PUMPKIN PIÑATA BURSTS

Students dropped a humongous candy-filled pumpkin from the 11th story of Tioga hall at 12:30 p.m. on Friday, Oct. 28 for the 42nd annual UCSD Monster Pumpkin Drop. Weighing in at approximately 600 pounds, this is one of the largest pumpkins in Muir College’s Pumpkin Drop history. The students in the Muir Residents’ Council named the sacrificial fruit “My Lowest Test Score,” so the students dropped “My Lowest Test Score” during the annual tradition. Inside the pumpkin was an assortment of candy that dozens of students scurried to claim after the pumpkin explosion. After the drop there was a Halloween Carnival sponsored by Muir College. The pumpkin’s “splat” is measured each year. The largest splat in the history of the pumpkin drop occurred last year, when a pumpkin weighing more than 500 pounds spewed over 138 feet. This is the sixth year Jon Berndes, a local grower from Alpine, has donated the doomed pumpkin to Muir College at UCSD.

City Council votes to further study short-term rentals

By DAVE SCHWAB

A motion by City Council President Sherri Lightner which some feel would have largely banned short-term vacation rentals in single-family neighborhoods was defeated Nov. 1 by a 7-2 vote. An alternative motion brought by Councilmember Todd Gloria was then passed by the same 7-2 margin. Lightner of Council District 1 and Lorie Zapf of Council District 2 cast the dissenting votes on both motions. Gloria’s counter motion requested city staff do a fiscal analysis to determine the cost of greater short-term vacation rentals (STVRs) enforcement citywide, asked staff to draft and return with a comprehensive ordi...
Now Open: Barbey Family Emergency and Trauma Center at Scripps Memorial Hospital La Jolla

We’re here when you need us. The new Barbey Family Emergency and Trauma Center offers you the most advanced technology and medical expertise available to treat sudden illness and injuries in a comfortable, caring environment.

Features include:

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- Designed to promote healing and comfort, with natural lighting and plenty of seating for loved ones
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One more way Scripps is committed to caring for you and your family at Scripps Memorial Hospital La Jolla. Learn more, visit Scripps.org/LJEmergency.

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9888 Genesee Ave., La Jolla, CA 92037

Conveniently located off Interstate 5 on Genesee Ave.
An Architectural Masterpiece
5BR/7.5BA  6,781 Sq. Ft.  $6,499,000 - $6,999,000

Panoramic Ocean and Village Views
4BR/2.5BA  2,521 Sq. Ft.  $1,899,000 - $2,050,000  PENDING

Sweeping Ocean Views
4BR/3BA  2,800 Sq. Ft.  $1,850,000 - $1,999,000  PENDING

Spectacular Remodel in North La Jolla
4BR/2.5BA  3,615 Sq. Ft.  $1,700,000 - $1,895,000  PENDING

Bird Rock Charmer
4BR 1 Optional/2.5 BA  1,993 Sq. Ft  $1,699,000  SOLD

Tree Line Retreat
5BR/3BA  2,384 Sq. Ft.  $1,250,000 - $1,399,000  SOLD

Spanish Bungalow in the Village
2BR/1BA  930 Sq. Ft.  $998,000 - $1,098,000

In The Heart of Little Italy
1BR/1BA Condo  916 Sq. Ft.  $490,000 - $519,000  PENDING
HAPPENED

Nespresso store opens in UTC to coffee lover’s delight

Thursday, Oct. 27 marked an essential day in many a coffee-lover’s dream. Finally, the UTC Nespresso store opened, and for its followers, that meant a time of celebration. Jubilation is the better word. People love their coffee, and apparently, if you listen to the rave reviews of the crowd that gathered to welcome the new store, Nespresso coffee is the coffee bean’s perfect brewer. La Jolla resident Sharden Belasio spent a solid 20 minutes at the tasting counter trying various samples of Nespresso coffees from one of the stylish Nespresso machines. “There’s nothing like Nespresso—only Nestle could come up with such flavorful beans in so many different flavors.” As the Nespresso website states, “Nespresso began more than 30 years ago with the simple idea of keeping coffee making easy and enjoyable.” As the store opened, and for its followers, that meant a time of celebration. Jubilation is the better word. People love their coffee, and apparently, if you listen to the rave reviews of the crowd that gathered to welcome the new store, Nespresso coffee is the coffee bean’s perfect brewer. La Jolla resident Sharden Belasio spent a solid 20 minutes at the tasting counter trying various samples of Nespresso coffees from one of the stylish Nespresso machines. “There’s nothing like Nespresso—only Nestle could come up with such flavorful beans in so many different flavors.” As the Nespresso website states, “Nespresso began more than 30 years ago with the simple idea of keeping coffee making easy and enjoyable.”

HAPPENING NOW

Hennessey’s La Jolla aims to please with happy hour specials

Keeping that Irish hospitality alive is La Jolla Hennessey’s Happy Hour. Monday through Friday there’s a happy hour from 4 to 7 p.m. But, it’s not just the same ol’, same ol’. At Hennessey’s there’s daily specials that makes getting through the week bearable for plenty of locals. And when it comes to the weekend, there’s a ton of the drink specials are $5. A few examples on the food menu are the seared ahi street tacos, grilled flatbread bruschetta and giant bavarian pretzel. All $5. Come Tuesday, folks look forward to the two-for-one burgers and breakfast entrees. Yes, that’s two burgers or any of the breakfast entrees for the price of one. A few favorites on the breakfast menu are the California Benedict and the Cap’N Crunch French toast; breakfast is served until noon. While on the burger side there’s the popular blue cheese bacon burger or the burger sampler; plus there’s a specialty burger served each month. Then on Wednesday there’s 50 percent off all bottles of wine all day long. Nothing to whine about there. Each Thursday they encourage you to celebrate your birthday with them. Because if it’s your birthday week, you’ll be rewarded a free entree after 5 p.m. on Thursdays. And then comes the weekend and all those drink specials such as Hen- nessey’s hand-made bloody Mary for only $4 until 1 p.m. Of course there’s the champagne buckets with fresh-squeezed orange juice until 5 p.m. for $20. Makes Saturday and Sunday a breeze.

As for Monday? There’s always the gigantic 50 oz. souvenir glass filled with domestic draft or an import/premium. They call it the world’s largest pint; that remains to be seen. Regardless, it’s there along with a bunch of other specials every day of the week. Cheers to that! 7811 Herschel Ave. Open daily. (858) 551-8772

There’s a permanent suffrage exhibit in Liberty Station that displays personal items from California Suffragist Alice Park along with suffrage posters, banners and histori- cal clothing from the era. Park was very active in California politics and campaigned for women’s rights in the state.

In 1911 a California state law that she wrote passed which granted women equal rights of guardianship over their children. In the early years of the 20th century, Park became one of California’s leading suffrag- ists and traveled around the state giving speeches in favor for women to gain the right to vote.

Ratified on Aug. 18, 1920, the 19th Amendment to the U.S. Constitution granted American women the right to vote — a right known as woman suffrage. Womensmuseum- ca. 2730 Historic Decatur Rd. Suite 103 in Point Loma. (619) 233- 7963.

