The end of March marks the nearing of the end of substantial ‘minus tides,’ ideal for viewing the various forms of life that exist in the tidepools. With the Birch Aquarium’s Tidepooling Adventures, one can rest assured to walk away full of knowledge and realization of the importance of preserving these natural wonders. Pictured above is a colorful Navanax, which is a predator slug.

In preparing for the excursion, it is important to know that the group does not meet at the Birch Aquarium. Some events travel to False Point, Sea Ridge Drive and Linda Way, while others occur at Dike Rock, and at the base of Scripps Pier.

Status of short-term vacation rentals in limbo for La Jolla

BY DAVE SCHWAB

The tide in the battle by beach residents seeking to restrict – or exclude – short-term vacation rentals in single-family neighborhoods may have turned with an about-face at the city attorney's office.

Immediate past City Attorney Jan Goldsmith had maintained rules and regulations governing short-term vacation rentals were vague and needed clarification.

New City Attorney Mara Elliott has taken a completely different tack with her March 15 issuance of a memorandum of law advising the City Council on the housing issue.

"The city has a 'permissive zoning ordinance,'" said Elliott's memorandum. "This means that any use that is not listed in the city's zoning ordinance is prohibited."

Elliott’s memo subsequently pointed out, “Short-term vacation rentals are not specifically defined, expressly permitted, or listed in any of the zone use categories, including residential or commercial.”

The city attorney's memo came at a key time, just before the city's Smart Growth and Land Use Committee is scheduled to take up the vacation rental issue again March 24.

Last November, following five hours of public testimony, a motion by then-City Council President Sherri Lightner, which some feel would have largely banned short-term vacation rentals in single-family neighborhoods, was defeated by a 7-2 vote. Lightner’s proposal would have restricted a homeowner’s ability to rent to transients for less than 30 days in most single-family zones, with renters or owners of single-family homes also not able to rent out a room or space for less than seven days without proper permitting.

An alternative motion brought by then-Councilmember, now-Assemblyman Todd Gloria was subsequently passed in November by the same 7-2 margin. His counter motion requested city staff do a fiscal analysis to determine the cost of greater STVR enforcement citywide, asked staff to draft and return with a comprehensive ordinance better defining and regulating short-term vacation rentals, as well as remanding the matter back to the City Council’s Smart Growth and Land Use Committee for further consideration.

Reacting to Elliott’s pronouncement, 1st District Councilmember Barbary Bry said: “I was pleased to read the memo..."
Mission Beach boat sinkers get 18 months probation

BY NEAL PUTNAM

Two Mission Beach businessmen were placed on 18 months federal probation Monday and they have paid the U.S. Coast Guard $18,000 for rescuing them after they intentionally sank their boat to try and collect insurance proceeds.

Christopher Alan Switzer, 39, of La Jolla, and Mark D. Gillette, 37, of San Diego, were spared any jail time by U.S. District Court Judge Michael Anello.

Both men pleaded guilty to conspiracy to sink their 57-foot boat used for charter sport fishing trips. Switzer’s attorney, Victor Pippins, said no insurance claim was actually filed “after he realized the gravity of his actions.”

“My life has so changed, I’m truly sorry for the pain I caused my family,’ said Switzer to the judge. “I’m a true American, and a patriot.”

Switzer is a retired U.S. Army ranger and several other rangers wrote character letters on his behalf.

“We’ve got basically a good guy here who made a mistake,” said Anello about Switzer.

Gillette produced a cashier’s check for $9,000 Monday, which is his half of the Coast Guard’s costs. Both men also had to pay the costs of storage of the Commander, which did not fully sink on Oct. 11, 2016.

“Luckily, nothing worse happened here. We have a pretty good guy here,” said Anello about Gillette.

Assistant U.S. Attorney Ari Fitzwater did not ask for any jail time and agreed the defendants are remorseful. They could have received a maximum 10-year sentence in federal prison.

Pippins said Switzer’s total financial loss “is in the high six figures” as a result of his “foolish desperation” in trying to sink the boat. Switzer and Gillette had huge losses on the boat before they agreed to sink it.

The Commander was homported in Mission Bay. Both men admitted they destroyed plastic PVC piping in the ship’s engine room that caused sea water to flood into it. They also pumped sea water onto the vessel and punched its bulkhead.

They called the Coast Guard for help. A Point Harbor Patrol rescue fireboat later found them atop the partially submerged ship. Both men gave a series of false statements to officials to cover up that the boat was intentionally sunk.

They told authorities the Commander suffered a power failure and did not know why it was flooding. The next day, the Commander was found adrift near Dana Point and only partially submerged.

A commercial salvage company towed the boat to San Diego Bay, and investigators uncovered the deliberately torn pipes in the engine room.

Bird Rock Coffee Roasters was found adrift off Dana Point. Both Switzer and Gillette admitted to sinking the boat to file a false insurance claim. PHOTO CONTRIBUTED


coffee

CONT. FROM PG. 1

mention that if he were ever looking to sell, that I would love to live in San Diego. I mean... Who wouldn’t? Finally, I received a call from him last summer saying, “We’re ready to sell, and I think you’re the person for this.”

Taylor, a former photojournalist with loads of energy, decided to quit his “day job” back in 1991 and open a coffee shop. As he says in jest “in Torpeka, Kan. of all places.” This was during a time when the coffee market, typically static, was in a slump. During this time, coffee was selling for roughly 45 cents a pound, so the farmers in less-developed counties were making next to nothing. Coffee mills, where laborers “clean” the seeds, were in poor condition and dirty. Rather than exploit cheap labor, Taylor reversed PT’s business plan to ensure that the farmers were paid more for their efforts. This, in turn, allowed them time to pay attention to their crop.

Bird Rock Coffee Roasters has been direct-sourcing their coffee for many years, as has PT’s. Taylor cannot stress enough that this long process, “We are going to remain focused on direct-sourcing quality coffee from Latin America, Africa and Sumatra. With 10 and 15 years of the practice between Chuck and myself, respectively, the relationships are there.”

Direct trade allows for Bird Rock Coffee Roasters to offer coffees that wouldn’t otherwise be available in San Diego. Initially, Taylor was brainstorming a way to assimilate his two businesses, but, after being advised to “keep them different,” that is the approach he is taking. A bit of a coffee nerd, Taylor boasts an encyclopedic knowledge on the complexities, pouring method and nuances the magical bean holds. Bird Rock Coffee Roasters is a huge proponent of “pour-over” coffee, in which select coffees are poured over ground coffee beans, which allows the water to extract the flavor without overcooking. Using a Guatemalan and Salvadoran Red Honey coffees to explain traditional way. I cannot stress enough that both of these Latin American treasures are unique to San Diego.”

Much like wine, coffee maintains various flavor profiles. Taylor points out that even one cup of coffee can project different reactions in all the senses. Residing in Carmel Valley with his wife and child, Taylor is looking to expand the business into North County and other locations citywide. Still new to the area, he is doing his research to find what areas are underserved, or simply what areas could use a terrific coffee location.

Taylor says of the expansion that, “We are going to bring world-class products to San Diego. Also, we are looking to expand our staff as well. The thing I’ve learned about the coffee business is that everything ties together, so long as they are executed properly. I am fortunate to have a tremendous staff here as well as PT’s in Kansas City.”

Bird Rock Coffee Roasters:
Where: 5627 La Jolla Blvd. ; 2295 Kettner Blvd. ; 1270 Morena Blvd.
Website: www.birdrockcoffee.com
Contact: 858-551-1707

Jeff Taylor, owner of PT’s Coffee and now, Bird Rock Coffee Roasters, with his family in Colombia. PHOTO CONTRIBUTED

COFFEE

Bird Rock Coffee Roasters has been direct- sourcing their coffee for many years, as has PT’s. Taylor cannot stress enough that this will remain a staple of their business model. Having used similar sources as former owner Patton, Taylor now will be procuring coffee for both companies. “In regards to the transition, currently, you take stock of where you are and what you need. I visited a few coffee shops yesterday, which has been the evolution of a month-long process,” said Taylor. “We are going to remain focused on direct-sourcing quality coffee from Latin America, Africa and Sumatra. With 10 and 15 years of the practice between Chuck and myself, respectively, the relationships are there.”

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“In the Guatemalan coffee, the fruit has been cleaned from the beans, which ultimately leaves you with a floral note,” said Taylor. “The Salvadoran coffee beans were sun-dried with bits of fruit still attached, so that leaves it with a sweeter taste, but not in the traditional way. I cannot stress enough that both of these Latin American treasures are unique to San Diego.”

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Raymond Chandler’s Esmeralda: A ‘reluctant suburb of San Diego’

BY BLAKE BUNCH

To say that Raymond Chandler was a paradox could be construed as a major understatement. Although the author was born in the U.S., he was raised in Ireland and as an English gentleman, and attended some of the finest private schools during his youth. But he had a propensity to exceed his gilded, hard-boiled and heavy-drinking gumshoe Philip Marlowe, indefinitely takes a backseat to his pointed, original prose.

