Mindsurfing: Summer swell has surfers daydreaming

Beachgoers gawk at powerful waves exploding right outside the famed WindanSea Beach shack earlier this month.

SDPD looks to enforce helmet law for motorized scooters

A crackdown to enforce motorized scooter safety, especially in the coastal communities, will continue this summer to curb offenses by people riding without a helmet, on sidewalks, or intoxicated.

This recent announcement by police follows in the wake of last month’s City Council vote opposing an emergency ordinance prohibiting motorized scooters on coastal boardwalks. District 2 Councilmember Lorie Zapf, District 1 Councilmember Barbara Bry, and District 5 Councilmember Mark Kersey joined to support a scooter boardwalk ban. Council members Chris Ward, Myrtle Cole, Scott Sherman, Chris Cate, David Alvarez and Georgette Gomez all opposed the proposal, arguing they weren’t convinced of its necessity, or that they felt the issue hadn’t yet been properly vetted. Sherman said the problem was more about irresponsible riders than about vehicles being ridden.

The dockless bike and scooter
Mayor creates a stir with his short-term vacation rentals plan

By DAVE SCHWAB | LA JOLLA VILLAGE NEWS

Mayor Kevin Faulconer’s much-anticipated new regulations on short-term vacation rentals, seeking to strike a balance between those who want them out, and the Airbnb industry promoting them, was greeted by both strong support — and vehement disapproval.

“What is being lauded as a compromise is in fact a concession to the short-term vacation rental industry,” said Joe LaCava, former chair of the Community Planners Committee, which oversees the City’s more than 40 citizen advisory groups making land-use recommendations.

“Despite more pressing problems facing our City, the extraordinary city resources proposed to justify these incompatible uses prioritizes short-term vacation rentals over the real needs of San Diegans and our neighborhoods,” LaCava said.

John Thickstun, a spokesperson for Save San Diego Neighborhoods, a single-family neighborhood group formed to lobby for more restrictive short-term rentals, had a list of questions for the mayor to answer about short-term rentals.

Among them: What are the definitions of “primary” and “secondary” residences? Will rentals be limited to property titleholders? Does the proposed ordinance prohibit an individual from purchasing any number of residential dwellings and having others hold title and use the residences as short-term vacation rentals? Are short-term vacation rentals to be limited to “living breathing human beings” as opposed to trusts, associations, corporations?

Philip Minardi of the Expedia Group, the parent company of vacation rental platforms HomeAway.com and VRBO.com, had a different take.

“For generations, whole-home vacation rentals have played an important role for San Diego homeowners and for families visiting the City,” said Minardi.

“We applaud Mayor Faulconer and City staff on their efforts to craft a fair and effective policy that addresses community concerns and recognizes San Diego’s vibrant vacation rental community. We look forward to reviewing the proposal when it is released in full and welcome continued collaboration with all local stakeholders,” Minardi said.

Faulconer characterized his new proposal as seeking to “strike a balance between growing the home-sharing industry, enforcement and neighborhood quality of life.”

The mayor’s proposal would:

• Create the City’s first license-based system to manage short-term rentals.
• Charge cost-recoverable fees to administer licenses and enforce code violations.
• Establish a “Good Neighbor” policy to preserve neighborhood quality of life.
• Hire additional staff to respond to complaints about nuisance properties.
• Implement a per-night fee that would generate an estimated $3 million annually for affordable-housing projects.

“This is a balanced approach that establishes clear rules of the road for short-term rental hosts and guests while protecting neighborhood quality of life through increased oversight and enforcement,” Faulconer said.

“This is a fair compromise that allows the home-sharing economy and our neighborhoods to co-exist and gives everyone clarity moving forward. I look forward to working with the City Council on passing these proposed regulations.”

Monday, July 16 is the date during which the full City Council will take up Faulconer’s short-term vacation proposal.

Is the mayor’s proposal a compromise or a sell out to the rental industry?

Depending on who you speak to, Faulconer’s proposal is either an impartial workable compromise — or dead on arrival.

READ MORE ONLINE AT sdnews.com
La Jolla contractor Tom Grunow is on a mission to enhance the existing La Jolla Cultural Zone by “greening” it and making it more walkable.

He also wants to enhance area parking via the creation of a new subterranean structure beneath the La Jolla Recreation Center playground.

Loosely defined, the La Jolla Cultural Zone is a broad area surrounding the La Jolla Recreation Center at 615 Prospect St. It includes 17 historical sites including Wisteria Cottage, Museum of Contemporary Art San Diego (closed for reconstruction), the La Jolla Recreation Center, the La Jolla Woman’s Club, and La Valencia Hotel. There are an additional 28 historical cottages associated with the zone.

Those structures include Revelle and Scripps Institution of Oceanography (SIO) cottages, the Red Roof & Red Rest overlooking the Cove and Heritage Place at 7210-7212 La Jolla Blvd.

Grunow, a past president of La Jolla Historical Society who’s returned from two years in Florida, is proposing a parking garage under the tennis courts, which he said would “make it more walkable.”

“Over the past seven months I have met with nearly 100 individuals as well as each of the Cultural Zone representatives and many planning organizations, and I have received nearly unanimous encouragement to continue working,” Grunow said. “Each time I explain the project goals of greening up the Cultural Zone and making it more pedestrian friendly. As we look for places to plant and soften the hard-scape, a new location for existing parking places being affected must be found.”

The proposed parking garage below the rec center playing field was characterized by Grunow as “the means to the end,” not an end in itself.

Grunow reiterated his parking plan is not “a resurrection of the previous plan to build a garage under the tennis courts,” which he said is being misconstrued — and challenged — by some.

Concerning enhancing La Jolla’s Cultural Zone, Grunow said, “This project has a long way to go. It’s still evolving. At some point in the fall, I would anticipate having public hearings with full notices and community input.”

Grunow’s desire is to “continue to work calmly with residents to discuss their concerns, and have a dialogue about ‘how we can make our community better and how we might make [Ellen Browning Scripps] proud.’”

