A recent study conducted by Australia’s Southern Cross University, which involved the participation of two Scripps Institute of Oceanography scientists, found that within the next 30 years, sediments that serve as the backbone for coral reef systems will erode due to the increased ocean acidity.
In the last edition of the La Jolla Village News, we featured “Bird” Segway Kickscooters ES1 electric scooters that are seemingly everywhere along the beachfront in Mission and Pacific beaches. The 30- to 40-pound dock-free electric scooters, capable of speeds up to 15 mph, are available through a scooter-share service via a smartphone app.

But, with several new app-based dock-free bike share programs, could this sudden propagation present a new DecoBike situation?

Begun by Travis VanderZanden, who was previously an executive with Uber and Lyft ride sharing, Bird Scooters launched in September 2017. The company started in Los Angeles, and has since spread from Venice Beach down to San Diego. Bird plans to branch out to dozens of other markets this year.

In Pacific Beach and elsewhere along the San Diego coast, the new mode of transportation played to mostly mixed reviews.

“Bird scooters could be a unique opportunity to offer an alternative transportation model, and last-mile commutes that align with our eco-district principles, while mitigating some of Pacific Beach’s parking and traffic issues,” said Sara Berns, executive director of Discover PB, the community’s business improvement district. “However, we want to ensure that the company and its ridership are adhering to public safety concerns, and that of our merchants.”

“We have reached out to work with the company to help alleviate some of those issues to ensure they are not impeding on our existing business community, but rather enhancing it,” she said. “We look forward to them working with us and the community at-large.”

Dan Michaels, a Pacific Beach business owner, turned his thumbs down on the new alternative ride share service.

“These new electric scooters for rent all over PB are getting annoying,” said Michaels on the Next Door social media site. “They are leaving them everywhere and [they’re] allowed to operate without a business license. Riders are intoxicated renting them, under age, and don’t obey any laws of the road. Then when finished, they are leaving them in front of doors, ramps, etc.”

The more, the merrier?

Not only have Bird Scooters set up shop in PB. But, now, LimeBike, a dock-free, app-driven bike rental business model similar to Bird Scooters, as well as two other providers, have pervaded the landscape.

According to a recent press release: “LimeBike brought out its bright green bicycles on Feb. 16, making it the first dock-free bike share business to launch in the City. Soon after, Ofo planned to begin deploying its yellow bikes to share. And, on Feb. 23, Mobike rolls out its signature silver and orange dock-less bikes to locations in San Diego. LimeBike let bikes loose in LA two years ago, expanding to Imperial Beach and National City last year. Currently available in more than 45 markets, the recent spike in Bird Scooters and bike shares popping up in San Diego has piqued the concern of some La Jolla residents.

Halting the ‘invasion’

Despite not being on the agenda

Will bike and scooter shares overpopulate La Jolla?

‘If we don’t stop this now, we’ll be invaded by every [other] vendor while we’re trying to protect our parks, beaches, sidewalks and streets.’

SALLY MILLER
LA JOLLA PARKS AND BEACHES

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SALLY MILLER
LA JOLLA PARKS AND BEACHES
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La Jolla Heights: 4 Beds, 4 Baths, 1,906 Sq. Ft. $1,598,000 NEW LISTING

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

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

Muirlands: 4 Beds, 2.5 Baths, 3,114 Sq. Ft. $1,800,000 SOLD

La Jolla Village: 1 Bed, 1 Bath, 840 Sq. Ft. $459,000 - $499,000 NEW LISTING

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

La Jolla Village: 1 Bed,1 Bath, 840 Sq. Ft. $459,000 - $499,000 NEW LISTING
Bird Rock Community Wall pays homage to residents past and present

By DAVE SCHWAB | LA JOLLA VILLAGE NEWS

An ongoing beautification project, Bird Rock Community Wall at the Waverly Gate Entrance to Bird Rock Joint Use Park spotlights community residents past and present along with their accomplishments. Residents, their relations, even their pets are immortalized on the community wall, which was officially dedicated on Feb. 5, 2011. The first honoree on the wall, much smaller back then, was past Bird Rock Community Council president Joe La Cava, recognized for his outstanding community service.

A special plaque commemorating La Cava is featured in the center of the first section of Bird Rock community wall. Joe Parker, the 2011 BRCC president, led the dedication ceremony.

“It took Joe (LaCava) more than five years to get that gate entering the park from Waverly Street on the north approved by San Diego Unified School District for Bird Rock Elementary,” said local artist Jane Wheeler, who produces tile mosaics appearing throughout the community on benches, walls and flagpoles.

