Despite having detonation issues last year, this year, Fourth of July fireworks at the Cove went off without a hitch, providing locals and tourists with an unforgettable show.

PHOTO BY DON BALCH

Fourth Fireworks Prove Successful

La Jolla Cove No. 5 on ‘Beach Bummer List’

BY BLAKE BUNCH

When one thinks of La Jolla Cove, certain images come to mind. Tourmaline water, kayakers and snorkelers, cormorants and least terns and of course, pinnipeds lounging and barking. The polarizing issue of sea creatures versus humans has been covered ad nauseam by local, and national news outlets, often fading into memory for most.

Recently, the Santa Monica-based nonprofit, Heal the Bay, released their annual “Beach Bummer List,” which ranks the ten worst California beaches based on water quality.

As a newcomer on the list, La Jolla Cove came in at No. 5. They found that this was largely due to the natural cove structure, which does not allow for a great deal of water circulation.

Although agency staff who monitor water quality (employed by each county’s department of health) noted increased seal and sea lion activity in the area, whether or not that contributes to the high bacteria count found was unknown.

“Basically, we have long-term partnerships with the counties, and they send out crews to go out and measure bacteria levels every week,” said Karen Vu, a data analyst with Heal the Bay.

“Heal the Bay analysts assigned A-to-F letter grades to 416 beaches along the California coast for three reporting periods in 2016-2017, based on levels of weekly bacterial pollution. According to their website, 96 percent of beaches received an A or B grade during the summer.

UC San Diego coffee cart arsonist sentenced to mental health facility

BY NEAL PUTNAM

A woman who was charged with setting four coffee carts on fire at the University of California San Diego was committed on Friday, July 7 to a state psychiatric hospital because a judge found her mentally incompetent.

Criminal proceedings remain suspended against Kay Lyn Williamson, 30, who was arrested after the bizarre April 17 incident in which four separate coffee kiosks were set on fire at different parts of the campus around midnight.

San Diego Superior Court Judge Margo Woods read the psychiatric evaluation of Williamson before ordering her to go to Patton State Hospital for up to three years.

There has been no motive expressed for the incidents and Williamson is not affiliated with UC San Diego.

Each cart received $5,000 damages and the contents were estimated at $2,000 each. The kiosks were located near the Social Sciences building, Warren Mall, Center Hall, and Revelle Plaza.

Williamson was arrested the next day by the UC San Diego Police and she had been housed at the Las Colinas Women’s Detention Facility.

If she regains her ability to understand court proceedings via medication, she would return here for trial.

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VOTED #1 THREE YEARS IN A ROW
Even though Heal the Bay’s annual ‘Beach Bummer List’ found high levels of bacteria in La Jolla Cove, that didn’t seem to discourage beachgoers on Wednesday, July 12.

PHOTO BY BLAKE BUNCH

The Cove found its median spot on this list with Monarch Beach in Dana Point coming in at No. 10 and Clam Beach Park in Humboldt at No. 1.

It is worth note that the cause of high levels of bacteria in the majority of other beaches on the list are contributed by human, animal and environmental factors.

“The purpose of our organization is to keep beachgoers informed of the water quality of California beaches, keeping them up to date with new information, which is published each week,” said Vu. “While this information can be discouraging, it is definitely necessary for the public to be informed.”

Their website also encourages, in order to avoid illness, ocean-goers checking the latest water quality grades at their favorite beaches, based on the latest samples, each week at beachreportcard.org (or download the Beach Report Card app for Apple or Android).

For more information, visit www.healthebay.org.

UC San Diego named among nation’s ‘most wired’

UC San Diego Health has been named one of the nation’s “Most Wired” health systems by Hospitals & Health Networks magazine, a publication of the American Hospital Association.

The award recognizes hospitals and health systems that excel in using IT to advance patient care and population health, protect the privacy and security of patient information, and bring greater efficiencies to operations.

Among the initiatives contributing to UC San Diego Health’s Most Wired status in 2017 is the highly advanced technology within the Jacobs Medical Center.

As a sponsor of the Breeders’ Cup “Art of the Horse” program, L’Auberge Del Mar, has commissioned a 7-foot-tall vibrant yellow, purple and orange fiberglass artistic horse created by San Diego mixed media artist Daphne Gaylord – on display at the resort starting this week.

Installed at the hotel entrance at 1540 Camino Del Mar, the life-sized 150-pound statue is called “Buttercup” and depicts an intricate hand-painted image of a woman hanging on to the horse and her hat.

UC San Diego partners with Breeders’ Cup program

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Coast Walk Trail bridge in desperate need of repairs

BY DAVE SCHWAB

La Jolla Coast Walk Trail and its landmark white wooden bridge have both fallen into disrepair, largely due to heavy winter rains and coastal erosion.

All the more reason for local residents — and the city — to stand up and take notice.

La Jolla Coast Walk Trail runs from La Jolla Shores beach to the trailhead just north of The Cave Store at La Jolla Cove. It’s a popular, scenic hiking trail where people run, jog or walk their dogs along the bluffs overlooking the San Diego-La Jolla Underwater Park.

The trail’s trademark long, switchback bridge, located east of La Jolla Cove near the trail’s Coast Walk access off Torrey Pines Road, has been closed since February. That action was taken after the city discovered a crack in the eroding cliff following a rainstorm.

Authorities subsequently put up a “Danger: Cliff Erosion. Bridge Closed” sign, which many trail users are ignoring.

Brenda Fake, spokes person for a grassroots group, Friends of Coast Walk Trail, which raises funds and does much of the work on trail maintenance, said her neighborhood volunteer group would like to see the condition of both the trail — and the bridge — be improved.

“A section of stairs from Prospect Street down to where the bridge is has been improved,” said Fake noting the trail is “technically part of a street,” while adding, “putting a road in there just is not going to happen. It’s just a walking path now … more of a sidewalk.”

City spokesman Tim Graham has noted the Coast Walk Bridge has been closed “out of an abundance of caution,” adding the city “is working on a plan to restore the footings. The project will be extensive and must be accomplished in accordance with the City’s commitment to protect the coastal bluffs, while also restoring access along the trail.”

The City’s Public Works, Transportation & Storm Water and Park and Recreation Departments are working together to identify the best means of reopening the bridge.

“As of today, there is no timeline set for the design of the repairs, nor has funding for the project been identified,” Graham said. He added the city continues to work with the Friend’s group “to create plans for longer-term maintenance of the trail, including the addition of native species plantings on an eroded area of the trail immediately north of the bridge.”

Fake and her neighbors have been re-envisioning what Coast Walk Trail could be.

“We want to keep it natural,” she said. “This is not about paving any of it.”

Pointing out the weathering bridge on the trail is historical, Fake added years ago, that huge rock boulders, along with a heavy-duty steel plate, were used by engineers to buttress the bridge “and hold the cliffs up” while noting “the fixes have worked for a long time.”

But this past winter, Fake said erosion from rains has been horrible doing major damage.”

Fake added that Coast Walk’s bridge “is not going to be condemned. It has been shut down.

No stranger to fundraising for trail improvements, Fake said FOCW told the city “if it comes down to money, we’ll help with some funding.”

But Fake added the idea would be to rehabilitate, not rebuild.

“I think that bridge could use some paint,” she said. “We’ll (FOCW) do all that on our own.”

Fake said neighbors created FOCW years ago as a nonprofit because the trail needed improvements. She said the neighborhood group has a Facebook page adding about 60 people donate $350 a year toward trail upkeep.

Both the Coast Walk Trail’s wooden bridge and trail leading up to it have fallen into disrepair. This has lead to the recent bridge closure.

Sally Ride Science Junior Academy launches at UC San Diego, encourages exploration of several subjects

BY DAVE SCHWAB

The Sally Ride Science Junior Academy summer program at UC San Diego runs through July 21 at Mission Bay High School, 2475 Grand Ave., and participating students and their mentors are raving about it.