So even if parents may worry that their kids are running off the school run, find peace of mind elsewhere. According to a City of San Diego alternative vehicle information brochure, electric bicycles must follow the same rules of the road as non-motorized bicycles. Electric bikes have been divided into three categories: Class 1, pedal-assisted only maximum 20 mph; Class 2, throttle-assisted only; maximum 20 mph; and Class 3, pedal-assisted only, speedometer required, maximum 28 mph.

College Consensus, a unique new college ratings website that aggregates publisher rankings and student reviews, has published their ranking of the 25 Best Beach Colleges at collegeconsensus.com, and Point Loma Nazarene University and UC San Diego made the list.

Colleges and universities located near beaches often have the reputation of “party schools,” but the cultural zone can be a real advantage and benefit to the college experience. After all, a student body that embraces fun and health is a more successful student body. With that in mind, College Consensus has ranked the top Consensus-rated schools that also happen to have great beach life, according to the combination of published rankings and student reviews.

The 25 Best Beach Colleges ranking is not meant to be a scientific survey — there’s no entirely objective way to gauge what makes a beach the best. To create the ranking, Consensus editors scanned the coasts for colleges and universities that qualify for a College Consensus score, finding the schools that have a reputation for beach life and a deep connection to the ocean.

UC San Diego and Point Loma Nazarene named in ‘25 Best Beach Colleges ranking’

College Consensus, a unique new college ratings website that aggregates publisher rankings and student reviews, has published their ranking of the 25 Best Beach Colleges at collegeconsensus.com, and Point Loma Nazarene University and UC San Diego made the list.

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READ MORE ONLINE AT sdnews.com
La Jolla fireworks absent on the Fourth: Where to watch around San Diego

BY BLAKE BUNCH | LA JOLLA VILLAGE NEWS

Don Balch/Village News

There will be no progressively loud series of booms and cracks at La Jolla Cove this Fourth of July, unfortunately. After 12 consecutive years, the annual firework display has fizzled due to lack of donors.

"Unfortunately, in early January, it was brought to my attention that many of the donors have moved on to other concerns, and will not be making contributions to the firework display 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 donate this year.

While this could put a damper on celebrating a time-honored tradition, luckily for La Jollans, San Diego is never lacking in aeronautical displays of colored light...that is, when all of the charges don’t go off at once.

For this reason, La Jolla Village News has compiled a list of parades, picnics and other particular parties. Here is what’s going on around San Diego on the Fourth of July:

39th annual Bird Rock Fourth of July Parade

Slightly down the road in Bird Rock, their Fourth of July Parade will begin with registration at 9:15 a.m. As in years passed, Murfey Construction will be sponsoring the community event.

Big Bay Boom

With all dad jokes aside, the Big Bay Boom is a big deal. Perhaps the best aspect of this firework display is that one can watch from nearly anywhere around San Diego Bay: Shelter Island, Harbor Drive, downtown, Coronado, etc. This annual event entails fireworks being fired simultaneously from four barges. The show begins at 9 p.m., so travel time should be planned accordingly.

San Diego County Fair Fireworks

Perhaps a bit closer to La Jolla (depending on traffic), the San Diego County Fair will have a firework display, as this is the fair’s last night of operation for the summer. The fairgrounds will be open from 11 a.m. to midnight, with the firework show also being held at 9 p.m.

Ocean Beach Fireworks

Want to paddle out during a firework display? Fireworks will be fired from the Ocean Beach Pier at 9 p.m., with spectators splashing from the boards in the water. Even though the “cream puff war” has been outlawed, there is still plenty to do in OB on the Fourth.

Coronado Fourth of July Parade

Coronado’s annual Independence Day Parade begins at 10 a.m. Fireworks display that afternoon at 9 p.m. in Glorietta Bay.

SeaWorld Fourth of July Fireworks

SeaWorld will celebrate Independence Day with a 15-minute display of fireworks set to a musical soundtrack, starting at 9:40 p.m. on July 4. Park hours on the Fourth will be 10 a.m. to 10 p.m.

Old Town

There will be an Old-Fashioned Celebration in Old Town. This is a free event including a parade around the plaza. They also have a contra dance, 19th-century crafts and games and more. This event runs from 11:30 a.m. until 4 p.m.

Rancho Santa Fe’s annual 4th of July parade & picnic

Just north of La Jolla, they’re celebrating like they do every year at 16948 Avenida de Acacias. From 1 to 3 p.m. on the Fourth, venture up to Rancho Santa Fe to enjoy time with friends and family.

Testimony heard against La Jolla restaurateur accused of rape

Dr. Neal Putnam | LA JOLLA VILLAGE NEWS

A woman told a judge on June 27 she was sexually assaulted by the owner of a La Jolla restaurant in a 2009 incident, but could not recall much about it after blacking out from too much alcohol.

“I knew something had happened. I was unsure what happened,” she said, adding she was sure she did not consent to sexual activity.

The woman testified in the preliminary hearing of Daniel Dorado, 59, and testimony from other women was expected to continue into Friday before San Diego Superior Court Judge Court Judge Michael Groch.

Dorado, the owner of Voce Del Mare, which closed after his March 28 arrest, is suspected of sexually assaulting five women in a total of 25 charges. He has pleaded not guilty.

Some of the charges allege he drugged the women to unconsciousness and they were not able to consent to sexual activity.

The woman cried briefly as she recalled the circumstances of meeting Dorado in what was supposed to be a job interview. She said she had worked for him over the phone to promote a car dealership but had not met him until Dec. 23, 2009.

She recalled drinking champagne and wine with Dorado but became ill in another restaurant bathroom. "I felt very impaired. My vision was blurred," said the woman. "I was feeling light." "My next memory was waking up in a dark room," said the woman, who said she discovered she was on a bed wearing only an unhooked bra.

She recalled feeling pain and panic, with no memory of how she got into Dorado’s home in Solana Beach. She said she asked Dorado what happened." "He told me I had too much to drink," said the woman.

She said she recalled seeing her phone and the time of 11:50 p.m. before its battery died. She said she first met up with Dorado at 4 p.m. He drove her back to where her car was parked outside a Starbucks where they originally met.

The job interview never happened with little discussion of business, she said.

When she got home, she said she told her husband she felt she had been sexually assaulted. She said she was bleeding and he called sheriff’s deputies.

