, that two species who don’t speak the same language can have this amazing personal interaction with each other. When you’re looking at them, they’re looking at you just as much.”

Morning tours run from 9:30 a.m. to 1:15 p.m. and afternoon tours run from 1:30 to 5 p.m. mid-December to late April every day. Tours depart from Flagship Cruises & Events at the Broadway Pier, 990 N. Harbor Drive, downtown San Diego. Weekday admission is $42 adults and $21 children 4 to 12. Weekend admission is $47 adults and $25 children 4 to 12. Children 3 and under are free.

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BellaRose Uhrig purveys Girl Scout cookies. Her troop used this year’s cookie proceeds to host a ‘She & Me’ campout.

Troop 3876 also uses cookie money each year to fund their community service project of making Christmas tree ornaments for special delivery.
Nicole Turner Yoga: A well-rounded, spiritual approach to practice in Bird Rock

By BLAKE BUNCH | LA JOLLA VILLAGE NEWS

Nicole Turner returned from Bondi Junction, Australia, in August. Prior to her move, the yoga teacher lived in San Diego and now holds classes at the newly-opened FS Athletics in Bird Rock, as well as SUP yoga with Sunchaser SUP based out of Pacific Beach. While there is no short supply of boutique, as well as corporate, yoga studios throughout the Village and PB, Turner’s return has prompted her to pursue an unconventional approach.

Originally from the Bay Area, Turner was working the corporate grind in San Diego before her move to Australia. There, and in Bali, she began to pursue both her extensive 200- and 300-hour yoga teacher training. Turner, a Pacific Beach resident, says that her love for movement developed early, when she was 5-years-old taking ballet lessons. After participating in gymnastics, cheerleading and other forms of dance throughout her life, she was eventually introduced to yoga when she was 25-years-old.

“So what sets her classes apart? A philosophical approach to the ancient practice available for all levels of practitioners. From novice to experienced, Turner’s class truly provides something for everyone.”

“Yoga is not just for the fit and flexible,” said Turner. “While this is one of the amazing results if you practice consistently, it is not the goal. There are so many life-altering techniques this practice teaches us about breathing, moving and controlling your thoughts, feelings and behaviors, which can be valuable to you in your business, career and personal life. These life tools are what I want to help spread to as many people as possible, the same things that helped me find true freedom and contentment.”

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The style of classes in Turner’s repertoire is by no means limited, entailing vinyasa flow, Hatha, Tantric, Yin, restorative, family and kids, SUP and corporate yoga classes. Since Riffles Studios and Bird Rock Yoga have been in the area for years, Turner says she tries to schedule her classes during offset hours from those studios.

“People ask me, ‘Why would someone want to do yoga in a gym?’,” said Turner. “The truth is, that once you become comfortable in your practice, you can really do yoga anywhere. While there are the obvious physical benefits, the mental, emotional and spiritual aspects of yoga ultimately lead to optimal health.”

Currently, Turner has been offering 30 to 45 minute “lunch” classes at FS Athletics on Monday, Wednesday, Friday and Saturdays. She also holds classes for those looking to re-center after work, at 5:30 p.m. On Saturdays, she holds her practice from 10 a.m.

Fortune Magazine names Scripps to ‘National Best Companies’ list for 11th year

For the 11th consecutive year, Scripps Health has been named among the top employers in the nation by Fortune magazine. Fortune’s 21st annual list of the 100 Best Companies to Work For ranked Scripps at No. 41. For the third consecutive year, Scripps is the only San Diego-based company to make the list.

Scripps is recognized for creating a high-performing, diverse workforce by accommodating the needs of its employees at the beginning, middle and later stages of their careers.

“Once again, we are honored to be included in Fortune’s list of Best Places to Work For, said Scripps president and CEO Chris Van Gorder. “Scripps recognized Scripps for developing its workforce through programs that engage and encourage contributions from all employees. Scripps employees in response say they are grateful for the many opportunities available to them to grow in their jobs and advance their careers.”

“More than 93 percent of Scripps employees feel the organization offers great workplace rewards and challenges, according to a survey by Fortune at Workplace. Scripps’ partner.”

As part of its career-development philosophy, Scripps has developed several innovative practices for employees at different stages of their careers. Scripps offers career coaching; employee care clinics; as well as family friendly programs, including child care, flexible work arrangements and paid parental leave.

