ISA Adaptive Surf Competition in La Jolla adds women’s division

New Jersey native Dani Burt grew up skateboarding and bodyboarding, but always found a primal need to be in the ocean. Prior to her losing her right leg (above her knee) in a motorcycle accident, however, she had never been surfing.

Now Burt, a doctor of physical therapy at Scripps Memorial Hospital, has been named the 2016 WSA US champion in adaptive surfing. Between Nov. 29 and Dec. 3, she will be competing in the Stance Adaptive World Surfing Championship at La Jolla Shores. Presented by Vissla and the City of San Diego, this is the first year that Burt will be able to surf in a women’s-only division.

“I was in Hawaii about 10 or 11 years ago for the Duke’s Festival. This was after the accident, after watching a lot of the competitions, I knew I had to get back in the water,” said Burt. “Around this time, however, there weren’t any ‘surf legs,’ so I had to rig one up and some of my surfer friends took me out.”

While her background, developed balance and board knowledge helped push her forward,
ward, like most starting something from scratch, she had her doubts. It wasn’t until a chance meeting with legendary surfer and shaper Don-ald Takayama at his Oceanside shop that she dialed it in.

“It was truly inspiring, as he is someone who I definitely looked up to,” said Burt. “We were talking at the shop one day, and he was like ‘here, take a board.’ He was a huge influence on me. For the ISA contest, I have a 9-foot-long Takayama and a 7-foot-10-inch-long pintail mini in my quiver.”

Prior to this year’s contest, there weren’t enough women to comprise a women’s “parasurfing” (adaptive surfing) division, so Burt competed in the mixed-gender division. Despite being the minority sex in her group, she went on to capture the 2016 title, as well as come in second this year.

In 2016, the event featured seven women from five countries across three divisions. The inclusion of a separate women’s division has played a key role in more than doubling women’s participation in this year’s contest.

“The ISA is proud to be actively promoting and developing women’s surfing around the globe,” said ISA president Fernando Aguerre. “Creating an opportunity for women in the Stance ISA World Adaptive Surfing Championship is just another step in working towards complete gender equality, which is the ultimate goal.”

One person was found dead, apparently drowned, as up to seven people tried to enter the United States through the rough surf off La Jolla on Nov. 18, firefighters said today.

Lifeguards were called to the rocks just north of Tourmaline Beach at about 11 p.m. on Nov. 18 following a report of a person yelling from the water. San Diego Fire-Rescue Department spokesper-son Monica Munoz told City News Service in an email.

A rescue boat crew found a man swimming, and hauled him up, Munoz said.

The man told lifeguards there were five others still in the water. The San Diego Police Department, Border Patrol and Coast Guard were notified, Munoz said.

Border Patrol agent Tekae Michael told CNS that lifeguards requested assistance after spotting a rescue boat crew found a man swimming, and hauled him up, Munoz said.

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SEE RESCUE >> PG. 4

The women of the 2016 adaptive surf competition celebrate their participation in the World Championship alongside ISA president Fernando Aguerre (top right).

PHOTO BY ISA/CHRIS GRANT

PARKING >> CONT. FROM PG. 1

Man rescued, body found off coast of La Jolla as group attempts to enter U.S.

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PHOTO BY ISA/CHRIS GRANT
4 Beds + 1 Opt. 6.5 Baths, 6,246 Sq. Ft. $4,390,000 • PRICE REDUCTION

4 Beds, 2.5 Baths, 2,687 Sq. Ft. $1,280,000 - $1,375,000

3 Beds, 3 Baths, 2,076 Sq.Ft. $825,000 - $865,900

4 Beds + 1 Opt. 4 Baths, 2,322 Sq. Ft. $2,550,000 - $2,795,000 • PRICE REDUCTION

Open House 12/02 & 12/03 from 12-3pm 322 Nautilus Street, La Jolla

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

3 Beds + 1 Opt, 2 Baths, 2,552 Sq. Ft. $1,550,000 - $1,699,000

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4 Beds, 2.5 Baths, 1,846 Sq. Ft. $1,399,000 - $1,450,000 • NEW LISTING

4 Beds, 2.5 Baths, 2,518 Sq. Ft. $1,245,000 - $1,295,000

4 Beds, 2.5 Baths, 2,687 Sq. Ft. $1,280,000 - $1,375,000

3 Beds, 3 Baths, 2,076 Sq.Ft. $825,000 - $865,900

Billionaires Row
LA JOLLA

Gregg Whitney
Cal BRE#01005985
858.456.3282
Gregg@GreggWhitney.com
Village Merchants look forward to end-of-the-year business, Pillage the Village success

BY DAVE SCHWAB

In November, La Jolla Village Merchants Association looked forward to its annual strategic planning meeting in December, as well as electing new officers for the coming year. In the president’s report, James Niebling thanked the rank-and-file for their efforts in promoting La Jolla’s business community this year. “We really appreciate your dedication and commitment,” Niebling said. “I know it’s not easy with your busy schedules. We request that you keep that commitment alive for the balance of the year. There are a lot of things that we want to see done in the Village together.”