A male deputy arrived, but she didn’t feel comfortable telling him “the whole story.” She said she showered, and later went to a Planned Parenthood office to talk with a nurse. She said she turned over the clothing she wore.

Dorado remains in the George Bailey Detention Facility on $900,000 bail.

Deputy District Attorney Katherine Flaherty said the charges include rape and oral copulation of an unconscious person, sexual battery and assault with intent to commit rape. The other victims were assaulted in 2014, 2015, 2017, and in January of this year, she said with “all of the victims [telling] very similar stories,” said Flaherty.

The restaurant was located at 5721 La Jolla Blvd. in the Bird Rock area. Dorado denies all charges.

Make the Right Choice Senior Living Specialists

Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) had the desire to develop Assisted Living Care Homes and Services for seniors that are a cut above the rest at fair and competitive rates. Right Choice Senior Living has Residential Care Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area) medical facilities and the beach. Come see us today before making your final choice. Make the Right Choice Today. Call (619)246-2003 or go to our website.

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Join Us to Learn More About a Treatment Option for Ulcerative Colitis and Crohn’s Disease.

Register to attend this free program. Call 1-833-885-8571

Tuesday, July 31, 2018
Register: 6:00 PM
Start: 6:30 PM
San Diego Marriott La Jolla
4240 La Jolla Village Drive
La Jolla, CA 92037

Guaree Konijeti, M.D., MPH
Maimi, living with severe CD

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Health and Safety Tips for Your BBQ

It's grilling season!

Most of the time the grill goes unattended far beyond the point of health and safety guidelines. I mean really cleaned. Scraping off the most offensive bits of build-up really doesn't count. Don't ignore the warning signs.

Following a few basic safety rules is the key to successful grilling. So before you bust out the spatulas and tongs this weekend, take some time to learn about grill safety with these tips:

1. Know Your Grill
   You should always keep the instructions for your grill handy. Even if it’s not your first barbecue, occasionally reviewing the manual will remind you of how to operate your grill correctly.

2. Clean Your Grill
   A clean grill is a safe grill for several reasons. There have been reports that metal bristles from some scouring brushes can break off and get left behind on your grill and ultimately end up in the food. Some people who have ingested these bristles have ended up in the hospital.

3. Location, Location, Location
   While you’re deciding what to place the grill itself. The location of your barbecue grill makes a big difference in terms of grill safety.

4. Prepare for the Worst
   Always be prepared for grilling mishaps so you can keep them from becoming grilling tragedies. There are several ways to keep a bad situation from becoming worse:
   - Keep a fire extinguisher close by when you’re grilling.
   - Control grease fires by tossing some scouring brushes can break off and get left behind on your grill and ultimately end up in the food.
   - Have a water source, such as a garden hose, nearby. Any one or more of these will help to keep a fire under control or extinguish it entirely. Always have the fire department number on hand.

For professional BBQ, grill and oven cleaning using non-toxic, biodegradable, USDA-approved products (commercial, residential, RV’s), call California BBQ & Oven Cleaning Services today! (858) 210–4956 www.CalBBQ.com

LA JOLLA MAILBOX TURNS 31!

La Jolla Mailbox Rentals turned 31 in February 2018. Owner Anita Wood attributes her success to the location of the community and its residents. “It’s such a great place to come to work every day,” says Wood. “Work doesn’t seem like work here—and I’m always hearing great stories from my customers.” Anita’s store at 5666 La Jolla Boulevard is flanked by restaurants, clothing boutiques, coffeehouses, juice bars, exercise studios, and other specialty stores.

“I’ve always loved the friendly atmosphere of this unique business district,” Anita says. Wood bought the business on February 21, 1987. “I knew I wanted to work for myself, so when the opportunity came along, I jumped on it. My only regret was not doing it sooner!” The services offered by the previous owner were stamps (no postage metering), UPS, mailbox rentals, and “wood processing.”

Anita expanded her offerings over the years to include shipping of all sorts, scanning, printing, copying, shredding, and a notary public.

La Jolla Mailbox Rentals is the oldest business on the 5600 block. The future of the store? “I look forward to serving this wonderful neighborhood for many more years,” Anita says with a smile.

Come one, come all to La Jolla’s newest Fitness Studio

Cirque-It Fitness®, a new work-out studio in University City, was born of out of the joy of movement. “Fitness should be fun, like it was when we were kids,” founder Elizabeth Skwiot explains. “We called our friends to go to the park. We played tag. That doesn’t need to change as we grow up.”

Cirque-It Fitness (CIF) is a functional, 45-minute workout that combines ‘circus-infused’ moves in a small-group circuit training format challenging and accessible to a wide variety of fitness levels.

Skwiot fell in love with circus training at age 23 when she stepped off a flying trapeze platform at a circus school. “I was working a corporate job in San Francisco, and I was always the baby in class,” she recalls. “There were doctors and people in tech flying with me. You can do flying trapeze for fun and still be a responsible adult in northern California.”

Several years later, in a Ph.D. program for Comparative Literature at the University of California-Davis, Skwiot’s venture into circus and aerial dance had progressed to the point where it became more than a hobby. Between earning her M.A. and Ph.D., she worked semi-professionally as a circus performer and coach. Later, Skwiot became certified in Pilates and personal training to supplement her income as an adjunct professor. “I couldn’t help but bring my circus training into what I offered clients,” she explained. “It just made sense, and it made everything more creative and functional.”

Skwiot has created several “circus-infused” programs and has trained dozens of instructors across the country in her workshops. She even co-invented and patented a piece of equipment used at the studio. Skwiot collaborated with industry veterans Linda Shefton on the Cirque-It Fitness workout. Shelton is a former consultant to Jillian Michaels’ BODYSHRED and co-created STRONG by Zumba, Reebok Jakari Fit to Flex, and numerous other programs.

The studio is excited to share its creative and effective training modalities with the community. A client’s first class is free by signing up on the website.

Cirque-It Fitness
3961 Governor Drive
San Diego, CA 92122
www.CirqueITFitness.com
(858)-2Cirque

La Jolla Gourmet Meats will make your 4th of July SIZZLE!