From the City of Angels to bejeweled shores

Chandler visited La Jolla with his wife, Pearl Eugenia, or “Cissy” (18 years his senior) in 1939. Prior to this visit, he had achieved some success as a major oil company executive, only to be sacked for drinking and having an affair with one of his secretaries.

According to Chandler historian Loren Latker, one of his buddies from his executive days owned a cabin in Big Bear, a ranch in Palm Springs and a quaint seaside home in La Jolla. Cissy was getting older, and not feeling well, so they were looking to move away from Los Angeles, which was beginning to lose its charm. They were looking to move away from Los Angeles, which was beginning to lose its charm. The man’s private life – though often reflected in his hard-boiled fiction – was the public’s introduction to the dark underbelly of post-WWII Los Angeles and Southern California. Back-alley blackmail, hard-scrabble shamus, stale coffee, cigarettes, whiskey and an overall morbid approach to the literal and metaphoric reality, where guns and saps are primary tools of negotiation, having much of a heart is dangerous to one’s health.

Chandler’s style, unique to his time, was this was obviously contradictory by his strong thirst for drink and misogynistic attitude towards women. In Marlowe’s jaded, convoluted reality, where guns and saps are primary tools of negotiation, having much of a heart is dangerous to one’s health.

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Arguably his masterpiece, Chandler published “The Big Sleep” in 1938 at age 50, around the time he and Cissy had their eyes on La Jolla. Publication of “The Big Sleep” ultimately cemented Chandler’s well-honed formula for the rest of his collected works, exploring the dark underbelly of post-WWII Los Angeles and Southern California. Back-alley blackmail, often involving the sexually compromising information of the elite, hard-scrabble shamus, stale coffee, cigarettes, whiskey and an overall morbid approach to the mundane are simply a few of the tenets of any successful Chandler mystery.

Marlowe himself maintains chivalrous virtues that Chandler may have possessed to some degree, for as a boy he adored the tale of Sir Galahad, an English folk legend in that field. Throughout his life, this was obviously contradictory by his strong thirst for drink and misogynistic attitude towards women. In Marlowe’s jaded, convoluted reality, where guns and saps are primary tools of negotiation, having much of a heart is dangerous to one’s health.

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Raymond Chandler sought out La Jolla after tiring of living in Los Angeles for several years. He and Cissy lived in their house on Camino de la Costa for the majority of their time there.

Pulp fiction

Like most writers, by this point in his life, Chandler had tried his hand in various forms of the media. Initially working as a bit of a failed poet, he was able to find work as a journalist, publishing a few articles sporadically. It wasn’t until he educated himself on the Perry Mason detective series did he find his niche – the burgeoning, often tough-and-tumble genre of hardboiled detective fiction.

Chandler’s first story, “Blackmailers Don’t Shoot,” was published in 1933 in the pulp-fiction mystery series, “Black Mask.” It was the public’s introduction to the quick-tongued, proto-cool noir private investigator Philip Marlowe, who later would be epitomized on the silver screen by Humphrey Bogart and Robert Mitchum, among countless others.

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Torrey Pines Gliderport searching for new operator

BY DAVE SCHWAB

Want to operate a gliderport? Here’s your chance.

The city has a request for proposals out for an operator for the oceanfront 6.74-acre Torrey Pines Gliderport on the bluffs at 2800 Torrey Pines Scenic Drive.

The RFP was issued Feb. 22 and applicants have until April 10 to apply.

The gliderport property is a San Diego designated historical resource and is on the National Register of Historic Places, the State Register of Historic Sites, and is a dedicated National Soaring Landmark. It is contiguous to the Torrey Pines State Reserve, Torrey Pines Municipal Golf Course, UCSD campus and the Salk Institute.

The gliderport site is wholly within largely undeveloped Torrey Pines City Park, which had a master plan approved for its future development in 2012. Established in 1899, the 57-acre Torrey Pines City Park is renowned for its contributions to the development of wind-powered flight.

In the city’s RFP use of the site is limited to the operation and maintenance of a gliderport; can be used only by non-powered aircraft and radio-controlled models (take-off and re-flight); allows sale of hang gliding, paragliding, and sailplane parts and accessories and sale of related merchandise; as well as operation of a small food retail site (café).

Applicants should have a minimum three years’ experience in the past five years conducting similar operations, and lease terms of only 10-plus years will be considered.

There is also a stipulation that applicants “shall provide to its customers any prepared, takeout, or supplied/resale food in polystyrene foam packaging, nor will any such customer food packaging be allowed at or on the property.”

Annual rent is $3,412. But there currently is no on-site power supply, water, or sewer, the cost of which would have to be picked up by the tenant.

Torrey Pines City Park Advisory Board, which included stakeholder groups appointed by the mayor including non-motorized aviators, environmentalists, UCSD and surrounding community advisory boards, drafted the conceptual master plan for the city park that was adopted by the City Council.

That master plan calls for redeveloping the city park, but not “overdoing” it by bringing in water, electric or other infrastructure. Instead, the advisory board recommended conserving the 44-acre park’s coastal bluffs and native habitat, while protecting site access for all users, especially gliderport pilots requiring flight clearance.

The conceptual master plan envisaged adding an additional 18 acres of plantings, including some Torrey pines, to 18 existing acres of native vegetation, while retaining all of the 565 parking spaces on the park’s unpaved bluff top.

Project improvements to implement the new park master plan were estimated to cost $1.2 million to $1.5 million five years ago when it was adopted.

Two members of the Torrey Pines City Park Advisory Board which worked on crafting the master plan, architect Michael Steppner and consultant Laura Burnett, commented on it.

“The Torrey Pines City Park General Development Plan was prepared to meet strenuous environmental requirements and a vision as bold and unique as the park,” said Burnett.

“It included recommendations for phased implementation, and remains a tremendous opportunity for San Diego’s leaders and entrepreneurs to both protect the resources and enhance a world-class park. It needs to be operated and managed like the unique priceless treasure that it is.”

“It was part of an extensive process to really look at Torrey Pines

Rental info issued by City Attorney Mara Elliott confirming that short-term vacation rentals do not fall under any permissible use in the municipal code and are therefore prohibited in the city of San Diego. I look forward to working with my colleagues on the council to determine the best way to allow property owners to participate in home sharing.”

Pacific Beach resident Roman Gray, a spokesperson for Save San Diego Neighborhoods, a grassroots group opposed to short-term vacation rentals in single-family neighborhoods, called Elliott’s comment a “game changer” in beginning to address noise, trash and other recurrent problems with short-term rentals.

“Suddenly, these mini hotels that have been popping up are now illegal,” Gray said. “We bought our homes expecting to be living in residential, not commercial areas. This type of use is clearly commercial.”

Gray added: “When you turn a home into a hotel – nobody wants to live there, it’s just a constant stream of strangers and tourists. That’s not what our neighborhoods are for.”

Gary Wonacott, president of Mission Beach Town Council, located in an area where large numbers of short-term vacation rentals are present, said the beach community has taken a centrist approach to dealing with the issue.

“While the MBTC membership has, on multiple occasions, expressed concern for the increase in the number of short-term rentals in Mission Beach in the past decade, and has voted for a minimum number of days allowed for a short-term rental, the Mission Beach community has historically embraced vacation rentals,” Wonacott said.

“It is now a matter of working with the city to ensure that the final ordinance implemented by the city incorporates the features in the Mission Beach plan that tailor the requirements to the culture of this unique and special community in San Diego,” Wonacott said.

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Right Choice Senior Living has more than 15 years of nursing experience that includes oncology, infu- sion therapy, home health and home care. Denton explains that all caregivers are live-scanned fingerprinted, have extensive background checks through the Ca. DOJ (Dept. of Justice) and FBI on a national level. All employees are also bonded and covered with worker’s comp. Effective 6.1.16, all home care agencies were required to be licensed with Ca.’s Dept. of Social Services. Community Care Licensing Division and are subject to un-announced state surveys, which Denton welcomes. “Licensure keeps us on top of our game and will weed out those agencies that are not compliant with regulations.”

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Kelli Denton R.N., is the director and CEO of Seacrest at Home, a not for profit 501(c)(3) home care agency located in Encinitas, has received multiple community recognition as a premier home care agency. They provide non-medical assistance to residents of San Diego County. In addition to providing assistance and companionship, they also offer two new RN management programs. The Care Management program can help coordinate your loved one’s appointments, social activities and assist with community outreach. Their new C.A.R.E. program can provide hospital ER companionship within 1 hour, thereby providing peace of mind to family members that their loved one is not alone.