“The wall symbolizes how Bird Rock families and merchants come together time and time again, put aside our individual differences, and provide for the common good of our community,” said La Cava.

The wall was originally designed by Wheeler to have a three-fold purpose: To honor Joe La Cava, fundraiser for Bird Rock Elementary, and connect the community together.

Since the outset, local residents can purchase customized, hand-made mosaic 6-inch by 6-inch tiles crafted by Wheeler costing $150 each to be inlaid into the community wall. Fused glass embedded in the wall was created by community members at Birdstock 2010, and mini tiles with Bird Rock street names hidden are structure. Wheeler thinks of the community wall as a “living quilt.”

“It’s got the names of people, their kids, their businesses, when they graduated from BRE, their pets; it’s a big collage of the Bird Rock community as it has evolved,” she said. The coolest part to me is the time capsule effect, “It’s not just me and what I want to do or design. It’s actually the community designing it as it grows.” Wheeler hopes to have her next 2018 themed panel commemorating community spirit done by the end of March.

The artist noted there’s plenty of room left on the wall. “Ten years at least,” she said.

To purchase a community wall tile contact Wheeler at dwheel@san.rr.com or call 619-822-1120. Former Bird Rock Community Council presidents, Joe Parker (left) and Joe LaCava.

Future energy options to provide municipalities with affordable, clean energy

By BLAKE BUNCH | LA JOLLA VILLAGE NEWS

When one thinks of who provides their power in San Diego, there’s not much of a delay. That’s because in the City, as is the case throughout California and the rest of the U.S., there is currently only one utility provider – San Diego Gas and Electric (SDG&E).

By December, however, that company may no longer be the only provider in the utility market. San Diego-based nonprofit, Climate Action Campaign, has been pushing local and state legislatures to adopt a “Community Choice Energy” plan, or “Community Choice Aggregation (CCA)” which would provide an alternative. The Clean Air District address, Councilmember Barbara Bry lauded the Community Choice Energy plan as a key aspect of future growth, even going so far as to co-author a Voice of San Diego article in favor of the burgeoning concept.

“Community choice energy... would allow the city to establish a nonprofit to replace the public utility as the purchaser of power. CCA is key to ensuring the success of the climate plan’s ambitious 100 percent renewable energy goal,” the article read.

From the outset, the community wall has had a different theme each year. In 2012, for instance, the theme was the 60th anniversary of Bird Rock Elementary School.

Full of 2014 marked the installation of a new section of the Waverly Gate Community Wall, which that year was dedicated to the 20th anniversary of the Bird Rock Community Council founded in 1994. The theme this year is Bird Rock community spirit,” said Wheeler, who added she looks forward to working with families to “personalize” their tiles.

“I try to visualize each family, and select something appropriate for them, like putting a starfish, or some other cool prints, petals, glass or different inspirational words on it,” she said. “The coolest part to me is the time capsule effect, “It’s not just me and what I want to do or design. It’s actually the community designing it as it grows.” Wheeler hopes to have her next 2018 themed panel commemorating community spirit done by the end of March.

The artist noted there’s plenty of room left on the wall. “Ten years at least,” she said.

To purchase a community wall tile contact Wheeler at dwheel@san.rr.com or call 619-822-1120.

A home in La Jolla utilizes solar panels to cut down on environmental impact.
for the Feb. 26 meeting of La Jolla Parks and Beaches, Inc., community park planners resoundingly said “no” to dock-free scooters.

“How do we stop this invasion of our sidewalks?” asked Sally Miller of LJPB, whose mission is to preserve, protect and enhance La Jolla parks and beaches. “If we don’t stop this now, we’ll be invaded by every [other] vendor while we’re trying to protect our parks, beaches, sidewalks and streets. They [riders] can’t just invade us without our permission.”

Though bike and scooter sharing were not on the agenda for that meeting, LJPB members felt the topic important enough to vote it onto the agenda as an emergency item.

The action then invited other comments by board members. “These scooters are competing with people who have rental bikes,” noted Phyllis Minick. John Shannon said he almost ran into a Bird scooter operator with “no taillights.”

LJPB ought to consider modifying its policies to address scooter proliferation.

“We can only ask the City to stop it,” replied Dynes. “An overall policy with parks and beaches might stop this (scooters) creeping in,” countered Morgan. “This isn’t just about bikes, but about every single vendor who thinks they have the right to throw whatever they want at us on our sidewalks,” concluded Miller. “They didn’t get our permission to come in and raid our town. If we just let any company come in, it will open up a Pandora’s Box, and we’ll have all vendors covering all of our sidewalks.”