Despite the many changes in health care, our primary goal remains providing the best patient care, and we believe that is best delivered by a motivated, educated and supported workforce,” said Richard Sheridan, corporate senior vice president for human resources at Scripps Health.

Scripps supports the academic development of its employees by administering scholarships, tuition reimbursement and discounts for courses offered by universities that have partnerships with Scripps. In the most recent year, Scripps invested more than $35 million in training for employees. Additionally, Scripps provided $1.33 million in tuition reimbursement and scholarships.

Scripps also encourages their employees to continue working in other ways. While traditional retirement packages at many other organizations max out at age 60, encouraging employees to leave at that point, Scripps lets retirement plans continue to grow past age 65. Older employees enjoy this benefit because it allows them to continue working without feeling financial pressure to retire.

In addition to making Fortune’s 100 Best Companies to Work For list, Scripps was recognized with other national workforce awards during the past year.

For the fifth consecutive year, Scripps was named one of the Top 10 Nonprofit Companies for Executive Women for 2017 by the National Association for Female Executives (NAFE); for the 13th consecutive year Working Mother Magazine named Scripps one of the 100 Best Companies in 2017; and Becker’s Healthcare named Scripps to its list of “150 Great Places to Work in Healthcare.”

March 31 – March for Meals 5K Charity Walk. March to end senior hunger and isolation. Join us in beautiful Crown Point South at Mission Bay Park at 7:30 a.m. Registration - Crown Point Drive and Moorland Drive, in Pacific Beach. For more information, visit meals-on-wheels.org/events.

For more information on how you can volunteer, contribute or speak out for the seniors in San Diego County this March, visit www.meals-on-wheels.org.

Nicolette Turner acquired her 300-hour advanced teacher training in Bali.
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LA JOLLA VILLAGE NEWS
MUST HEAR MUSIC

Specializing in the music of Sinatra’s Rat Pack, singer Roman Palacios and pianist Tommy Gannon are a wonderful musical time warp. With a repertoire of classic songs such as “I’ve Got You Under My Skin,” “Can’t Help Falling In Love,” and “My Way,” the pair play at numerous venues around town, but it’s their Wednesday night residency at The Manhattan where they really shine, the intimate room is the perfect match of venue and artist. The music is well played and sung, but what puts the pair over the top is Palacios easy going charm, humor and stage manner, resulting in a performance that’s the perfect way to get through the mid-week blues.

Roman Palacios & Tommy Gannon: Wednesdays at the Manhattan of La Jolla. 7-10 p.m., 7766 Fay Ave. manhattanoflajolla.com
Beachgoers flock to the new trend: Bird scooters in PB

The San Diego Padres have signed first baseman Eric Hosmer to an eight-year, $144 million contract through the 2025 season, executive vice president and general manager A.J. Preller announced on Feb. 20. The agreement, which is the largest in club history, includes an opt-out clause after the fifth season.

Hosmer, 28, played in all 162 games (161 starts) for the Kansas City Royals in 2017 and set career highs in hits (192), average (.318), doubles (42), home runs (25), RBIs (86), on-base percentage (.385), slugging (.498), OPS (.822), total bases (300), walks (66) and WAR (4.0), while tying career highs in home runs (25), runs (98) and fielding percentage (.997). The 6-4, 225-pound first baseman also captured his first Silver Slugger Award last season and his fourth Gold Glove Award (2013-15, 2017).

"We’re truly excited to have Eric as part of the Padres organization," said Preller. "His resume speaks for itself. Eric has been a winner throughout his career, both as an integral part of a championship team and as a player who’s earned a tremendous reputation on and off the field. We believe his leadership and passion for the game will be invaluable as we work towards our goal of a World Series championship."

"Eric’s decision to join our club represents a significant moment in Padres history," said Padres executive chairman Ron Fowler and general partner Peter Seidler. "He has competed on baseball’s biggest stages and has embraced each opportunity. The intangibles and experience that he brings to the table will be vital as we continue the development of our young club and strive to bring a championship to deserving Padres fans everywhere."

Over seven Major League seasons (2011-17), Hosmer has a .284 career average (1,323-for-3,991) with a .342 OBP, 206 doubles, 16 triples, 127 home runs, 566 RBIs, 60 stolen bases and 547 runs scored in 1,048 games.