- Jenny Werth

La Jolla Happenings

The new Nespresso store in the UTC mall. PHOTO BY JENNY WERTH

Ayuna Budaeva and Peter Jombik at Nespresso. PHOTO BY JENNY WERTH

Julia Gioletti as Lizzy, Anthony Hamm as Darcy and Dori Salerno as Mrs. Bennet. PHOTO BY MARTI KRANZBerg

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PHOTO BY JENNY WERTH
Gift to UCSD library honors legacy of late Holocaust survivor Lou Dunst

By JENNY WERTH

There are no words nor ways to ever adequately describe the evil of the Holocaust. Horrific, barbaric, disgusting, morose, inane, death, ashes, smoke; merely a feeble attempt at painting the stark black cloud that rained havoc during the Holocaust. Ripped clothing left in piles, broken lives left in hell, barrels of gold filings extracted from teeth, bones scattered like leaves—all are testaments to the ravages of the inhumanity that occurred during the Holocaust.

A part of our history blan-keted by skies of pure hate. But, this isn’t where Holocaust survivor Lou Dunst focused his thoughts: this isn’t where he spent his time. No, quite the opposite, Dunst took the atrocity he lived through and made a braver decision than most people could ever find the will to even contemplate.

See, Dunst turned all the inhumanity and hate he witnessed into feelings of love, compassion and peace. And now even after his death last year at 89, his legacy of love continues to be a forceful con-tract which touches the lives of countless people today.

In honor of Lou Dunst’s legacy of education and tolerance, his widow, Estelle Dunst, has established a fund with UCSD, through the Lou Dunst Trust, in support of the Holocaust Living History Workshop, a joint program hosted by the UCSD Library and the campus’ Jewish Studies Program. The gift establishes the Lou Dunst Memorial Endowment, which will provide funding for the annual Lou Dunst Memorial Lecture. The Dunst Lecture will be held as part of the Holocaust Living History Workshop annual lecture series, in which Dunst had been a frequent participant.

The workshop was established to preserve the memory of the victims and survivors of the Holocaust and to engage the community in thoughtful considerations of events surrounding the Holocaust and their continued relevance in the world today. In addition, the gift will provide funding to support ongoing access to the Shoah Foundation’s Visual History Archive through the UCSD Library.

The subscription ensures that students and community members can continue to benefit from eyewitness testimonies of Holocaust survivors, including Dunst.

Because without these reminders we can all too easily become desensitized and allow the truth to fall to the wayside. People permit dust to collect where they don’t look; but look we must, because the sharp blades and loud guns of World War II and beyond are counting on us to educate the future. So, we look to Dunst to teach us how to do this in his absence.

"This gift is a way to carry on his legacy and make sure that Lou and his message of love are remembered in perpetuity,” his wife for over 30 years, Estelle Dunst said. In recognition of the gift, the UCSD Library will name a classroom in the Geisel Library building for Dunst. "The ‘Lou Dunst Classroom’ will be used for Holocaust education and instructional activities, as well as other general library educational purposes. "We are so appreciative of this generous gift from Estelle Dunst,” said Brian E. C. Schottlander, The Audrey Geisel University Librarian. "It is a great honor for the Library to be home to the Lou Dunst Memorial Lecture, and to recognize this amazing man with this classroom naming. Mr. Dunst left a legacy of kindness, compassion and understanding. By teaching his core values, he touched the lives of so many people. Now, his impact will continue to be felt here on campus and beyond.”

Dunst had been left for dead during World War II in the Ebensee concentration camp in Austria when United States troops broke through the gates with a military tank. "Lou survived from two gas chambers; they ran out of fuel the last minute. He was not tattooed with his number because they were going to kill him right away. Instead he had a piece of metal with his number wired to his wrist. "The metal was from the Cyclon B cans used for the extermination. The day of his liberation he was dying on a pile of bodies next to the crematorium; they ran out of fuel. Like the title of his book “My Bargain With God,” he pleaded to live to tell the world what happened and to educate against hate and to teach love and brotherhood. I know this is why he survived,” Estelle Dunst explained.

Soon after his liberation and recovery, Dunst made the fateful decision to turn hate into love. And, over the years with prompting from his wife, Estelle, Dunst began sharing his story with others.

By the time of his death in 2015, the businessman and educator had spoken to thousands—from schoolchildren and community members to dignitaries and judges—shar-ing his philosophy of love and compassion to ensure that atrocities like the Holocaust never happened again.

“I would like people to know of something very unique and unusual about Lou. If he ever helped anyone emotionally when they sought his confidence or he financially aided them he never talked about it to anyone: not even to me. He felt that talking about it would take the meaning of it away.” Estelle Dunst recalled.

In his book, “My Bargain with God,” Dunst wrote that “Every day, every moment of my life has been geared to spread the word to the rest of the world about the Holocaust, the worst man-made catastrophe of the human race. Every generation must learn about how intolerance, hatred and violence led to the mass murder of six million Jewish men, women and children so that it shall not happen again.”

A special program to recognize Lou Dunst and his legacy will be held Nov. 20.

This event is open to the public but reservations are required. Go to LouDunstCelebration.eventbrite.com to RSVP.

“My Bargain With God” can be found on Amazon.com.

LJHS presents the play ‘The Diary of Anne Frank’

By JENNY WERTH

The La Jolla High School Theater Department will present “The Diary of Anne Frank” as its fall play, premiering Friday, Nov. 4 at 7 p.m in the Parker Auditorium. “The Diary of Anne Frank” is one of the most famous and haunting stories to come out of the 20th century.

The memoirs of this young Jewish girl, forced to hide with her family for nearly two years to escape the mass murder of six million Jewish men, women and children so that it shall not happen again.

LOU DUNST, HOLOCAUST SURVIVOR

By JENNY WERTH

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What’s happening in University City: Colorful banners and a craft fair

By Jemma Samala

Neighborhood Enhancement: The University City Community Association was the recipient of two grants from the San Diego County Board of Supervisors which funded new community banners to be displayed along Governor Drive. The colorful banners welcome visitors to University City and includes the slogan that University City is “More Than A Neighborhood.”

The next UCCA general meeting will be held on Wednesday, Nov. 9, 6 p.m. at the Community Branch Library, 4155 Governor Drive. Agenda items include election of officers, Westfield UTC construction schedule based on the results of state ballot measures. For UCCA info, visit universitycitynews.org.

Curie Craft Fair: Curie Elementary’s Annual Craft Fair and Carnival will be held on Saturday, Nov. 5, from 9 a.m. to 3 p.m. at the school located at 4080 Governor Drive. Over 100 vendors will be offering handmade crafts and gifts. There will also be carnival games, photo booth, music, book sale, and a silent auction. Make sure to come hungry as lots of food will be available for purchase, including kettle corn, a Cake Walk, bake sale, and the Dad’s Club Grill. For info: curiepta.org.

