Styrofoam ban passes
Council vote

San Diego City Council Oct. 15 voted 5-3 to ban the use and distribution of styrofoam citywide. The new ordinance allows a one-year grace period for small businesses with gross income of less than $500,000 annually to transition into the change.

Council members Scott Sherman, Mark Kersey and Chris Cate voted no, with council member David Alvarez absent.

Besides restaurant take-out food containers, the new polystyrene ban includes other common styrofoam products such as coolers and beach toys.

The new ordinance, which needs to return to the council for a final vote, also requires the city’s Environmental Services Department to provide a list of safe, affordable styrofoam alternatives.

The council vote followed considerable testimony by mom-and-pop entrepreneurs, and the California Restaurant Association, who opposed the ban insisting it was inequitable to small businesses. They argued that banning foam food take-out containers would force small restaurants to
La Jolla Shores Association: Walter Munk celebrates 101st birthday

In October, La Jolla Shores Association celebrated Scripps oceanographer Walter Munk’s 101st birthday, and heard from a local resident about the dangers of buried, smoldering beach coals.

Council president pro-tem Barbara Bry was present to honor Munk, who has been called the “Einstein of the oceans.”

Munk is world renowned for: showing why one side of the moon always faces the Earth; for pioneering research on the relationship between winds and ocean circulation; for investigating irregularities in the Earth’s rotation and their impacts on the planet; and for describing ocean-wave behavior and furthering the study of global warming.

Munk’s research into tides helped guide the Allies in selecting where and when to land in Normandy on D-Day. On Oct. 18, 2017, a day before his centennial birthday, La Jolla Shores boardwalk was renamed Walter Munk Way.

Munk blew out the candles on his birthday cake in a pre-meeting reception. Gail Forbes won a lottery drawing held for him.

La Jolla Shores resident Joe Gatto gave a slideshow presentation at the Oct. 10 LJSA board meeting, detailing the simmering problem of live coals at La Jolla Shores. Asked about his motivation after the meeting, Gatto said, “We have long suffered the noxious smoke, especially on weekend nights...”

“Even with windows closed, the toxic fine particles seep in. The straw that broke the camel’s back and started me working for change, was this summer when our 7-year-old son started coughing from all the smoke in the house.”

Added Gatto, “I learned that this is not only a nasty toxic-air issue, but also a serious burn issue.”

Using his thermal-imaging camera, Gatto went out on an August Sunday morning. “I found six fires still burning, buried hidden in the sand,” he said. “Now I’m afraid to let my kids walk on the beach in the morning.”

Gatto pointed out burning buried coals come mostly from portable fire pits. “No jurisdiction north of San Diego allows portable wood-burning beach fires as ‘an uphill battle.’ She added, “It’s clearly a health issue that should be addressed by the City.”

Pointing out pallets with noxious chemicals are illegal to burn on the beach, LJSA board member Mary Coakley-Munk described eradicating wood-burning beach fires as “an uphill battle.” She added, “It’s clearly a health issue that should be addressed by the City.”

“Do you have a model statute you want passed?” inquired board member Joe Dicks of Gatto adding, “If you do that, it will be a lot easier. I’m in favor of doing something about this.”

“I suggest you get the information out to the public,” said board member John Shannon. “This is very valuable information that needs to be passed along to the city council.”

Those interested in learning more about burning beach coals can send an email to info@SafeFires.org.
NEW LA JOLLA LISTING: Wrapped in City Lights & North Shore Ocean Views: 4+1bd/2.5ba, 3097 sq.ft. $2,250,000

Downtown Luxury Estate Penthouse - 38th Floor: 3bd/3ba. 2,450 sq.ft. $2,995,000 - $3,285,000. Agent: Natalie McGhie.

Charming Bird Rock Beach Retreat - 5bd/4ba. 3,333 sq.ft. $2,650,000 - $2,750,000. Agent: Lenna Doyle

La Jolla Alta: 3bd/2.5ba. 2,549 sq.ft. $1,391,500 SOLD!