The program is a partnership between Sally Ride Science, the education company Ride co-founded in 2001, and UC San Diego. The program's goal is to continue the mission of Ride and her co-founders to expand educational opportunities in the sciences, especially for girls and young women.

The Sally Ride Science Junior Academy is aimed at students in grades sixth through 12th. It offers hands-on workshops in the science of earthquakes, space exploration, oceanography, robotics, culinary chemistry, 3-D modeling, virtual reality and more.

The program brings top-notch STEAM instructors, many from Scripps Institution of Oceanography in La Jolla, together with hundreds of middle and high school students.

The program is designed to help close the gender gap in science, technology, engineering, arts and math, or STEAM fields. Currently, women represent 57 percent of all bachelor of science degrees, but only receive 18 percent of computer science degrees awarded and 19 percent of the degrees awarded in both engineering and physics.

High school student Karina, in the Introductory to Digital 3D Modeling Using Maya class, commented, “I love seeing more women in computing, and I’ve been able to meet a lot of like-minded girls who also like science.”

“It’s fun,” said student Jasmine.

The program was praised by its teachers as well. Dara Goldberg, instructor of the Space Out! Class, and also a PhD graduate student at Scripps Institution of Oceanography, reported her middle-school class “squealed with delight while learning about Newton’s third law by launching mini-rockets they designed.”

Cecilia Chow, instructor of both the Art of Anatomy and Introduction to Makey-Makey classes said, “The intersection of art and science is a concept that my students are really embracing. The science-minded are learning more about art and vice-versa. Interdisciplinary concepts within the program will strengthen students’ interest within the STEAM fields.”

The Academy’s workshops were developed through a unique partnership between UC San Diego Extension, the San Diego Super Computer Center and Scripps Institution of Oceanography. There is still space available for these innovative summer workshops.

For more information about Sally Ride Science at UC San Diego, visit www.sallyridescience.com.
Come celebrate Women’s Dive Day at La Jolla Shores

BY LUCIA VITI

Ladies, ladies, and ladies! Join Ocean Enterprises for Women’s Dive Day, a spectacular day of scuba-diving, snorkeling – and even breakfast – on Saturday, July 15, at 8 a.m. at La Jolla Shores. This free event, sponsored in collaboration with the Professional Association of Diving Instructors (PADI), celebrates the industry’s most fearless female divers while soliciting newcomers to the sport.

PADI is the world’s largest organization for teaching and certifying scuba divers. The annual event, now in its third year, represents PADI’s diligent efforts to narrow the generation gap for female divers by inviting their members, industry icons and recreational divers to participate in more than 400 locations in 50 countries worldwide.

“PADI supports events that gather divers together,” said Rocio Gajon, Ocean Enterprises event coordinator. “Women’s Dive Day is the perfect way to say ’Hey, I’m going to refresh my skills, meet new people and celebrate with women who love the ocean.’”

According to Gajon, the shores of La Jolla are filled with seasonal marine life. Leopard sharks, bat rays, tuna crabs, sea horses, corn sharks, plant life, coral, help, and “everything that comes from the depth of the ocean,” are noted favorites. Highlighted as a marine reef because of its multitude of migrations and mating seasons, the sea life varies within the ocean levels and terrain.

“You may not see anything in the shore sand, but 100 yards away lies a cave so full of marine life, it takes 45 minutes to go 15 meters,” she said. “Much of the marine life is hidden and camouflaged. The La Jolla Shores is such a beautiful cold-water dive.”

Gajon stressed that Ocean Enterprises remains in full compliance with PADI’s standards and regulations. “Blessed” to run the event on this picturesque shoreline, their team of experts encourage women to “gather together and meet dive buddies,” a task that isn’t always easy. Female-certified “pioneers” often fall short of consistency in the sport because they “struggle to find diving companions.” At the onset of her own career, Gajon was often shunned, based on the prejudice that as a female she would most likely require assistance.

“I was a professional dive master and ignored by many men because most assumed - as a woman, I would need help,” she explained. “Although diving was once considered a man’s sport, Women’s Dive Day is a great way to bring awareness that women are great divers.”

“We host PADI’s Women’s Dive Day to bring women together to socialize and encourage each other,” added Werner Kurn, President and CEO of Ocean Enterprises.

“Women’s Dive Day exposes more women to the sport of diving, to let go of the reputation that diving is a guy’s sport.” Before Jacques Cousteau, diving was considered a man’s sport. Gear, including wet suits, were only made for men. Initial certification required arduous and dangerous swimming testing, passed by mostly men and those serving in the military. Cousteau’s aqualung – the first commercialized scuba-regulator – endorsed diving as a public sport.

“Years ago, scuba diving had a really bad name because no one learned how to scuba dive, they just tried it and got hurt,” continued Kurn. “People borrowed equipment – originally made only for men – without understanding the physics and physiology of the water, its pressure and how water depth affects the body. Accidents happened. People got hurt. Today, there are hardly any accidents because everyone must pass certification classes that teach the art of the sport. Today, the once-macho sport is really popular among women.”

Kurn suggested that the onset of women in the industry changed the industry. “I believe that women are actually better divers than men,” he said. “Women are more relaxed. Without having anything to prove, there’s no machismo.”

As the sport grew, women and children – now wearing gear made specifically for them – elevated its popularity. No longer a man’s sport, Gajon is also convinced that women “as educators, will pass the legacy to younger generations.”

Gajon was born and raised in La Paz, Mexico, where she “swam like a fish” in the Sea of Cortez. PADI certified by age 16, her passion for diving landed her in San Diego to begin diving in every corner of the world. “Today, Gajon has logged almost 4,000 dives along the coast of California, Baja, Cuba, Cenotes, Italy, Palau, Papa New Guinea, Thailand, M. Sulawesi, the Mayan Riviera, and islands of Solomon, Komodo, and Cook. The PADI, IDC Staff Instructor also serves as manager and trip leader for Ocean Enterprises.

“The water gives me a sense of peace,” she said. “I’m more comfortable in the water than I am on land. Floating, swimming, enjoying the life that breathes and evolves through the water mennesker. I’m here to swim with those creatures.”

Rajon encourages women to never give up on diving, despite a day’s occasional poor visibility, cold or turbulent waters, or difficult terrain.

“Don’t become disheartened, the ocean changes every minute,” she said. “There’s always another – and a better – day to dive.”

Only certified scuba divers will be allowed to dive. Those who require gear must contact Ocean Enterprises by Friday, July 14, no later than 7 p.m. Ocean Enterprises will provide all open water gear and will brief those unfamiliar with La Jolla Shores. Experienced and novice divers will be paired.

“We figure out what you need so you spend your time learning your skills,” concluded Gajon. “Women’s Dive Day is for sharing a good time together. Everyone is invited to bring their friends and significant others – even men!”

Additional event sponsors include Klash, No see Um No More and Sun Bum.

Women’s Dive Day will be held on Saturday, July 15 at 8 a.m. at La Jolla Shores. PHOTO CONTRIBUTED

Trash, other obscure items found on July 5

Nearly 500 volunteers with three organizations today collected more than 800 pounds of trash and recyclables that accumulated over the Fourth of July holiday at Belmont Park in Mission Beach, the Ocean Beach, Crystal and Ocean-side piers.

The Surfrider Foundation of San Diego County, San Diego Coastkeeper and I Love a Clean San Diego picked up refuse that revelers left behind. Last year, almost 700 volunteers gathered up 1,400 pounds of trash and nearly 400 pounds of recycling material, organizers said.

Caroline Cantor of Surfrider said there’s been a significant decrease in the amount of holiday trash since the city of San Diego banned alcoholic beverages on beaches nine years ago.

“We are really happy to see the number of volunteers that came out this morning to help clean the beaches after the busy and long holiday weekend,” Cantor said.

While it’s disappointing to see the beaches trash, it’s always amazing to see the huge difference that three hours of work can make,” she said. “We can really see the community coming together to keep San Diego’s beaches clean and beautiful.”