“It’s much too early (to take a position) on this,” commented Dan Allen.

Dynes suggested letting the La Jolla Village Merchants Association “take the lead on this,” as the community organization representing business interests.

Mitigating climate change and the harms it poses to humanity is one of the biggest challenges facing the international community; however, the University of California (UC) has identified a three-step plan to achieve deep decarbonization that may lay the groundwork for policy-makers around the globe to take action to meet the goals outlined in the 2015 Paris Agreement.

A paper published February 27th in Nature Climate Change amplifies this message and presents the strategy developed by a 27-member team, which was uniquely comprised of researchers, facilities managers, sustainability officers and students from across the UC campuses. They convened two years ago to help the UC identify strategies to become carbon neutral by 2025.

“Cities, firms and other local actors are on the frontlines of serious action to address climate change. Where they succeed the rest will follow,” said team member and lead author of the Nature paper David Victor, a professor at UC San Diego’s School of Global Policy and Strategy. “The University of California system is poised to be one of the world’s most important leaders.”

The University of California, covering 10 campuses with more than 250,000 students, pledged in a recent report by the team, to become carbon neutral by 2025 – an ambitious goal that can now become a reality; thanks to findings in a recent report by the team, which in addition to Victor, includes Dave Weil, UC San Diego director of sustainability and carbon neutrality. The report presents a feasible strategy to achieve a measure that would be especially game changing: replacing natural gas with climate-friendly options.

Making carbon neutrality a reality

“Some decarbonization pathways are surprisingly economical,” said the report’s lead author Alan Meier, a senior scientist at Lawrence Berkeley National Laboratory (a U.S. Department of Energy lab managed by the University of California) and adjunct professor at UC Davis.

Like the state of California, UC campuses rely on highly efficient power plants that burn natural gas. Since natural gas accounts for two-thirds of the greenhouse gases emitted by all UC operations, phasing it out will be critical for a carbon-neutral future. The report’s three-step plan for weaning off natural gas entails aggressively increasing energy efficiency across all 10 campuses and five medical centers; replacing natural gas with biogas in the short term; and in the long run, electrifying all end uses of energy and switching to only renewable sources.

An immediate priority for reducing the UC’s natural gas dependency is to use less of it. Already, the UC is on the leading edge of energy efficiency, and the report encourages a continued push toward “deep energy efficiency” by retrofitting more existing buildings and designing new buildings to be not only highly efficient but also all-electric, rather than reliant on gas-fueled systems.

“The cost of renewable electricity is falling, and our ability to design efficient all-electric facilities is improving,” said Meier. “We can build carbon-neutral buildings.”

Deep efficiency would also mean cost savings, freeing up money to reinvest in further decarbonization measures. The report estimates that continuing to aggressively retrofit existing buildings at all campuses could capture an additional $19 million per year of net energy cost savings by 2045, on top of the $24 million per year the UC has already achieved over the past decade from its efficiency measures.

“Economically, energy efficiency is a no brainer,” said project director David Auston, a senior fellow at the National Center for Ecological Analysis and Synthesis (NCEAS) and researcher at the Institute for Energy Efficiency, both of UC Santa Barbara.

To wean campuses off of their remaining natural gas needs, the report assessed replacing it with biogas, or energy derived from organic materials such as food and agricultural waste, certain crops and biosolids from wastewater treatment plants. While chemically identical to natural gas, biogas is climate friendly because it is renewable – the plants that produce the carbon burned for energy also consume atmospheric carbon.

The report frames biogas as a stepping stone to carbon neutrality for the UC, rather than a long-term solution. Like its fossilized counterpart, biogas is mostly methane, a greenhouse gas, which means methane emissions from gas infrastructure would still be an issue.

“We view biogas as an interim measure that buys us more time. Ultimately, it must be phased out and replaced by 100 percent electrification,” said Auston.

Complete electrification would mean converting all university buildings and facilities to electricity powered by solar, wind and other renewable sources, a conversion that is already underway at some campuses. A full transformation could unfold with time and some technological leaps – for example, advancing the technology and adoption of renewable energy storage and equipping existing buildings with heat-transferring technologies, such as heat pumps, to reduce their reliance on central heating loops.

Can the UC achieve its goal of carbon neutrality by 2025?