Hall of Fame: The University City High School Hall of Fame Committee honored four new inductees. Since their graduation from UCHS, the four have all made a significant impact in their chosen fields of sports. At a reception held in the Media Center, the alumni recalled high school memories, inspiring teachers and coaches, and the benefits of growing up in such a supportive community. They are:

- Colonel Susan Romito Davis, Class of 1987 Deputy Corps Chief of Army Medical Specialist Corps serving on Army interagency efforts on healthcare, research, and medical advances related to care of wounded warriors. She is a speaker, author and adjunct faculty member.
- David Michael – Class of 1983 Professor of Practice, School of Global Policy and Strategy at UCSD. He is a leader of Boston Consulting Group that orchestrates emerging markets for Global Clients, a respected author and member of the World Economic Forum, and a TED talk presenter.
- Yari Allnutt – Class of 1989 The first soccer player inducted into the UCHS Hall of Fame. He has played collegiate and professional soccer in the U.S. and Mexico, is a two-time member of the U.S. national team and was a member of the 1992 Men’s U.S. Olympic team.
- Captain John Ring – Class of 1984 Assumed command of the air-craft carrier USS Nimitz in July of 2014 having served as executive officer from 2009-2011. He attended Air Force Command and Staff College and has served as Naval Flight Officer with Surface Warfare assignments, Carrier Strike Force and Nuclear Power Training. Congrats to the well-deserving alumni for their patriotism, hard work, accomplishments, and the honor they bring to the community.

Right Choice Senior Living

Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) had the desire to develop Assisted Living for the San Diego County Board of Supervisors which funded new community banners to be displayed along Governor Drive. The colorful banners welcome visitors to University City and includes the slogan that University City is “More Than A Neighborhood.”

Right Choice Senior Living has the desire to develop Assisted Living for seniors that are cut above the rest at fair & competitive rates. Right Choice Senior Living has

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Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) had the desire to develop Assisted Living Care Homes and Services for seniors that are cut above the rest at fair & competitive rates. Right Choice Senior Living has

- Full Service Assisted Living
- Care Home Communities
- Reprieve/Short Term Stay at Reasonable Rates
- Senior VIP Benefits for Veterans

For more information, contact Melanie Rubin 858-362-1141. www.jbfcj.org

The Yiddish Circle meets at Jacobs Family Campus

The Yiddish Circle will meet at the Lawrence Family Jewish Community Center, Jacobs Family Campus on Monday, Nov. 7 at 1:30 p.m. Yiddish mit abib Yiddishkeit!

Come to the JCC to enjoy hearing, speaking and listening to Yiddish through a variety of cultural and educational programs with this group that meets monthly and is open to the public.

Led by volunteer E. Wajcman. Price: $4; JCC member price: $3. For more information, contact Jean Brooks 858-222-5500.
Large donations coming in for Mount Soledad Memorial Association

The Mount Soledad National Veterans Memorial Association has announced a series of major donations from key donors, including a half million-dollar gift from prominent developer “Papa” Doug Manchester.

The campaign to support the memorial, now that it will remain after a 25-year court battle, is continuing with the launching of an appeal to the community for support.

Manchester has been joined by an impressive roster of well-known San Diego philanthropists and community leaders who have announced major financial gifts to replenish the coffers of the Mount Soledad Memorial Association. MSMA purchased the 27-foot-tall cross, part of a Korean War memorial built in 1954, for about a year ago for $1.4 million.

Added Allen, “The recent Grand Freedom Campaign, known as the Veterans Beacon of Freedom Campaign, will be highlighted as well throughout the community on Veterans Day 2016. Those wishing to donate now can do so by going to the Mt. Soledad Memorial Association website at www.soledadmemorial.com or by calling 858-459-2314.

LJHS student on ‘Jeopardy!’

Dust off the graphing calculators and brush up on Shakespeare: The “Jeopardy! Teen Tournament!” is back, and Sabrina Duong (above with Alex Trebek), a sophomore at La Jolla High School, is set to compete.

The two-week event, which begins Wednesday, Nov. 9, features 15 of America’s sharpest teens aged 14-17 competing for a $100,000 grand prize; it was taped before a live audience at DAR Constitution Hall in Washington, D.C. earlier this year.

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By DAVE SCHWAB

La Jolla leaders against DecoBike’s plans in Village

By DAVE SCHWAB

With plans to expand to outlying areas from its downtown San Diego core, DecoBike is likely to get a cool reception from La Jollans whose older demographic and staunch opposition to commercial advertising poses major obstacles to bike sharing.

The city signed a 10-year deal with DecoBike to set up bike rental kiosks on city property. Launched in January 2015 as a way to boost residential bike commuters, kiosks would also be a means of income because the city would share in a portion of the rental profits.

The key to the deal was the minimal expense to the city, as Florida-based DecoBike footed the bill for setting up its own bike sharing infrastructure, which allows commercial advertising on kiosks to recoup part of the company’s investment.

The exact locations of expanded DecoBike in La Jolla and beyond, however, has yet to be determined.

“This past summer DecoBike worked with the City of San Diego to develop a list of proposed locations in coastal communities, including La Jolla,” said Melinda Pederson, DecoBike San Diego’s administrative manager. “I do not currently have a date for when proposed locations will be available for public input. Initially, it was anticipated that the internal review would be completed in August.

“However, the city’s examination period has taken longer than anticipated due to the need to propose sites that are beneficial to the community, meet regulatory and safety standards, and are financially viable for DecoBike San Diego. Once the locations have been vetted with the city, the city will present the proposed sites to community planning groups.

A random survey of La Jollans on their views concerning bike sharing coming to the Jewel offered little support.

READ MORE ONLINE AT sdnews.com

READ MORE ONLINE AT sdnews.com
LJ crime series author Rick Cahill offers insight into his third book, announces Warwick’s book signing

By JENNY WERTH

La Jolla’s Matt Coyle has done it again. This time with the third novel in the Anthony Award-winning Rick Cahill Crime Series by Matt Coyle. The third captivating book in the series called “Dark Fissures” comes out next month with a talk and signing on Dec. 6 at Warwick’s. The author of the first two in the series, “Yesterday’s Echo” and “Night Tremors” offers insight into putting pen to paper and creating a compelling series that has tons of La Jolla spots riddled through its pages.

Q: What made you decide to do stories that involve La Jolla?
MC: I grew up in a nice middle-class neighborhood in La Jolla. After I graduated from college, I came back to San Diego and worked for ten years in Chuck’s Steak House, a one time iconic restaurant in La Jolla. My roots are here. I’ve never wanted to live anywhere else but San Diego. Why would I? I chose La Jolla specifically because it’s known throughout the world as a slice of paradise. So, it has cache. But mostly, I like to show that paradise has a dark side, too. At least it does in my books.

MC: For me, it starts with character. I write in first person, so the reader is inside my Rick Cahill’s head the whole book. He’s given a problem, the crime, to solve. That is the catalyst. Everything else that happens come from the decisions he makes in trying to solve that crime. His decisions reveal his character. Since I write in first person, it’s more interesting to me if Rick has an investment in solving the crime or not just to escape into someone else’s mind, the crime, to solve. That is the whole book. He’s given a problem to matter to him and he has to risk something in his quest to find the truth. Rick’s inner conflict is as interesting to me as the human conflict around the crime.

Q: What is it about your newest book that you think may most surprise readers?
MC: I believe the written word is sacred. It’s how we best express ourselves. To write well, you have to think deeply about what you’re trying to convey. So when we read something written well, we should be getting the clearest look possible inside the writer’s head. Plus, it’s fun just to escape into someone else’s world sometimes. A lot of the time.