She said volunteers collected around 7,000 cigarette butts, 947 pieces of styrofoam, and a variety of obscure items, including a toilet seat and hockey stick. The goal of the cleanup is to keep the trash from reaching the water, where it would add to pollution, she said.

The cleanup is to keep the trash from accumulating in the water. Since 2001, San Diego’s cities have banned alcoholic beverages on beaches, and in the amount of holiday trash since the city of San Diego banned alcoholic beverages on beaches nine years ago.

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Ask The Trust & Estate Attorneys

Question: My husband and I recently executed our Living Trust and were told to put our assets into the name of the Trust. We are confused as to what to do with our retirement plans. We both have 401(k)s, and my husband has a 403(b). Do these need to be titled in the name of the Trust?

Answer: No, these assets do not need to be titled in the name of your Trust and, in fact, they cannot be. These assets must be held in your individual names, but you may need to change the beneficiary designation on them. The first beneficiary should be your spouse or another adult beneficiary, but in certain circumstances the contingent beneficiary should be your Trust. You want the contingent beneficiary to be your Trust if your beneficiaries are minor children or if there are several beneficiaries. This will ensure the assets will transfer to your spouse upon your death and, if your spouse should die before you, the assets will be distributed as you have set forth in your Trust. However, if the beneficiaries of your Trust are adults and the assets are split equally amongst them, you may name them as the contingent beneficiaries instead of naming the Trust. It is easier to transfer retirement benefits outside of the Trust, but oftentimes, it is necessary that the assets be distributed to the Trust.

Virginia Weber Laskowitz 
Shannon T. O’Neill

Weber & O’Neill

Probate

Attorneys at Law

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Probate

Email: Shannonatweber@gmail.com

4870 Santa Monica Ave, Ste 2D, San Diego, CA 92107
Edelweiss Air offers nonstop service from San Diego to Zurich

BY JOANNE DIBONA

If you are a frequent flyer, the news of the addition of non-stop service to international destinations departing directly from San Diego’s Lindbergh Field is music to your ears. That music might now come in the form of a yodel with the start of direct service from San Diego to Zurich on Edelweiss Airlines, which began in June.

I had the recent opportunity to experience this flight, from the economy and economy max class, and am happy to share my experience with readers who are contemplating a visit to Zurich — either for business or pleasure.

First of all, shaving off hours of travel time between the two destinations is incentive enough to consider booking a flight on Edelweiss Air. Gone is the hassle of having to fly to a major hub to connect to a direct flight to Zurich, and with it the possibility of lost baggage and missed connections.

At this point in time, flights depart Friday and Monday evenings out of San Diego’s international departure area in Terminal 2 and arrive in Zurich the next afternoon. With the precision anyone visiting Switzerland will learn to respect (i.e., trains arrive and depart on the second), the flights were right on time and boarding was quick and effortless.

The Airbus A-340-300 seats 314 passengers in three classes: business, economy max and economy. Business class seats convert into fully horizontal 2-meter beds with a press of a button, with the capability to adjust bed firmness and add a massage feature.

Bright, fluffy pillows in red cases and a fresh blanket welcome passengers in all classes. State-of-the-art entertainment systems, featuring a wide variety of options, are also standard. Power ports are available at all seats in every class.

The Economy Max class offers six inches more pitch between seats and a deeper recline, in addition to free alcoholic beverages and an amenity kit. That being said, the seats in economy were quite comfortable with ample leg room to allow even a taller person to stretch one’s legs during flight. Adjustable neck supports in both economy classes were also a welcome touch.

Both a main meal and smaller snack are provided (using Swiss products when available). Alcoholic beverages are available for purchase in Economy at industry-standard rates.

Edelweiss also offers a large selection of special meals to cater to diverse culinary wishes. Note that special meal requests must be submitted at least four days in advance via the airline website.

Flight attendants stood ready to accommodate the passengers’ every need. The plane’s interior was impeccably clean (I found the scented wipes available in the lavatories a pleasant touch) and there was definitely a calm atmosphere in the cabin that made the long journey as relaxing as possible.

Our disembarkment at the Zurich terminal was equally as speedy and effortless as in San Diego. My final destination was Lake Geneva and the picturesque cities of Montreux, Vevey and Lausanne. Once again, thanks to the efficiency of the Swiss rail system (trains to Swiss and other European destinations depart directly from the airport) within 20 minutes I was speeding along the glorious countryside on route to my next visitor adventure.

When flying internationally, it’s not often you can say that getting there was half the fun. But in this case, Edelweiss definitely provided a perfect start to my glorious travel adventure through Switzerland.

Edelweiss flights from San Diego can be booked at swiss.com, lufthansa.com or through any travel agency. For more information, visit www.flyedelweiss.com.

University City resident to bring Mexican and Spanish dancing to San Diego area

BY LUCIA VITI

DanzArts presents “Pasos Y Palmas,” as its annual fundraiser for DanzArts Children’s Academy, a nonprofit dance organization that trains children between the ages of 3 and 12 in Mexican and Spanish dancing. Hosted along with Mariachi Garibaldi, cultural dances, including the Ballet Folklorico and Flamenco will be featured along with special guest artists Sin Fronteras Ballet Folklorico from Houston, Texas. Performances will take place on July 15 at 7 p.m. at the Coronado Center for the Performing Arts.

Under the artistic direction of creator and founder Patricia Astorga-Casey and the community outreach efforts of UTC resident Mon- ice Ferraro, performers will present regional dances from Mexico including the areas of Tabasco, Jalisco, Veracruz, Revolucion, and Matlachines, as well as the Flamenco from the South of Spain, noting Andalucia, Mar- tinete/Sigüera, Tangos, Tanguillos, and Baile- rias. Sin Fronteras Ballet Folklorico will also showcase regional dances from Hidalgo, Jaliso- co, Nuevo Leon, and Veracruz.

Grounded in preserving Mexican and Span- ish culture by raising awareness through dance, DanzArts operates three venues for those who seek theatrical performances. According to Ferraro, the DanzArts Children’s Academy trains its youthful participants in ballet, tech- nique and footwork while teaching the art of dedication, discipline and teamwork. The academy performs throughout San Diego County.

Sabor Mexico and La Esencia Flamencos Dance Company represent DanzArts as its two professional dance troupes. Sabor Mexico is a Ballet Folklorico Company while La Esencia Flamencos highlights the art of Flamenco dance, including live music which accompa- nies its talented dancers and singers. Sabor Mexico, a ballet Folklorico company, consists of more than 25 dancers trained in classical and modern dance. Along with its musicians, Sabor Mexico has performed with The San Diego Symphony and for the San Diego Padres.

According to Ferraro, DanzArts is focused on securing itself as a cultural arts pillar within the San Diego community.

“Being a part of the DanzArts family is exciting with numerous opportunities to bring Patricia’s vision of a world-class academy to fruition,” she said. “Ultimately, we wish to share the vibrant plethora of Latin cultures with San Diego inner city neighborhoods and one day, the world!”

“Drawing on the culture of the Latino community, we present different regions of Mexi- co as each region is different,” continued Astorga-Casey. “Dancers are trained to per- form theatrical dances in ballet, modern dance and technique for Mexican Folk Danc- ing and Flamenco. Offering community class- es is our way of giving back. It’s rewarding to see the children learn and understand the cul- ture behind the dances.”

“DanzArts would like to create a San Diego Hispanic Cultural Arts Center with culinary, music, arts and dance training courses for children and adults,” concluded Ferraro. “Our professional dance troupes will continue to perform at high-level events in San Diego and travel to sister city locations to bring San Diego to the rest of the United States.”
BY DAVE THOMAS

One of the best athletes to ever come out of La Jolla Country Day School was honored on Thursday, June 29 as part of the 10th annual ‘A Taste 4 Sports’ event in San Diego. The event at the Balboa Park honored some 1,400 athletes. Candice Wiggins, who had quite the basketball career at La Jolla Country Day School before moving on to Stanford and the WNBA, was named the 2017 ‘SPORTS Woman of the Year’ by SPORTS for Exceptional Athletes (S4EA).