Downtown High-Rise Living - 28th Floor: 2bd/2ba. 1,602 sq.ft. $1,599,000 - $1,750,000. Agent: Natalie McGhie

Pacific Beach: 4bd/2ba. 1,762 sq.ft. Lot: 6,700 sq.ft. $1,199,000 Zoned for up to 4 units. Agent: Gregg Whitney

Gregg Whitney
Cal DRE#01005985
858.456.3282
Gregg@GreggWhitney.com

Billionaires Row
LA JOLLA
La Jolla Shores trash issues resolved: Some in community disagree

Extra City pickup has been added in La Jolla Shores to alleviate over-flowing trash, but a community spokesperson said the basic problem remains unresolved.

“The City has added a second trash pickup in the 2100 block of Avenida de la Playa, and they are keeping the cans clean and using liners so they’re not so grotty,” said Janie Emerson, chair of the La Jolla Shores Association, a City advisory group. “But the city still has not moved two trash cans that have been causing the problem, including one that’s too close to a storm drain, and it’s been what, five weeks now, and they still haven’t done it.”

Emerson pointed out Mayor Kevin Faulconer has put extra money in this year’s City budget “to keep canyons and trash cans clean so we don’t have any health issues.”

In reply to resident’s complaints about ongoing problems with excessive trash and poorly attended, trash-saturated containers in the Shores, Emerson and mayor’s aide Anthony George walked the La Jolla neighborhood’s business strip along Avenida de la Playa recently to assess the situation.

There’s also been a turf war of sorts over whose responsibility it is to police the troublesome trash cans: the City’s, or small businesses including pizza, yogurt, ice cream and surf shops along the Shores commercial strip.

Further complicating the problem with standard trash cans overflowing in the Shores is that high-tech, solar-powered recycling Big Belly Trash compactors in the community, including at Kellogg Park, no longer have a contract for waste disposal with the City, Emerson said that’s been an issue. “They compact at least four times, if not more, the amount of trash that goes into regular trash cans,” she said.

Another problem with Shores trash pickup, noted Emerson, is that there are overlapping City departments doing pickups, with different departments servicing different trash cans in different sections of La Jolla Shores.

It appears you have three different budgets running trash collection in the Shores, and each one of them is doing it with a truck and a single person,” said Emerson asking, “Wouldn’t it make sense to do a single truck with two people to cover this 1 1/2- to 2-square-mile area?” Emerson said Faulconer told her he would have his staff work on the logistical problem of City trash pick-up in the Shores.

We recognize the obvious connection between the decision of Ure Kretowicz to withdraw his opposition to the development of the public access and the decision of the Commission to grant after-the-fact approval for numerous and very significant unpermitted improvements to his residence and surrounding property.

As we have indicated to the Commission on several prior occasions, we strongly oppose the after-the-fact approval of numerous unpermitted improvements to the residence and surrounding property of Ure Kretowicz in exchange for an easement that will permit the creation of a public access at the Kretowicz residence.

We believe that important moral and ethical issues are associated with the offer of the Commission to grant after-the-fact forgiveness for numerous prior unpermitted improvements and approve additional and somewhat questionable improvements and modifications in return for an easement that will permit the creation of a public access at the Kretowicz residence.

We believe that the proposed "exchange" is neither fair nor equitable from the standpoint of the residents of our neighborhood or, for that matter, the citizens of the entire State of California.

Letter to the editor: Princess St. neighbors petition to California Coastal Commission

All of the undersigned are neighbors of Ure and Dianne Kretowicz. As we have indicated to the Commission on several prior occasions, we strongly oppose the development of a public access at the residence of Ure and Dianne Kretowicz, 7957 Princess Street in La Jolla.

We endorse the creation of emergency access -- but we strongly oppose the development of an unpermitted improvements and approval of numerous unpermitted improvements to the residence of the neighbors of Ure Kretowicz.

Letter to the editor: La Jolla Shores issue becomes big issue for residents of La Jolla Shores this summer. Some say the issue is unresolved.

La Jolla Shores trash issues resolved: Some in community disagree

We believe that the proposed "exchange" is neither fair nor equitable from the standpoint of the residents of our neighborhood or, for that matter, the citizens of the entire State of California.
La Jolla Village Merchants’ October meeting addresses Cove Pavilion project

La Jolla Village Merchants Association in October was approached with the idea of starting a walk of fame.

The merchant group also named a new executive director, while presiding president Alosha Hawrylsyyn Frank announced she was stepping down from her post and not seeking re-election.