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GLIDERS >> CONT. FROM PG. 5

Gliderport, its historical importance, and its importance as a regional park," said Stepner. “The plan was adopted with lots of input from different interest groups and stakeholders.”

Meanwhile, Robin Marien, the gliderport's current operator for the past eight-plus years, said he's been running the facility on a month-to-month lease for nearly that long. “I’ve been patiently waiting for eight years,” said Marien, of his negotiations for a long-term lease on the city-owned property.

Of his job as leaseholder of the gliderport property, Marien said, “I’m here practically seven days a week.” Marien added it's a big responsibility.

“You’ve got to keep an eye on all the flyers and make sure they’re following all the rules — we’ve got no road pilots,” he said, adding, “I’m the one with my head in a noose for what happens out here.”

Of the non-motorized aviation business, Marien noted, “It’s one of the busiest places of its kind in the world. It’s a unique job for sure. It has its moments.”

For more information, email rwsmiths@sandiego.gov or call 619-236-6721.

Chandler >> CONT. FROM PG. 4

in its own right, mirrors the gritty, no-nonsense attitude Marlowe carries with him. Some of his most famous lines entail poignant descriptions of the characters he encounters or the fog-drenched streets in which he works.

“It seemed like a nice neighborhood to have bad habits in.”

“She gave me a smile I could feel in my hip pocket.”

“The subject was as easy to spot as a kangaroo in a dinner jacket.”

Working from home

With the success of “The Big Sleep,” Chandler was one of the most sought-after writers in Hollywood. In the early 1940s, Chandler would work on such films as “Double Indemnity,” the film version of “The Big Sleep,” and “The Blue Dahlia.” During the time he was working on the “Blue Dahlia,” while under contract from Paramount, Chandler famously demanded that the only way he could finish the script would be to do so “blind drunk,” from his La Jolla home.

Paramount somehow agreed to these strict conditions, and provided him with, by Chandler’s account, “Two Cadillac limousines to stand day and night outside the house with drivers available, six secretaries, and a direct line open at all times to my office by day, to the studio switchboard at night and to my home at all times.” Miraculously, Chandler finished the screenplay, complete with a new ending, under these unusual conditions.

‘Playback’

After Cissy’s death from cystic fibrosis in 1954, Chandler entered a stagnant period — one of heavy drinking and several erratic proposals to prominent women. Finally completing his last novel, “Playback,” in 1958, it seemed the writer’s hard-living lifestyle had finally caught up with him.

In a 1958 letter to Hamish Hamilton, Chandler expressed his creative frustration.

“The story I am fitfully working on at the moment is laid out in La Jolla, and is more lighthearted than ‘Long Goodbye,’ but I feel I am fed up with the California location.”

While “Playback” received less-than-flattering literary reviews, it does possess flashes of vintage Chandler wit. “Playback” sees Marlowe, in typical fashion, hired out to follow a woman who is being blackmailed. Provided with little-to-no information, he tails the woman from a train station in Los Angeles to Del Mar, where she then procures a cab to “Esmeralda,” at the “Rancho Descansado.”

Mimicking one of his early descriptions of La Jolla found in his letter to Harmon, “Playback’s” early description of Esmeralda (La Jolla) is familiar to the present:

“Esmeralda had one main street. But, unlike most California towns, it had no false fronts, no cheesy billboards, no drive-in hamburger joints, no cigar counters or pool rooms, no street corner toughs to hang out in front of them.

“Not everyone in Esmeralda was happy, not everyone was prosperous, not everyone drove a Jaguar or a Riley, but the percentage of obviously prosperous living was very high, and the stores are far less flashy than Beverly Hills.”

Throughout the novel, which unravels like most Marlowe mysteries, several La Jolla landmarks are utilized as settings. There are a few notable scenes where Marlowe, often observing from a strategic location, tells his subject to “The Glass Room (The Marine Room),” and the “Casa de Poniente (La Valencia hotel).”

Latter years and reunion

Chandler, in a column in the San Diego Tribune, once referred to La Jolla as “a reluctant suburb of San Diego,” which, at times can ring true. Following the column, one resident posted a hand-painted placard at the southernmost point of La Jolla that read: “You are now entering La Jolla. Raymond Chandler’s reluctant suburb of San Diego,” seemingly to both his delight and dismay.

When Cissy passed away, Chandler, over-stricken with grief, left her remains lay idle at Cypress View Mausoleum.

Raymond Chandler died at Scripps Memorial Hospital in La Jolla on March 26, 1959 at the age of 70. Since he had alienated most human beings throughout his entire life, his funeral service only saw the attendance of a mere 17 mourners. It wasn’t until Valentine’s Day of 2011, when Los Angeles-based couple Loren Latker and Annie Thiel, with the help of lawyer Aissa Wayne (daughter of John Wayne), were able to convince a judge to allow Cissy to be reunited with Raymond in Mt. Hope Cemetery.

Their memorial site contains a simple, elegant granite marker that reads, “Dead men are heavier than broken hearts,” a fitting epitaph from “The Big Sleep.”
ISWEAT LODGE Brings Infrared Heat Body Wraps & Whole Body Vibration to La Jolla

Infrared Heat Body Wraps and Whole Body Vibration are not brand new — these techniques have been around for decades — but, thanks to the rise of specialized equipment, specifically the neighborhood of Bird Rock, ISWEAT LODGE recommends using infrared heat body wraps and whole body vibration as an enhancement to a healthy life. When you book a session, you receive 10 minutes on the whole body vibration machine and 50 minutes in the infrared heat body wrap.

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- Improves lymph drainage and blood circulation

“...there are many benefits to a sweat session, that I probably give my new clients information overload,” said Kat Pyka, Owner of ISWEAT LODGE. “It’s not just a quick fix, but a process that helps you become your healthiest self by detoxifying, reducing stress, and promoting overall wellness.”

Pricing for the sessions is cost-effective, to allow people the affordability to come more frequently and enhance their overall well-being. New clients receive buy one, get one free session. Go to www.ISWEATLODGE.com to book.

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La Jolla Village News 2016
Best Holistic Medicine

Experience the Wonder of feeling happy, joyous and free in body, mind and spirit with Acupuncture, Oriental Medicine and Energy Healing with Amorah Kelly, L.Ac., M.T. (O.M.), at Wondersworks Healing Arts in La Jolla.

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Amorah is a state and nationally licensed Acupuncturist and Herbologist. She studied acupuncture and Chinese Medicine in Santa Monica at Emperor’s College of Oriental Medicine and in San Diego at the Pacific College of Oriental Medicine, where she graduated with honors. She has a Master of Science degree in Traditional Oriental Medicine, and is also an Ordained Spiritualist Minister. Amorah is passionate and devoted to helping people improve the quality of their life by balancing body, mind, and spirit. She is a gifted intuitive, empathic healer with 30 years experience.

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Predictable stages of development and their overall effects

BY LUCIA VITI

On Wednesday, March 22, at 7:30 p.m., audience members celebrated the onset of spring in all its splendor with Warwick’s presentation of “Harvest: Unexpected Projects Using 47 Extraordinary Garden Plants,” presented by co-authors Stefani Bittner and Alethea Harampolis, owners of Homestead Design Collective, a San Francisco Bay landscape design firm. “Harvest” offers easy-to-follow instructions for reaping a bounty from every garden and vegetable plot, regardless of its size or location. Green thumbs aficionados and novice gardeners will discover ways for using the petals, leaves, roots and seeds of 47 common garden plants and fruits.

Touting multi-purpose, sometimes backyard crops, “Harvest” teaches readers how to produce year-round yields for patio staples, floral arrangements, cocktails, beauty products and food dishes. From pulping turmeric root into a natural dye and molding calamintha into lip balm, to transforming anise hyssop into a refreshing iced tea and pummeling apricots into a facial mask or infusing oregano flowers into vinegar while sprinkling edible chrysanthemums on salads, “Harvest” shares garden secrets.

Enjoy crabapple branches in floral arrangements and recipes for gardens, or Drink an Australian finger lime gin and tonic and scrub with lemongrass salt while “smudging” with rosemary— all made with ingredients from your own backyard!

“A garden is an extension of our living space,” quote the duo. “It should reflect your style and be a place where you want to spend time. We want to inspire you to grow harvestable plants that provide flowers, fruits, and herbs for use in the kitchen as well as through cooking, achievement, and confidence. Self-actualization incorporates creativity, problem-solving, and spontaneity. Many have developed their own stages of development: Sigmund Freud, Piaget, Erik Erikson, Carl Jung, Daniel Levinson, and Calvin Colaruso, to name a few.

About two-fifths of the way into any class I taught, there would always be some sort of new problem among my students whether with my grading system, or the assignments, or class discussions, or whatever, something negative was expressed. It does not matter whether the course was a week, month or semester long. About two-fifths into the class, there was trouble, sometimes covert and occasionally an open rebellion.