Niebling noted that, along with a major redo of LJVMAs’s website, ljajollalbythesea.com, that the merchant group also “ramped up our social media.” He added, “With more hands on deck, we can get more accomplished in the coming year.”

Niebling noted the group is gearing up for its next group strategy-building conference. “Our Dec. 13 board meeting is where we get feedback from our members on what they liked, and what opportunities they see ahead.”

Fred Dickey to speak at DG Wills Books on Jan. 28

Award-winning journalist and Pulitzer Prize nominee Fred Dickey will read from and discuss his new book “Stories With Faces: The Tightrope Lives of Next-Door People,” on Sunday, Jan. 2 at 2 p.m. at D.G. Wills Books, 7461 Girard Avenue, La Jolla, 858-456-1800, www.dgwillsbooks.com. Dickey’s topics of more than 30 inspiring or colorful lives include a barrio girl who elevated herself with help of a prizewinning steer at the county fair; a 19th-century eccentric who crowned himself emperor of the United States and protector of Mexico; and a good woman who faces life after her husband is convicted of murder.

Retired LJHS teacher accused of inappropriate behavior with students

BY ASHLEY McGLONE

At first, Maura Kanter thought it must have been an accident when her advanced physics teacher leaned over to check her work, and brushed against her breast. It was 2011, and Kanter, who’s now 22, was a junior at La Jolla High School. But the touching kept happening, and then she said her teacher, Martin Teachworth, began touching other areas of her body.

“He liked to come up and surprise us, by like squeezing our thighs, tickling. Just awful. And I hate getting tickled, so I was really, really pissed off about that in general. And (he’d) stand a little too close, and lean in too close,” Kanter said. On other occasions, she said Teachworth would brush her hair back. “I started getting so uncomfortable.”

No other student reached her this much. No one else made her feel so uneasy. She started dreading going to class every day. When Teachworth squeezed the sides of her waist one day, she had enough.

“Don’t touch me anymore. Please,” Kanter said she told Teachworth. “He looked confused and stricken, and I said, ‘Do not touch me again.’”

Kanter was not alone in her frustration and anxiety. She is one of four women who shared their stories about Teachworth while students in his classroom from 2002 to 2013.

Teachworth’s groping, they said, included grabbing their chest, tickling their stomach and squeezing their hips, thighs and butt.

Most voiced their concerns to school administration at the time, but an investigation by Voice of San Diego found no record that their complaints were kept. Teachworth’s conduct was investigated on at least four separate occasions. The district removed him from the classroom for one day, and told him the whole story.

“I feel very helpless, especially after that meeting. She said she talked alone in the conference room next to Shelburne’s office. Some student complaints may have never left the principal’s office.

“This is the first time that I’ve heard about most of these allegations,” Teachworth wrote in an email, “I don’t know if any of those students complained to their parents or the school district. I don’t recall ever being informed of any such complaints between the 2003 and 2016 complaints.”

“Teachworth, who retired in June, declined several requests for an interview, but wrote in an email, “I strongly deny having engaged in improper conduct with any student during my 18 years as a schoolteacher.”

When asked if the interactions occurred as described by the four women, Teachworth specifically denied one encounter and said the two investigations he was aware of denied one encounter and said the women, Teachworth specifically

“I remember him being very defensive towards me about Mr. Teachworth. I almost felt like I was telling the story to his best friend. He kind of kept pushing me to say that like, it wasn’t a big deal, or that it didn’t really happen.”

LOXIE GANT
FORMER LA. JO illA. HIGH SCHOOL STUDENT

Even if Teachworth knew, it’s unclear if district officials were alert ed to every complaint.

“The teacher’s union contract calls for complaints to be resolved “at the lowest possible level,” and the school district website says, “The district believes that it can resolve issues of harassment and discrimination at the school site.”

District officials said they searched district and school site files for documentation of complaints made by Kanter and others interviewed by Voice of San Diego and found none.

Nine years before Kanter complained, another student left Teachworth’s class on the heels of an encounter that left her shaken.

Loxie Gant took Teachworth’s advanced physics when she was a senior in the 2002-03 school year. As students were working independently at their desks one day, Gant said she went to the scratch paper bin at the front of the class. As she was facing the whiteboard, Teachworth “grabbed my butt, like kind of two times. It was sort of a solid hand and a grab, and it was a one, two to my bottom.”

She was stunned.

She said she immediately told the male student sitting next to her what happened.