Noting she’s donated hundreds of volunteer hours while on the board, Hawrylsyyn Frank said, “I am proud of the work we’ve done. I will still be advocating for the Village, just from afar.”

It was announced that Jodi Rudick, manager of publicity and programs at the Lawrence Family Jewish Community Center, had been selected from a broad candidate field to succeed Sheila Fortune as LJVMA’s new executive director.

“The went through a very tedious hiring process going through about 100 resumes,” said Hawrylsyyn Frank. “We fell Jodi is the perfect fit for this position.”

Introducing herself, Rudick said, “I want to help small businesses and service businesses to connect with resources. My goal is to make sure we connect with locals as well as tourists, to let them know about this treasure, which is this community.”

Longtime community activist Patrick Ahern gave a slideshow presentation to LJVMA board on the Scripps Park Comfort Station project, set to begin construction early next year.

Ahern asked the board to waive the summer construction moratorium in 2019, so that the park project can be fast-forwarded. The La Jolla Cove Pavilion is a long-term project to replace outdated and deteriorating restroom facilities with an attractive, sustainable pavilion honoring the beauty of the Cove and Scripps Park. (What we’ve done many times, at places like Children’s Pool, is to waive the moratorium so we can have construction during the summer months between Memorial Day and Labor Day,” said Ahern, noting a portion of Scripps Park will already be a construction site by next summer.

LJVMA board unanimously endorsed Ahern’s proposal. At its Oct. 10 monthly meeting, LJVMA also got a pitch from Robert Alexander representing Las Vegas Walk of Stars. “We’re a 501(c)3 nonprofit and we’d like to start a walk of stars program here,” said Alexander who added, “I’ve done some research and we could do 10 to 15 stars a year from the very beginning of people who were born, lived or raised here. We would propose to honor people in show business and other fields who have made an impact worldwide, including authors and playwrights that have lived and worked here in the greater La Jolla area.”

Alexander pegged the cost of a walk of fame star at $15,000. “Where would that come from?” asked LJVMA board member Michael Dorvillier.

“Normally from star’s fan clubs, friends and families,” answered Alexander adding, “It’s 100 percent a tax write-off.”

“It fits having the stars here,” noted board member Laurrine Duriso, owner of Pantai Inn. “We’ll put it on the agenda next month as an action item,” said Hawrylsyyn Frank.

SAN DIEGO OUTREACH SYNAGOGUE

San Diego Outreach Synagogue (SDOS), a new independent Jewish congregation led by Cantor Cheri Weiss and the Outreach Band, will hold its inaugural Shabbat celebration on Friday, Oct. 26 from 6 to 8 p.m. at Nobel Recreation Center, 8810 Judicial Drive (behind the San Diego Public Library) in north University City.

Musical Shabbat service, followed by a light vegetarian dinner at no cost. RSVP required for dinner at 858-280-6331 or email: Cantor@sdo-synagogue.org. For more information about SDOS, go to sdo-synagogue.org.

NEW SOLAR PROJECTS DELIVER ENERGY TO SDGE CUSTOMERS

A newly built solar plant is providing clean, renewable energy to customers who signed up for SDG&E’s EcoChoice and EcoShare programs.

The new solar plant and two more that are in development will deliver a combined 4.2 megawatts (MW) of additional renewable energy to the San Diego region, enough to power about 3,800 homes.


MCASD TO BREAK GROUND ON EXPANSION PROJECT

On Oct. 18, the Museum of Contemporary Art San Diego (MCASD) will break ground on its highly anticipated $95M expansion project in La Jolla.

This momentous event will be led by the museum’s David C. Copley director and CEO Kathryn Kanjo, board president Dr. Paul E. Jacobs, and founding principal of Selldorf Architects Annabelle Selldorf. MCASD Trustees and Capital Campaign supporters will be in attendance.

Since its founding in 1941 as The Art Center in La Jolla, MCASD has evolved into a leading visual arts organization of national and international renown.

With artworks dating from 1950, the permanent collection includes more than 4,700 objects in all media. International in character, the holdings boast strengths in abstraction and minimalism, California art since 1960, Latin American art, and installation art.

As the collection has grown, the building has remained constrained, with inadequate galleries to display its holdings.