According to a release from S4EA executive director Walter Jackson, “This marks the 10th anniversary of SPORTS for Exceptional Athletes. It was 10 years ago that a group of coaches, parents, community members and leaders created S4EA to provide ongoing sports programs. We now provide more than 24 programs each sports season for more than 1,400 athletes with and without developmental disabilities.”

He also noted that the public can donate funds and volunteer at sports programs including: swimming, softball, floor hockey, soccer and many more.

Accolades Nothing New for Wiggins

For Wiggins, receiving accolades is nothing new. After a stellar girls’ basketball career at LJCD that included a pair of state championships (she was tabbed CIF Division IV Player of the Year for four straight seasons), she took her athletic and academic talents north to Stanford.

With the Lady Cardinals, Wiggins ended up becoming the school’s all-time leading scorer, doing likewise in the Pac-10.

In the WNBA, Wiggins played for Minnesota, Tulsa, Los Angeles and New York. She won a WNBA title in 2011 in Minnesota with the Lynx.

Along with Wiggins being honored at the S4EA event, NBA Hall-of-Famer and San Diego native Bill Walton also appeared. They were also joined by Mad Mike from the MTV classic, “Pimp My Ride.”

A big silent auction resulted in countless items up for bid.

Beto Vasquez and UCHS Aquatics: Thinking ‘out of the box’

BY ED PIPER, JR.

“Heave you heard of the tunnels they dug under Oxy during World War II? I have seen them,” said Beto Vasquez, who graduated from Occidental College with a degree in history in 2012, while speaking to a fellow Oxy attendee.

The reported tunnels, which the University City High aquatics head coach is talking about, were dug on the Los Angeles campus in case of land invasion after the attack on Pearl Harbor.

What is the connection with spreading the gospel of water polo and swim for the Centurions? Maybe it’s about Vasquez, who once considered pursuing a career in law, going places no one else has been. And taking others where they’ve never been before.

“I like to tell Evan Satre (this starting goalie at UCHS next fall): ‘Don’t tell me you want to be recruited by colleges, and then give me a half-baked workout. I can get you there, but you’re going to have to give everything.’”

The former Bonita Vista two-meter guard has just completed his first year coaching at UCHS, and he’s not looking to do things the way everybody else does.

“It’s thinking out of the box,” says the 5-foot-10-inch freethrow. “In San Diego, the center of water polo is Del Mar and La Jolla.” He aims to expand that to University City, City Heights, and beyond.

After eight years of coaching club water polo, with Oceanside Hi, Shores and Doug Peabody, who also coaches the Bishop’s school team, this energetic 28-year-old wants a new challenge. “The coach at Patrick Henry reached out,” he reports. So he is working with athletes in the Poseidon club program further inland.

But he is also taking the water sport outside its usual cultural bounds. “I just recruited three guys from City Heights,” he says during an animated late breakfast the day after school let out. “One said, ‘I don’t swim that well.’” I told him, ‘Sign up and go for it.’” That’s the only way for us to move the sport of water polo ahead, said Vasquez.

He said he’s actively recruiting middle school students in different areas, besides his chattering up of athletes from City Heights as well as students at University City.

“I’m fully bilingual, and I am using that to expand the sport,” says the former Bonita Vista Baron, saying he took a lifestyle cut from the chance to live in La Jolla or Fashion Valley to move back to Chula Vista.

In the process, he says he gave an assistant a pay raise for next year, so that she can better keep and post team statistics on MaxPreps to make them more available to college recruiters who are tracking his players: “We’re going to include goals, assists, but also saves” (in the case of his starting goalie Satre), he insists.
La Jolla director returns from Cannes Film Festival, focuses on multiple projects

BY BLAKE BUNCH

The Cannes International Film Festival has become synonymous with writers and directors looking to secure feature funding for their projects. While this is the modus operandi for most entrants to the festival, for a La Jolla director, Tanner Perry, he simply wanted to meet the talent that inspires him. Perry, at 20-years-old entered his third short film, a heist-gone-wrong entitled “Aftermath,” and it was accepted to this year’s festival.

“After making the film, we decided that it would be best to enter it into as many festivals as possible,” said Perry. “The only two available, however, were the San Diego Film Festival and Cannes. Apparently, I was too late for SDFF, but heard back from Cannes within a few weeks – and was accepted!”

Perry, who graduated from La Jolla High and lives in the Village, says at the time he was attending Mesa College, but admits when he received the news from the festival committee, he placed all of his focus on the film, often times while in class. As an obvious result, Perry is no longer enrolled at Mesa. When prompted about his grades from his parents, he simply replied, “you don’t want to see them.”

If one has a talent or proclivity towards a certain field, that’s Perry in spades. His parents, who he says have been “extremely supportive,” understand this, for they actually attempted to talk him out of attending college.

Prior to attending Cannes, Perry had no idea that the festival acted as a front for “talent” (writers, directors, etc.) looking to partially or fully fund their projects. “I just wanted to go meet some of the people that inspire me,” said Perry. “I was lucky enough to meet Barry Jenkins, writer/director of ‘Moonlight,’ Will Smith exiting a party, and Taylor Sheridan, director of ‘Hell or High Water’ showing his new film, ‘Wind River,’ which was amazing.”

Introduced to film by his father, who worked as a production assistant in the early ’90s in Hollywood, he says his penchant for crime fiction was, like many, seeded by watching “Pulp Fiction” for the first time at 15.

“Aftermath”’s plot harkens back to “Usual Suspects” or “Reservoir Dogs” for its gritty dialogue, “Who-done-it” plot twists and blaze violence. Like a Hitchcock production, however, none of this violence is perpetrated directly within a shot. “All of the equipment we shot with I own. Filming, in its entirety, took about four days. One day, we rented a U-Haul for like $40, and I had to drive because it was in my name. We got all of the interior van shots and driving wrapped up in a day,” Perry elaborated.

Most of the film was shot on location at an Airstream renovation lot in Barrio Logan, and the van shots were filmed in-transit.

Perry is aspirational, but is in no way looking for a handout. He says that recently he has been applying to entry-level positions with major film companies – simply to get his foot in the door. For someone that hasn’t even crossed legal drinking age, it could be said that he is off to a tremendous start as a bright young filmmaker.

Tanner Perry at this year’s Cannes International Film Festival. Perry entered the festival on a whim, and was accepted for ‘Aftermath.’

PHOTO CONTRIBUTED

Lady Dottie and The Diamonds will be performing at La Valencia Hotel on Saturday, July 22.

PHOTO CONTRIBUTED

Must hear music: Lady Dottie and The Diamonds

The historic La Valencia Hotel’s entertainment schedule features some of the area’s finest jazz and lounge performers, but on July 22 they’ll shift gears a little with an appearance from roadhouse R&B band, Lady Dottie and The Diamonds.

This is music that will make you want to get up and dance, tunes that the likes of Otis Redding might have covered. While they include plenty of classics in their sets, such as “Have Love Will Travel,” what sets this band apart is their incredible originals like, “I Ain’t Mad At Ya,” that are every bit as good as the vintage material Lady Dottie and The Diamonds have taken as their inspiration.

Lady Dottie and The Diamonds will be performing at La Valencia Hotel on Saturday, July 22.
Summer’s here: Get outside with these trusted local shops and outfitters

BY JONATHAN LO

It’s summertime again, and with the weather heating up, San Diegans are flocking to the beaches to cool off, enjoy the sun, and dip their toes in the water. If you happen to be in the La Jolla area, here are some businesses to look into if you want to do more than just walk along the shore.

Everyday California
2261 Avenida De La Playa
858-454-6195
brutus@everydaycalifornia.com

Everyday California is located only a few blocks from La Jolla Shores and has everything you’ll need at the beach this summer. Their shop is busy, but organized with plenty of staff ready to help you out.