Your BBQ for the 4th will be the talk of the neighborhood when you buy your meat from La Jolla Gourmet Meats. You can expect the highest quality gourmet meats available. The store displays a range of kabobs, homemade sausages, bristled baby back ribs, mouth-watering burgundy tri tip, elegant elk, frog legs, and even alligator.

“All of my products are the best you can buy, it is just a matter of people knowing that,” Owner Jeff Lefstein noted.

Lefstein added about his recently opened shop, “I saw that the butcher shop had gone out of business and thought with the shop all ready to go, why not give La Jolla a trustworthy niche for gourmet meats. He has owned a butcher shop - Rush’s Quality Meats in Poway for more than 13 years.

Master Butcher and Chef Brent Thompson recently joined the team and will add his twenty plus years of knowledge and expertise.

Thompson encouraged everyone to “try our La Jolla Smack Burgundy Tri tip sandwich (cooked and ready to eat). It’s something new we’re offering and it is amazing”

La Jolla Gourmet Meats
7660 Fair Ave La Jolla
(858) 375-5691
butcherlaajolla.com

Have a Yabba-Dabba-Doo Time on the 4th of July!

Marco Gentile, owner of Marco Polo Independent, has lived in La Jolla for 43 years where he and his wife, Janet raised their sons Bryson, Giorgio and Jeremy. In 1985, he opened Marco Polo Independent, which was the first independent BMW/Mini repair shop in town. Since then, Marco has always been committed to giving his customers the highest standard of respect and service. Each person’s full satisfaction is extremely important to him and his staff.

Marco Polo Independent is fully equipped to handle the simplistic to the most complicated issues relating to BMW/MINI at very competitive prices while so conveniently located. Stop in and you will always experience a, now too rare, piece of our old La Jolla. Wishing you safe travels!
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And, by the way, we’d like to be your personal packing & shipping department.

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When you ship with us, you will have the opportunity to compare our negotiated rates from our preferred network of carriers (DHL, FedEx, UPS, USPS, and more) and numerous delivery options to provide you with a reliable and efficient delivery method.

Select from the top carriers to ensure safe delivery of your special product or service.

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Women with hair loss can have thick and healthy hair and look years younger!

Volume is the most requested service of all clients. Thick, healthy hair is never out of style. It's not just for the oversize woman anymore. Choose the right professional volumizing products available — nothing compares with the real thing! Thick, healthy human hair!

The unique patented process used at Judy’s Salon attaches a protein bond of real human hair to a small section of your own hair. The bonds are so discreet you can style your hair anyway you choose. This unique application process makes it the only system that does not further damage your hair. Most women who want this service suffer from thin, weak and damaged natural hair — once this application process has been applied, you will be amazed at the transformation that occurs in your hair and in your outlook!

Judy Judy Hair Salon
7734 Herschel Suite #P
La Jolla
hairextensionsoflajolla.com
858-456-2344

UC San Diego’s EV charging program awarded for modeling ‘Energy System of the Future’

The campus is the first higher education institution to be recognized with an award from Greentech Media.

The University of California San Diego has been honored with the 2018 Grid Edge Innovation Award for serving as an epicenter for research, development and commercialization on smart electric vehicle (EV) charging. UC San Diego has collaborations with more than 18 companies and organizations in providing 115 EV charging stations on campus. In May alone, more than 700 different EVs were charged by UC San Diego’s world-renowned microgrid.

UC San Diego is the first university to receive a Grid Edge Innovation Award from Greentech Media, a leading information service company for technology, markets and businesses shaping the future of the electricity sector.

Representatives from the campus will officially accept the award on June 25 at a ceremony in San Francisco.

“Our efforts in the electrification of transportation have benefited from the microgrid, and both are great examples of how UC San Diego has been leading the way in decarbonizing energy,” said Vice Chancellor of Resource Management and Planning, Gary C. Matthews. “This is key to our efforts, as we approach the milestone of becoming carbon neutral by 2025.”

Collectively, UC San Diego charges over 90 unique EV drivers each month, which represents a monthly reduction in 5,400 gallons of avoided gasoline being used. The number of such drivers is expected to continue to climb, as UC San Diego experiences an annual growth rate of 120 percent in EV customers to campus.

A microgrid is a local energy grid with control capability, which means it can disconnect from the traditional grid and operate autonomously.

UC San Diego has one of the country’s first and best-studied microgrids. It consists of two 1.5 MW gas turbines, one 3 MW steam turbine, a 2.8 MW fuel cell, a 2.2 MW solar-cell installation, 2.5 MW/5 MWH of battery electric storage and more than eight million gallons of thermal energy storage.

The success of the microgrid has propelled additional “green innovation” such as the EV charging which the campus began exploring as early as 2011.

UC San Diego’s microgrid powers 85 percent of the 1,160 acres -campus’ electricity needs, 95 percent of its heating, and 95 percent of its cooling. The reliability and resiliency of the grid has allowed the university to cut costs, while mitigating carbon emissions. It is estimated it is saving the campus about $850,000 a month, compared to buying retail energy.

According to Greentech, this year’s winners represent the top projects involving the innovative applications of grid edge technologies, and they offer solutions to the technical, business and regulatory challenges of distributed energy integration.

Alliance Healthcare awards youth organization

Alliance Healthcare Foundation (AHF), located in La Jolla, has awarded Just in Time for Foster Youth (JIT) with a $100,000 Mission Support grant and the San Diego Center for Children with a $35,000 Mission Support grant.

This grant will support JIT’s work to engage a caring community to help transition-age foster youth achieve self-sufficiency in eight areas and will allow the San Diego Center for Children to improve access, timely care and a more effective, family-centered treatment approach for children and their families who are struggling with mental, emotional or behavioral health disorders.

This is the third consecutive year JIT has received a Mission Support grant from AHF. This year’s $100,000 grant will allow JIT to innovate and improve its services for young people who exit the foster care system with- out family support. The grant is part of AHF’s nine-year commitment to nonprofit organizations dedicated to advancing health and wellness in San Diego and Imperial counties.

Just in Time for Foster Youth mobilizes a caring community to help young adults leaving the foster care system stay on the path to self-sufficiency, ultimate- ly allowing them to become more self-sufficient, capable and connected while breaking the cycle of dependence. This is achieved through a variety of initiatives that empower participants while helping them attain stable housing, essential education, meaningful employment, financial security, reliable transportation, positive relationships and more.