“The goal is achievable, but it may not happen the way people expect it to,” said Meier, alluding mainly to the temporary reliance on biogas to get campuses over the hump.
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14TH ANNUAL CONCOURS D'ELEGANCE
What: Classic auto show, exposition and cocktail event.
When: Friday, April 6 to Sunday, April 8.
Where: Keltlogg Park
Contact: lajollaconcours.com or call 619-233-5008.

Last year’s ‘Best in Show’ automobiles. Similar classic cars will once again grace the green.

The La Jolla Concours d’Elegance will be returning, once again, on Friday, April 6 through Sunday, April 8. The 14th annual La Jolla Concours d’Elegance will showcase some of the most exquisite automobile displays in the world. Earning the reputation as one of the finest internationally renowned classic automobile showcases in the United States, the La Jolla Concours continues to attract discerning car enthusiasts from around the globe.

The Concours d’Elegance is a weekend-long event that boasts style, class and grace, in all aspects. To ensure this experience is exceptional from start to finish, the La Jolla Concours d’Elegance offers first-class treatment for all of its attendees gathering for this extraordinary event.

Kick off the weekend in 1930s style at the Rolls-Royce Dapper and Delight Soiree presented by UBS Financial Services and Schubach Aviation on Friday, April 6, at Covo Restaurant from 7 to 10 p.m. Don your glad rags and emphasise yourself with ice and marbles as you tip a few back at the hosted bar by William Grant Portfolio, featuring their high-end luxury scotch portfolio by Balvenie, and nosh on incredible bites from Covo Restaurant. With flare bartenders, vintage champagne displays and a live band featuring a canary singer, this racy night is the perfect way to start the charming weekend events. Tickets for the Friday night soiree are $100.

Pamper yourself with the one-of-a-kind opportunity to take a sneak-peek behind the curtains and view some of the most exquisite collections and clubs in San Diego at the Porsche San Diego Tour d’Elegance on April 7, from 7 a.m. to 2 p.m. The $225 package for an afternoon of decadence includes an exclusive continental breakfast to start the tour at the spectacular grand showroom of Porsche San Diego, tour two striking private auto collections, Chuck Spelman’s Only Yesterday Museum and the Calumet Collection, have complimentary lunch on the sand at La Jolla Beach and Tennis Club, a commemorative program, and a commemorative gift from Robert Talbott.

Continue the Saturday festivities into the night with the Aston Martin Art Deco Party at the Cove Presented by Fraser, from 5 to 9 p.m., at Ellen Browning Scripps Park. Offering you a wide array of creative cocktails from the William Grant Portfolio, a hosted bar, silent and live auction bidding, and delectable bites from 20 of San Diego’s finest restaurants in San Diego, tour two striking private auto collections, Chuck Spelman’s Only Yesterday Museum and the Calumet Collection, have complimentary lunch on the sand at La Jolla Beach and Tennis Club, a commemorative program, and a commemorative gift from Robert Talbott.

The La Jolla Concours d’Elegance proceeds will go towards La Jolla Historical Society, which preserves the history of the gem known as La Jolla. In addition to the La Jolla Historical Society, the La Jolla Concours d’Elegance benefits several additional local community nonprofit partners each year.

For additional information, call 619-233-5008. To register or purchase tickets, visit lajollaconcours.com.

Concours d’Elegance returns: 14th annual event benefits La Jolla Historical Society

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Goldberg lectures aim to bring cultural awareness to San Diego

Dr. Victoria Davis | La Jolla Village News

On May 14, Israel will celebrate 70 years of statehood. Since being granted its sovereignty in 1948, making it the first Jewish state in 2,000 years, Israel has maintained a hot-button topic worldwide. Constant border disputes with Egypt, Lebanon, Saudi Arabia, Iraq, Iran and other Middle East states have made Israel a conflict zone, with their religious struggles intertwined with Palestine making it an area of relevant interest.

But the clashes in Israel and its surrounding states runs deeper than surface-level media reports and political endeavors. This is why, for the last two decades, foreign policy advisor, writer and Israeli expert Jacob Goldberg has made annual visits to San Diego. Goldberg works to help people understand and live the lives of Israeli and Middle Eastern citizens and the many challenges they face, both external and domestic.

“Do not try to be judgmental about the issues that I explain, or tell people what to think of them,” said Goldberg in an email interview. “Rather, I am trying to put some sense into what seems to be incomprehensible.”

Goldberg earned his PhD in Middle East politics from Harvard University and is a former senior advisor to Israeli Prime Minister Ehud Barak. He is the author of “The Foreign Policy of Saudi Arabia,” and has also published numerous articles in Israeli newspapers and U.S. publications, including The New York Times and The Washington Post.