Knowing the probability of the phases of development eases their resolution because it is seen as normal and accepted as a phase to go through. It is interesting that this pattern is replicated in some form in many of the events we’ve endured. Take child development, we have a phase we call the “terrible twos.” After the calm of the latency period, we have the Storm und Drang of adolescence.

Even in our most intimate relationships there is a first phase called synchrony, “we are so alike, we share so much,” there is mutual dependence. Then comes the phase of differentiation: we are really not that alike, we have our differences. There may be a power struggle for dominance: who makes the decisions? The third phase is integration, the couple reconnects, and a new “modus vivendi” settles in.

Groups go through similar stages of development: Tuckman called these forming, storming, norming, and performing. Forming: At first the members of a group have to identify the scope of their task and want to be accepted as good team members. The next phase is storming: people start voicing different opinions; there are attempts by some members to dominate, the leader is challenged, and disagreements must be resolved in order to get to the next phase. Norming: Here the participants tolerate differences and work towards the success of the task at hand. One of the problems in this phase is that the participants may wish to avoid conflict. What they do is figure out what is normal, and accepted as valued members of the group.

Tentative and surprising—a juxtaposition to a photo of the plant and completed product. Resources for garden and plant supplies are also listed. “Harvest” introduces the gardener’s version of that idea—call it a ‘fruit-to-root’ way of growing with an appreciation for all parts of the plant, from the first tender shoots in the spring to the pods and hips of late fall,” notes author Debra Prinzing, in the book’s forward. “I’ve learned so much from these two pioneers.”

“Harvest” is a practical, inspirational, and seasonal guide to living with an edible landscape, concludes Bittner and Harampolis. “The plants in this book are not only remarkable and surprising—they offer year-round potential. Food Safety and the benefits of organic gardening and the importance of inflammatory insects are also taught within its pages. “The ability to grow food throughout your landscape is one of the most exciting realizations a gardener can make,” they write. “And when you make this happen all kinds of other amazing things follow.”

Projects include a history of plant ingredients, recipes, instructions, tips and uses—common and surprising—juxtaposed to a photograph of the plant and completed product. “Harvest” also includes charts of project ingredient alternatives, references of terms and techniques for drying herbs, flowers and
citrus; dyeing; overwintering indoor plants, pruning fruit trees, succession planting, and winter chill hours. Resources for garden and product supplies are also listed. “Harvest” introduces the gardener’s version of that idea—call it a ‘fruit-to-root’ way of growing with an appreciation for all parts of the plant, from the first tender shoots in the spring to the pods and hips of late fall,” notes author Debra Prinzing, in the book’s forward. “I’ve learned so much from these two pioneers.”

“Harvest” is a practical, inspirational, and seasonal guide to living with an edible landscape, concludes Bittner and Harampolis. “The plants in this book are not only remarkably useful, they make for stunning additions anywhere in your garden.”

Bittner is also the co-author of “The Beautiful Edible Garden” and Harampolis is also the co-author of the bestselling “The Flower Recipe Book” and “The Wreath Recipe Book,” and a co-founder/owner of the floral design company, Studio Choo.

Spring has sprung with ‘Harvest’ at Warwick’s

BY NATASHA JOSEFWITZ, PH.D.

There is something reassuring about identifying and predicting the various stages of development, for instance, those in childhood (from birth to the teen years) or adulthood (the expected phases we go through from young adulthood to old age). Intimate relationships go through stages as do work groups. Identifying stages of development provides people with a yardstick for measuring themselves against a norm of what is expected.

Those of us who took an introductory psychology class in college will remember Maslow’s hierarchy of needs. He made it into a pyramid and theorized that it was necessary for people to meet the needs at each level before moving up to address the next. We begin with physiological needs which include food, water, shelter, and sex. Safety needs including health, resources, financial security, and legal and civil protection. Social needs involve belonging, friendship, family, and intimacy. Esteem is comprised of respect by others and Esteem is comprised of respect by others and respect from ourselves. Esteem is comprised of respect by others and mutual respect. There may be a power struggle, there is mutual respect. There may be a power struggle, there is an open rebellion. Knowing the probability of the phases of development eases their resolution because it is seen as normal and accepted as a phase to go through. It is interesting that this pattern is replicated in some form in many of the events we’ve endured. Take child development, we have a phase we call the “terrible twos.” After the calm of the latency period, we have the Storm und Drang of adolescence.

Even in our most intimate relationships there is a first phase called synchrony, “we are so alike, we share so much,” there is mutual dependence. Then comes the phase of differentiation: we are really not that alike, we have our differences. There may be a power struggle for dominance: who makes the decisions? The third phase is integration, the couple reconnects, and a new “modus vivendi” settles in.

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‘Harvest’ co-authors Alethea Harampolis (left) and Stefani Bittner.
San Diego Fly Rides: Electronic bike tours and maintenance for La Jolla

**By Blake Bunch**

La Jolla is not known for its flat and gravel/pothole-free roads. Due to the heavy amount of tourist traffic during the warmer months, construction crews are typically working to not only replace existing water structures, but also maintain a street safe for everyone. Obviously, this can make biking difficult in the area, despite the fact that there are well-designated and frequently-groomed bike routes.

Say one wishes to bike around La Jolla at a leisurely pace without skipping the most promising vistas (often up a steep gradient). This is where village-based San Diego Fly Rides, an electrically-powered bike specialty retailer and tour company, comes into play.

Founded by Ike and Megan Fazzio in 2011, initially located in the Gaslamp, San Diego Fly Rides provide the perfect solution to combat parking issues and over-fatigue while taking in the many sights San Diego has to offer. San Diego Fly Rides expanded to their La Jolla location in 2013, and have been growing ever since.

In regards to the growth of the eBike industry, Fazzio said that there’s “lots of new demand each year. There’s an eBike for everyone and we have customers who have decided to ditch the car and commute with an eBike to customers.”

**San Diego Fly Rides**

*Where:* 1237 Prospect St.

*Website:* www.sandiegoflyrides.com

*Contact:* 619-888-3878

Electronically-powered bikes are typically working to not only replace existing water structures, but also maintain a street safe for everyone. Obviously, this can make biking difficult in the area, despite the fact that there are well-designated and frequently-groomed bike routes.

With knee issues and need some assistance with climbing our hilly terrain.

Though seemingly unnatural at first, anyone with basic cycling skills is suited to try out what can arguably be seen as the “future” of bicycling. The bikes offered (both for rent and sale) are built with sturdy aluminum frames complete with an electric motor. Depending on an individual’s weight and height, the eBikes can travel between two to seven miles per hour.

Once a rider begins pedaling, the motor is triggered, creating an unfamiliar “boost,” which propels the rider up hills and on straight-aways at a greater speed. Simply cruising around the block from Prospect Street down to the Cove and back would usually cause one to perspire quite a bit. On one of San Diego Fly Rides eBikes, however, cruising up the steep hills in the area seems like a piece of cake.

Fazzio says that all eBikes plug into a wall-based outlet, typically taking about three to four hours to reach a full charge.

San Diego Fly Rides offer group tours, which include such staple locations as the Cove, the Shores, down to Bird Rock and much more. Prior to (or during) the adventure, riders set the speed level of their electronic engine.

“Our most popular tour is definitely our SoCal Riviera Tour, which guests love, as we really get to utilize the electric power on our climb up to check out the gorgeous views from Mt. Soledad.” said Fazzio.

While their primary residence is in LA, the Fazzio’s spend most weekends at their La Jolla shop. Thankful for them, they have assembled a crack team of marketing representatives, engineers, and tour guides, ensuring that all clients are in good hands. This seems to play a major role in their success.

“We’ve been very fortunate to have a great team working with us,” Fazzio extolled. “Jerit is currently overseeing operations in San Diego as our operations manager and is just a fantastic guy. Cameron Hurley heads up our service shop, and he came on board last spring and has been an equally great addition. Colby Munson is our lead guide and knows how to keep our guests entertained and safe while out on tour.

We also have three more part-time employees who round out our team as tour guides. We take the time to really get to know our clients and the area and tailor our tours accordingly.”

**Contact:** 619-888-3878

**Website:** www.sandiegoflyrides.com

**Where:** 1237 Prospect St.

**EBIKES work well both on and off-road.**

**Photo by Ed Piper, Jr.**

**LCDS boys lacrosse players Alex Aganinia (left) and Tate Kennedy.**

**Photo by Ed Piper, Jr.**

LJ Country Day School boys lacrosse are optimistic as ever

**By ED PIPER, JR.**

An observer told Deane Mellor, just before his first game as head coach of the La Jolla Country Day School boys lacrosse team, that with his long locks, he looked “like the Mets pitcher.”

“Nooah Syndergaard?” Mellor replied. “I was thinking Jacob deGrom,” countered the bystander.