The San Diego Center for Children, founded in 1887, is the oldest children’s nonprofit in San Diego. The Center provides therapeutic care, specialized education and critical life skills to more than 1,000 children and their families in eight locations and hundreds of homes across the county.

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The Women’s Museum is currently presenting “The Big White Dress,” a fascinating exhibit that shows the evolving traditions of the American wedding dress. Styles and trends are affected by social, cultural, and political changes in society and the exhibit begins with a black lace wedding dress from the 1890s. These gowns were very restrictive and reflected the oppression that women experienced in this era. The tradition of wearing a white wedding dress first started when Queen Victoria of England married. She chose white lace to help revitalize the struggling lace industry. The white gown slowly began to be the trend for wedding gowns.

A 1910 the Edwardian wedding dress came about, with a higher waistline. Women’s fashions further transformed as the Women’s Suffrage Movement gained momentum. As women became more empowered, the clothes became less restrictive.

A 1927 wedding dress was displayed as an example of the straight silhouette with a drop waist and tea-length hemline; the “Flapper Era” was less confined. A beautiful ivory satin dress from 1933 demonstrated the trend to emulate Hollywood starlets, with a gown that shows off the bride’s figure. The 1946 Parachute wedding dress made from a silk parachute is an example of a wedding dress being used for a wedding dress. The 1946 Parachute wedding dress came about, with a higher waistline. Women’s fashions further transformed as the Women’s Suffrage Movement gained momentum. As women became more empowered, the clothes became less restrictive.

A 1927 wedding dress was displayed as an example of the straight silhouette with a drop waist and tea-length hemline; the “Flapper Era” was less confined. A beautiful ivory satin dress from 1933 demonstrated the trend to emulate Hollywood starlets, with a gown that shows off the bride’s figure. The 1946 Parachute wedding dress made from a silk parachute is an example of a wedding dress being used for a wedding dress. The 1946 Parachute wedding dress came about, with a higher waistline. Women’s fashions further transformed as the Women’s Suffrage Movement gained momentum. As women became more empowered, the clothes became less restrictive.

In the 1990s, brides turned toward minimalism, throwing away the puffy sleeves and yards of tulle and lace of the 1980s. The new fitted silhouette brought designers like Vera Wang and Narciso Rodriguez to the forefront. An increase of interracial and same-sex marriages increased and in 2004 Massachusetts legally recognized same-sex marriages. Then, in 2015, the Supreme Court ruled same-sex couples could marry nationwide. With the easy access of the Internet, many brides turned to DIY trends. Another change was body diversity and the pick for plus-size wedding gowns.

The last gown displayed was a Petra Gown by Vatana Watters. This 2016 gown was inspired by Balenciaga & Lauriin and incorporates the Bohemian with modern silhouette. This informative and educational exhibit was curated by Nicole Menn and runs through July 1. The exhibit demonstrates an empire waist wedding dress with a train. This was influenced by Princess Anne’s wedding dress. During the 1980s, bridal fashion became a business and this was the time that off-the-rack dresses were seen. This is also the decade when bridal magazines first began to spring up. The 1980s were the “decade of excess” and this was reflected in wedding fashions. Princess Diana’s gown in 1981 set the trend for “fairytale weddings.” It showed huge skirts, puffed sleeves and high necklines.

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USTA renames Girls’ National Championships to honor Billie Jean King

The USTA Billie Jean King Girls’ 16s and 18s National Championships presented by adidas, which have been renamed by the USTA to honor the tennis legend, will be played Aug. 4-12 at the Barnes Tennis Center, 4490 W. Point Loma Blvd.

Following the announcement by the USTA earlier this year to rename the Girls’ 16s and 18s National Championships, King, a member of the International Tennis Hall of Fame, said, “I’m honored to be part of these junior championships and support the goals and dreams of these players on and off the court.”

More than 400 of the top junior tennis players in the country, aged 16 and 18 and under, will compete for the title of National Champion, as well as a wild card entry into the Women’s Singles main draw of the 2018 US Open (for the 18s Champion) and a wild card into the 2018 US Open Junior Championships (for the 16s Champion). The 18s Doubles Champions will also receive a wild card into the US Open Women’s Doubles main draw.

The Girls’ 16s event will begin on Saturday, Aug. 4 and conclude with the singles and doubles finals on Saturday Aug. 11. The Girls’ 18s tournament will get underway on Sunday, Aug. 5 and conclude with the 18s singles championship on Sunday, Aug. 12. Both divisions will feature 256-player singles draws with the top 32 players receiving a first-round bye. There will also be 128-team doubles draws with the top 16 teams getting first-round byes.

Early-round tournament matches will also be played at San Diego State University’s Aztec Tennis Center, 5375 Remington Road, and the Balboa Tennis Club, 2221 Morley Field Drive. From Saturday, Aug. 4 through Wednesday, Aug. 8. Admission and on-site parking at the Barnes Tennis Center is free each day of the tournament. There is a nominal charge for on-campus parking at SDSU. Parking regulations at the university will be strictly enforced. Parking is free at the Balboa Tennis Club.

Bishop’s boys basketball coach Nick Levine talks in terms of “creating pressure” and “handling pressure.” “I think, ‘can you create pressure? Can you handle pressure?’”

“That’s a key of winning games in high school, more than in college ball or the NBA,” says the fifth-year head coach. “We want to see if we can speed you up and get you out of your comfort zone.”

Entering summer play, which is a key time, Levine says, for just throwing things out there and seeing what the team has, the Knights return five players after four seniors graduated in early June plus, they bring up six or more new players from last year’s junior varsity.

The quintet of returners include Christian Rose, a 6-feet-6-inches tall All-Coastal Conference selection as a junior; Marek Thomson, a senior point guard; Zach White, a junior guard who can share point guard duties with Thomson; Anthony Wood, a two-guard and ball-handler; and Graham Cartwright, a 6-foot-one-inch tall guard who is a three-sport athlete.

Christian has extended his shooting range,” comments Levine of Rose. “His mid-range shot is really good. It’s not a shot that kids work on anymore, but he does. He can take a dribble or two, then pull up and shoot. He’s going to be a team captain. He’s an example for others. People respect him.”