“My eyes were wide open. And he goes, ‘Are you OK?’ and I said, ‘No, Mr. Teachworth just grabbed my butt.’ And he was like, ‘What?! That’s so weird.’ And I was like, ‘Yeah. I know. I don’t know what to do.’ And I kind of just froze and I didn’t really think about the rest of the period,” Gant said.

When reached by Voice of San Diego, the male student, who requested VOSD not use his name, said he recalled an instance in which Gant returned to her seat shaken by an interaction she’d had with Teachworth, but that he couldn’t say for certain whether it was something Teachworth did or something he said.

Gant said that the teacher in her next class noticed something was wrong.

“She wrote me a pass. I went straight down and sat in Mr. Shelburne’s office, the principal at the time, and told him the whole story,” said Gant. “I remember him being very defensive towards me about Mr. Teachworth. Like, I almost felt like I was like telling the story to his best friend. He kind of kept pushing me to say that like, it wasn’t a big deal, or that it didn’t really happen. I just remember feeling really like, kind of not believed right away, you know?”

Gant stood firm, and she said Shelburne brought in an investigator a day or two later. Gant can’t recall if the man she spoke to was a city police officer, or a member of the school district’s police force, but she said they talked alone in the conference room next to Shelburne’s office for about an hour.

School district officials said they have no record of Gant’s complaint and “No record of any investigator has been found.”

“As of today, I just remember him being a tall, white and bald man that I talked to. There was a gold shield on his business card,” Gant said. “It was just me and him in a room, which also made me really uncomfortable, because I was talking about my butt to like, another older man.”

During the meeting, Gant said the investigator pressed her about what happened, and questioned her
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**December 01**
- **Rady Children’s Ice Rink Opens** at Liberty Station is open daily from 10 a.m. to 10 p.m., seven days a week through Jan. 7. (closed Christmas Day).

**December 02**
- **Christmas on the Pier** From 2 to 5 p.m. Get a photo with Santa at the end of Crystal Pier. The tree lighting will be at sunset and there will be decorative wreaths hanging from local businesses and community groups. Photos are $10 or $5 with a donation of school supplies for local schools.

**OB Holiday Parade** The Ocean Beach Town Council will present the 38th annual OB Holiday Parade at 9:05 p.m. down Newport Avenue. The parade’s theme is “California Dreamin’ in the Season of Love.”

**December 03**
- **La Jolla Christmas Parade & Holiday Festival** The 60th annual La Jolla Christ- mas Parade will begin at 1:30 p.m. at Girard and Kline and end at Prospect and Silverado. The La Jolla Holiday Festival will take place at the La Jolla Recreation Center (at the end of the parade) from 2 to 5 p.m. The Christmas tree lighting will take place at 4:30 p.m.

**December 05**
- **Tree lighting** Iron Pig Alehouse, at 1520 Garnet Ave., will host its first holiday tree lighting at 5 p.m. Guests are invited to arrive early to help decorate the tree with pig-themed ornaments.

**December 08**
- **Holiday show** Peninsular Singers will present “Glad Tidings, A Holiday Concert” at 7 p.m. at All Souls Episcopal Church, 1475 Catalina Blvd. Repertoire will include a blend of old-style carols, newer selections and classical holiday favorites.

**December 09**
- **Santa Run** The 15th annual San Diego Santa Run on Garnet Avenue will start at 10 a.m. The event consists of a series of waves, including a 5K Fun Run and one-mile run that feature the Santa’s Little Helper Mile (for dogs), the Santa's Elves Mile (for kids) and the Spacy Mile (for competitive Santas).

**December 09**
- **La Jolla Christmas Parade & Holiday Festival** The 10th annual La Jolla Christ- mas Parade will begin at 1:30 p.m. at Girard and Kline and end at Prospect and Silverado. The La Jolla Holiday Festival will take place at the La Jolla Recreation Center (at the end of the parade) from 2 to 5 p.m. The Christmas tree lighting will take place at 4:30 p.m.

**Pet adoptions**
- Two- and four-legged members of the public are invited to the ninth annual Doggie Street Festival Dog & Cat Adopt-A-Thon celebration of companion animals from 9 a.m. to 3 p.m. at NTC Park at Liberty Station.

**December 12**
- **Menorah Lighting**
- **Free Day of Dance** The Center for Justice and Reconciliation’s annual Free Day of Dance brings arts, farmers, immigrant businesses and other community members together on the Point Loma Nazarene University campus to sell their fair trade and justly created goods from 6 to 10 p.m. at Cat Lane before or after the Cider Celebration.

**Holiday Extravaganza**
- Friday Night Liberty’s Holiday Extravaganza will take place 5 to 9 p.m. Connect with working artists, enjoy dance, theatre and musical performances as well as engage with museums and galleries during this holiday-themed version of Liberty Station’s free monthly art open-house event.

**Cats The Encore**
- Artist June Rubin has her “Cats The Encore,” a whimsical array of cat portraits in watercolor, kicks off 6 to 9 p.m. at the Jana Rubin Studio/Gallery at 2890 Historic Decatur Road 214.