Q: Where did you grow up in La Jolla? Any favorite hang outs or memories?
MC: I grew up just above the Pacific Beach off Soledad Road.

Q: When did you realize you were a writer? As a child perhaps?
MC: I knew I wanted to write crime fiction when I was 13 or 14 and my late father gave me THE SIMPLE ART OF MURDER by Raymond Chandler. What took me about 30 years to figure out is that you actually have to write to become a writer.

Q: What makes a good mystery “tick,” is it the suspense of a story… or?
MC: Hopefully, the ending.

Q: What makes you write in first person? Do you think it makes the readers feel like they are in your Rick Cahill’s head?
MC: I write in first person, so the reader is inside Rick Cahill’s head. It makes in trying to solve that crime.

MC: I believe the written word is sacred. It’s how we best express ourselves. To write well, you have to think deeply about what you’re trying to convey. So when we read something well-written, we should be getting the clearest look possible inside the writer’s head. Plus, it’s fun just to escape into someone else’s world sometimes. A lot of the time.

Q: Where did you grow up in La Jolla? Any favorite hang outs or memories?
MC: I grew up just above the boundary between La Jolla and Pacific Beach off Soledad Road. There was an empty lot above my house, that, although it was probably a half a mile from Kate Sessions Park below, was part of the parkland and can never be developed. Between it and the park is open land full of scrub brush. I used to play there as a kid, inventing characters and life-and-death scenarios.

Later in life, my buddies and I would go there to, ah, recreate, and look at the view of San Diego at night. I still go there to walk my dog sometimes.

Q: Why is reading important? How does it expand a person’s mind?
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Q: What is it about your newest book that you think may most surprise readers?
MC: Hopefully, the ending.

Q: What makes you write in first person? Do you think it makes the readers feel like they are in your Rick Cahill’s head?
MC: I write in first person, so the reader is inside Rick Cahill’s head. It makes in trying to solve that crime.

MC: I believe the written word is sacred. It’s how we best express ourselves. To write well, you have to think deeply about what you’re trying to convey. So when we read something well-written, we should be getting the clearest look possible inside the writer’s head. Plus, it’s fun just to escape into someone else’s world sometimes. A lot of the time.

Q: Where did you grow up in La Jolla? Any favorite hang outs or memories?
MC: I grew up just above the boundary between La Jolla and Pacific Beach off Soledad Road. There was an empty lot above my house, that, although it was probably a half a mile from Kate Sessions Park below, was part of the parkland and can never be developed. Between it and the park is open land full of scrub brush. I used to play there as a kid, inventing characters and life-and-death scenarios.

Later in life, my buddies and I would go there to, ah, recreate, and look at the view of San Diego at night. I still go there to walk my dog sometimes.

Q: Why is reading important? How does it expand a person’s mind?
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Suella Steel wasn’t named prom queen at the ball, but she’s won a lot of Gold Balls

By ED PIPER Jr.

Suella Steel speaks with that Atlanta twang, and you feel like she comes from another time and place.

“I had a chance to compete on the (U.S.) Olympic gymnastics team,” recounted the Southern California Tennis Hall of Famer and inductee into the San Diego Hall of Champions.

“It was the same weekend as the prom queen (at her high school). My mom wanted me to stay home and try for the prom queen. I stayed home and I didn’t get prom queen anyway.”

She shares the recollection with a laugh, having accomplished so much in sports before and after the incident. This was before Title IX launched girls and women into greater opportunities in athletics. Even her mother favored the prom queen contest over gymnastics at the time.

“It killed my coach, Lyle Wells. I was ‘national champ’ twice, as a 15- and 17-year-old. As a 16-year-old, I was runner-up. It only covered five states in the South, including Georgia. Gymnastics for girls wasn’t emphasized much.”

But, the 5’4” powerpack, now age 74, confides: “I was good.” She had the perfect build, a fiery temperament—and a skilled coach. Wells was the men’s coach at Georgia Tech, and he was a really nice guy.

In coaching, in which she is also still active, she coached for 17 years at Lomas Santa Fe Club in Solana Beach and was named Pro Coach of the Year.

“But gymnastics, considered feminine enough for a girl at that time in the South, was where Steel could devote her competitive fire and hone her athletic skills. She says that when she took up tennis a decade and a half later, the agility and concentration she had gained in gymnastics carried right over.”

“(As a child) I took tap dancing,” she explains. “I did not take the ballet. I had to go back and learn ballet later. We (American gymnasts) could do all the things the Russians (the world gymnastics power at the time) could do.”

“Do you remember Cathy Rigby? (1968 U.S. Olympic star) She was the first American woman to put together the ballet (with gymnastics).”

“I wasn’t fluid, because I picked up ballet later.”

A true Southern belle, she was where Steel could do all the things the Russians could do. “I had to go back and learn ballet later.”

She became a favored tutee of Wells, her gymnastics coach. “I’d go down (to Georgia Tech) during the summer. He was a really nice guy. He would use me as a model (for his other athletes). I was on the mat with him (like an assistant coach).”

But gymnastics, considered feminine enough for a girl at that time in the South, was where Steel could devote her competitive fire and hone her athletic skills. She says that when she took up tennis a decade and a half later, the agility and concentration she had gained in gymnastics carried right over.

“(As a child) I took tap dancing,” she explains. “I did not take the ballet. I had to go back and learn ballet later.”

Steel, a fitting surname for the intense senior USTA player and long-time coach of Gold Ball winners in San Diego, picked up the sport after becoming a housewife and mother of two when her sons were ages five and seven. She could fit practice in between “mom taxi” rides and other motherly duties with her boys. “I started playing at age 33, and by age 35, I won a Gold Ball in the 35-and-over age group. I got good fast.”

Suella has won 86 Gold Balls, emblematic of winning an age group, and she has done it on all four surfaces: clay, hard court, grass, and indoor. She won two Grand Slams, winning the titles on all four surfaces in a year twice. She was ranked number one in singles in the world in her age group as recently as 2000.

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Suella Steel wasn’t named prom queen at the ball, but she’s won a lot of Gold Balls.
Dame Zandra Rhodes and the Westgate Hotel presented the Archive Collection last week. The amazing collection came straight from London.

Of course, Rhodes is an international designer who has dressed celebrities, royalty, and the fashion elite for over 50 years. She’s known for her textiles that are designed, screen-printed and made in London. And both she and her fashions can’t be missed; indeed, when you look at her prints you know they are indisputably from Zandra Rhodes. Her signature style is bold, colorful and very feminine. This runway show was a rare treat for the attendees to view many of Rhodes’ iconic creations over the past five decades.

The afternoon began in the beautiful Westgate Hotel with a champagne social. Everyone was able to shop Rhodes’ merchandise while they mixed and mingled; following guests moved into the Versailles room for the luncheon and fashion show. International food consultant, cookbook author and La Jolla resident Jeanne Jones created ‘Le Menu.’ Indeed, each year Rhodes has an array of local TV, magazine celebrities and guest models who show-off her wonderful designs on numerous runways. This time around, accessories by Zandra Rhodes and Andrew Logan complimented each of the creations.