Thomson, like Rose, will be a four-year varsity player next season. “I think we won eight more games last year (than the year before),’” notes the coach, implying his point guard deserves part of the credit. “Marek’s a kid who’s going to get others involved. He’s going to find his teammates with the ball.”

“Then, he’s competitive. He’s feisty. He’s always in your face.

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“Then, he’s competitive. He’s feisty. He’s always in your face.

When your point guard does that, it spreads to your other players.”

“Zach White is playing club. These kids are playing year-round. So, like the others, he’s getting coaching and improving.” White is one of Levine’s pressure guys.

“Anthony was a face-off guy for our lacrosse team, so he brings some toughness. He’s not real tall, but he can handle the ball.”

Graham is a player who is going to help any team,” says the coach. “He’s smart. I can put him in any position. He’s a good teammate. Everyone loves him. He’ll play a guard.”

From a bevy of talented players on the Knights’ junior varsity team that went 19-3 last year are R.J. Faltinsky, 6-feet-two-inches tall, the JV’s leading scorer; Kellen Hobson, a two-guard; Dash Tsa; Ryan Nagle, a 6-feet-two-inches tall; James Roessler, a point guard; and Clarence Freeman, a receiver in football who brings toughness.

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The starting time for each day of the tournament will be announced in July. The opening ceremony for the USTA Billie Jean King National Girls’ 16s & 18s National Championships is scheduled for 5 p.m. on Saturday, Aug. 4 at the Barnes Tennis Center.

Early-round tournament matches will also be played at San Diego State University’s Aztec Tennis Center, 5375 Remington Road, and the Balboa Tennis Club, 2221 Morley Field Drive, from Saturday, Aug. 4 through Wednesday, Aug. 8.

Admission and on-site parking at the Barnes Tennis Center is free each day of the tournament. There is a nominal charge for on-campus parking at SDSU. Parking regulations at the university will be strictly enforced.

Parking is free at the Balboa Tennis Club.

USTA renames Girls’ National Championships to honor Billie Jean King
The San Diego Diplomacy Council (SDDC) is launching its first Youth Sports Diplomacy Program. In July, the San Diego Diplomacy Council will take 25 female volleyball players and coaches from the Exodus Social Justice Volleyball Club, an organization founded on offering quality coaching to underprivileged and unsheltered youth, to Vietnam and Laos for a sports and cultural exchange program, Adaptive Sports for Social Change. This program is organized by the San Diego Diplomacy Council in partnership with the National Ability Center and is funded through an International Sports Programming Initiative cooperative agreement through the U.S. Department of State’s Bureau of Educational and Cultural Affairs’ Sports Diplomacy division.

This program is a once-in-a-lifetime opportunity for young female athletes from diverse social and cultural backgrounds in San Diego to transcend their differences, learn about the world, and become U.S. youth ambassadors for peace, prosperity, and stability. The San Diego ambassadors will play exhibition games against local teams, run clinics for at-risk youth, and explore topics related to youth leadership, environmental sustainability, and women’s empowerment while forging global friendships and representing the U.S. through sports diplomacy. Teams from Vietnam and Laos will then spend one week in San Diego in December for a reciprocal exchange experience.

The San Diego Diplomacy Council connects San Diego to the rest of the world through professional, educational and cultural exchange programs. One of 90 nationwide organizations designated by the U.S. State Department to provide these services, the San Diego Diplomacy Council builds relationships between community and business leaders in the San Diego region with their counterparts around the world; addressing challenges like social justice, education, citizen safety, economic opportunity and environmental sustainability.

The National Ability Center empowers individuals of all abilities by building self-esteem, confidence and lifetime skills through sport, recreation and educational programs. Located in Park City, Utah, it is one of the largest facilities in the country to provide recreational and sports opportunities to individuals of all abilities. Each year, the National Ability Center provides thousands of lessons in programs including skiing, horseback riding, cycling and archery. For more information, visit DiscoverNAC.org.

The Bureau of Educational and Cultural Affairs of the U.S. Department of State fosters mutual understanding between the people of the United States and the people of other countries to promote friendly and peaceful relations. This mission is accomplished through academic, cultural, sports, and professional exchanges that engage youth, students, educators, artists, athletes, and rising leaders in the U.S. and more than 160 countries.

The Sports Diplomacy division (formerly SportsUnited) uses the international language of sports as a tool to promote tolerance, understanding and the peaceful resolution/prevention of conflict; to increase awareness among young people of the importance of following a healthy lifestyle and physical fitness in order to prevent illness, substance abuse, and negative behaviors; and to improve the quality of life for persons with disabilities by providing inclusive sports opportunities that contribute to the physical and psychological health of people at all ages who experience disabilities. For more information, visit sandiegodiplomacy.org.
On June 29, Birch Aquarium at Scripps Institution of Oceanography, UC San Diego is launching Oddities: Hidden Heroes of the Scripps Collections, a comic book-inspired exhibit that highlights the astonishing adaptations (aka super powers) of ocean species.

Oddities is created in partnership with the team from the Scripps Oceanographic Collections, where millions of specimens allow scientists to understand some of the amazing adaptations marine creatures have developed to survive. From super vision and invisibility to protective armor and the ability to create electricity to zap prey, real marine creatures do amazing things every day that stretch even the wildest imagination.

“I don’t think an exhibit like this would be possible anywhere else,” said Harry Helling, executive director of Birch Aquarium. “It’s truly a unique collaboration between the researchers of the Scripps Collections and the talented Exhibits and Education teams here at Birch Aquarium. Our guests are in for a real treat!”

The interactive exhibit will include examples of some of the most unique creatures from all depths and highlight how they have inspired everything from cinema and pop culture to medicine and engineering.

Guests will learn what it takes to collect scientific samples and have the opportunity to test out some of these unique adaptations through creature cosplay.

“We’re excited to showcase some of the wonderful specimens from the Collections and to tell their stories in this playful, engaging way. By coming face-to-face with unusual specimens, visitors will get to see how our collections empower real discoveries in science and education every day,” said Charlotte Seid, manager of Scripps’ Benthic Invertebrate Collection.