President real estate acquisitions and strong donor engagement have provided the opportunity for MCASD to expand its La Jolla campus at last.
The campaign platform of Mexico’s President-elect Andre Luis Obrador included vows to end corruption in the Mexican government and drive out the political mafia running the country. As Lopez Obrador’s Dec. 1 inauguration nears, his anti-corruption strategy continues to take shape. On Oct. 19 from 10 a.m. to 3 p.m., the UC San Diego’s School of Global Policy and Strategy Center for U.S.-Mexican Studies will host a conference, discussing the challenges and opportunities that lie ahead for Lopez Obrador’s administration.

“Corruption in Mexico is pervasive to a point that annoys and depresses Mexicans,” said Rafael Ferro-Lattes, director of the Center of U.S.-Mexican Studies. “Lopez Obrador’s recent win with support from more than half of the electorate, along with his party’s new congressional majority, gives him the mandate to deliver on his campaign promise, but he could trigger a major upheaval as he strives to tackle misconduct that has infested the country.”

SD CITY ATTORNEY’S OFFICE AWARDED SPECIAL DUI PROSECUTION GRANT

City Attorney Mara Elliott recently announced that drivers arrested for being under the influence of drugs in the City of San Diego can expect to face highly trained, specialized prosecutors, funded by a $255,850 grant from the California Office of Traffic Safety (OTS). The grant to the City Attorney’s Office will continue to fund a team that works drug DUI cases from arrest through conviction and sentencing.

“Driving under the influence of drugs can have devastating effects on San Diego drivers and their families,” Elliott said. “Our City continues to see DUI cases involving the misuse of prescription drugs, marijuana, and illegal drugs, often in combination with alcohol. This grant allows our highly specialized prosecution team to work closely with law enforcement to hold accountable those who endanger our community.”

Funding from this Drug DUI Prosecution Grant will aid the City Attorney’s Office in handling cases throughout each step of the criminal process, prosecuting both drug and drug/alcohol-impaired driving cases. Prosecution team members will work with the State’s Traffic Safety Resource Prosecutor Program to expand knowledge and resources in the emerging problem of drug-impaired driving.

In the past year under the OTS grant (Oct. 1, 2017-Sept. 30, 2018), the vertical prosecution team filed 228 misdemeanor cases of driving under the influence of drugs or a combination of alcohol and drugs. The office as a whole filed 3,110 DUI cases during that period.

The purpose of the program is to ensure that after arrest, drivers are held accountable those who endanger others by driving under the influence of drugs or a combination of alcohol and drugs or a combination of alcohol and drugs. The office as a whole filed 3,110 DUI cases during that period.

Lori Zafar of District 2, representing the Peninsula and Pacific and Mission beaches, concurred that the new ordinance was good on balance. “I was astounded at how much plastic and styrofoam makes its way into the ocean, bay and rivers.” Zafar said.

Noting she would have preferred a stronger single-use plastics ordinance, Zafar added, “I just feel we really need to move forward with this to protect our oceans, our marine life and ourselves.”

Ban opponent Sherman of District 7 pointed out styrofoam and plastic products ending up in the ocean are the fault of people. “The product does not cause the litter,” he said adding, “Without more data, I can’t just jump on banning a product.” Councilmember Cate of District 6 said even an additional cost of $10 a day could adversely affect some small businesses. Councilmember Kersey of District 5 said he would feel better if the outcome of the ban was that “people recycle more or change their behavior.” Kersey added, “I think we need to do a better job of educating our communities (about plastic waste).”

By passing this measure, the Council has reaffirmed our role as a national leader in pursuit of a safe, sustainable future and has made San Diego the largest city in California to ban styrofoam,” said Ward. “The negative impacts of styrofoam are permanent and threaten the health of San Diegans, wildlife and industries critical to our region. The time has come for us to listen to community groups, non-profits and businesses that have been advocating for this change for years, and move away from styrofoam and plastics in San Diego.”
The International Surfing Association (ISA) recently announced that the Stance ISA World Adaptive Surfing Championship will return to La Jolla.

The fourth iteration of the event will take place at La Jolla Shores from Dec. 12 to 16, welcoming more than 25 of the world’s best national para-surfing teams.