The guests happily dined while watching the Archive Collection. Among the hits of catwalk was the 1981 Cleveland dress; this creation was made for Pat Cleveland in Studio 54. The knockout design is made from liquid-gold metallic fibers. While the stylish 1969 Knitted Circle dress is a one-shoulder silk chiffon that actress Natalie Wood originally wore in American Vogue.

Also notable was the 1978 Frida dress made with exquisite pink and black chiffon and embellished with gorgeous pink and black beads. But, one of the most iconic dresses was the 1986 Princess Diana dress. This cherry blossom-pink silk dress was worn off the shoulders and finished with crystals cascading off the edges. The show ended with a 1977 summer dress inspired by singer Donna Summer. This bridal dress was a beautiful kimono-style that was finished with a satin bow. Many of the designs in the Archive Collection have been reproduced and can be purchased on MatchesFashion.com. Some of the new reproductions were shown on the catwalk. This awe-inspiring day concluded with a chance to go backstage and try the garments on; certainly a crowd-pleasing event!

Proceeds go to The American Friends of The Zandra Rhodes Museum (AFZRM). The Zandra Rhodes Museum was founded in 2003 and highlights British and international fashion and textile design. Recently Rhodes was approached by the creative director of Valentino to collaborate on a collection of prints for the Maison Valentino’s S/S ‘17 collection.

In addition, Rhodes has designed for three operas and she currently is designing the fourth one- Puccini’s Turandot. Look for this one, which is tentatively scheduled for the Fall 2017 Season. If you missed the wonderful opportunity to see this fabulous collection, you can make an appointment with the Zandra Rhodes studio by calling (858) 792-1892.

Upcoming Events

- Friday, Nov. 11 - The Bing Crosby Season at the Del Mar Thoroughbred Club.

There will be a Stars & Stripes fashion contest in the Plaza de Mexico. Dress in reds, whites and blue, stars and stripes or even in camouflage styles. The other category will be best pin-up or celebrity look. The grand prize is a one-night stay in a Fairmont Grand Del Mar guestroom along with a multi-course tasting menu with wine pairings for two at Addison Restaurant. Register at: www.dmtc.com

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
Muttropolis voted best pet store in La Jolla

Voted 2016 Readers Choice Winner for best Pet Store in La Jolla, Muttropolis is home to the latest design driven, yet functional dog and cat supplies for discerning pets. Whether it’s a unique collar that shows your pet’s style, a modern bed to match your home decor, or the highest quality food and treats for health and longevity, Muttropolis has been dedicated to finding the latest and most innovative products for your pet since 2002. and it doesn’t stop there. Loyal customers also earn ‘Mutt Bucks’ with each purchase that can be redeemed in store or at muttropolis.com so you can spoil your pet even more. Each location in La Jolla and Solana Beach host monthly events for pets and their parents including meetups, parties and adoptions. Stop in for a treat on Girard where they are always happy to see you!
Revolution Landscape focused on growing a sustainable way of life

By DAVE SCHWAB

Ari Tenenbaum wanted to make a “difference” with his career.

So nine years ago he founded Revolution Landscape, an eco-friendly design, build and care business serving both residential and commercial customers up and down the San Diego coast.

“Our primary business is actually landscape design and installation,” said Tenenbaum. “Our niche is doing edible and sustainable landscape.”

Tenenbaum, who has a background in plant science and organic agriculture, handled a project recently for Whisknladle in La Jolla, consulting with them on the best fruits and vegetables to grow for their restaurant on a farm in Ramona.

“We helped them put together a pretty comprehensive farm plan and got that up and running so they could then run it themselves,” Tenenbaum said. “We looked at how much they were able to yield and the costs, what they might be looking at to run and maintain it, as well as what types of crops they should be focusing on. We helped them prepare their soil and irrigation, as well as teaching them how to plan.”

Tenenbaum noted “green” growing is all about water conservation and irrigation.

“We teach people about efficient irrigation, including things like weather-based controlling, where-in you have an app on your phone with your watering history plugged into it than you can adjust using real-time weather information from a satellite to tell you things, like whether it’s going to be cloudy or hot,” he said. “It’s a lot like home automation where you can turn off the air conditioning in your home before you even get there.”

The whole idea behind sustainable landscaping, said Tenenbaum, is to “use water in a way that is smart and efficient.

“It’s creative landscaping that captures water runoff, not necessarily in rain barrels,”

Ari Tenenbaum
Revolution Landscape Founder

Tenenbaum said Revolution is focused on “taking landscape that is grass or hardscape and turning it into a sustainable and vibrant urban environment.”

That is huge for San Diego and coastal communities,” he said.

The landscaping professional noted his goal is to “make our urban environment more sustainable encouraging people to use their landscape, which has the potential to pollute and environmentally degrade, but also has a huge potential to be a source for wildlife habitat, and a way to prevent pollution. We thought that was a really cool option.

“If you’re putting in lawns and using a bunch of fertilizer that pollutes, to use that fertilizer to create sustainable landscaping minimizing the amount of chemicals you need to use to grow plants which provide pollen and food sources for bees and butterflies creating a much more sustainable and vibrant urban environment.”

Tenenbaum said Revolution Landscape is focused on “taking landscape that is grass or hardscape and turning it into an ecosystem, a place that’s going to be beautiful and good for the homeowner as well as the environment.

“That’s a win-win,” he concluded.

For more information, visit www.revolutionlandscape.com.
From My Garden: A wise choice to grow sage

By LINDA MARRONE

With Thanksgiving on the horizon I like to plant plenty of herbs in my garden to add to autumn recipes. Sage is one of my fall favorites and its scent reminds me of the holiday season, turkey and stuffing!

Believed to impart wisdom by many cultures throughout the world, it is wise to plant different types of sage in your garden, because the plant is virtually pest-free, drought tolerant and its flowers attract pollinators, such as hummingbirds, butterflies and bees. It is also believed that the fragrance of sage will repel white moths from laying their eggs on plants growing nearby.

Native to the sunny warm regions of the Mediterranean, wild sage has been used for thousands of years, and not only for its earthy flavor, but also for its medicinal properties. Botanically known as salvia, sage is part of a very diverse group of plants in the mint family with over 800 different species, most of which are not considered edible since they can be filled with strong chemical compounds. Salvia officinalis, also known as garden or culinary sage, is the most common variety used in cooking and is the variety I plant.

Butternut Squash Ravioli with Brown Butter & Sage

I found butternut squash ravioli in 8.5 oz packages at Trader Joe’s and used 2 packages.

1 lb butternut squash ravioli or pumpkin
1/2 stick unsalted butter (1/4 cup)
1/2 medium shallot, finely chopped
20 fresh sage leaves (medium-small sized or less if they are large)
1 cup freshly grated Parmigiano-Reggiano + more for serving
Kosher salt and freshly ground pepper, to taste

Cook ravioli in boiling salted water until al dente and reserve 1 cup of the pasta water. While pasta cooks, melt butter over medium heat in a large skillet and sauté the shallot and sage leaves for about 5-6 minutes or until the butter turns brown and the sage leaves shrivel. Add the drained ravioli to the sage-butter mixture and stir in the pasta water, raise the heat to med-high and let the mixture cook about 30 seconds. Stir the mixture well and add half of the cheese and stir adding more cheese to create a creamy consistency. Season with salt and pepper and serve the ravioli immediately, topped with more parmesan and freshly ground pepper. Garnish with a few sage flower spikes, if you have them.