“You Philly guys don’t like the Mets either way,” smiled the Torreys coach, as he walked across the base- ball outfield at the private school, getting ready for the late-start sea- son opener.

Mellor, who was weaned on Philly cheesesteak and Phillie baseball, told how growing up in Kobe Bryant territory was different than Junior Seau land: “After the game, we didn’t go to the locker room,” he recalled. “These guys (his Torrey players) play club.

A four-year starter, the senior, whose father and mother are Dennis and Helen, said, “My goals dropped last year in half (as a junior, from his sophomore year), but that was because I didn’t have to score as much.” His older brother, Jonathan, 23, was an LCDS grad in the Class of 2012, and USC in 2016.

Favorites on the culinary spread (moves).”Regarding Mow, also 18, he’s our distributor behind the cage,” said Mellor, of the 15-year-old Kennedy. “He’s a shifty little guy. He’s a calming presence in the locker room, and quick on the attack. He has some good shake-and-bake (moves).”Regarding Mow, also 18, Mellor says. “He’s our faceoff guy. We start and go with him in the faceoff ‘X’ (as it is called in lacrosse). (Alex) is a leader by example. He’s a quiet guy who leads that way.

“We have a good mix of seniors and youth on this team,” said the new head coach, in his fifth year on the staff at LCDS, an outgoing, friendly presence himself to visitors and newcomers. “It’s a good blend. We’ll lean on these seniors. We’ll go as far as they take us.”

Besides the leaders on attack and at midfield, the Torreys will also look to leadership on defense, with Will Pollack, Dean Ladrido, and Alex Aganinia. “Pollack is the anchor to our defense,” said Mellor of the 18-year-old senior. “We’re going to lean on him for our defensive skills.

“He’s a blue collar guy, a leader by example.

About Ladrido, 17, a junior, Mel- lor said, “He’s a skillful player aspir- ing to play college lacrosse, so we lean on him. He’s a long-stick middle (a long stick measures over six feet in length, a short stick 38 to 40 inches). He’s a vocal leader who’s outgo- ing and fun-loving. He loves the joy of sports.”

Aganinia, an 18-year-old senior, is another goofy, fun-loving kid who lightens things for his teammates, and the team responds to that kind of leadership.

As far as he is trying to accomplish with his players through his coaching, Mellor commented, “Our mission is to make good kids. We’re fortunate to have good families in this program. We have good kids. We want to make strong, independent young men.”
La Jolla stakeholders updated on state of Marine Protected Areas

BY DAVE SCHWAB

Stakeholders heard what’s going on with baseline studies of existing fish and other marine species in Marine Protected Areas along the San Diego coast, including La Jolla and Pacific Beach, on March 20.

The public meeting at the Marina Village conference center was hosted by the California Department of Fish and Wildlife, Ocean Protection Council and Ocean Science Trust.

Some fisherman and other consumptive ocean users, as well as graduate students eager to hear about progress being made with MPAs.

Required by the 1999 Marine Life Protection Act and in effect since Jan. 1, 2012, MPAs were created to help repopulate dwindling fish and other marine species. Known as “underwater state parks,” MPAs set aside sensitive ecosystems via creation of no-fishing zones to allow marine life and habitats an opportunity to recover and thrive.

In his talk, Parnell detailed his studies on the local spiny lobster, a species important to the commercial fishing industry, located in and around La Jolla MPAs.

“We wanted to study the lobster populations, comparing their numbers in protected MPA areas versus unprotected areas outside MPAs,” said Parnell noting lobsters were caught, tagged, released and recaptured in metal commercial traps. Parnell said studies thus far have shown that lobsters tend to be larger, and grow faster, as you head north up the coast from San Diego.

Parnell suggested the north-south size differential of lobsters might be attributed to fishing outside MPAs, which depletes the number of larger-sized lobsters allowed to be legally taken by commercial anglers.

To learn more about South Coast MPA baseline monitoring, and to access data, visit oceanspaces.org/scsotrr.

Featured at the Concours d’Elegance: 1934 Packard Runabout 12 Speedster

In the world of collector automobiles, there are many wonderful cars. There are but a handful, however, that earn universal acclaim. These automobiles are exceedingly rare. They are built on the finest chassis with the utmost attention to detail of design. And, above all, they are iconically beautiful, a sight to behold, and the pinnacle of achievement for their coachbuilder.

This featured car, Gen. Lyon's 1934 Packard Runabout Speedster, is such a car. This beautifully restored boat tail is the last of four to ever be produced and can be viewed for one day only at the prestigious La Jolla Concours d'Elegance on Sunday, April 9. Many collectors argue that the 1934 Packard Twelve represents the ultimate expression of Packard's leadership and legacy in the fine-car market.

Imagine a world still dominated by Model T and Model A Fords - where nearly every car on the road was black, and where construction quality was often weak. Now, imagine that into this world glides a Runabout Speedster. With its streamlined pontoon fenders, long hood, and elegantly tapered boattail, the LeBaron Runabout Speedster was truly a revolutionary vision. To this day, there remains no modern comparison.

Delivered new in Washington, D.C., little is known about the automobiles first owner, a man named Mr. E. Specht. When new, the car was finished in black, with black leather. The car remained with Specht until it was purchased by George Hormel, founder of the George Hormel Foods in Austin, Wis. - best known for the 1937 introduction of the ham product called Spam. Hormel kept the car until his death in 1946, when it was passed down to his son Jay, and later to his grandson George A. Hormel II, in 1954. The car was eventually sold to noted collector Jack Nethercutt, who kept the car for 15 years before selling it to Bill Harrah in the early to mid-1970s.

In September of 1985, Gen. William Lyons procured the automobile and commissioned restorer Richard Martin to conduct a comprehensive restoration, changing the color to the breathtaking shade of blue it wears today. With only four cars built, the opportunity to witness an original LeBaron Runabout Speedster will always be rare. Exquisite beauty, extreme rarity, and flawless provenance - in the art world, those words could be attached to a priceless piece of art. The words ring true with LeBaron's masterpiece, the Runabout Speedster.

Many have called it the most beautiful Packard ever built. Some say it is the most gorgeous coach-built American car of all. Regardless, there is no denying that the Runabout Speedster was one of the most remarkable design achievements of its time - and, for that matter, all time. Do not miss the opportunity to witness this car in person on the Concours lawn.

The event is proudly featuring this remarkable automobile as its featured car and commemorative artwork for the 2017 La Jolla Concours d'Elegance.

Amidst the celebration, proceeds raised at the 13th annual La Jolla Concours d'Elegance will benefit local nonprofit The La Jolla Historical Society, which preserves the living history of La Jolla. For more information on the La Jolla Concours, to obtain a registration form to enter your vehicle, receive sponsorship information or purchase tickets to the variety of events over the weekend, please visit www.lajollaconcours.com or call 619-233-5008.

13TH ANNUAL CONCOURS D’ELEGANCE:

Where: 1133 Coast Blvd.
When: April 7 to 9.
Website: www.lajollaconcours.com/
Contact: McFarlane Promotions, 619-233-5008 or Historical Society, 858-459-5335.
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Fall in love with your jewelry again with new design from Diamonds on the Rock

Diamonds on the Rock is operated by Debra Levine and her Son David. “I grew up working in my family’s Jewelry store in Upstate New York and always prided myself on giving personal attention and great customer service” said Debra. My favorite thing to do is help someone fall in love with their jewelry again. Many people have things in their collection that they do not wear because it may not fit their current taste. We can redesign, reset, trade or even buy your piece so that it will be worn again!

Debra is a Graduate Gemologist and former Diamond Instructor at the GIA (Gemological Institute of America). She has been a jewelry designer for over 25 years. We can work with you to design a piece that is completely your own and one of a kind. Bring in your most used and cherished jewelry to be cleaned, repaired, or have the stones remounted to have them looking like the day you purchased them. Diamonds on the Rock is located in Bird Rock at 5630 La Jolla Blvd. Call 858 750 2190 or Come in today!

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University City updates: Giving back to TJ

BY JEMMA SAMALA

Trolley-related UTC construction

Construction activities will continue next month in preparation for the Mid-Coast trolley extension, including demolition and permanent removal of the pedestrian bridge at Executive Square and Genesee Avenue. A pedestrian crossing will be placed there temporarily. This construction work will require a full closure of Genesee Avenue from La Jolla Village Drive to Eastgate Mall. Ongoing work includes vegetation removal and sidewalk demolition between Regents and Eastgate Mall and utility relocation work.

Several traffic controls during the construction will be in place, including lane closures, shifts and detours, to aid the progress of the work. Crews will eventually begin construction of the viaduct, a bridge structure that will carry the trolley down the middle of Genesee Avenue. A light rail viaduct is planned for the Gilman Drive Bridge and on the UCSD campus. For information and updates, visit www.keepsandiegomoving.com.