**December 16**
- **SanTaCon in PB** The inaugural Pacific Beach Santas Con bar crawl fundraiser for Toys for Tots welcomes all Burker Santas, Garnet Grinchos, Christ- mas Kooks and Rollerblading Rudolphs. Registration at Sandbox Pizza, 1014 Grand Ave., from 11 a.m. to 1 p.m.

**December 19**
- **December 26**

**December 29**
- **New Years Eve at The MED**
- **Free Day of Dance** The Arts District’s Dance Place in Liberty Station will offer a free day of classes for dance enthusiasts of all levels and abilities. Meet the instructors and take sample class.

**December 31**
- **Menorah Lighting**
- **‘A Christmas Carol’** At All Souls Episcopal Church, on Point Loma, will present an adap- tation of Charles Dickens’ “A Christmas Carol” at 7 p.m. The two-man play has been adapted for the stage and is directed by Patricia Lynch. It features W. William Cobby as Ebenezer Scrooge and Raymond Lynch as a dozen other characters.

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Giving and receiving: The reasons and occasions for giving gifts

By Natasha Josefowitz, Ph.D.

A guest just brought me a box of milk chocolates; I only like the dark kind. So I will re-gift it unopened. The next time I’m invited to someone’s house for dinner. I remember my mother receiving a box of dried fruits with someone else’s card, a re-gifting three times over! The protocol is that if you’re invited to someone’s house for a meal, you bring a gift, most often wine, candy, flowers, or better still a small potted plant so the hostess does not have to leave her guests in order to scurry around looking for a vase. If invited out to a restaurant, no gift is necessary.

Why do we give gifts? “It is better to give than to receive,” or so the saying goes. There are people who have trouble accepting a gift or are embarrassed by a compliment, which can also be considered a gift. Women, more than men, will respond to a compliment by mini-mizing it, saying I was just lucky; it’s really my team, etc. Children have to be taught to say thank you and not I have one already or I don’t like it. Showing appreciation for any gift is part of a polite exchange.

What are some of the reasons people give gifts?

Appreciation: Thanking someone for something that was said or done. Often people feel under-appreciated, so this may be a most welcome gesture.

Special occasion: An expected gift when invited to a birthday, graduation, or holiday party (unless the invitation says “no gifts, please”).

Self-serving: Wanting to be well thought of or remembered or to make the person feel they owe you something in return.

Atonement: Out of guilt or repARATION for some wrongdoing; the gift says “please forgive me.”

Unexpected gift: Given for no special reason except to say I love you. I was thinking about you, I hope you are feeling better, in friendship, etc.

Charitable contributions: Some are expected as part of belonging to an organization. Others are according to one’s interests. Some people like to donate small amounts to a large number of charities while others prefer to make a large contribution to one specific cause.

The type of gift does not always need to be an object. Sometimes a note, a card, a phone call, or a compliment will accomplish the same thing. A very expensive gift may be unappreciated by someone who is struggling financially as it can make the recipient feel they have to respond in kind. On the other hand, it could be something they need, but cannot afford. This is a very delicate situation, walking the line between appreciation and possible embarrassment.

I live in a retirement community where everyone’s personal space is limited. We all bemoan too much stuff, so a gift should be something that doesn’t take up room and doesn’t last. I have eaten the chocolates, the homemade breads and jams, and the cookies; I have also received flowers that eventually wilt, candles that were burned, and books that I have read and passed on.

The choice of gifts, whether personal or professional, speaks of the relationship between giver and receiver. There are very specific gifts that would only be enjoyed by a particular receiver (such as an item of clothing where size and color matter), and there are generic gifts such as flowers and candy. Books can also fall into categories of specific or general (for example, having given a book on grief to a recently widowed friend as opposed to the latest best-seller).

One of the most important gifts one can give is the gift of one’s time, such as offering to babysit so that new parents can enjoy an evening out or walking the dog when the owner is too sick to do so. Recently I have been asked to stay with a person who has Alzheimer’s to give the spouse some much-needed relief. I was happy to help out.

I went online to further research the topic and was surprised to see how much information was available, from the kind of wrapping to use and its importance to international protocols to business gifts, appropriate and inappropriate ones depending on culture. Also listed were types of gifts according to the age of the person or the situation in life, such as moving into a new home or retiring to a smaller space.

This column was based on a suggestion from Cindy Peterson, who included her own ideas on various gift-giving themes, this, too, was a gift.

Natasha Josefowitz is the author of more than 20 books. She currently resides in White Sands Retirement Community in La Jolla.