When using sage in your recipes, remember that “less is more” and if you use too much the pine-like flavor can be overpowering.

Variegated sage (Salvia officinalis) in bloom in the spring.

Whether you choose to plant edible culinary sage or some of the many varieties of salvia available, including those native to Southern California, they all grow with little or no fertilizer and prefer well-drained soil that should be kept on the dry side. Plant all salvias in a sunny warm location that receives at least six hours of sunshine a day and in the spring they will produce colorful flowers in red, white, pink, purple or blush lavender, depending on which variety you choose. Culinary sage has purple spikes of flowers and its leaves are grayish-green, purple, or variegated with white, cream, pink and purple accents. Unlike many herbs, the flavor of sage leaves does not diminish when it is in bloom.

La Jolla enjoys superb Halloween decorations while indulging their palate at Barbarella Restaurant

By ROBERT G. ROGERS

A good breakfast with a good newspaper is like visiting an old friend and catching up on the news. And breakfast, whether continental or the full English breakfast, as some call it, always comes with a delightful aroma and wonderful taste. Neither ever gets old. And, when you venture out for breakfast, the aroma and taste get a lift from the charm of the cafe and the cheerful attitude of the staff. Recently, my wife and I headed to breakfast at Barbarella a most delightful restaurant in the Shores. It’s a rustic place with California seating, indoor and out including a fireplace for those really into old-world relaxation. Barbarella named after its owner, Barbara, offers a full service menu, breakfast, lunch and dinner, and practically everything anyone would want to drink like a creamy cappuccino with breakfast. Of course, carefully selected wines and beers and other such drinks are available with lunch and dinner.

Before we sat down to study the breakfast menu over a cup of delicious organic coffee, Italian Roast, we took time to enjoy the decorations. They were outstanding! Halloween monsters, mummys, skeletons, creepy black spiders, jack o’ lanterns and plenty of other scary things delighted us from every shadow, spiders, jack o lanterns and plenty of other monsters, mummies, skeletons, creepy black rations. They were outstanding! Halloween Italian Roast, we took time to enjoy the decorations.
The peg-leg pirate

By Natasha Josefowitz, Ph.D.

Two years ago I was the one-arm bandit (having broken my shoulder falling off a stage with microphone still in hand as I was starting a presentation). Today I am a peg-leg pirate. I fractured my patella (I never heard the word before) while running—yes, I know, I should not run at 90 years of age, so okay, I won’t any more.

At the orthopedist appointment, I was told I needed to wear a brace in order for the bone to mend. Although I told him that I tend to have a non-compliant personality, I decided to give in and wear my brace all day, everywhere. This is to avoid the surgery he threatened me with if I weren’t compliant.

Even though I am considerably slowed down, much to my frustration (slow is not my thing), I do not want to miss out on all the events White Sands offers. So our events planner, Pat, got me an aisle seat for the symphony. With my leg rigidly encased in a full-length brace, it will not fit under a regular theater seat. My leg needs to be elevated, so I got a small, square card-box board, decorated it with a ribbon and voila, a portable footrest. The only problem is that my leg acted like a barrier to anyone entering the aisle. So as each person approached, I told them only people with long legs could get in the row and that the two men who still needed to be seated were able to get over my leg although somewhat awkwardly. I mentioned that I had called the box office and requested that only long-legged people were to be in my row (I was kidding). After a wonderful Mendelssohn and Brahms concert, I was lifted onto the White Sands bus by way of the wheelchair platform and found a seat in the back. I had always wanted to ride one of those electric scooters; I had to break my knee cap to finally be able to rent one. It is indeed fun, but not easy to control. I ran into my 97-year-old friend, but only gently; she wasn’t hurt. I also hit a small buffet table in our dining room which happened to have wheels, so it and I rode a couple of feet together, much to the dismay of diners who were witnessing the event in real time.

My scooter was quite large—made to fit a person weighing up to 300 pounds and, I believe, was over-powered. This meant that even when I entered the elevator on its scooter setting, I ended up crashing into the wall, again to the dismay of the frightened people already in the elevator.

It is interesting how one’s perceptions change with a disability. I had often impatiently thought that all elevator doors opened too slowly— and then stayed open too long. Guess what? Driving my scooter into the narrow cage, those doors opened too fast and closed too quickly. In fact, I even got stuck once with both doors closing in on my scooter. As no one was around, I couldn’t get in or out. Eventually the doors opened, and I was released from the trap.

It seems that several people complained to our executive director about my lack of total control with my scooter. He gave me a warning to slow down. A few days later he was told that I still drove it too fast—not my fault, it has a lot of speed on its lowest setting. The next day he arrived at my apartment with the news that I am no longer allowed to use the scooter because I am endangering the lives of the residents as well as my own. No please or promises of slow, careful driving dissuaded him. I am now scooter-less. In hindsight, he may have been right. I am using my long hospital Herman’s cane and walker. It still has his name on it, and that gives me a comforting feeling of connection.

The next cultural event was the San Diego Opera’s “Cinderella.” The kind lady from the box office told me I could have a front-row seat. I had never sat in the front row at the opera before. It turned out to be wonderful seeing the singers’ expressions up close. They are all not only great singers, but equally great performers. The entire front row learned to go over my rigid brace-encased leg, still acting like a barrier.

Although my peg-leg could have been an obstacle to my life as it was, it is turning out to be another interesting adventure and fodder for a column. So there you have it!

Natasha Josefowitz taught the first course in the United States on women in management and is the author of more than 20 books. She lives at the White Sands in La Jolla. Copyright © 2016. Natasha Josefowitz. All rights reserved.

Sleepless nights and foggy days

By Dr. Eva Abbo

We all appreciate a good night’s sleep that renders us refreshed on awakening and ready to face the day.

“Sleeping like a baby” is, however, an elusive dream for almost 50 percent of all adults at one time or another and often becomes a chronic problem, especially in the older population. Why do we need sleep? The sleep we need has puzzled scientists for decades. From an evolutionary standpoint sleep is a time when one is defenseless and vulnerable to predators. But the importance of sleep is underscored by the fact that every living creature on earth enters a sleep-like state. One theory suggests that the body repairs itself during sleep, providing an opportunity for repair of damaged cells due to free radicals released as a by-product of our metabolism. Research further suggests that sleep, particularly REM (rapid eye movement) sleep, is essential for survival. REM sleep allows the brain to process, organize and store one’s daily experiences. Consolidating memory is essential for learning new information and sorting out what information is important (such as studying for a test) versus what is trivial (how to defrost a frozen dinner). Finally, sleep also plays a role in regulating mood and attention, with an increased risk for depression and dementia with chronic sleep deprivation.