This year, the event will also mark the fourth consecutive year that Stance has played a key support role. Joining the World Championship initially as a presenting sponsor in 2015, Stance has since led as the title sponsor of the event since 2016, solidifying their brand’s integral and historic role in the growth and development of Adaptive Surfing worldwide.

In 2017, the Stance ISA World Adaptive Surfing Championship made history, as a record-breaking 109 athletes united in La Jolla to represent their 26 respective nations and compete for gold in the Paralympic-style, team-based event. The event was the first to take place after the ISA received official recognition from the International Paralympic Committee (IPC) and was a key milestone in the ISA’s ambitions to see Para-Surfing included in future editions of the Paralympic Games.

Last year also saw the ISA incorporate women-only divisions into the event for the first time following the event for the first time following the spread of the sport across the globe, particularly in Europe, the Americas, and Oceania. The event’s participation numbers have boomed since the inaugural event with athlete participation increasing nearly 60 percent and country participation increasing more than 40 percent.

The Stance ISA World Adaptive Surfing Championship was launched in 2015 with the goal of building a platform for physically challenged surfers to display their talents in competition. Under the ISA’s leadership the sport has seen an explosion of growth and spurred the growth of the sport across the globe.

At 90 years old, Casa de Mañana resident wins AAU powerlifting award

Dr. BLAKE BUNCH | LA JOLLA VILLAGE NEWS

Len Sandberg, who is 90 years old, lifted 110 pounds to take home the championship win. As he reaches out to shake this reporter’s hand, one thing is certain... Sandberg is in peak physical shape for any age.

“That doesn’t tell you a whole hell of a lot,” said Sandberg of the competition specifications. “If I got into all the necessary methodology involved in the competition, it could take up this entire article.”

That being said, Sandberg notes that the competition did not entail a simple one-repetition “max out,” but he succeeded nonetheless.

Prior to his move to La Jolla, Sandberg worked in the steel business. He says that despite boxing as a kid, that he didn’t really get into working out until his 40s. Although he ran a marathon in 3.5 hours in his 50s, Sandberg’s modesty will not allow him to boast about his time – an average of 8-minute miles.

“I was too busy raising a family, paying bills, etc...,” he added. “Once I got here [La Jolla], it was really conducive to getting into shape. When you’re running marathons as an older person, just finishing the race is more important than your time.”

Sandberg is no stranger to competition, or the fine gym facilities available to himself and other Casa de Mañana residents. In fact, Sandberg has made a point to credit his involvement in the ISA with his time – an average of 8-minute miles.

“We are excited to continue our involvement in the ISA’s para-surfing movement,” said John Wilson, Stance president and co-founder.

“We take pride in supporting these incredible, inspirational athletes as they strive to achieve their dreams on a global stage.”

“Each of these athletes has a unique story of human originality that perfectly exemplify our mission at Stance,” he added. “We look forward to watching the world’s best para-surfers take to the water with pride, determination, and sportsmanship.”

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Fashion Files: ‘Fur Ball Gala’ benefits SD Humane Society

The San Diego Humane Society presented the 32nd annual Fur Ball Gala on Oct. 6. This feel-good event began with a trip down the red carpet. It was so much fun to watch the 600 guests (and their 200 dogs) arriving in their best dress for the evening. The dogs came in all sizes wearing tuxedos, bow ties and dresses in their best finery. Each guest was treated to a special photo with his or her best furry friend. Purina provided a special treat station for all the pooches.

The emcee for the evening was CBS News 8 evening anchor, Barbara Lee Edwards. Edwards has been the emcee for this event for many years, and is such a charming addition to the affair. President and CEO of the San Diego Humane Society, Gary Weitzman, also known as “Top Dog,” was on hand to greet everyone. He said that they have a movement called “Getting to Zero,” which succeeded in ending euthanasia of all healthy and treatable animals in the county. The night continued with a delicious dinner with wine selections prepared by chef Jeffrey Strauss, who is the owner of Pamelaouse Grille.

All the dogs were given a mat to lie on so they could relax next to their owners as they dined. During the evening, Colleen Blackmore Reilly was honored for her amazing contributions to the organization. She has been president of the board of trustees, was chair of the Fur Ball for seven years and chair of the facilities committee. The live auction had terrific items, such as putting your pet on the cover of the San Diego Humane Society’s 2020 calendar. This year was the most successful, raising more than $870,000. The crowd stayed to dance to the group Haute Chile to finish off a perfect evening.