Oddities opens June 29 and will be on display through Spring 2019. The exhibit replaces the Mexican Seas and Feeling the Heat exhibits. Oddities is included in aquarium admission, which is $18.50 for adults and $14 for children ($19.50 and $15 after July 1).

Annual memberships are available. Visit aquarium.ucsd.edu for details.

George’s La Jolla makes OpenTable ‘100 Best Al Fresco Restaurants’

OpenTable, the world’s leading provider of online restaurant reservations and part of Booking Holdings, Inc. (NASDAQ: BKNG) recently unveiled the 100 Best Al Fresco Restaurants in America for 2018.

From the oceanside views at Leilani’s on the Beach in Hawaii and the stunning desert scenery at LON’s at The Hermosa Resort in Arizona to New York City’s Tavern on the Green, an oasis in the middle of the concrete jungle, the complete list features winning restaurants in 22 states.

California comes out on top this year with 30 winning restaurants, followed by Florida with 26, and Hawaii with 10. Other notable states for outdoor dining include Arizona with eight winning restaurants and Maryland, Pennsylvania, and South Carolina each with three. Connecticut, Illinois, Kentucky, Massachusetts, Missouri, Nevada, New Jersey, New Mexico, New York, North Carolina, Ohio, Tennessee, and Washington, D.C. are also among the winners.

While most of this year’s honorees serve American fare, other cuisines proved popular for outdoor dining, particularly seafood, French, and Italian. “From picturesque restaurants with shaded terraces to vibrant rooftops and sidewalk cafes, this year’s list showcases the spots that take the al fresco experience to the next level,” said Caroline Potter, OpenTable’s chief dining officer. “These restaurants offer friendly service and the ideal ambiance for diners looking to enjoy the warm weather and soak up the best sights of summer.

The 100 Best Al Fresco Restaurants in America list is generated solely from more than 12 million verified OpenTable diner reviews for more than 27,000 restaurants in all 50 states and Washington, D.C. collected between May 1, 2017 and April 30, 2018. All restaurants with a minimum “over-all” score and number of qualifying reviews were included for consideration. Qualifying restaurants were then scored and sorted according to the percentage of reviews for which “outdoor dining” was selected as a special feature.

Based on this methodology, the restaurants, listed in alphabetical order, comprise the 100 Best Al Fresco Restaurants in America for 2018 according to OpenTable diners. The complete list may also be viewed at opentable.com/lists/us-best-outdoor-restaurants-2018.

Salk scientist studying infectious diseases and microbiome receives $250,000 prize

Ayres has been named one of three winners of the Blavatnik National Awards for Young Scientists, one of the world’s largest unrestricted prizes for early career scientists. Ayres, the laureate in the life sciences category, will receive $250,000 for her pioneering research in physiology.

Ayres’ work is revolutionizing our understanding of host-pathogen interactions and has the potential to solve one of the greatest current public health threats.
Teuscher Chocolates of Switzerland

Teuscher Chocolates is located upstairs in the La Plaza La Jolla! Their first location in San Diego, the artisan chocolatier has been around for more than 80 years, and hails all the way from Switzerland; today, there are stores worldwide in five different countries. They boast a wide variety of delectable treats all gluten additives and preservatives free – from truffles to holiday gift boxes and even chocolate animal figurines, flown in fresh, regularly directly from Zurich.

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Valerie in style

Women’s Boutique

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The 29th annual University City Celebration returns to Standley Park on Wednesday, July 4. Festivities will start off with the 5K/One-Mile Fun Run and the delicious Pancake Breakfast, and end with a performance by the band True Stories. There will be activities for the entire family throughout the day, such as:

The bike and pet parade, entertainment, food, field games, a free swim, car show, slug-a-thon, shopping, community group booths, a children’s play area, snow play, a book barn, a photo scavenger hunt, opportunity drawings and a beer and wine garden.

Also, a free trolley service will be provided from 11 a.m. to 7:30 p.m., with stops along Governor Drive. More detailed information follows:

- 7:30 a.m. – Pancake Breakfast opens (until 9:30 a.m.);
- 7:45 – One Mile Fun Run/British Invasion Band;
- 8 – 5K Run/Walk;
- 9 – Book Barn Opens, ticket sales start;
- 10:30 – Bike and Pet Parade led by Standley Middle School Marching Band;
- 11 – Opening with National Anthem with Color Guard BSA Troop 11; Zorb Balls, Children’s Play Area, Food, Booths, Beer & Wine Garden Opens;
- Noon – Sack Races, Photo Scavenger Race; Car Show at Spreckels (until 2 p.m.)
- 1:30 p.m. – Polynesian/Hawaiian Dancers;
- 2 – Nick Crook performs; Snow Playground opens (until 4 p.m.);
- 3 – Martin Coughlin performs; 4:30 – Tug-of-war games;
- 5 – True Stories performs; 7 p.m. – Celebration ends.

Game ticket prices

New this year are all-you-can-play wristbands, of which prices are $15 for an unlimited-play wristband, and $20 for the super wristbands, which includes Zorb ball and rock climbing. Individual ticket prices, with each ticket at $1 each are: two tickets each for the mega slide, racing, basketball, bounce houses and obstacle course; for three tickets: the monkey bridge; for five tickets each: rock climbing and Zorb (hamster) ball. The event will be cash only for game tickets.

1-mile Fun Run/5K Race

Racers can register at the Standley Park Rec Center from 5 to 7 p.m. on July 3, or on July 4 starting at 6:30 a.m. by Swanson Pool. Cost is $10 for ages 17 & under, and $20 for 18 and older. Racers with bibs will receive a discounted pancake breakfast price [$2]. For more information, or to sign the registration form, visit uccelebration.com.

Beer and wine garden

Opens at noon, runs until 7 p.m. at the gazebo. Must be 21 and older to enter.

Bike and pet parade

Participants can start lining up at 10:30 a.m. by Standley Middle School. Decorate your bikes and dress up your pets. Patriotic swag will be available at the parade and from the Spreckels Elementary booth.

Book barn

This feature will be open all day. Book donations, especially children’s, can be dropped off at the recreation center on July 3.