For the last decade, the internationally respected lecturer has been a professor at the College of Liberal Studies in Israel, but once a year he shares lecture time with San Diegans. From March 12 to 14, Goldberg will speak for a three-night series program at La Jolla’s Lawrence Family Jewish Community Center (4126 Executive Drive), covering a vast array of topics from the ascendance of Iran in a new Middle East landscape to the absence of an active U.S. in Saudi Arabia.

“Our people adore him,” JCC’s program director Brian Garrick said of Goldberg. “Some people might have opinions on a specific area, but his understanding of the region and geopolitical landscape is incredible.”

Garrick added that hundreds of people from all backgrounds come every year to hear Goldberg speak and participate in the Q&As. When Garrick was offered the position a year ago, the cultural needs of people in San Diego was part of the impetus, he says, so the move from New York was an “easy decision to make.”

San Diego’s Center for Jewish Culture is the country’s only Jewish institution of its kind, and is dedicated to presenting high quality, nationally recognized arts, culture and Jewish education programs in hopes of understanding the cultural life here in San Diego.

“Understanding that culture is so important, whether you’re Jewish or not,” said Garrick. “We need to continually be relevant and Goldberg is giving those up-to-the-minute updates.”

Goldberg says he usually analyzes the events of the preceding year, but since Iran and Saudi Arabia play a central role in this year’s series, the lectures will highlight not only current events, but also fundamental issues related to the power structure in both countries that people are, as he says, “usually unaware of.”

“It is not my intention to repeat what is being said and written in the media, but to give people a perspective, a framework, a context for what they see, read and hear, so that they get a better understanding of the Middle East,” said Goldberg.

He adds, “I think that the Middle East is probably the most interesting and fascinating region in the world. No matter how much one studies it, there is always a vast area that is yet to be explored.”

Tickets to this lecture series cost $25.

Since cost and quality are paramount when it comes to public utilities, overall, according to Manolatos, it comes down to “cost and emission [regulation].”

As mentioned earlier, there is not much that can occur until the CPUC conducts their study, which, according to sources, should occur sometime in June. Until then, residents have good reason to take a closer look at where their power comes from.

For more information on the Clear Air Commission, visit clarair.us. Also, for information about CCAs and the Climate Action Campaign, visit climateactioncampaign.org.
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Reader’s Choice winners were selected by the readers of the La Jolla Village News by a ballot in the paper and online over a 3 month period.
The published study, “Coral reefs will change the way they build coral calcification is,” was published on Feb. 23 in Science, a scientific journal.

Scritts’ chemical oceanographers, Tyler Cyronak and Andreas Andersson, were co-authors of this work.

“Ocean acidification is caused by the burning of fossil fuels, which form carbon dioxide in our atmosphere, which, in turn, is released into our ocean’s via rainfall,” said Cyronak. “This changes the chemistry, and, ultimately, the pH level of the water—becoming more acidic.”

In turn, this makes it a problem for organisms that make calcium carbonate shells, such as coral, to create a foundation on which to thrive.

“Coral calcification is a biologically controlled process, whereas calcium carbonate dissolution in the sands is not,” Cyronak added. “Our study showed that dissolution of coral sands is ten times more sensitive to ocean acidification than the process of calcium carbonate rock into its individual components of dissolved calcium and carbonate ions in seawater; like when you add table salt into a glass of water.”

For their study, the researchers placed chambers on the seafloor at five different locations throughout the Atlantic and Pacific oceans. One chamber collected samples from Bermuda, while the rest were used in the Pacific in Hawaii, the Cook Islands, Tahiti, and Heron Island.

The team is currently comparing their findings with lab simulations as well. “We expose calcium carbonate sediments from different reefs around the world to different levels of CO2 and acidity levels while we simultaneously measure how fast they dissolve. We do this in custom made beakers under controlled temperature and CO2 conditions,” said Andersson.

So what can be done to counteract our effects on coral reef systems? “At the global scale, we can slow down the use of fossil fuels and emissions of CO2 to reduce the rate of ocean warming and acidification,” said Andersson. “On the local scale, we can implement practices that promote a healthy reef, including sustainable fishing practices and good water quality.”

ANDREAS ANDERSSON
SCRIPPS INSTITUTE OF OCEANOGRAPHY

With the team currently at work in the lab, knowing that there are people taking steps to reduce humanity’s impact on the environment is a relief to most. As stated previously, the next 30-plus years are crucial to counteract the effects of the ocean’s acidification.