A 2015 World Series champion with the Royals, Hosmer has played in 18 career postseason games with a .276 average (24-for-87), a single, two doubles, one triple, three home runs and 29 RBI. He earned his first career All-Star selection in 2016 and was named MVP of the Midsummer Classic at Petco Park, going 2-for-3 with a game-tying home run off Johnny Cueto.

He also played for Team USA in the 2017 World Baseball Classic and hit .385 (10-for-26) for the tournament champions, including a go-ahead home run in a second-round comeback win over Venezuela en route to being named to the All-World Baseball Classic team.

Hosmer was originally selected by Kansas City in the first round (third overall) of the 2008 First-Year Player Draft out of American Heritage High School (Fla.).

Annual used book sale takes place over Lawrence Family JCC from March 14 to 18

Annual used book sale takes place over Lawrence Family JCC from March 14 to 18

The annual used book sale takes place over Lawrence Family JCC from March 14 to 18. One of the largest used book sales in the county, the sale is a not-to-be-missed event for book lovers of all ages. Gift yourself plenty of time to browse our huge selection featuring every- one is bound to find something in our sale including books for children and young adults, cookbooks, fiction and non-fiction, Judaic topics, gifts, art and more with prices starting at just 50 cents.

History buffs and antiquarian book collectors are sure to find some treasures among the collection of books on the Civil War, British history magazines on WWII, antiquarian books from 1820 to 1910, classic writings from Bret Harte, Abraham Lincoln, an Hon- ore de Balzac set in the 1890s, poems of Joaquin Miller from 1909 and more.

Travelers will want to peruse their selections on Hawaii, New York City, Israel and exotic destinations. Cul- ture lovers will delight in the variety of art books, art work, and an orig- inal of Theadluss McCall’s Jewish People series, Jewish music CDs and movies.

Gift givers can pick up something special for a loved one or add some- thing to a holiday table with deco- rative Judaica items such as seder plates, menorahs (hanukiot), and items made of pewter, glass and silver.

Pre-sale shopping will be held on Wednesday, March 14, from 7:30 to 9:30 a.m. Cost is $20. The clearance sale will be held on Sunday, March 18, from 9 a.m. to 5 p.m. Cost is $10 for “all the books you can fit into one grocery bag (some exceptions apply).

For more information, visit sdjcc.org/aul_used_books.aspx. To volunteer or make donations, email: melanie@lfjcc.org or call 858-362-1141. Book donations accepted through Feb. 28.
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Carly Phoon, Bishop’s equestrian takes jumping to new heights

Ed Piper / La Jolla Village News

You better know your “eq on the flat” from your “eq over fences,” and “undersaddle” from Western equitation, if you’re going to become conversant in the world of equestrian riding.

Carly Phoon, one of eight riders for Bishop’s School, not only snaps these terms, but carries them out on the back of Fin (short for “Finale”), her beloved Oldenburg horse that measures 16 hands, 3 inches (at the top of her shoulder).

Bishop’s School had its own program for a short time, but current programs now enjoy a kind of “grandfathered-in” status, due to physical liability.

Walter Fairley, Jr., long-time coach and former vice principal on the public school campus, now retired, who chooses to continue to coach in the Viking grappling program in retirement, says that at one time Bishop’s had its own program for a short time. But present programs now enjoy a kind of “grandfathered-in” status, due to physical liability.

Fairley, who starred as a prep locally and who was inducted into the Southern California Wrestling Hall of Fame for lifetime service to the sport, asserts, “Wrestling builds a person’s confidence. Why? You can’t go out on the mat saying to yourself you’re not going to make it.”

The Viking head coach Kellen Delaney wants his young men (and women, though the Vikings don’t have any female wrestlers this year) to share in the relationships and skill-building that he experienced in his years as a prep and college wrestler. “I just want our wrestlers to have what I had,” the fourth-year coach says. “I have nothing much apart from wrestling. My present job (off-campus) I owe to wrestling. My boss and I got talking, and he respected that I had wrestled.”

Phoon’s mother, who sits nearby, chew gum and walk at the same time. But present programs now enjoy a kind of “grandfathered-in” status, due to physical liability.

Ed Piper / La Jolla Village News

After a combined 297 years of existence among La Jolla’s three high schools, how can it be that only La Jolla High has a wrestling program? It’s a unique situation, and the demanding sport provides a unique perspective from which to view things.