Car show

Located in the Spreckels Elementary Parking Lot from noon to 2 p.m., attendees can vote for their favorite car.

Food

Hot dogs, BBQ, nachos, East African food, root beer floats, shaved ice, kettle corn, and more!

Free swimming at Swanson pool

The UC Celebration sponsors free swim time at Swanson Pool.

READ MORE ONLINE AT sdnews.com
The existential crisis: What is no longer, and what is yet to be?

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Salon attaches a protein bond of real human hair and see increasing wrinkles, thinning grey hair, and unexpected age spots.

Some feel that they are “has beens,” and wonder what they can still be. They question their sense of direction. I am not talking about a mid-life crises, which occurs when the children leave and they are left with an empty nest or feel dissatisfied with a dead-end career or with a marriage that has lost its closeness. This crisis comes later in life. It is an existential crisis when people are dealing with new events such as retirement, widowhood, moving to a smaller space or to a senior community. There may be some new disabilities: diminished hearing and sight, a slower step, difficulty fathoming new technologies while needing to use them too just keep up with kids and grandkids.

Many of these feelings also resonated with me when I read Doron Lazarus’ book “Don’t Mind if I Do: How to Transform Your Life with the Power of Jewish Mindfulness.” At the end of each chapter, Rabbi Lazarus asks a question, and, as I started pondering each one, I came to the realization of how seldom we think about what motivates us in the choices we make. So following Rabbi Lazarus’ lead, I started looking for answers; I suggest you do the same. Here is a sample of 10 questions we could all ask ourselves:

1. What is your greatest purpose in life? How is your life lined up with reaching that potential?
2. Think about the core of who you are. What do you really want in life, and what would you change?
3. Think of one negative action in your life. Why do you do it? How does it affect your personality and your relationships with others?
4. If you could change one personal character trait, what would it be?
5. When do you feel pushed beyond your limits?
6. What frustrates you and can you change your expectations?
7. What or who are you jealous of?
8. Do you desire recognition?
9. How much does technology interrupt your life? Imagine your smartphone is pinging non-stop; can you ignore it?
10. Envision your life coming to a point of completion. How does it feel?

Even though we may not have immediate answers, it is important to keep pondering these questions. In the pursuit of wisdom (it does come with age), we are learning to accept life as it is and not as we wish it would be.

As we grow older we become less focused with ourselves and more concerned about others. We are better at rolling with the punches. We are finally realizing that we are not responsible for every negative encounter. No matter what our age, we are still a work in progress. And so like teenagers for whom the future is full of unknowns, we, too, can envisage making these last few years meaningful. As Socrates said, “The unexamined life is not worth living.” Once again, we have the freedom to be open to all kinds of possibilities.

Natasha Josefowitz is the author of more than 20 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2018. Natasha Josefowitz. All rights reserved.

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Ice cream shops come and go, but the best always seem to stick around. La Jolla has the name brands like Baskin Robbins, Cold Stone, Yogurtland in the UTC area, and even a Häagen Dazs. Then you have the classics in the area, like Froglanders and Mr. Frostie, down the road in Pacific Beach.

In between La Jolla Bike and Kayak and El Charrro Mexican Food, you will find the little blue shop filled with mouth-watering ice cream.

Now, there is a new face for ice cream in the La Jolla area, right near the La Jolla Shores Beach, lies Scoops. With Jeff’s Burgers going out of business after decades of feeding the people of La Jolla great burgers and ice cream, Scoops provides a beacon of all things dairy.

With the motto “the sweet life,” the quaint shop doesn’t only serve ice cream, they have crepes and coffee as well. Scoops isn’t just an ice cream store you go to after lunch, dinner, or on a date, now you can go in the morning or midday for breakfast or lunch.

Scoops owner Nader Abu Hamdan knew La Jolla was in need of some quality ice cream, saying, “When we joined the La Jolla Shores community back in 2013, we immediately realized what the Shores was missing, a place for families to enjoy quality ice cream by the beach together.”

The ice cream ranges from classic vanilla bean and chocolate, to peanut butter marshmallow crunch. Scoops also has a flavor of the month and an assortment of vegan options. With even a vegan PB&J and a Planet Earth option. The coffee is the last thing offered and it comes from one of La Jolla’s already favorite coffee spots, Bird Rock Coffee Roasters.

The award-winning coffee shop supplies Scoops with their coffee beans. The shop also offers crepes that are freshly made every day, warm and ready for customers to savor.

Scoops is looking to provide the best ice cream experience for La Jollans possible. Hamdan thinks he achieves this, saying, “We made sure in our endless search of ice cream to provide the best and most natural product for our customers.”

With a location across from Pitas, it can only be a for-sure stop for La Jollans when visiting the Shores. Even after a long day at the La Jolla Beach and Tennis Club, or just at the Shores beach, any tourist or La Jolla should grab a scoop of the deliciousness in every bite during these upcoming hot summer days.
The La Jolla Chapter of the National League of Young Men (NLYM) held its fourth annual Compass Dinner on June 3 at the Hyatt Regency La Jolla to support the organization for young men in grades 9-12. This program, for mothers and their sons, is designed to promote the development of young men into community leaders through character and community service, cultural experiences and protocol education. To learn more about the above program, visit nlmajolajolla.org.

Commander Award recipients, from left, Preston Buljat, Cole Black, Croix Black, Luke Bradbury, Rafi Freund, Laird Gantzel, Beau Garvey, Evan Lewis and Jackson Kent.

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Classical pianist Gustavo Romero returns to the Athenaeum for the 20th annual Summer Festival, each Sunday through July 22 at 4 p.m. Established in 1999, the festival essentially a solo showcase for Romero's virtuoso playing, quickly became one of the local music communities' premier annual happenings.

This year’s concerts will take place in the intimate Joan and Irwin Jacobs Music Room, giving fans a remarkable opportunity to see and hear Romero's performance up close. Each night will feature a selection of Romero's favorite tunes, including those by the likes of Bach, Gershwin, and Ravel, but no matter what he plays music aficionados are in for a treat.

Gustavo Romero: Sunday July 1, 8, 15, 22 at The Athenaeum Music & Arts Library 1008 Wall St. 4 p.m. All ages. www.ljathenaeum.org.
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