Single-father club formed

A University City-based single-father club was recently formed, and is planning their first event, a volunteer day with Habitat for Humanity. The event date is Saturday, April 8 from 8:15 a.m. to 3:30 p.m. The day will be spent helping with Restore Construction, and is open to dads and teens, volunteers must be at least 14-years-old. Those interested in volunteering can sign up at www.vhub.at/SingleFatherClub. Directions to the property, and specific work details will be emailed after signing up for the shift.

Volunteers break for lunch at 11:30 a.m. for 30 minutes. Participants must wear closed-toe shoes. Tools and safety supplies will be provided. The group hopes to make this a quarterly event. Teri Konars, club founder, said the “club’s mission is to provide friendship and support to our local single fathers and their children.” Plans are to meet monthly at the University Community Branch Library on Governor Drive. For questions, email info@singlefatherclub or visit www.singlefatherclub.com.

Councilmember Bry’s senior community advisory board

Councilmember Barbara Bry has been holding local advisory board meetings at the University Community Branch Library, including meetings for the Public Safety Advisory Board and the Small Business Advisory Board. Bry’s next meeting will be for the Senior Advisory Board on Tuesday, March 28, 3 to 4 p.m. All interested community members are invited to attend. The library is located at 4155 Governor Drive.

Bry’s office is also looking for interns interested in learning about the local legislative process. Interested high school students in District 1, which includes the neighborhoods of La Jolla, Torrey Pines, Torrey Hills, Carmel Valley, and University City, are encouraged to apply. Bry also recently spent a Sunday morning helping pick up trash in the University City neighborhood with the group, People for a Clean UC.

Good deeds: UCHS baseball buddies up with Challenger players

University City High School baseball team members volunteered at a recent University City Little League Challenger game by acting as “buddies” to Challenger team players. The Challenger division is for players with physical limitations. The buddies assist players by acting as guides around the bases and during field play. When the Challenger games are hosted at the UCLL fields, buddies are provided for both home and away teams.

The UCHS baseball team has partnered with UCLL for several years now, and UCHS head coach Richard Frink makes the games a priority for his players, which provides benefits for both the Challenger players and the baseball team buddies. The UCHS baseball team will continue to volunteer throughout the season. For info, go to www.ucoll.org.

More good deeds: Casas de Luz volunteers build home

The UCHS Casas de Luz Club recently built a home in Tijuana. The club was founded by UCHS student Madeleine Masser-Frye, who had been participating in home builds with Casa de Luz since she was a student at Spreckels Elementary, making this her 12th home build. Club advisor Leslie Chadwick oversees the current 25 student members, but membership continues to grow. To provide for the home build, the club had to raise approximately $4,500. Students raised the funds through the SnapRaise crowdfunding website, and by selling make-your-own tie-dye booths at the Curie and Kate Sessions craft fairs.

The goal is to build two next year, and they hope to find a sponsor. Masser-Frye is also a member of the Casas de Luz board of high school interns, which includes Westview, San Dieguito Academy, Canyon Crest, Torrey Pines, and University City high schools. The UCHS club had the first build of the year. Being part of Casas de Luz has been “invaluable” to Masser-Frye. Also, freshman member Eloi Sanchez Van Moer said, “the best two things I’ve done this year was joining the UCHS wrestling team and coming on the build.” For more information, visit www.casasdelu.org.
From my garden: Living wreaths filled with flowers and imagination

BY LINDA MARRONE

Last week I decided to refresh the living wreath on my front garden gate for spring and took it to Chrissy at Green Gardens Nursery in Pacific Beach. Chrissy does such a great job and I usually take it to her in the spring to be replanted and then throughout the year, I replace flowers and plants in it to suit the season. While a good portion of the wreath is “living,” I also adorn it with artificial blooms, seashells, starfish and other decorations as the seasons change.

The wreaths start as a coated-metal (two-piece) form. Green moss is used to surround the form, which makes a “nest” for the soil, small plants and flowers. The amount of water your wreath will require depends on the type of plants you use and the wreath’s exposure to sun. Fertilize your wreath lightly, as you would your container plants. The combinations of plants you can use are endless and with a little creativity, you can have a welcoming wreath to greet you each season.

**Materials needed**
- 2 piece coated metal wreath frame
- Large bag sphagnum moss
- 3 4 inch pots of plants or flowers
- 3 6-packs of different plants and flowers
- Several cups of quality potting soil

**Step one:** Remove the top portion of the wreath form (base piece) and beginning at the bottom, cover the entire bottom of the form with a thick layer of moss.

**Step two:** Add several inches of potting soil to the top of the moss. Place the top piece of the wreath form on top.

**Step three:** Plant your four-inch plants next, placing them at each corner in a triangle design. Pack more moss around these plants, which I'll make a nest for the roots and leaving room for the smaller plants to come.

**Step four:** Fill in the entire wreath with the 6-packs of flowers, plants and /or succulents and plant the plants very tight together. Fill the spaces in-between the plants with more moss, pressing it into the wreath as tightly as you can. Water your wreath thoroughly and hang it in a place where it can be admired. If the plants are not full, I fill in spaces with seashells, artificial flowers or seasonal decorations.

All of the materials you need for your wreath can be purchased at Green Gardens Nursery, located at 4910 Cass St. or Chrissy will be happy to make one for you. On my website www.LindaMarrone.com, the tour of my garden features years of many different versions of living wreaths that have hung on my garden gate.

The owner of a historic La Jolla home and garden, Linda is a local Realtor with Coldwell Banker. Take a tour of her garden on LindaMarrone.com

SD theater review: ‘Come from Away,’ new at the Globe and ‘Red Velvet’

BY CHARLENE BALDRIDGE

**Theater in New York City**

Bartlett Sher, who co-founded San Diego’s gloriously extant and exciting theater company known as Sledgehammer, is set to direct Frederick Loewe’s “My Fair Lady” at Lincoln Center, Sher directed “The King and I” in 2015 and “South Pacific” in 2008. Both won Tony Awards for best musical revival.

“Come from Away,” which premiered at La Jolla Playhouse, directed by Playhouse artistic director Christopher Ashley, opened on Broadway March 12. Written by Canadians Irene Sankoff and David Hein, it tells the tale of nearly 7,000 travelers whose jets were grounded at Gander, Newfoundland, on Sept. 11, 2001. The musical received rave reviews and then, on March 16, hit NBC News big time because Canadian Prime Minister Justin Trudeau took the U.S. president’s daughter, Ivanka Trump, and Nikki R. Haley, U.S. ambassador to the United Nations, with him to the March 15 performance.

**Excerpts from the mostly positive “Come from Away” reviews**


Peter Marks, Washington Post: “The lump that forms in your throat… is physiological confirmation that this effervescent musical… is an antidote for what ails the American soul.”

A friend who lives in New York City writes, “When it’s all over audiences don’t want to leave the theater, and that happens to be shoved out by the ushers. I’ve never seen anything like that.”

**Theater in our area**

Sledgehammer Theatre has given depth of experience to youthful artists in their matured role. “When it’s all over audiences don’t want to leave the theater, and that happens to be shoved out by the ushers. I’ve never seen anything like that.”
Fashion: Live your dreams with the Soroptimists

Soroptimist International of San Diego presented “Women: Stronger Together” on March 11. The luncheon fashion show began with a fun boutique at the Sheraton Harbor Island Bay Tower. There was a variety of jewelry, handbags, candles, and women’s wear represented. The mistresses of ceremonies were Rory Devine, who is an award-winning news reporter for NBC San Diego, as well as Geni Cavit, another local television personality. During the luncheon, a live auction was held for an incredible hand-made carpet from Turkey.

The Soroptimists want what’s best for women, and that is exactly how they gear their organization. During the luncheon, a Woman of Accomplishment award was given out to Nicole Anderson. Anderson is a licensed clinical social worker and works with homeless adults who have re-occurring mental illness and substance abuse issues. Three other women were honored with the Live Your Life Dream award as well.

The first was Samantha Arpallan, who has turned her life around and is currently studying to be a lawyer. The second honoree was Michelle Gutierrez. Gutierrez has also overcome challenges in her life, and is currently studying to prepare for medical school. The third honoree was Viridiana Romero who has beat many hardships and is studying to become a registered nurse.

The upbeat fashion show was presented by Gretchen Productions. Gretchen Bergman, founder of Gretchen Productions, has an extensive background in dancing and modeling, so it is not unexpected that she presents a theatrical fashion show. The runway was located in the center of the audience. The models entered four at a time, utilizing cubes that were interspersed on the stage for this entertaining show. The beginning number opened with models wearing always-stylish black and white garments from Macy’s. My favorite was a segment with children playing games such as badminton, beach ball, and jumping rope. One segment included fashion forward designs by London’s Ted Baker. Other must-have fashions included Satori Designs and Carlisle. The finale featured gorgeous evening gowns all in shades of sapphire blue, also from Macy’s.