Enthusiastic tour guides lead groups of up to 20 on kayak and snorkel tours over the sea caves, even going in them if the water isn’t too choppy. They also offer private tours, for up to 200 people for larger groups and/or events.

Everyday California rentals include kayaks, snorkels, stand-up paddle boards, and surfboards starting at only $20 for snorkel gear.

La Jolla Kayak
www.lajollakayak.com
858-459-1114
2199 Avenida De La Playa

La Jolla Kayak is nestled at the corner of El Paseo Grande and Avenida De La Playa. The oldest kayak store on the shores, La Jolla Kayak has been open since 1994 and provides sea cave tours as well as kayaking tours.

Tours are typically led by two guides, who are knowledgeable on marine wildlife, the local environment, and the history of the La Jolla shoreline. You can score some 50 percent off coupons in guidebooks available at visitor centers or hotels for an even better deal.

La Jolla Dive
2144 Avenida De La Playa
619-206-2485
Lajolladive.com
info@lajolladive.com

La Jolla Dive is a small dive shop that is straight-forward and no-nonsense. The only things you will find for sale at La Jolla Dive are good service and maybe a mask or snorkel if you need it.

Squished tightly between a food market and a yogurt shop, La Jolla Dive does not dabble in any retail sales, focusing heavily on guided tours, tank refills, and gear rental. Moreover, it boasts the least expensive dive experience and certification courses in the area.

Menehune Surf
La Jolla Shores Beach
menehunesurf@gmail.com
Menehunesurf.com
(858) 661-7299

Menehune Surf is a local surf school situated literally steps from the beach. Aside from its camps and paddle board lessons, Menehune simply is a place to teach people how to surf, in groups of up to eight people.

They believe everyone can learn how to surf, and as a testament to that, they teach people of all ages and skill groups. Menehune’s ultimate goal though is to provide an avenue for all of their customers to have a fun experience.

Bird Rock Surf Shop
www.birdrocksurf.wixsite.com/birdrocksurffshop
5509 La Jolla Blvd.
858-459-9200

Bird Rock Surf Shop is the biggest surf shop in La Jolla and has one of the most extensive collections of beach and water wear for sale. It also features one of the biggest used surfboard collections in the San Diego region.

If you want to surf, Bird Rock Surf offers surfboard rentals as well as surfboard repairs. Also, they can provide custom shapes for those looking to purchase their own boards.

For those seeking something besides surfing, Bird Rock Surf also rents out bicycles and stand-up paddle boards. Similar to most surf shops, they offer wax, fins, and other accoutrements necessary to get in the water.

With all of these terrific, knowledgeable and affordable shops and guides at your convenience, you can rest assured that you will have all the proper gear to get out on the land or water.

Author of new healthcare plan to speak in La Jolla

Dr. James Veltmeyer, chief of the Department of Family Medicine at Sharp Grossmont Hospital in La Mesa and author of the new Medical Association Membership (MAM) health care reform plan, will speak to two upcoming Rotary Club meetings in the San Diego area.

He will speak Wednesday, July 19 at noon to the Torrey Pines (La Jolla) Rotary Club at the Rock Bottom Brewery, 8980 Villa La Jolla Drive and on Friday, July 21 at noon to the Chula Vista Rotary at the Chula Vista Golf Course, 4475 Bonita Road.

Veltmeyer will speak on the MAM as an alternative to the Affordable Care Act and the American Health Care Act, which “only perpetuate the current architecture of mandates, subsidies, regulations, and corporate mega-profits” instead of “restoring the doctor-patient relationship, eliminating third-party meddling in medical decisions, and reducing premiums, deductibles, and costs.”

His passion for a new health care system for Americans is rooted in the deeply personal and painful struggle of his wife Laura’s ongoing battle with cancer.

“Callous disregard for my wife’s condition displayed by insurance companies under Obamacare only delayed critical testing and treatment and worsened her situation. Laura’s story is one every American who is concerned about his or her life, or those of loved ones, should read. Sacrificing a person’s life on the altar of mega-profits for insurers is the exact opposite of how I was trained to practice medicine.”

“Government and private insurers are being permitted on a routine basis to interfere in the decision-making process of patients and doctors and lives are being lost. This is health care rationing at its worst.”

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Opening Week at Del Mar Racetrack: New attractions and world-class racing

BY BLAKE BUNCH

Wednesday, July 19 will mark 80 years of racing at Del Mar Racetrack. While the tried-and-true mainstays of social activity still bring out the masses, this year there are a few surprises in the works. From exploring different music genres, to world-class horse racing and new spectator opportunities, things are going to kick off in true fashion of America’s Finest City.

“This year we have a few new events that we’re really excited about,” said Craig Dado, executive vice president and chief marketing officer of the Thoroughbred Club. “On Saturday, July 22 (opening weekend), we will be hosting an event entailing Chargers players from the 1960s to modern day—thank the fans for cheering them on all these years. During the event, the Chargers will be brought out to the winner’s circle by decade, and will sign autographs for half an hour.”

Another major draw to this year’s racing season will be Airrogate, a top horse in the field, will be featured in the San Diego Handicap. Airrogate is favored in the Breeders’ Cup Classic, and Dado says they anticipate him to return to Del Mar in August to race in the Pacific Classic.

“Airrogate is truly a remarkable horse,” said Dado. “He’s won over $17 million thus far, and only lost once in his career, so this is really big that he will be a part of the season.”

As in years past, the live music aspect of this year’s race season will attract some of the biggest acts across various spectrums. Perhaps a first event of its kind, Del Mar Racetrack will host a country day at the track on Saturday, Aug. 5. On “country day,” spectators are encouraged to rock their best country gear (a bit different than typical attire) and will be treated to a chill-cook-off. That evening, country music staple Billy Currington will take the stage.

Two weekends after that, and on a polar opposite note, Ludacris will perform on Saturday, Aug. 12. “It is exciting to have such a wide array of entertainment this year,” said Dado. “From country one weekend, to hip hop shortly thereafter, there’s truly something for everyone. One of the busiest nights we should see this year, music-wise, will be local act Slightly Stoopid. They always bring a crowd.”

As though the annual San Diego event did not already have mass appeal, this year’s attractions and race lineup should definitely bring out spectators in droves.

Bistro du Marche French cuisine holds the remedy for a longstanding trauma

BY MARTIN JONES WESTLIN

Two years ago right now, I was undergoing the spiritual reawakening that is French cuisine. To make matters cooler, I was on French soil. Even as the experience recast every fiber of my being, I steadfastly stayed away from the escargot, a French staple and a serious ordeal.

Yes, years ago, an American eatery had criminally undersold my share. Next stop was the ER and a quickie stomach pump, followed by a phantom taste of live land snail that refuses to subside even for once. Let me walk you about the ordeal.

But at some point, “y’gotta get back on the horse.” That’s what Bistro du Marche by Tapenade did when The Lot cinema and restaurant assumed its former Fay Avenue home in the summer of 2015 (before then, it existed for 17 years as simply Tapenade). Truth is, business at the Bistro has been in full swing the whole time, with the specter of escargot swirling about its appetizer menu.

On what amounted to a whim, I girded myself for impalement and sauntered in at lunch as though everything was going according to plan. I also had no earthly idea what I’d been missing all these years.

The Bistro’s king salmon entree will quell the most ardent seafood junkie’s withdrawal pangs—it was made for the white butter sauce in which it swims, and the baby spinach side expresses perfectly through both. When he sought to pair the eatery’s coastal flair with a signature dish, owner and France native Jean-Michel Diot knew exactly what he was doing. And don’t tell, but I had two glasses of the Paul Mas Chardonnay, bottled not too far from me. And the escargot appetizer?

What once was an object of fear and contempt had morphed into nothing less than the archetype of France’s reputation for culinary excellence. Maybe it was the garlic or the hazelnut seasoning or both, but amid them, my long-held tribulation would vanish into the noonday sun as surely as the hint of butter and herbs melted in my mouth. This eatery has won a string of Best awards in its time (including eight consecutive years’ nods for excellence from The Wine Spectator magazine); if the fates discern that escargot commands its own award category, Diot would be well advised to clear his mantle. Positively, colossally superb.