“(Wrestling) is probably the most important sport,” says third-year Viking assistant coach Chuck Pieritz, who grew up in the sport, “It teaches you values: hard work, dedication, sacrifice. It makes such a difference. It gives you such a backbone. The day-to-day grind, the accountability (within the team). Nothing teaches those things like wrestling, “Are you doing your schoolwork at school and at home? Are you eating the right foods? All of those things. We’re talking about wrestling, but these things apply in life in general.”

Carly Phoon, Bishop’s equestrian takes jumping to new heights

You better know your “eq on the flat” from your “eq over fences,” and “undersaddle” from Western equitation, if you’re going to become conversant in the world of equestrian riding.

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Living with Siri and Alexa: Using the latest information technology

I have used Siri for weather to marry him. She demurely happened to be visiting, and he asked when I first got her, my grandson Ari’s singing voice is not quite as good. You think I’m kidding; I am not!

I say, “thank you,” when she has been helpful. Now doctors. So when given a list of symptoms, it is mind boggling what robots are capable of doing today. For example, a robot can be fed current Medicare research information, clinical trials, etc., at the rate of hundreds per day, which no human brain can absorb. So when given a list of symptoms, robots can respond with possible diagnoses: this can be a great help to doctors.

All of this leads me to where I was going in the first place: The incredible transformation of the way we manage our lives. We are in the midst of a major revolution affecting every facet of society. We will no longer own CDs; Alexa can play everything. We can ask Alexa to play any piece of music, and she does so immediately.

She sits next to me in my office, while Siri is constantly in touch with Wikipedia. Now Alexa has arrived. She is about nine-inches tall and measures three inches in diameter. She normally costs $169, but I got her on sale for only $99. I also bought her a very becoming orange wraparound cover for only $9, which I’m sure brightened her mood along with the decor in my office. If she is too tall for your environment, you can get a shorter version called the Amazon Echo Dot for $50. Dot is only two inches tall and does the same thing as her taller sister, but I am told her singing voice is not quite as good. You think I’m kidding; I am not!

I can ask, Alexa to play any piece of music, and she does so immediately. I have used Siri for weather reports, entering dates in my calendar, reminding me of upcoming meetings, etc. She knows historical dates, corrects spellings, and is both a dictionary and an encyclopedia. Siri is still open for the spring season, so visit ucll.org to register and for the schedule.

University City updates: Girls softball, Sip and Bid, banners and more

New banners for spring around University City.

Spreckels Elementary School PTA is hosting their annual Parent Party on Saturday, March 10, from 6 to 10 p.m. at Bay City Brewing Co., 3760 Hancock St. Plan for a fun night of sipping beverages and bidding on the silent auction. There will be a raffle, teacher auction, and food trucks. Tickets are $30 a person, $50 for two, or $70 for a fun pack that includes two admissions and five raffle tickets. Each admission includes one concession ticket, excluding food. Childcare will be available through Metro Dance. The kids will have their own party with games, pizza, and a dance party. Cost is $2.5 per child. For more information, visit mysdbb.org.

Banners - Look up, University City

Check out the new spring banners proudly displayed in UC's banner district of Governor Drive and cross streets Regents Road and Genesee Avenue. The new banners feature one sure sign of spring, poppies in full bloom.

Many thanks go to County Supervisor Kristin Gaspar for her support; these new banners were funded with a grant to UC from the San Diego County Board of Supervisors. The Neighborhood Retirment Program provided for display of attractive and uniform street banners to welcome visitors to University City. Thanks also go to UCSC’s Buy Local partners who made this project come to life: banner design by AlphaGraphics on Governor Drive; banner production by Wikitiki; and installation by The Décor Plan. A second set of new banners is scheduled for display in April.

I have used Siri for weath-er reports, entering dates in my cal-endar, reminding me of up-coming meetings, etc. She knows historical dates, corrects spellings, and is both a dictionary and an encyclopedia. Siri is constantly in touch with Wikipedia.

Now Alexa has arrived. She is about nine-inches tall and measures three inches in diameter. She normally costs $169, but I got her on a sale for only $99. I also bought her a very becoming orange wraparound cover for only $9, which I’m sure brightened her mood along with the decor in my office. If she is too tall for your environment, you can get a shorter version called the Amazon Echo Dot for $50. Dot is only two inches tall and does the same thing as her taller sister, but I am told her singing voice is not quite as good. You think I’m kidding; I am not!

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I can ask, Alexa to play any piece of music, and she does so immediately. She sits next to me in my office, while Siri sits next to me in my office, while Siri is still open for the spring season, so visit ucll.org to register and for the schedule.