Want to see video footage of Anderson and Cyronak at work on this study? Visit scripps.ucsd.edu or view it on our website.
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Come join the fun and get better this summer at the Nike Tennis Camps at University of San Diego. Veteran director, Bill Scott, joined by USD Head Women’s Tennis Coach, Sherri Stephens, and Head Men’s Tennis Coach, Ryan Keeckley. Have another amazing summer lined up with fun both on and off the court! With six weeks of junior overnight and day camps for boys & girls ages 9-18 of all ability levels, tournament training and high school players, there is a camp option for everyone! Highlights include: 5-6 hours of daily on-court instruction, a Nike Tennis Camp t-shirt, and fun evening activities for overnight campers. Camps run throughout June and July, registration is currently open. See you on the courts this summer!

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YMCA Camp Marston has been a San Diego favorite for thousands of children and families. Camp Marston offers you adventure, fun, friendships, and great staff—all on a spectacular 236-acre site—with activities including archery, swimming, climbing, crafts, canoeing, and more. YMCA Raintree Ranch is a wonderful, small camp dedicated to western horseback riding. Thirty-eight horses, multiple instructional arenas, and miles of trails all provide an excellent learning environment. YMCA Camp Surf is a spectacular, ocean-front camp just south of San Diego. This 45-acre offers one & two-week sessions filled with surfing, bodysurfing, and traditional camp activities. Our camps add laughter, leadership, and lifelong memories to a host of activities.

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ThoughtSTEM is running week-long technology camps for kids throughout the summer at UC San Diego, SDSU, Cal State San Marcos, and numerous locations around San Diego county. ThoughtSTEM teaches cutting edge technologies to prepare San Diego students for the future.

ThoughtSTEM Coding Summer Camps engage students in fun, project-based learning, with camp activities that promote new friendships and team-building. ThoughtSTEM runs different technology camps in the morning and afternoon so that students can learn two different topics in a single day.

Early Bird Discount expires April 1st. Have questions? Call 858-869-9430 or contact@thoughtstem.com.
### “Wind & Water” exhibit at Maritime Museum of San Diego

The Maritime Museum of San Diego, home to one of the world’s finest collections of historic vessels, from sail to steam to submarine, announces the opening of “Wind & Water: Sailing in San Diego.” The museum is proud to introduce this rare new photographic collection of historic, classic, and wooden yachts racing and sailing in San Diego.

The exhibit includes an impressive body of work to amaze and inspire visitors about sailing and San Diego Bay from America’s Cup to historic museum vessels to traditional wooden boats sailed for recreation on the waterfront.

In the new exhibit “Wind & Water: Sailing in San Diego,” images from international yachting and nautical sport photographer, Bobby Grieser, are paired with photographs from his close sailing and photography master friend Mark Albertazzi. This is a passionate example for both sailing and photography fostered by a deep friendship with two of the industry’s most renowned nautical photographers.

The exhibit, located at Maritime Museum of San Diego’s Star of India Hold Gallery is included with general admission. The exhibit is the Museum’s latest example of intriguing, educational and entertaining interior maritime related exhibits visitors can explore within the fleet of historic vessels. Star of India is the world’s oldest active sailing ship and one of 10 historic vessels guests explore with admission to the Maritime Museum of San Diego.

Visitors can purchase general admission tickets online at sdmaritime.org, or call 619-234-9153 ext.101, or visit the Maritime Museum of San Diego ticket booth and gift shop located on the North Embarcadero in downtown San Diego.

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On Sunday, March 25 at Torrey Pines High School, the Eric Paredes Save A Life Foundation provides free heart screenings to youth, ages 12 to 25, in order to detect heart conditions that could lead to Sudden Cardiac Arrest. Sudden Cardiac Arrest (SCA) occurs when a heart unexpectedly stops beating because of an undetected heart abnormality. For more, visit epsavealife.org.

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Restaurant happenings in La Jolla

BY MARTIN JONES WESTLIN

Acclaimed 85C bakery to open in UTC this fall

85C Bakery Cafe, a noted Irvine-based Asian bakery that opened a San Diego location in 2014, is planning to unveil a UTC venue at 4313 La Jolla Village Drive, Ste. 2275, in October of this year.

The bakery, which opened in Irvine to rave reviews and lines out the door in 2008, opened its 1,000th worldwide location in Houston in June of 2017 and its fourth San Diego location Feb. 23 in Point Loma. It also operates venues in National City, Miramar and Balboa Mesa. The stores offer 60 types of fresh bread, 40 drink options and 60 pastry brands baked in-house every day, with its strawberry shortcake a notable entry.