So ends a serious aversion to all things escargot and a refocus on other targets of upheaval, including Bambi, a feisty little mare whose temperament was better suited to a glue factory than a meadow. The short story is she once threw me, whereupon I landed literally flat on my face, breaking my nose and both cheeks and causing my right jaw to be wired shut for the better part of 89 years. I haven’t been on horseback since, and if you really want to know, I think horses are the universal Satan incarnate (the ears are a dead giveaway).

But if I can climb one hurdle, I can climb another. These days, I cheerfully contemplate riding the devil’s minion anew, armed with the memory of my thoroughly outstanding meal at Bistro du Marche, its escargot the catalyst for spiritual renewal. Bambi may have won the battle, but I’ll win the war.
‘Uncorked’ event at Westfield UTC to showcase upcoming restaurant, wine bar

BY BLAKE BUNCH

The $600 million expansion at Westfield UTC is bringing in some major businesses to the luxury shopping mall. One of these businesses, in particular, is the Winery Restaurant and Wine Bar, the third location for SoCal-based restaurant partners JC Clow, William Lewis and Chef Yvon Goetz. Having already seen success in similar businesses at The District in Tustin, as well as a location overlooking the Dana Point Marina, their move to Westfield developed, and expanded, quite rapidly.

To celebrate their fall opening, and present a four-course showcase of their menu, “The Winery” will be hosting a food and wine pairing event titled “Uncorked.”

Founder and managing partner, JC Clow, says that initially they were approached by Westfield solely to have a chic, bistro-esque wine and tapas bar. As things progressed, they ended up reaching the 7,000-square-foot patio and bar area, replete with a 1,000-square-foot wine bar.

“When we opened in Irvine, there really weren’t restaurants doing what we were doing,” said Clow. “Chef Goetz is from France, and has spent his career working at world-class hotels and Michelin-star restaurants anywhere before farm-to-table was even a thing in the States.

“We’ve accepted the designation of ‘Contemporary California region-al cuisine.’ And following the chef’s background and principle, we support small boutique farmers from wine country, as well as sourcing our fish directly from Hawaii. If it doesn’t arrive within 24 hours of being caught, we don’t pay.”

The Uncorked event will exhibit The Winery’s extensive menu, paired to perfection with wines solely produced in California.

Highlights of the event will include the following wine pairings: Seasonal local heirloom tomatoes with fresh burrata cheese, micro arugula, garlic Crotons, extra virgin olive oil and aged balsamic vinegar paired with a rosé by Martin Ray Winery (2016).

This is followed by a chili lime rubbed mahi-mahi with grilled tropical fruit chutney, jasmine rice, roasted pistachio and lemongrass-Gewurztraminer butter, paired with Martin Ray, Pinot Noir, Sonoma County (2015).

“Initially, Westfield wanted us to team up with some of our neighbors, who we love, but it worked out better in the long run for us to showcase more of our menu,” said Clow.

To purchase tickets, or for more information, visit www.westfield.com/utc/events.

San Diego Lifeguard Lt. Rich Stropky shared some stats for La Jolla Shores.

On Sunday with about 25,000 people on the beach lifeguards responded to 300 prevention acts, 10 medical aids and two water rescues, Stropky said, contrasting that with Tuesday, July 4th when there were an estimated 40,000 people at the Shores with lifeguards performing 500 prevention acts, 30 medical aids and two rescues.

Though this Fourth of July weekend was milder than usual, with Tuesday, July 4th when there were an estimated 40,000 people at the Shores with lifeguards performing 500 prevention acts, 30 medical aids and two rescues.

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Dr. John Morizi
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From my garden: Staghorn ferns are living trophies

BY LINDA MARRONE

I have always been intrigued by staghorn ferns (Platycerium), and when I sold a home several years ago, the new owner did not want the large collection of mounted staghorn ferns, so I took a few home for my garden. With the help of my gardeners and neighbors, we found homes for the rest of them.

An epiphyte, which is a plant that naturally grows on other plants or trees, these unusual ferns get their common name because their leaves or fronds resemble the antlers of deer or moose. They can grow quite large and unlike most ferns that prefer a more shaded environment, staghorns require bright indirect light to thrive.

There are three main parts to a staghorn fern, the prominent “antler” fronds that grow from the center of the plant, the “shield or basal” frond, which is the round frond that is found at the bottom of the plant and the plant’s “root ball” that attaches it to its home.

The shield frond will start off green and in time will turn brown, but this does not mean it is dying and it should never be removed.

I water my staghorns about once a week in the spring and summer with a hose, since they are very large. Smaller staghorns can be placed in a large bucket of water and soaked for about 30 minutes before rehanging.

When the hot weather arrives, I mist them occasionally with a hose, since they like humidity, but keep in mind that they do not like to be overwatered. Unless it is a very dry winter, I do not water them regularly during the winter months.

Fertilize staghorns in the spring and summer, which is their growing season and not during the winter. Use a high nitrogen fertilizer about every other month. I also place a banana peel under their shield frond for an extra boost of nutrients. Cut up a banana peel into pieces and place the pieces between the shield frond and the mounting material. Water thoroughly and as the peel decomposes it will supply the plant with phosphorus and potassium.

To start new plants, detach one of the “pups” from the parent plant using a sharp knife. Wrap the cut end in damp sphagnum moss and tie it to wooden board. Unlike other plants that produce flowers and seeds, ferns reproduce by sending out spores into the air. The brown fuzzy particles that form at the lower fronds of the staghorn are its spores and can be removed if you want to propagate them.
Communicating better: The risks and rewards of straight talk versus fuzzy talk

By Natasha Josefowitz, Ph.D.

In our new political climate, people have become more opinionated and more rigidly stuck to their beliefs. There seems to be more contentiousness; what used to be an exchange of ideas has become an effort to talk a protagonist into agreeing with an opposite position. The result is adversarial.

The way people use language expresses two things: how they feel about themselves and how they feel about others. In order to avoid any misunderstandings, some people have resorted to ambiguous expressions—what I call fuzzy talk. We have become afraid to talk straight or speak our truths honestly. We don’t want to upset, offend, or step on someone’s toes. We so fear being seen as aggressive, pushy, opinionated, demanding, or critical, that we often pussy-foot.

On one hand, I applaud our sensitivity to other people’s feelings; on the other hand, the price is verbal evasion. We start our sentences with qualifications: “I may be wrong, but…” or “You may disagree….” We end our statements with question marks: “Right?” “Ok?” If we’re so unsure of what we want to say, why should anyone listen?

There are indeed times we feel tentative. No one knows exactly what we know and what we don’t know or where we are coming from. Starting sentences with “Isn’t it true that…” or “You must agree with…” are really strong opinions couched in tentative form, and therefore misleading.

Fuzzy talk is an expression of our fear to speak honestly. If we’re unclear, then we can’t be pinned down to an opinion or recommendation. If we’re uncommitted in our language, then we can’t be blamed if anything goes wrong.

Responding with sentiments such as “great,” “as good as” a global statement or “interesting” does not give the person an indication of what we really think; generalized responses are not helpful. It is important to be specific about what we liked and disliked and why in order for real communication and problem solving to take place. Say what you mean as long as it can be heard the way you meant it by the other party.

One of the biggest difficulties most of us have is saying a clear “no.” “I can’t,” “It won’t work,” “I disagree,” etc. Instead, we say “not now,” “maybe later,” “I’d love to, but….” “I wish I could…” This of course makes people believe that you will—next time—and so the game continues until either they give up in frustration or you do it out of guilt.

Communication in organizations is watered down to ineffectual levels when people protect themselves by not speaking out, not asking important questions, not making suggestions, or disagreeing when necessary. They rob their organizations of a valuable resource: their wisdom.