University City updates: Tree and Menorah lighting, Vanessa Carlton and more

BY JEMMA SAMALA

Tree and Menorah lighting tradition

University City Community Association is having its annual tree and menorah lighting on Friday, Dec. 1, when Standley Park will once again be transformed into a beautiful winter wonderland scene. The program starts at 6 p.m. with holiday music performed by the Standley Middle School Marching Band, Our Mother of Confidence Children’s Choir, and the Teutonic Barbershop Quartet. Carl’s Jr. will provide holiday cookies and Coffee Bean will donate hot chocolate. Santa will hand out candy canes to the children.

Besides the UCCA, Regency Centers Costa Verde will help underwrite this fun-filled evening. A favorite among the crowd, the fire station will send out their fire truck from Station 35. Lorna’s Italian Restaurant will be providing the food for “Dinner with Santa,” so be sure to make your reservation as soon as possible.

Tickets are $4 for adults, $2 for children, and under age 2 eat free. Dinner starts at 5 p.m., and tickets go on sale Dec. 1.

To make reservations, call Standley Park at 858-552-1652. You can also buy tickets at the recreation center, located at 3585 Governor Drive. Be part of a delightful evening celebrating traditions that last a lifetime, a gift for everyone in the community from the smallest children to the eldest members. As the song goes: “There is no place like home for the holidays.”

Vanessa Carlton concert at UTC

Celebrate winter nights at the UTC mall with free concerts and snow park in Palm Plaza. In partnership with Classics for Kids, Spreckels Elementary is receiving a donation of a baby grand piano at this concert. The stage presentation will take place around 7 p.m. on Saturday, Dec. 2.

San Diego Jewish Men’s Choir

The San Diego Jewish Men’s Choir will perform a variety of well-loved Jewish songs in the Hebrew, Ladino, English, and Yiddish languages, including Chasidic selections, on Wednesday, Dec. 6 starting at 6:30 p.m. The performance is part of the University Community Branch Library’s First Wednesday of every month Concert Series. The library is located at 4155 Governor Drive.

Calling all artists

SDG&L and AT&T has given UCCA permission to paint more commercial transformer boxes in University City. This is an ongoing project initiated by the Beautification Committee several years ago. UCCA is asking for more artists to provide design ideas that they would like to complete. UCCA will provide the paint and supplies along with a small stipend and all the sunshine and neighborly discussions available. If you would like to be part of this project, contact Merle Langston at merlelangston1@gmail.com or Barbara Gellman at bgellman@yahoo.com for the details.

EdUCate! Year-end matching opportunity

With the generous commitment of Caryl Lees from Century 21 Award U.C., a long-standing EdUCate! supporter, all December donations to EdUCate! will be matched up to a total of $2,500. Funds given as a General Donation, Dollar-a-Day and Honor a Teacher will all qualify. Please go to uc-educate.org/donate for easy donation information. Thank you UC and Caryl for your wonderful EdUCate! support — past, present and future.

Good deeds: UC residents take part in ‘Serve Weekend’

One weekend last month, Torrey Pines Church in La Jolla did not gather for their “normal” weekend services, but instead decided to serve their community as a community with seven partner organizations from all around the county. Together, they raised about $4,000 and sent more than 250 volunteers from their campus to span out to use their hands and resources to make a difference. Volunteers included many UC residents. They painted planter boxes at Standley Middle School.

About half the group worked in local parks and wild life preserves areas to help remove more than 40 yards of overgrowth and invasive plants from both Rose Canyon and the San Diego River in Mission Valley. Several others cooked three meals at the Ronald McDonald House and a dinner with Urban Angels in downtown. They partnered with University City’s little league and refurbished a score booth and the playing surface at Fort Field and even refurbished a basketball court and the exterior of a boy’s home in Spring Valley.

Finally, several of them worked with the Bilateral Safety Corridor Coalition to organize resource rooms and supplies to better combat human trafficking here in San Diego. It was such a big win both for them as a faith community and for the organizations they partnered with that they plan to make it an annual event where they will serve the community instead of meeting on their church campuses.

For more information or to get involved, you can visit them at torreypineschurch.org.
CONT. FROM PG. 5

intentions.

“I felt completely interrogated,” Gant said. When he asked, “Are you sure you are not just doing this for a grade or to get transferred out of his class?” she said no, and explained she was already admitted to San Diego State through a guaranteed admission program.

The investigator also said something that has stuck with Gant, even 15 years later.

“He asked me: ‘Am I only reporting this because I know about all of the other reports?’ And I said, ‘I don’t know what you are talking about.’” He also asked if she’d be willing to testify in court about it.

“Thirteen years later, I told him, ‘I do not know what you are talking about,’” she said. “He also asked if I would be willing to testify in court about it. ‘And I said, ‘I don’t know what you are talking about,’” she recalls. After that, Rand said Teachworth didn’t bother her the rest of the year, but others in class were not as fortunate.