The proprietors say they believe coffee maintains its taste consistency at 85 degrees celsius, hence the name.

Covo opening set in recast building

Following a three-year dormancy, a Prospect Street property is being reactivated as a multi-use venue.

Covo La Jolla, at 1205 Prospect, is set for reopening in early March following its yearlong tenure as the French bistro Bijou and, before that, as the Southern-fare venue Amaya.

The 10,000-foot space includes a 50-seat sidewalk patio and a casual-fare cafe featuring drinks from Bird Rock Coffee Roasters. The main dining area will feature special events for as many as 400 guests. On- and off-site catering will be available. A bar and lounge will open every Thursday through Saturday at 8 p.m.

Covo will be open from 7 a.m. to 10 p.m. daily.

La Jolla restaurants make AAA 4-diamond list

Four La Jolla restaurants are among 13 San Diego County venues to receive this year’s AAA four- or AAA five-diamond awards for their excellence over the past 12 months, according to a Feb. 21 statement from the Automobile Club of Southern California.

La Jolla’s A. R. Valentien (The Lodge at Torrey Pines), Donovan’s Chop & Steak House, George’s at The Cove and The Marine Room made the four-diamond list.
The three longevity pillars: Health, community and purpose

By Natasha Josefowitz, Ph.D.

Health, community and purpose, these are the three pillars that will determine how well you age. The Rev. Doug Edwards, a minister as well as a psychotherapist and educator, gave a presentation at the community where I live. He discussed the input of these three pillars on the population he calls “elders,” those you may know as seniors, retirees, agers, oldsters, or old folks. What must be kept in mind is that these people are still growing and learning and have a connection to the future. Elders do not define themselves by their past or by who they will be. They define themselves by their past or by who they are, mostly women, live alone. Studies have found that the deleterious effect of loneliness on the quality of life and health is comparable to cancer, diabetes, and smoking over a lifetime.

We have all heard the moaning and have no one in their lives they can confide in. Given the fact that women live six to eight years longer than men on average, the importance of female friendships becomes even more vital. Two populations are at the greatest risk for depression and suicide in our nation: teens and elders. While teen depression and suicide are attributed in part to the lack of in-person interaction because of technology, older people are less likely to use computers and mobile devices. They often lack companionship due to many of their cohorts being too old to visit, are ill, or have died. Yet it is critical to create opportunities to have face-to-face interactions. It leads not only to a healthier life, but to a longer one, too. Even baboons who have a friend live longer. Something as innocuous as a hand shake increases activity in our neurotransmitters, which produces oxytocin and dopamine. In other words, there is a beneficial physiological reaction. Today one third of the population states they have no one in their lives they can confide in. However, another critical issue here is the loss of face-to-face interactions. The ability to read another person’s emotional state facilitates the conversation’s outcome and is beneficial to both.

People are still growing and learning and have a connection to the future. Elders do not define themselves by their past or by who they will be. By Natasha Josefowitz is the author of more than 20 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2018, Natasha Josefowitz. All rights reserved.

The third pillar is purpose. This third driver of healthy aging tends to receive the least amount of attention as the marketplace has difficulty monetizing it like it does health. Purpose does not have to be world-shaking; all it has to be is a reason for getting up in the morning, something to look forward to, and, most importantly, someone who is relying on you. In other words, who are you helping? Where are you needed? What service are you rendering? Purpose isn’t a list of things to do; it is a list of what you care about and believe in, what gives you self-worth. Edwards suggests that in looking for your purpose, you need to review your history, identify your gifts, abilities, and talents. What gave you pleasure? What felt meaningful? What is your passion? Reflect on your experiences; what did you say “yes” to? An easy and revealing exercise is to look at your checkbook and calendar. See what you find important by where you invested time and money; this will tell you what you care about.

This chapter of life can be the most meaningful, for it is in our years as an elder when we are freed from jobs and many demands and responsibilities. The three drivers of aging well are choices you make and decisions you live by. Can you synthesize your wisdom from a long life’s experiences and formulate it into a legacy? Perhaps the next generation will benefit from your accumulated wisdom; it will be your gift to the future.
The board of trustees of La Jolla Playhouse announced that managing director Michael S. Rosenberg has accepted an appointment as the managing director of New Jersey's McCarter Theatre Center. Rosenberg has been a key member of the Playhouse's team, helping to cement the playhouse's position as one of the most esteemed producing theaters in the country, said Margaret McBride, chair of the Playhouse's board of trustees. "He is departing on a supremely high note, with the institution in a healthy financial position. The Playhouse has a strong and talented staff and board, and we are pleased to report that artistic director Christopher Ashley has recently extended his contract for an additional three years."