How often have many of us had a thought we were mulling over, but not quite ready to speak about, when someone else expressed it. We then feel badly about having missed a chance to contribute. However, for people to become risk-takers, the leadership must recognize and value them even when the outcome did not turn out as well as expected. If only positive results are allowed, then nothing new, original or creative will be attempted.

Some organizations value harmony and agreement at any cost. If going along with the boss or with the prevalent opinion is rewarded, then no one will take a chance on expressing a contrary opinion or suggest a different way of dealing with an issue. Actually soliciting different points of view, insisting on straight-forward, direct communication is a skill everyone needs to learn. It’s also a more productive way of communicating between peers, friends, and family members.

They way we use language will not only tell others how confident we feel, but how acceptable we believe our message will be to others. Communication is indeed a two-way street. It expresses both who we are and the culture that can accept us as we are.

Natasha Josefowitz is the author of more than 20 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2017, Natasha Josefowitz. All rights reserved.

University City updates: UC Celebration, summer concerts and more

BY JEMMA SAMALA

National Night Out Dance Marathon

All ages are welcome to participate in the National Night Out Dance Marathon on Tuesday, Aug. 1 at Standley Park in University City, starting at 5:30 p.m. National Night Out is organized by San Diego Neighborhood Watch, and is meant to celebrate and bring the community together and enhance the relationship between neighbors and law enforcement.

The Dance Marathon is a fundraiser in support of The San Diego Police Foundation and in support for our police department to obtain much-needed equipment for protection that the city budget does not provide. There will be a number of food trucks at the event, with 10 percent of the sales donated to Ed! Cate!

There will be a prize for the person or group who earns the most from sponsors during the two hours of dancing.

Even if you don’t line up sponsors, you can still dance yourself into a sweat and just donate at the park; a table will be set up with a representative from the San Diego Police Foundation; everyone is welcomed.

For information about the event, to register, and to sponsor, visit www.sandiegoneighborhooldwatch.com.

Trolley construction update

The Mid-Coast Trolley is beginning to take shape. Now that utility relocation construction for the trolley is well underway, contractors are beginning the primary work on the project and we are starting to see more recognizable elements rising above ground.

If you’ve visited the UC San Diego campus lately, you may have seen construction of the columns that will support the future viaduct for the trolley line. Construction of columns will soon begin along Genesee Avenue, from Regents Road to Nobel Drive.

Once the columns are constructed, the next step is to install the viaduct. Follow on Facebook (Mid-Coast Trolley) and Twitter (@Mid-CoastTrolley) to keep up with the latest project developments.

For more information, call 877-379-0110, email MidCoast@sandiego.org, or visit www.keepsandiegomoving.com/Midcoast/.

Summer Concerts

Amber Ter Vrugt, director of community relations at Scripps Health, recently presented John Schindel, SPRC president, and Johnny Chou, regional park and recreation manager, a $4,000 donation to sponsor the upcoming summer concert series at Standley Park.

The University City Summer Concerts are held at Standley Park, 3585 Governor Drive. Besides Scripps Health, the summer concerts are sponsored by the Standley Park Rec Council, UCAC, and Regency Centers/Costa Verde.

The remaining schedule for July is:

- July 16 – Baja Bugs-Beatles Tribute Band
- July 23 – RiffRide – Classic Rock – with UC resident Jill Harvey
- July 30 – Full Strength Funk Band – soul and R&B – with UC resident Pamela Gallo

UC Celebration car show

The UC Celebration during the 4th of July included a first this year, a UC Celebration Car Show organized by Mike O’Sullivan and the UC Cars & Coffee meetup group.

The new attraction had a fantastic turnout with 24 cars and trucks.

Viewers were asked to vote for their favorite cars, and the congrats to the winners: Kids Choice Award—Alan Shangle, 1950 Chevy Wagon (Woody); and People’s Choice Award—John Perna, 1967 Austin Healy.

All of the cars and trucks looked fantastic and the planning committee is already looking forward to next year’s show.
BY BART MENDOZA

Friday, July 14
Joe Cardillo, singer-songwriter, noon, UTC Palm Plaza; Casey Turner, singer-songwriter, 4 p.m., Duke’s; Otto Pilato, singer-songwriter, 5 p.m., Farmer & The Seashore; McGonigle & Gladstone, pop and jazz duos, 6 p.m., La Valencia; Lucinha Arruda, bossa nova tunes, 6 p.m., The Turquoise; David Shay, singer-songwriter, 6 p.m., La Jolla Cove Hotel; Kinnie Dye, singer-songwriter, 6:30 p.m., Indulge; AJ DeGrasse Trio, piano jazz, 7 p.m., Eddie V’s; Tad Sisler, vocals, piano, keyboards, 8 p.m. – 11 p.m. In the lounge, The Manhattan; Moonage Daydreamers, classic covers, 9 p.m., Beaumont’s; Adam Wolff Perspective, jazz, 9 p.m. The Turquoise.

Saturday, July 15
Mike Officer, singer-songwriter, noon, UTC Palm Plaza; Roman Palacios, Rat Pack favorites, 6 p.m., La Valencia; K. Emeline, singer-songwriter, 6 p.m., La Jolla Cove Hotel; Chris Cerna Trio, piano jazz, 7 p.m., Eddie V’s; Doug Hartley Trio, jazz, 7 p.m. The Turquoise; Tad Sisler, piano standards, 8 p.m. In the lounge, The Manhattan; Sofia King Bueno, rock, 9 p.m. Beaumont’s; Lucio Viera, Brazilian jazz, 9 p.m. The Turquoise.

Sunday, July 16
TBA, classic covers, 11:30 a.m. Beaumont’s; Matt Commerce, singer-songwriter, Noon, UTC Palm Plaza; Gustavo Romero, classical, 4 p.m., Athenaeum; Keni Yarbrough, pop and jazz guitar, 5 p.m., La Valencia; Larry White Trio, piano jazz, 6 p.m., Eddie V’s; Sounds Like 4, jazz, 6 p.m. The Turquoise; Now Time Jazz Quartet, with Alicia Previn, 9 p.m. The Turquoise.

Monday, July 17
Shelly Taylor Trio, piano jazz, 6 p.m. Eddie V’s; Javid & Naolo, Flamenco guitar, 6 p.m. La Valencia.

Tuesday, July 18
Craig Dawson Trio, piano jazz, 6 p.m. Eddie V’s;

Michael Keith, solo guitar, 6 p.m. La Valencia; TBA, jazz, 7 p.m. The Turquoise;

Wednesday, July 19
Casey Turner, singer-songwriter, noon, UTC Palm Plaza; Freddie A Dream Trio, piano jazz, 6 p.m. Eddie V’s; Danny Green Trio, jazz, 6 p.m. La Valencia; Marauak, bossa nova guitar, 6 p.m. The Turquoise; Roman Palacios with Tommy Gunnon, standards, 8 p.m. In the lounge, The Manhattan; Tomcat Courtney, blues, 6 p.m. The Turquoise.