The proceeds from this event go to the Soroptimist International of San Diego. This international organization is made up of professional women who work to help local women and girls. They furnish safe houses for abused women, education, and support to prevent trafficking and sexual slavery for women and girls. For more information about the Soroptimist International of San Diego, visit www.caisandiego.org.

Upcoming Events
Friday, April 28 the 24th annual Hats Off to San Diego will be at the Estancia Hotel and Spa at 10:30 p.m. This luncheon and Betty Mabee Hat Parade is presented by The Gold Diggers (Gifts Of Loving Donors) For information, call Jackie Bailey at 619-670-3643. Sunday, April 30 the seventh annual Bags & Baubles will be presented at a private Rancho Santa Fe Estate from 1 to 5 p.m. This silent auction fundraiser goes to FACE, who provides life-saving veterinary care for local pets. For more information, visit www.face4pets.org.

Diana Cavagnaro is an internationally renowned Couture Milliner based in the Historic Gaslamp Quarter. Learn more about our Hat Designer, Teacher & Blogger at www.DianaCavagnaro.com.

Fashion with a passion benefits Make-A-Wish

This year’s “Fashion with a Passion” charity event will be held at the Fashion Institute of Design and Merchandising (FIDM) on Saturday, March 25 from 11 a.m. to 3:30 p.m. FIDM is located at 350 10th Ave. Ste. 300. Benefits from the event will go to the Make-A-Wish Foundation.

Attendees will enjoy bidding on the astonishing silent auction creations, as well as watch an elegant fashion show presented by a top FIDM designer. Guests who pre-register will have their name entered into a special opportunity drawing, where they will have the chance to win one of the three exciting prizes.

First prize - Complimentary one night stay at the Hilton La Jolla Torrey Pines.
Second prize - $100 gift card to Cohn Restaurant Group.
Third prize - $95 - One hour therapeutic in-home massage by Delta Massage.

To learn more about the event, visit www.fashionwithapassion.org.
Young women between the ages of 12 to 17 who are interested in fashion design, will be admitted when accompanied by an adult. Tickets must be purchased for each attendee.
Tickets will be available for purchase at the door for $55 per person. Fashion with a Passion guests have been guaranteed a special prepaid parking rate, at Padre Parkade (located at 10th and J Streets).
The fee is $55 with the printable coupon below. You must present the coupon with cash upon entry, to receive this special discount parking rate.
The regular prepaid fee is $10 a day on weekends.
La Jolla music calendar: Jazz, hip hop, indie rock, classics and more

Friday, March 24
Raelee Nikole, singer-songwriter, Noon. UTC Palm Plaza.
Carissa Schroeder, singer-songwriter, 4 p.m. Duke’s.
Raelee Nikole, singer-songwriter, 5 p.m. Farmer & The Seashorse.
McConigle & Gladstone, pop & jazz duo, standards. 6 p.m. La Valencia.
Veracruz Blues, Latin music. 6 p.m. The Turquoise.
Niloufar Shir, Iranian music improvisation. 7 p.m. Conrad Prebys Music Center Recital Hall, UCSD.
AJ DeGrasse Trio, piano jazz. 7 p.m. Eddie V’s.
LVL Up, indie rock. 7 p.m. Che Café, UCSD.
Tad Sisler, vocals, piano, keyboards. 8 p.m. – 11 p.m. In the lounge, The Manhattan.
Breadbox, classic covers. 9 p.m. Beaumont’s.
Randall Forro, Latin jazz. 9 p.m. The Turquoise.

Saturday, March 25
Robin Henkel, blues. 10 a.m. Bird Rock Coffee Roasters.
Steve Ybarra, singer-songwriter, Noon. UTC Palm Plaza.
Roman Palacios, pop & jazz. 6 p.m. La Valencia.
Chris Cerna Trio, piano jazz. 7 p.m. Eddie V’s.
Doug Hartley Trio, jazz. 7 p.m. The Turquoise.
Dj Redlite, hip hop music showcase. 7 p.m. Che Café, UCSD.
Claudia Villela, jazz. 7:30 p.m. Athenaeum.

Sunday, March 26
Jose Serrano, Latin Jazz. 10:30 a.m. La Valencia.
Mike Officer, singer-songwriter, Noon. UTC Palm Plaza.
Ray Briz Trio, piano jazz. 6 p.m. Eddie V’s.
Sounds Like 4, jazz. 6 p.m. The Turquoise.
Elle, indie rock. 7 p.m. Che Café, UCSD.
Colin McAllister, classical guitar. 7:30 p.m. Athenaeum.

Monday, March 27
Freddie A Dream Trio, piano jazz. 6 p.m. Eddie V’s.

Tuesday, March 28
Mikan Zlatkovich Trio, piano jazz. 6 p.m. Eddie V’s.
Keni Yarbro, jazz. 6 p.m. La Valencia.
Gypsy Caravan, Latin and singer-songwriter sounds. 7 p.m. The Turquoise.

Wednesday, March 29
Dustin Jake, singer-songwriter, Noon. UTC Palm Plaza.
Veracruz Blues, Latin sounds. 5 p.m. The Turquoise.
Freddie A Dream Trio, piano jazz. 6 p.m. Eddie V’s.

Thursday, March 30
Rheanna Downey, singer-songwriter, Noon. UTC Palm Plaza.
Mikan Zlatkovich, piano jazz. 6 p.m. Eddie V’s.
Ryan Hiller, singer-songwriter. 5 p.m. Farmer & The Seashore.
Blue Jean Simmons, standards. 5:30 p.m. The Turquoise.
Keni Yarbro, standards. 6 p.m. La Valencia.
Chris Cerna Trio, piano jazz. 6 p.m. Eddie V’s.

Friday, March 31
Jasmine Commerce, singer-songwriter, Noon. UTC Palm Plaza.
Allegra Duchaine, singer-songwriter. 4 p.m. Duke’s.
Mojo Jackson, acoustic covers. 5 p.m. Farmer & The Seashore.
Jeffrey Dean, standards. 6 p.m. La Valencia.
Veracruz Blues, Latin sounds. 6 p.m. The Turquoise.
AJ DeGrasse Trio, piano jazz. 7 p.m. Eddie V’s.
Chris Cerna Trio, piano jazz. 7 p.m. Eddie V’s.
Dog Party, indie rock. 7 p.m. Che Café, UCSD.
Tad Sisler, vocals, piano, keyboards. 8 p.m. – 11 p.m. In the lounge, The Manhattan.
Adam Wolf, dance music. 9 p.m. The Turquoise.
Greasy Pete, classic covers. 9 p.m. Beaumont’s.

Saturday, April 1
TBA, singer-songwriter, Noon. UTC Palm Plaza.
Roman Palacios, Rat Pack favorites. 6 p.m. La Valencia.
Doug Hartley Trio, jazz. 7 p.m.
MUSIC

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The Turquoise.
Lanterns, indie rock. 7 p.m. Che Café, UCSD.
AJ Degrasse Trio, piano jazz. 7 p.m. Eddie V’s.
Donald Harrison Quartet, jazz classical. 7-10 p.m. The Athenaeum.
Tad Siler, piano standards. 8 p.m. In the lounge, The Manhattan.
TBA, classic covers. 9 p.m. Beaumont’s.
Randall Forro Dance, jazz. 7 p.m. The Turquoise.

Sunday, April 2

TBA, singer-songwriter. Noon. UTC Palm Plaza.
José Serrano, Latin jazz. 10:30 a.m. La Valencia.
Craig Dawson Trio, piano jazz. 6 p.m. Eddie V’s.
Sounds Like 4, jazz. 6 p.m. The Turquoise.
The Buttertones, indie rock. 7 p.m. Che Café, UCSD.

Monday, April 3

Mikan Zlatkovich Trio, piano jazz. 6 p.m. Eddie V’s.

Tuesday, April 4

Roman Palacios, standards. 6 p.m. La Valencia.
Freddie A Dream Trio, piano jazz. 6 p.m. Eddie V’s.
Gypsy Caravan, Latin and singer-songwriter sounds. 7 p.m. The Turquoise.
Plush, indie rock. 7 p.m. Che Café, UCSD.
Bonnie Lander, Soprano voice recital. 7 p.m. Conrad Prebys Music Center Experimental Theatre.

Wednesday, April 5

Sum & Stacy, singer-songwriter. Noon. UTC Palm Plaza.
Veracruz Blues, Latin sounds. 5 p.m. The Turquoise.
Tomcat Courtney, blues legend. 6 p.m. The Turquoise.
Chris Cerna Trio, piano jazz. 6 p.m. Eddie V’s.
Danny Green, jazz. 6 p.m. La Valencia.
Drew Ceccato, saxophone recital. 7 p.m. Conrad Prebys Music Center Experimental Theatre.