“He would touch other girls. So, for instance, he would poke their bellies, or like you know, poke their stomachs, and always trying to be all cutesy, familiar. He would squeeze their sides by their hips with his hands, like before they would walk away,” Rand said. “There is no excuse for that. … Some of the girls just ignored it. Other girls tried to act or pretend or even tried to convince themselves that it’s OK, because, ‘He doesn’t mean to be harassing me.’”

The following year, Rand said she was speaking to another student about Teachworth and later that day, she was called to the principal’s office. She was out of his class by then, so she said she felt free to speak candidly about her experience and what she witnessed.

“My senior year, he doesn’t have any power or authority over me anymore, so anything I say can’t be used against me in the class any more,” Rand remembers thinking. “The principal at the time was Dana Shelburne, and he took notes, she said. Rand said she gave Shelburne Kantor’s name, too. After that meeting, she said no one from the school or district asked her about Teachworth again.

Kaitlyn McCall – “Kat” to her friends – knew advanced physics her senior year in 2012-13 would be academically challenging, but she didn’t anticipate being racked with anxiety each class period over something else.

“Pretty quickly into his class, he started coming up behind me during exams or while we were working on projects and he would get so close to me that I could feel his breath on my ear. … And he would really, creepily, make cat noises in my ear. Like meowing. And if I turned around and said, ‘That’s making me uncomfortable,’ or like, ‘Could you please not do that? That is very distracting,’ he would hiss, like a cat.”

“The touching became so normal, it was very nervous to make a big deal about it. You go to teachers when you need help. I feel like, we as students, minors. You go to the principal or you go to teachers when you have a problem. And not only did they not help us, but the principal like, invalidated our feelings.”

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Gloria Creamer of Creamer Physical Therapy is certified by the Academy of Lymphatic Studies National Lymphatic and the Lymphology Association of North America (LANA), certified custom compression garment fitter and is a member of the National Lymphatic Network (NLN).

Opening number by Kenneth Barlis. PHOTOS BY DIANA CAVAGNARO

The inaugural San Diego Fashion Festival launched with a week full of fashion events. It began with Opening Night on Nov. 8 leading up to the final evening on Nov. 11 at the Crown Plaza Hotel in the Grand Ball Room. This is one of the largest fashion festivals in California. This year, sdfashionfest17 brought national and international brands to the runway with both emerging and celebrity designers.

Melissa Pellone opened the show with her debut line. Pellone creates chic and sassy ready to wear for the modern woman. LA celebrity fashion designer Perry Jones 11, a.k.a. Mr. Dapperman, presented his Paris Homme Collection. Jones thrilled the audience with a range of styles from a hunky bare-chested look to a stylish James Bond.

Fashion and costume designer Carl Andrada, from Carmelo Designs, showed his latest collection. Isabel Chikoti, who was named Miss Universe Zambia this year, was wearing a national costume designed by Andrada. RC Caylan is a fashion designer from Grand Rapids, Mich. who presented fashions for men and women beginning with his knockout bridal gowns.

A luxury clothing line by Ugochi Iwuaba combined a fusion of African culture with modern designs. Gloria Guerrero presented her women’s wear collection for fall-winter of 2017 and 2018. The Dutch painter Mondrian, who paints shapes in lines and rectangles with primary colors, inspired Guerrero’s line. This collection was a huge crowd pleaser in colors of red, white, yellow and blue.

The finale exploded on the runway with the Kenneth Barlis spring/summer 2018 collection. His line was very sexy and seductive. One of the creations on the runway was the Ooh La La see-through black dress that was worn by Laura Marano at the American Music Awards. Marano was the red carpet host and music presenter for the AMAs. The audience was equally inspired when the model strutted down the runway in this haute-to-trot must-have gown. Kenneth Barlis was started in 2012 with beautiful bridal and evening gowns including a line for beauty pageant contestants. In 2015, Barlis debuted his men’s line, which is perfect for the stylish driven male who marches to his own drum. This line wowed the audience when it came down the catwalk.

If you are interested in participating in the fashion show next year, or want to attend the 2nd annual sdfashionfest18, stay tuned at sdfashionfest.com.

Upcoming events

Thursday, Nov. 30, Leonard Simpson’s 10 Best Awards Gala & Fashion Show beginning at 5 p.m. at the Sheraton San Diego Hotel & Marina. Proceeds benefit The Doris A Howell Foundation for Women’s Health Research. For tickets, visit howellgala.org.

Sunday, Jan. 14, Fall Bridal Bazaar with fashion shows presented by Gretchen Productions at the San Diego Convention Center. Three shows presented throughout the day. For more information, call 760-334-5500.

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

Opening number by Kenneth Barlis. PHOTOS BY DIANA CAVAGNARO

Finale gown by Kenneth Barlis.