Ashley noted: "For nearly a decade, Mike has led Playhouse Words cannot express my gratitude for his leadership, support and unflagging passion for bold theatre. Mike has helped to build a superb staff, board and audience. I truly enjoyed our collaboration and will miss him dearly."

"I have thoroughly enjoyed my time at the Playhouse. It has been an honor to work with such an extraordinarily dedicated and talented staff and board; together we brought incredible projects to life," Rosenberg said.

"I will especially miss working with Christopher Ashley, my artistic leader and a close friend. It has been a pleasure to work with the staff and faculty at UC San Diego, with whom we have forged strong bonds over the past decade," said Rosenberg. "My life has been forever changed by my time here, and I am deeply grateful for everyone's support."

La Jolla Playhouse is a place where artists and audiences can come together to create what's new and next in the American theatre, from Tony Award-winning productions to imaginative programs for young audiences, to interactive experiences outside our theatre walls. Currently led by 2017 Tony Award-winning artistic director Ashley, the Playhouse was founded in 1947 by Gregory Peck, Dorothy McGuire and Mel Ferrer. Playhouse artists and audiences have taken part in the development of new plays and musicals, including mounting 95 world premiers, commissioning 30 new works, and presenting 30 productions to Broadway – with two more set to open in spring – garnering a total of 38 Tony Awards, including the 1993 Tony Award for Outstanding Regional Theatre. Lajollaplayhouse.org.
The History of Heritage Place - A collection of rare historic homes

By LINDA MARRONE | LA JOLLA VILLAGE NEWS

The late La Jolla resident, author and noted preservationist, Patricia Schaecllhin, and her husband, Bob, created Heritage Place, La Jolla, in 1974. When they purchased the property, there was a 1917 bungalow on the site and they had both the home and the site historically designated in 1978. As part of the historic site plan, two more endangered homes could be moved to the 14,930-square-foot lot that spans a block of land in the Barber Tract. In 1979 and 2003, two Village homes from the late 1800s and the early 1900s were saved from the wrecking ball and moved there.

In 2001, the current owners purchased the property and worked with local architects and planners to design a unique enclave that now serves as a “living preserve” to three of these rare early cottages. They designed the enclave to function as a family compound for themselves and their five children and spent tireless hours to complete the extensive award-winning restoration project.

The Rhoads House - Historic Site No. 128

This 1917 Craftsman-style bungalow began its life as a duplex and was already on the site when the Schaecllhin's purchased the property. It was moved to the location in 1928, by Horace Rhoads, a newspaperman who was instrumental in development. He made the home his residence after moving it to the Barber Tract. In 2006, under the direction of the current owners, the Rhoades House was impeccably restored and expanded to approximately 3,000 square feet. The home now boasts an open modern-style floor plan, with four-bedrooms, three-baths and a studio guest-house.

The Galusha B. Grow Cottage - Historic Site No. 133

Moved in 1979, the cheerful yellow 1895 Victorian Vernacular home is known throughout as the “Yellow Cottage.” The home was built by baker, Galusha Grow, who lived in downtown. Grow used the house as a vacation home when it was located in the Village. In the 1970s, owners of the home wanted to demolish it and build an office/shop complex. Thankfully, they were able to work with the Schaecllhin's to have it moved. The home offers two-bedroom, 1.5-bath, high ceilings and a charming ambiance that tugs at your heartstrings.

The Cory House - 494 Arenas Historic Site No. 375

The final endangered home, moved to Heritage Place, was the home and office of La Jolla’s first woman doctor, Martha Dunn Corey. The Victorian Bungalow is believed to have been built in 1913 and during its lifetime it was moved to several different locations before finding a home at Heritage Place in 2003. Beautifully restored, it offers an open floor plan with a large living, dining and kitchen area, loft-style bedroom, one-bathroom, board and batten details and has an inviting front porch.

There are only a handful of these early examples of early architectural history left, since most have been demolished over the years to make way for new construction. Heritage Place is currently listed for sale with Linda Marrone at Coldwell Banker Residential Brokerage. This one-of-a-kind historic property comes with the Mills Act property tax savings and offers a variety of use options, including utilizing a condo plan that is currently in process.

For more information, visit HeritagePlaceLAJolla.com, or call Linda Marrone at 858-735-4173.

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- New Hardwood floors throughout
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