Thursday, April 6

TBA, singer-songwriter. Noon. UTC Palm Plaza.
Rebecca Jade, singer songwriter. 5 p.m. Fairier & The Seahorse.
Madison Greenstone, clarinet recital. 7 p.m. Conrad Prebys Music Center Experimental Theatre.
Blue Jean Simmons, standards. 5:30 p.m. The Turquoise.
Keni Varbro, classic rock. 6 p.m. La Valencia.
The Archtones, piano jazz. 6 p.m. Eddie V’s.
Fred Hardy Straight Ahead Jazz, jazz. 7 p.m. The Turquoise.
Cantua, Latin guitar. 7 p.m. The Hake.
Keir Goswilt, violn recital. 7 p.m. Conrad Prebys Music Center Concert Hall.
TBA, rock. 7:30 p.m. Beaumont’s.

Masego, Jamaican multi-instrumentalist. 8 p.m. The Loft, UCSD.

Not quite two years ago, La Jolla was basically a single-industry neighborhood that probably could have sustained itself as a small city. The spectacularly upscale, The Lot restaurant and movie house, opened in the fall of 2015, and for the next 20 months, several eatery remolds and openings threatened to turn the Village into Beverly Hills South.

Food was king, queen and kin around these parts. Everybody, including the kids, gained an average 47 pounds, and local orders for doggie bags and styrofoam containers bogged stock exchanges the world over.

Catania Coastal Italian stands as a testament to those frenetic days. Its two-year anniversary is in full swing, and it’s weathered the shake-down like the great restaurant it is, adding supply to consumer demand with new entrees like the wood-fired burger and a house-made pasta called squid-ink spaghetti. (Don’t let the name throw ya—squid ink is a bona fide coloring agent and seasoning, although the cephalopod community probably sees it differently.)

Being the hopeless seafood junkie that I am, I went for the newly installed pan-seared local snapper piccata, which came with lemon asparagus and an astute suggestion on wine pairing. Fish, white wine and I normally make a perfectly agreeable trio but I was about to be reminded that with such an exquisitely tender fare, the wine makes all the difference.

As I absentmindedly ordered a glass of Zibibbo (mostly because of the funny name), my server piped up with a rejoinder: The meal is no slacker either. Its crusty shell is a meal by itself, thick with the minty taste that marks this popular item (besides, dessert was all I could do to wrap my head around the ingenious wine pairing from moments before).

Catania has certainly acquitted itself over the last two years, its origin fueled by Whisknladle Hospitality chief Arturo Kassel and culinary director Ryan Johnson. Their 1,400-mile road trip through Italy years ago has yielded a cluster of house-made pastas, handcrafted pizza and a 5,000-pound oven named Beatrice, who sees to it that the fare is crisp to your liking. The sweat equity paid off in 2015, even as the Village food scene was swirling around itself — that year, Catania was named one of the 15 hottest restaurants in the U.S. by no less than the Zagat restaurant survey.

Meanwhile, the hubbub from the last year and a half fuels speculation about the next two or three years as new venues settle in and old ones gird for reconfiguration. But Catania should stand in excellent stead, especially with a staff that knows way more than its share of the game.
**OPEN HOUSES**

**LA JOLLA**
- Sat & Sun 1-4pm: .5780 Rutgers Road, 4BR/4BA, $2,196,000
- Sat & Sun 1-4pm: .5529 Via Callado, 5BR/3BA, $2,250,000
- Sat 12-3 Sun 1-4pm: .6846 La Jolla Scenic Dr. S, 4BR/4BA, $2,950,000
- Sun 1-4pm: .7811 Eads Ave. #403, 2BR/2BA, $729,000
- Sun 12-3pm: .7757 Eads Ave, 2BR/2BA, $899,000
- Sun 1-4pm: .7901 Avenida Kirjah, 3BR/3.5BA, $1,650,000-$1,725,000
- Sat 1-4pm: .2044 Caminito Circulo Sur, 3BR/2.5BA, $895,000
- Sat 1-4pm: .7315 Remely Place, 5BR/6BA, $4,975,000
- Sat 12-3 Sun 1-4pm: .842 Muirlands Vista, 3BR/2BA, $3,200,000
- Sun 12-3pm: .7901 Avenida Kirjah, 3BR/3.5BA, $1,650,000-$1,725,000
- Sat 1-4pm: .5780 Rutgers Road, 4BR/4BA, $2,196,000
- Sat 12-3 Sun 1-4pm: .6846 La Jolla Scenic Dr. S, 4BR/4BA, $2,950,000
- Sun 1-4pm: .7811 Eads Ave. #403, 2BR/2BA, $729,000
- Sun 12-3pm: .7757 Eads Ave, 2BR/2BA, $899,000
- Sun 1-4pm: .7901 Avenida Kirjah, 3BR/3.5BA, $1,650,000-$1,725,000
- Sat 1-4pm: .2044 Caminito Circulo Sur, 3BR/2.5BA, $895,000
- Sat 1-4pm: .7315 Remely Place, 5BR/6BA, $4,975,000

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George Lorimer, RE/MAX Solutions, Cal BRE#01144839, 619-846-1244
San Diego Fire Chief Brian Fennessy refuted allegations by the lifeguards’ union that a recent change to how water-related emergency calls are handled slowed down lifeguard response times jeopardizing public safety.

Planned by San Diego Fire-Rescue officials and San Diego Lifeguard Chief Rick Wurts, Fennessy at a press conference characterized the claims leveled by lifeguard spokesman Ed Harris at him as “politically motivated.”

Fennessy countered Harris and the lifeguard union’s claim that his altering of how radio dispatch works, with all water-related 911 calls now going first to the fire department instead of directly to lifeguards, has caused unnecessary problems, including delaying lifeguards’ emergency response times.

Noting SDFD “fosters quality relations with its labor unions,” Harris said of Teamsters Local 911 representing lifeguards, “It’s been a challenge with them for many years. So much so, that my predecessor refused to have any interaction with them, as it always ended in hostile conflict.”

Pointing out there was no trouble with lifeguards until a “minor change” to how water rescue calls inland was instituted for lifeguards until a “minor change” to how radio dispatch works, with all water-related 911 calls now going first to the fire department instead of directly to lifeguards, has caused unnecessary problems, including delaying lifeguards’ emergency response times.

Fennessy described Harris’s claim that the radio dispatch change has “led to serious confusion” as “patently false.”

“There’s been no confusion, no delays as a result of this change,” he said adding, “We (SDFD) don’t accept the factual inaccuracies being represented.”

“We (SDFD) don’t accept the factual inaccuracies being represented.”

The fire chief added the technology used currently by lifeguard dispatch is old, pointing out their system “only allows for two calls to be answered at a time, giving a busy signal if both lifeguard dispatch numbers are busy. Clearly, a change needed to be made.”

Regarding lifeguards separating from police to lifeguards that were not being answered at all by dispatchers because the call volume quickly overwhelmed lifeguard dispatchers, Fennessy said adding, “Lifeguards are not trained – or experienced – to handle such a large call volume.”

The fire chief added the technology used currently by lifeguard dispatch is old, pointing out their system “only allows for two calls to be answered at a time, giving a busy signal if both lifeguard dispatch numbers are busy. Clearly, a change needed to be made.”

Fennessy described Harris’s claim that the radio dispatch change has “led to serious confusion” as “patently false.”

“Shame on you Ed Harris, you crossed the line,” Fennessy said. “And shame on your members that supported your approach. Our hope is, that in the future, you won’t use a family’s pain to make a point – that you’ll use a different approach.”

Michael Zucchet, general manager of the San Diego Municipal Employees Association, the city’s largest labor union, commented, “We share and support all of the words and sentiments of the chief and are disappointed on how the lifeguards’ union has responded on this matter.”

Zucchet described the lifeguards’ decision to attack the fire chief’s changes to the radio dispatch system as “political decisions, not decisions made on behalf of the public’s safety.”

Zucchet characterized radio dispatch rerouting as “very minor, common-sense changes based on real happenings with call volumes.”

“Shame on you Ed Harris, you crossed the line,” Fennessy said. “And shame on your members that supported your approach. Our hope is, that in the future, you won’t use a family’s pain to make a point – that you’ll use a different approach.”

Zucchet concluded.

Responding to the fire chief’s criticism of how he’s handled the radio dispatch controversy, Harris said, “That’s how they (SDFD) slice this, when they add a step (police calls to fire then to lifeguards) it will cause delays and confusion.”

Harris also denied Fennessy’s claim that his criticism of changes to how emergency radio calls are dispatched was politically motivated.

“Shame on you Ed Harris, you crossed the line,” Fennessy said. “And shame on your members that supported your approach. Our hope is, that in the future, you won’t use a family’s pain to make a point – that you’ll use a different approach.”