Sleep deprivation 48 hours or longer has negative effects on the body and mind with people starting to show impairments with memory lapses. This in turn leads to poor decision making, increased irritability and slowed reflexes. Studies have also shown that driving while sleep deprived is just as dangerous as driving under the influence of alcohol or drugs. With sleep deprivation there is also impairment of the immune system which leads to an increased susceptibility for infections and an increased sensitivity to pain. What then is sleep? Sleep is structured and consists of four stages of non-rapid eye movement (non-REM) sleep and rapid eye movement (REM) sleep. These various stages are characterized by specific wave forms on a test called the Electroencephalogram (EEG). Stage 1 is a very light, transitional period between being awake and asleep. If you are awakened during this stage you would not realize that you actually were asleep. Stage 1 is usually heralded when the eyes detect darkness which prompts the pineal gland at the base of the brain to secrete melatonin, known as the sleep hormone. It induces drowsiness and a decrease in body temperature, which prepares the body for sleep. At that point you are on your way to stages 2, 3 and 4. Stage 2 is the deepest level of sleep, in which your muscles are completely relaxed with blood pressure at its lowest. Scientists believe that it is this stage which allows the normal dreaming processes in your body to take place.

The final stage of the sleep cycle is the REM or rapid eye movement sleep. Looking at a person in this stage reveals the eyes moving quickly back and forth under the closed lids. Most dreaming occurs in this stage. The heart rate and respirations increase, but the muscles are paralyzed during this stage. It is believed that REM sleep is a self-protective mechanism so people do not get injured acting out their dreams. Remember the nightmare dream of someone chasing you and being unable to move. It is due to this sleep paralysis in the REM sleep stage. You usually reach REM sleep about 90 minutes after falling asleep. To achieve a refreshing sleep, a person needs to go through four to five complete sleep cycles. What is enough sleep? “Enough” is whatever makes you feel refreshed and alert the next day. Most adults need six to eight hours, but some may need more and others can get by with less than six hours. How well one sleeps is just as important as how long!

Chronic poor sleep contributes to many health problems such as increased risk for high blood pressure, type 2 diabetes, heart disease, depression and anxiety. There is also accumulating evidence linking poor sleep to increased calorie intake, weight gain and obesity. The production of melatonin, thus adding to stick to a healthy diet and regular exercise. In another vicious cycle, poor sleep adversely affects the hormone ghrelin and leptin. It also increases insulin resistance which can lead to weight gain. Studies show that sleep deprivation decreases one’s motivation to stick to a healthy diet and regular exercise. In another vicious cycle, weight gain in turn worsens sleep, especially if it causes sleep apnea.

Steps for better sleep are:

1) Limit alcohol. Many people self medicate with a drink or two in the evening since it helps them fall asleep. Unfortunately, alcohol causes middle-of-the-night awakenings by altering the sleep phases. It notably inhibits REM sleep, the sleep stage important for memory. The negative effects of alcohol on sleep may be more pronounced in people due to their slower metabolism of alcohol.

2) Avoid caffeine in the late afternoon and evening.

3) Don’t smoke, nicotine, like caffe ine is a stimulant and can disrupt sleep by causing nicotine withdrawal.

4) Keep daytime naps to less than 30 minutes and do not nap after 3 p.m.

5) Avoid large meals within two hours of going to bed.

6) Limit use of devices with LED backlight screens such as computers, televisions, and smartphones close to bedtime. They emit blue light which like the sunlight inhibits the production of melatonin, thus increasing alertness.

7) Exercise regularly but in the morning and evening increases alertness and interferes with sleep.

8) Turn your bedroom into a sleep-inducing environment. A quiet, dark and cool room promotes sleep.

What about sleep supplements and sleeping pills?

Sleep supplements have been used since times immemorial, with ancient herbals and poets alluding to the sleep-inducing properties of poppies and mandrake root. Melatonin is a hormone released as a by-product of our pineal gland at the base of the brain. It usually heralded when the eyes actually were asleep. Stage 1 is usually heralded when the eyes detect darkness which prompts the pineal gland at the base of the brain to secrete melatonin, known as the sleep hormone. It induces drowsiness and a decrease in body temperature, which prepares the body for sleep. At that point you are on your way to stages 2, 3 and 4. Stage 2 is the deepest level of sleep, in which your muscles are completely relaxed with blood pressure at its lowest. Scientists believe that it is this stage which allows the normal dreaming processes in your body to take place.

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Although my peg-leg could have been an obstacle to my life as it was, it is turning out to be another interesting adventure and fodder for a column. So there you have it!

Natasha Josefowitz taught the first course in the United States on women in management and is the author of more than 20 books. She lives at the White Sands in La Jolla. Copyright © 2016. Natasha Josefowitz. All rights reserved.
By JENNY WERTH

Owner of 18|8 Fine Men’s Salon, Lori Bolton knew La Jolla needed a salon geared toward men. Women seemingly have the ability to stroll into just about any salon without hesitation, but for men, it’s not so straightforward.

“Before 18|8 opened, men seek- ing a high-quality haircut and other grooming services either drove downtown, or took up valu- able appointment times in women’s salons, where guys (rightly or wrongly) tend to feel as though they’re ‘tolerated’ rather than wel- comed,” Bolton explained.

“Men have traditionally had access to barber shops, and those seem to have evolved, in great part, into quick and cheap haircutting mills. That works for a lot of peo- ple, and we’re good with that. But men are discovering that by con- sulting with a highly skilled stylist of the caliber found at 18|8 Fine Men’s Salons of La Jolla, they can literally be transformed…like raw steel is transformed into better-look- ing and better performing stainless steel when 18 parts of chromium and 8 parts of nickel are added.”

And with now 400 stores operat- ing or in development, clearly the idea is catching on. But Bolton took it a step further and teamed up with Eyes-On-Cancer so her stylists could help detect melanomas on clients.

It was a genius idea; one that makes a lot of sense for stylists who regularly view the skin around the scalp. Bolton explained how the partnership formed. “Jeanne Braun Foster, co-founder of Eyes-On-Cancer, is an icon in the beauty indus- try.

She and her husband, cancer sur- vivor and La Jolla native Dr. Dean Foster, approached 18|8 La Jolla and explained their vision. We are honored to be the first salon to be certified Eyes-On-Cancer, and our stylists are now each trained on early detection of melanomas on the scalp, neck and shoulders of our guests.

These are areas that people cannot see for themselves, and who bet- ter to look for signs of skin cancer in those areas than the person who is focused on them every four to six weeks?”

In fact, Dr. Dean Foster and Jeanne Braun Foster personally con- ducted the training at 18|8 La Jolla for the stylists. Bolton hopes more people will get involved with the cause. “Skin cancer is the most common form of cancer in the United States. There are 3.5 million new cases of skin cancer each year, so the chance of a stylist finding it on a client’s face, head or neck is really quite high,” said Bolton.

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City attorney candidates debate at LJTC

By DAVE SCHWARZ

City attorney candidates Mara Elliott and Robert Hickey squared- off against one another in a Q&A session at the Oct. 13 meeting of La Jolla Town Council.

According to his campaign website, Robert P. Hickey is a veteran prosecutor for the San Diego County Dis- trict Attorney’s Office who, for nearly 19 years, has held leadership positions as the Assistant Chief of the Gang Prosecution and Major Narcotics Units. He was the first San Diego prosecutor to use state wire- taps in gang murder investigations and is most widely known for the successful prosecution of the noto- rious Dr. J’s murders in Southeast San Diego, where two women were killed and a boy was severely wounded.