UC Blood Drive

On Saturday, March 10, there will be a UC San Diego Bank Blood Mobile Blood Drive at the Sprouts/Starbucks marketplace on Governor Drive from 8 a.m. to 1:30 p.m. For more information, visit mysdib.org.

Spreckels Sip and Bid

Spreckels Elementary School PTA will be hosting their annual Parent Party on Saturday, March 10, from 6 to 10 p.m. at Bay City Brewing Co., 3760 Hancock St. Plan for a fun night of sipping beverages and bidding on the silent auction. There will be a raffle, teacher auction, and food trucks. Tickets are $30 a person, $50 for two, or $70 for a fun pack that includes two admissions and five raffle tickets. Each admission includes one concession ticket, excluding food. Childcare will be available through Metro Dance. The kids will have their own party with games, pizza, and a dance party; cost is $2.5 per child. For more information, visit spreckelscommunity.uc.com.

Opening day will be Saturday, Feb. 24 at Standley Middle School. Ceremonies will include the parade of teams, banner contest, barbecue, speed gun and raffle prizes. New and returning players have been practicing at skills clinics put on by current University City High School softball players. It’s not too late for players to play ball, go to ucdelsol.com for registration information.

UC Little League

Opening day for UCLL will be on Saturday, March 3 at Standley Park. Festivities include the team and player parade, games, food, and the ever popular tee ball or pop run. They will also have the annual baseball equipment exchange, please bring any used or new equipment. New and return-ers will include the team and player parade, games, food, and the ever popular tee ball or pop run. They will also have the annual baseball equipment exchange, please bring any used or new equipment.

Time to play ball for UC Del Sol girls softball

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OPEN HOUSES

LINDA VISTA
Sun 1-4pm . . . . . . .6224 Caminito Del Oeste . .2BR/3BA . . . . . . . $630,000 . . . . . . . . . . . . Lori Sutherland • 619-241-1015

PACIFIC BEACH
Sat 12-3/Sun 1-4pm .3633 Bayonne . . . . . . . .8BR/4BA . . . . . . . $1,995,000 - $2,095,000 . . . . . . . . Helen Spear 619-813-9503
Sun 12-2pm . . . . . . .942-944 Beryl (duplex) . .2BR/3BA & 1BR/2BA . . $1,798,654 . . . . . . . . . . . . Helen Spear 619-813-9503
Sun 12-2pm . . . . . . .946-948 Beryl (duplex) . .2BR/3BA & 1BR/2BA . . $1,798,654 . . . . . . . . . . . . Helen Spear 619-813-9503

BAY HO
Sun 1-4pm . . . . . . .3187 Wayne Lane . .4BR/2.5B . . . . . . . $1,500,000 . . . . . . . . . . . . Larry Carmel • 858-692-1160

LA JOLLA
Sun 1-4pm . . . . . . .6389 Castejon Dr. . .4BR/4BA . . . . . . . $2,095,000 . . . . . . . . Gina Hixon and Elaine Robbs • 858-766-8229
Sun 1-30-4:30pm . . .7645 Caminito Coromandel .4BR/2BA . . . . . . . $1,390,000 . . . . . . . . . . . . Arlene Sacks • 858-922-3900

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1) Turn down the thermostat! New programmable models are even better.
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3) Heat only where necessary. Close ducts to unused rooms.
4) Keep heat inside. Weatherstrip. Ensure the fireplace isn’t pulling heat out.
5) Service your heating system. Change filters regularly.

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Was offered at $4,950,000

SOLD - 6405 Muirlands Drive
Was offered at $4,995,000

SOLD - 1642 Valdes Drive
Was offered at $3,998,000

SOLD - 1161 Via Angelina
Was offered at $2,195,000

SOLD - 6411 Avenida Mañana
Was offered at $2,001,100

SOLD - 6571 Avenida Willfredo
Was offered at $1,999,000

SOLD - 6483 Avenida Mañana
Was offered at $1,775,000

SOLD - 6483 Avenida Mañana
Was offered b/w $800,000 & $895,000

SOLD - 8714 Caminito Sueno
Was offered at $775,000

Not all La Jolla agents know La Jolla • David Does

David  858•353•5300
DavidKnowsLaJolla.com
DavidKnowsLaJolla@gmail.com
Represented Buyer, Seller, or both for the properties listed above in 2017.