Thursday, July 20
Sam & Stacy, singer-songwriter duo, noon, UTC Palm Plaza; Milkan Zlatkovich, piano jazz, 6 p.m. Eddie V’s; Ryan Fuller, singer-songwriter, 5 p.m. Farmer & The Seashore; Blue Jean Simmons, standards, 5:30 p.m. The Turquoise; Rayne Sciaroni, standards, 6 p.m. La Valencia; Chris Cerna Trio, piano jazz, 6 p.m. Eddie V’s; Fred Hardy, jazz, 7 p.m. The Turquoise; TBA, classic covers, 7:30 p.m. Beaumont’s;

Friday, July 21
Alaina Blair, singer-songwriter, noon, UTC Palm Plaza; Ke’ Ahi, singer-songwriter, 4 p.m. Duke’s; Casey Turner, acoustic covers, 5 p.m. Farmer & The Seashore; Cedric Weber, standards, 6 p.m. La Valencia; Lucinha Arruda, bossa nova, 6 p.m. The Turquoise; David Shay, singer-songwriter, 6:30 p.m. Indulge; AJ DeGrasse Trio, piano jazz, 7 p.m. Eddie V’s; Tad Sisler, vocals, piano, keyboards, 8 p.m. – 11 p.m. In the lounge, The Manhattan; Grupo Globo, Brazilian dance music, 9 p.m. The Turquoise; TBA, classic covers, 9 p.m. Beaumont’s;

Saturday, July 22
Whitney Shay & Robin Henkle, singer-songwriter, noon, UTC Palm Plaza; Lady Dottie & The Diamonds, R&B classics, 5 p.m. La Valenca; Angie Kellihauer, singer-songwriter, 6:30 p.m. Indulge; Doug Hartley Trio, jazz, 7 p.m. The Turquoise; Freddie A Dream Trio, piano jazz, 7 p.m. Eddie V’s;

Tad Sisler, piano standards, 8 p.m. In the lounge, The Manhattan; Part Time Model, classic covers, 9 p.m. Beaumont’s; TBA, dance music, 9 p.m. The Turquoise.

Sunday, July 23
Marcela Mendez, singer-songwriter, noon, UTC Palm Plaza; Gustavo Romero, classical, 4 p.m. Athenaeum; Ray Briz Trio, piano jazz, 4 p.m. Eddie V’s; Keni Yarbrough, pop and jazz guitar, 5 p.m. La Valencia; Sounds Like 4, jazz, 5:30 p.m. The Turquoise; Adam Wolfe Perspective, jazz, 6:30 p.m. The Turquoise.

Monday, July 24
Shelly Taylor Trio, piano jazz, 6 p.m. Eddie V’s; Javid & Naolo, Flamenco guitar, 6 p.m. La Valencia.

Tuesday, July 25
Craig Dawson Trio, piano jazz, 6 p.m. Eddie V’s; Bill Fleming, solo guitar, 6 p.m. La Valencia; Manouche Five, jazz, 7 p.m. The Turquoise.

Wednesday, July 26
Jasmine Commerce, singer-songwriter, noon, UTC Palm Plaza; Marauak, bossa nova guitar, 6 p.m. The Turquoise; Craig Dawson Trio, piano jazz, 6 p.m. Eddie V’s; Craig Dawson Trio, jazz, 6 p.m. La Valencia; Opera Wednesday, classical, 7 p.m. La Jolla Community Center; Roman Palacios with Tommy Gunnon, standards, 8 p.m. In the lounge, The Manhattan; Tomcat Courtney, blues legend, 8 p.m. The Turquoise.

Thursday, July 27
King Taylor Project, singer-songwriter duo, noon, UTC Palm Plaza; Tolan Shaw, singer songwriter, 5 p.m. Farmer & The Seashore; Blue Jean Simmons, standards, 5:30 p.m. The Turquoise; Rayne Sciaroni, classical rock, 6 p.m. La Valencia; Chris Cerna Trio, piano jazz, 6 p.m. Eddie V’s; Maria De La Paz, singer-songwriter, 6:30 p.m. Indulge; Fred Hardy, jazz, 7 p.m. The Turquoise.

Drybar owner Alli Webb in one of her many locations. PHOTO PROVIDED

Webb’s Drybar empire expands to add location in La Jolla, other major cities

BY BLAKE BUNCH

Within the past five years, Drybar, a salon that has perfected the art of blowouts, has seen 75 locations open all across the U.S. Opening her first location in Brentwood, LA, owner Alli Webb opened a Drybar location in La Jolla on June 9.

Although there is already a location in Del Mar Highlands, the La Jolla location is centrally located in the La Jolla Village Square.

Regarding Drybar’s concept, Webb says that she “Had spent a lifetime of wanting accessible, affordable hair care. There was nowhere to go that only specialized in blowouts. If there were places that provided the service, they often lacked the general atmosphere I would eventually find through opening my first location.”

Webb opened her Brentwood location in 2010, and the shop quickly resonated with women.

“When there was a crazy amount of demand,” said Webb. “The next stop was obviously expansion.”

Drybar follows the motto “Focus on one thing and be the best at it.” For them, that one thing is the blowout. Much like a cocktail menu (in name and efficiency), they have classified their blowouts into varying degrees.

The “Cosmo” entails lots of loose curls, the “Straight Up” sees straight hair with a little body, the “Southern Comfort” produces big hair, with lots of volume, the “Mai Tai” gives you that just left the beach look, the “Manhattan” is very sleek, the “Dirty Martini” is tousled with some texture, and for the little ones, the “Shirley Temple.”

All blowouts are provided at a set price, regardless of hair length or thickness. This is not only a place for hair beautification, however, as the chic space includes fabric walls, marble bars with built-in phone docking stations, custom Italian chairs, and flat-screen TVs.

Webb has also seen the good fortune of creating a line of beauty products carried at Sephora and Nordstrom (U.S. and Canada), Ulta Beauty and select Bloomingdales.

“ar to her success in this field, Web published “The Drybar Guide to Good Hair for All,” which made the New York Times’ Bestsellers list in October 2016. By the end of 2017, Webb will be further expanding in opening stores in Miami, New York, and Charleston, SC.

For more information, or to schedule an appointment, call 858-701-4008, or visit www.thedrybar.com/locations/la-jolla. Drybar is located at 8867 Villa La Jolla Drive, Ste. 608.
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P160021 Statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JUNE 12th, 2017 ISSUE DATES: JUNE 13th, 2017.

P160022 Statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JUNE 20th, 2017 ISSUE DATES: JULY 6th, 2017.

P160023 Statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JUNE 20th, 2017 ISSUE DATES: JULY 6th, 2017.

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LJVMA approve plans for Art and Wine Festival

BY DAVE SCHWAB

In July, La Jolla Village Merchants Association approved plans for the La Jolla Art and Wine Festival in October.

LJVMA chair James Niebling also noted the ongoing review of the business improvement district’s website is on track to be unveiled by the end of summer.

“We have landed on a design template and approved a story board,” said Niebling in a recent newsletter about the merchant group’s website, www.lajollalabylthesea.com. He added, “We want to ensure that we deliver a premium product.”

Event promoter Laurel McFarlane talked about the annual fall LJ Art and Wine Festival noting the event, scheduled for Oct. 7-8 is exactly “the same footprint.” McFarlane pointed out the annual function, created by Sherry Ahern of La Jolla who also started the community’s farmers market, is a fundraiser to benefit La Jolla public schools.

“Wells Fargo is back as title sponsor,” said McFarlane.

BREEDERS’

CONT. FROM PG. 2

sequence of stamped flowers, which Gaylord applied using a handcrafted stamp, adorn the life-sized statue.

“I wanted to create something whimsical depicting the dresses and big hats of the opening day races,” said Gaylord, who spent a month in her Balboa Park Spanish Village Art Center studio working on the piece.

Buttercup is part of a series of equine statues to be situated around San Diego for the “Art of the Horse” program, created to generate enthusiasm for the Breeders’ Cup. This annual series of Grade I Thoroughbred horse races debuts at the Del Mar Thoroughbred Club Nov. 3 and 4.

The statues are reimagined replicas of the horse atop the Breeders’ Cup trophy – a bronze reproduction of the original Torrie horse created in Florence by Giovanni da Bologna in the late 1580s. Twenty towering fiberglass Torrie horses standing 7-feet high and 7-feet long will be decorated by local artists and on display in prominent locations throughout San Diego starting in July with five showcased in Del Mar.

“The ‘Art of the Horse’ campaign puts the Torrie horse statues up for sponsorship with some of the Torrie horses going up for auction after the Breeders’ Cup and others remaining with their owners.

In other action:

• The fourth annual La Jolla Day at Petco Park will be Sunday, July 30 at 1:40 p.m. Tickets are $75 per person for entry into the ballpark’s Sun Diego Beach area. Tickets include a pregame buffet, ballpark snacks and beverage service. For more information, email sforsman@lajollabylthesea.com.
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