Kenneth Barlis gown worn by Laura Marano.
When your tired winter garden needs a burst of color, primroses (Primula) are vibrant flowering plants that are guaranteed to brighten up your winter days. There are over 600 different species of primroses and my favorite is the English primrose (P. polyantha) hybrid, Pacific Giant that has deep green leaves and clusters of brightly colored flowers that grow on 8 to 12 inch long stems. The colorful flowers come in shades of red, pink, blue, yellow, orange and white and most have yellow centers. From the Latin word “prima” or first rose, primroses bloom from late fall through late spring. Along the coast they will do well in a partially sunny location, as well as in the shade. The main problem I have found with them is that they do not like heat, so I plant them in places that will not get baked by the sun, just in case we have an unexpected winter heat wave. While most primrose varieties are considered perennials and will come back year after year, in our warm climate they work more as annuals and will only last a season and will need to be replaced next year.

Plant a “primrose path” along a walkway, or plant them in pots with cyclamen and ferns to bring color to a shady spot. I like to plant them around my camellia trees and here and there throughout the garden where my annuals are finished blooming. I just put a few dozen pink- and white tulip bulbs in my refrigerator to plant in about six weeks and I will plant them along with blue Pacific Giant primroses that I will purchase at Green Gardens Nursery. Sometimes I order my primroses in advance to make sure they will be available, because by mid-December and January, primroses are difficult to find. Primroses prefer rich well-drained soil and they need a good amount of water to stay healthy. When you plant them, be sure to keep the top crown of their root structure that is located just under the leaves above the soil. If planted too deep in the soil, the plant’s roots may rot. The main pests you need to watch out for are snails and slugs, so baiting with non-toxic snail bait is necessary to keep them from being eaten to shreds. Feed them with an organic flower fertilizer, such as Dr. Earth’s Bud & Bloom Booster that will give the plants a good shot of long-lasting phosphorous that they need to bloom all season.

Some varieties of primroses are poisonous. Fairy primrose (P. malacoides), is one variety that is considered to be poisonous, while Pacific Giant is not. If you have children or pets that might eat plants, check out the primrose variety before you plant it to make sure it is safe.

When few flowers are in bloom during the winter months, primrose flowers are winter gifts for the bees, hummingbirds and butterflies and they will flock to your garden to enjoy them.

Blue “Pacific Giant” primroses ready for sale at Green Gardens Nursery. PHOTO CONTRIBUTED

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Don’t miss the annual Ocean Beach Holiday Parade and festivities Saturday, December 2nd. Parade kicks off at 5:05 pm on Newport Avenue. In the spirit of everything OB, this year’s theme is ‘California Dreaming in the Season of Love’. Be sure to Shop OB local and complete your “Passport Card” to WIN great prizes! Stop by any participating businesses to pick up your card! For more info go to shoplocalOB.com or oceanbeachsandiego.com

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Arts

The Washington Post fetes choreographer Brian Brooks for his "kinetic thrill and visual power," while *The New York Times* outshines its crush on former New York City Ballet dancer George Balanchine. Whelan for her “riveting, interesting, unusual, intelligent” moves. La Jolla Music Society audiences may remember the two for "Restless Creatures," their acclaimed 2015 collaboration — and on Saturday, Dec. 2 at 8 p.m., they return with *Some of a Thousand Words*, an LJMDS dance series entry of new solos and duets amplified by the live music of string quartet Brooklyn Rider. The performance is at the Balboa Theatre; 868 Fourth Avenue. For further information, please visit ljms.org or call 858-459-3728.

Kalahash School of Music and the Arts thinks the best way to learn is by doing — hence its yearly art show and open mic, this time on Friday, Dec. 8, from 6 to 8 p.m. At the school at 9500 Gilman Drive, the La Jolla Choral Society and Chorus will just pass such a production with Concentric Paths, a program connecting the works of 20th-century French composer Francis Poulenc to those of medieval composer Guillaume de Machaut. The orchestra music of English composer Thomas Adès will also be presented in San Diego for the first time. Thomas Nee Commission recipient Tina Tallon will also debut a work for orchestra and electronics. The Music Ville is located at 9500 Gilman Drive. The symphony box office is at 858-534-4637, or e-mail boxoffice@ljms.org. You can also make a donation of $5 to the La Jolla Symphony’s Annual benefit for arts students, each year in October. A donation of $5 is suggested.

A concentric path leads both forward and back — and on Dec. 9 at 7:30 p.m. and Dec. 10 at 2 p.m. at Salk Institute, the La Jolla Symphony and Chorus will just pass such a production with Concentric Paths, a program connecting the works of 20th-century French composer Francis Poulenc to those of medieval composer Guillaume de Machaut. The orchestra music of English composer Thomas Adès will also be presented in San Diego for the first time. Thomas Nee Commission recipient Tina Tallon will also debut a work for orchestra and electronics. The Music Ville is located at 9500 Gilman Drive. The symphony box office is at 858-534-4637, or e-mail boxoffice@ljms.org. You can also make a donation of $5 to the La Jolla Symphony’s Annual benefit for arts students, each year in October. A donation of $5 is suggested.