According to her campaign web- site, Elliott, Chief Deputy City Attor- ney for the last seven years, has taken on polluters, fraud and crime. She’s worked to implement the City’s plan to achieve 100 percent clean renewable energy and leads the prosecution of corporate pol- luters dumping toxins in water- ways. Elliott noted she wrote the city law to crack down on crooked city contractors and has cut wasteful spending at City Hall, saving tax- payers millions. She also serves as lead counsel for the city’s Indepen- dent Audit Committee. She’s good with that. But

In opening remarks, Elliott said her accomplishments include tak- ing action to “clean up the Mission Bay at no cost to taxpayers,” while toutling her efforts to “reform con-tracting practices” to help eliminate “shoddy work product.”

Introducing himself, Hickey stressed his long experience crack- ing down on gang members noting he’s “also worked in the private sector,” adding “we must be smart on fighting crime coming up with cre- ative solutions.”

Queried as to their positions on Prop. 64, the Marijuana Legaliza- tion Statute, Elliott said, “I am not a supporter. I have a lot of concerns about the packaging of marijuana. I want to keep it out of the wrong hands. I don’t want it (sold) any- where in the vicinity of children. I’m also concerned that the social impacts have not been fully addressed.”

Should marijuana be legalized statewide on Nov. 8, Hickey said it will be really challenging to deal with, particularly people driving under the influence. We need to craft ordinances in such a way as to make sure places that sell it aren’t next door to youth establish- ments. We need to come up with ways of reasonably implementing it.”

LJTC president Ann Kerr Bache asked both candidates about their stands on the thorny issue of regul- ating Short-Term Vacation Rentals (STVRs) in residential neighbor- hoods.

“I think the Municipal Code is very clear that STVRs are not allowed in single-family neighbor- hoods,” replied Elliott noting she enjoys the support of Save San Diego Neighborhoods, a grass-roots group supporting more strictly reg- ulating them. “Under your leader- ship, they would not be allowed in the middle of (residential) neighbor- hoods as unregistered hotels not occupied by their owners.”

“We need to do a better job of law enforcement with them (STVRs),” she added. “We also need government to give us some clarity on what exactly they (STVRs) are.”

Response from Hickey: “I think our framework is very clear that STVRs are not allowed in single-family neighborhoods and we need to make sure we are creating a level playing field.”


Elliott and Robert Hickey squared- off late last week at the La Jolla Town Council meeting. By DAVE SCHWARZ

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Elliott and Robert Hickey squared- off late last week at the La Jolla Town Council meeting.
La Jolla & University City Real Estate

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www.1614TorreyPines.com
Tracie Kersten & Ryan Mathys 619-886-5294 | Tracie@LaJollaAgent.com

La Jolla $1,599,000
4748 Robbins St | 6BR/4BA | 2,576 sq ft
Spacious contemporary. Tiled floors on first floor 6 BR large bedrooms, 6 BA bedrooms, 2.78 sq ft 12,176 sq ft. Two master bedroom suites, one on each floor. Residence on an elegant street with lovely views underground. Some panels are owned & produce approximately 3,212 kWh of electricity per year. A/DY feature includes Tesla home charger, BI towel pooling, large yard for spectacular backyard. Walking distance to excellent schools. Please call today to get your 3D tour on it to make your own!
Nancy Beck 619-316-3188 | NancyBeckRealEstate@gmail.com

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La Jolla $2,959,000
6063 La Jolla Shores Drive 3BR/3.5BA | 3,002 sq ft
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This beautiful house, features top of the line finishes, hardwood floors, a beautiful kitchen with custom cabinetry that open up to an ocean view deck. The second floor features vaulted ceilings and an extra-ordinary master suite. Additionally enjoy the sea and walkability of living in Bird Rock, with shopping, restaurants, Cabrillo park and beach access all located just a short distance from home.
858-518-1236 | vincent@vincentcrudo.com

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CalBRE #00872108 / CalBRE#01397371
ginahixson@gmail.com, elainerobbs@gmail.com

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La Jolla $2,195,000
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Sun 1-4pm  ...  3923 Riviera Dr #B  ...  3BR/3BA  ... $1,198,000  ...  Dana Rae / 858-867-0425
Open Sat 11-2  ...  1175 Missouri Street  ...  3BR/2BA  ... $1,249,000  ...  Karen and Mike Dodge  ...  619-379-1194

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Sun 1-4pm  ...  6425 Miralinda Drive  ...  5BR/6BA  ... $4,995,000  ...  David Schroedl  ...  858-353-5300
Sun 1-4pm  ...  5720 La Jolla Blvd  ...  1BR/1BA  ... $599,950-$685,950  ...  Drew Nelson & Cortney Bennett  ...  858-242-2468
Sun 10am-1pm  ...  1402 Rodas  ...  4BR/3.5BA  ... $1,675,000  ...  Carly Samburg  ...  619-920-2307
Sun 1-4pm  ...  8446 Prospect #B  ...  3BR/4BA  ... $2,145,000  ...  Maria Tapiá  ...  858-337-7299
Sun 1-4pm  ...  8001 Paseo del Ocaso  ...  4BR/3BA  ... $2,595,000  ...  Yvonne Oberle  ...  619-316-3188
Sat 1-4pm  ...  3991 Honeycutt St  ...  3BR/4BA  ... $2,145,000  ...  Moira Tapia  ...  858-337-7269
Sun 14pm  ...  1768 El Paso Real  ...  5BR+/5.5BA  ... $3,395,000  ...  Tim Hines  ...  619-316-2604

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Sat 1-4pm  ...  1402 Rodeo  ...  4BR/3.5BA  ... $1,675,000  ...  Carly Samburg  ...  619-920-2307
Sun 10am-1pm  ...  6767 Neptune Pl #301  ...  3BD, 3BA  ... $2.795m  ...  John Noble  ...  858-659-218

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LA JOLLA PLAZA VILLAGE
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LAST PENTHOUSE AVAILABLE in a brand new oceanfront building at Windansea Beach in La Jolla built in 2015 — never lived in before! This corner unit 3BD, 3BA condo features whitewater views, a sweeping waterfront terrace, enclosed 2-car garage, secure storage room, solar (owned), AC, & sensationally low monthlies. Building features gated entry, waterfront fire pit amenity, surfer shower, & elevator.

6767 Neptune Pl #203  $3.595m
Unit 203 is a 3 bed, 3 full bath waterfront condo built in 2015, offering the building’s largest oceanfront terrace, South to North panoramic whitewater views, and a very spacious floor plan. Condo features solar (owned), AC, tankless water heater, SS Viking appliances, washer and dryer, private 2 car garage, and storage unit. Building is gated and features a waterfront fire pit, beach shower, wide star walls, and elevator. Exceptionally low monthlies & a rare location for new construction!

Publisher of San Diego Community Newspaper Group
Julie Main & Peter Max.
Julie meets with artist Peter Max at the Monarch Arredon Contemporary Art Gallery reception recently. Julie’s journey with Peter Max’s art comes full-circle as artist and long-time fan chat art & groove.

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Klatt Realty is offering this prestige La Jolla Seville Condominium a reduced price of $715,000 with astonishing views to the Ocean and the Country Club golf course! This will sell quickly! Call for an appointment to see this great opportunity for yourself!

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