The original *It's a Wonderful Life* music will underscore Jimmy Stewart's face-cracking smile at Copley Symphony Hall Sunday, Dec. 3. "George Bailey (as in "It's a Wonderful Life") emerged as an American Everyman as his bank failed and then rebounded on the strength of his guardian angel Clarence and the togetherness in Bedford Falls. As much as you love the movie, chances are you’ve never seen it alongside its live musical score — until now. On Sunday, Dec. 3 at 2 p.m., the San Diego Symphony will perform Dimitri Tiomkin’s score to the 1946 film in a holiday offering sure to breathe new life into one of this country’s staple holiday films. The orchestra’s venue, Copley Symphony Hall, is at 750 B St. downtown. Further information is available at sandiegosymphon.org or call 619-235-0804.

It all started in a piano store in a little Southern Utah town called St. George. "The Piano Guys," as they were known, were a family of five. The Piano Guys, was looking for a way to market pianos — some chance introductions and social media like YouTube took it from there. The result is five guys playing a wide array of classical and popular music in videos that showcase incredible locations, such as the Seven Wonders of the World. Their musical and videogame skills have yielded national accolades in every field — and on Monday, Dec. 4 at 7:30 p.m., you’ll see and hear why. Don’t miss The Piano Guys with the San Diego Symphony at Copley Symphony Hall, 750 B St. downtown. For more, see sandiegosymphon.org or call 619-235-0804.

The featured artist is La Jolla Music Society is worth ‘Some of a Thousand Words’. You can use for your response. You can form if you want the court to hear your

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Safety Tips for healthy, safe grilling

If you are like most people, your grill had a good work out this summer. Taking basic safety are the keys to successful grilling. So before you bust out the spatulas and tongs for holiday grilling, 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 a couple of reasons. First, there have been reports that metal bristles from some scouring brushes can break off and get left behind on the grill and ultimately end up in the food. Some people who have ingested these bristles have ended up in the hospital. Second, there is some medical evidence that the charred particles left on the grill rack contain cancer causing agents. Having your grill cleaned is absolutely worth it in the long run.

3. Location, Location, Location
While you’re deciding what to grill, don’t forget to consider where to place the grill itself. The location of your barbecue grill makes a big difference in terms of grill safety.

• Always grill outside in an open space. In garages, tents, trailers or on balconies, you run the risk of carbon monoxide poisoning or setting fire to the structure.
• Place all grills on a non-flammable surface, such as a concrete patio.
• Make sure the grill is a minimum of ten feet from the house, deck, eaves and tree branches.

5. 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 baking soda on them.
• A bucket of sand can be used to put out errant fires.
• 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.

Grill safety really comes down to using common sense. Making sure your grill is in good working condition and cleaning up after your cookout only takes a few minutes—about the same amount of time it takes a fire to get out of control.
Salk Institute trustees elect Daniel Lewis as board chairman

Daniel C. Lewis, the former president of the global commercial management-consulting firm Booz Allen Hamilton, has been named chairman of the Salk Institute’s Board of Trustees. He assumes his new role immediately.

“Dan has been a stalwart supporter of the Institute for many years and is an excellent choice to head our Board of Trustees,” says Salk Institute President Elizabeth Blackburn. “He has served in a number of advisory capacities at Salk and we highly value and benefit from his business expertise.”

Lewis replaces Ted Waitt, chairman of the Waitt Foundation and cofounder of Gateway, Inc., a pioneer in the direct marketing of personal computers.

UC San Diego to join NCAA Division I Big West Conference

Today marks a new era in the history of the University of California San Diego as Triton Athletics has accepted an invitation to join the Big West Conference, paving the way for National Collegiate Athletic Association (NCAA) Division I reclassification. The move fulfills the wishes of the student body, which voted overwhelmingly last year to move UC San Diego Athletics to Division I.

“We are pleased and honored to accept the Big West Conference invitation to join its ranks,” said UC San Diego Chancellor Pradeep K. Khosla. “We believe that this move will enhance the overall student experience at UC San Diego and heighten our sense of community and school pride. It also demonstrates our commitment to uncompromising excellence across the board.”

The transition from Division II to Division I athletics was initiated by the UC San Diego student body, which approved a Division I referendum in 2016, and was endorsed by UC San Diego’s Academic Senate.

“Elevation to NCAA Division I athletics is a reflection of UC San Diego’s culture of risk-taking, collaboration and innovation,” said UC San Diego Director of Athletics Earl Edwards. “Aligning with peer institutions and competing at the highest levels in all endeavors is one of the reasons for the transition to Division I. We are extremely excited to be joining the Big West Conference with their strong history of success in a broad base of sports.”
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