Proceeds for this gala go to the San Diego Humane Society. They offer spaying, neutering, licensing, and micro-chipping. In addition, they offer programs in behavior training, Project Wildlife (rehabilitates injured and orphaned wild animals), PAWS (supports low-income pet families) and pet-loss support. If you missed this warm and fuzzy event this year, stay tuned for all their upcoming events including monthly mutt mixers at sdhumane.org.

Upcoming events
Tuesday, Oct. 30 “Party with Z” - Dame Zandra Rhodes presents Fashion Show and Luncheon at the Westgate Hotel from 11:30 a.m. to 2 p.m. The 19th anniversary fashion show will show “The Party Collection.” For more information, or tickets, thingie@westgatehotel.com.

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The Readers Choice Awards is your guide to top-rated businesses in every category, from dining and shopping to services, entertainment and more, making it a special section to remember. Here are just a few of the many Readers Choice Winners voted on by our readers. You can be sure you’re experiencing the best our community has to offer! Support your local businesses!

Best Gifts
Progress Home Goods
PROGRESS HOME GOODS is a modern gift and furniture shop catering to locals and tourists alike. We offer a curated selection of indie-greeting cards, modern kids toys, personal body products, books, and gadgets for guys. Open Daily 10-6 and Sunday 10-4. We are located in Bird Rock just across the street from Bird Rock Coffee Roasters.

Best Men’s Apparel
A Better Deal
A Better Deal Tuxedo provides men’s formalwear, including tuxedo and suit rentals, to clients throughout the La Jolla and San Diego areas. This neighborhood rental boutique has become family to the many local boys to men who grew up needing formal wear for prom, graduation and wedding day!

Best Steak
Donovan’s of La Jolla
The views at Donovan’s of La Jolla are inspiring and there is no bad seat in the house, so sit back and enjoy your favorite cocktail with the USDA Prime beef, the eatery’s star attraction. If steak isn’t in the plan, pork and veal chops and succulent seafood will satisfy the most discriminating of palates. And at Donovan’s, fresh seasonal vegetables and your choice of potato are included with each entrée.

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Erling Rohde Plumbing offers sewer and drain cleaning and plumbing repair service. A family-owned business that has been serving La Jolla for over 100 years, its specialties include toilet, faucet, pipe repair and replacement, backflow protection, underground leaks water and gas, Ray-Pac boiler repair, solar hot water systems and water heaters. It’s earned a stellar reputation for providing caring customer service.

A Better Deal Tuxedo
A Family owned business that has been serving La Jolla for over 100 years, its specialties include toilet, faucet, pipe repair and replacement, backflow protection, underground leaks water and gas, Ray-Pac boiler repair, solar hot water systems and water heaters. It’s earned a stellar reputation for providing caring customer service.

Best Hair Salon
Evian Salon & Spa
Evian Salon & Spa is proud to now carry KEVIN.MURPHY Hair care products. Born from the same philosophy as skincare, KEVIN.MURPHY products are weightlessly designed to deliver performance, strength and longevity. When searching the world for our ingredients, KEVIN.MURPHY looked for companies that use micro cultivation, organic growing practices, or ecologically sound wild harvesting techniques to ensure the KEVIN.MURPHY range is of the very highest natural quality. KEVIN.MURPHY products are not available on-line only at selected Hair Salons. Stop in and let us show you our line of these products—your hair will thank you!

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DTOX Republic offers a variety of health and beauty services designed to Detox and rejuvenate your body. Our services include: Healthy Mineral Body Wraps, Thermasil™ Fat Reduction treatment, Active Infrared Sauna, Endermatherapy and Parafan-go Cellulite Treatments. We also offer programs for Brides & Bridal Parties, Proms & Big Events, and New Moms wanting to get rid of that post baby weight. Memberships are also available starting from $99 per month to help keep you on track with Detoxing and feeling great.

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Shipping/ Packaging
UPS Store Bird Rock
The UPS Store of Bird Rock has been providing the community with personal and small business needs for many years. In fact, 2016 marks over 30 years of operation at the La Jolla Boulevard storefront. Originally opening under the Mail Boxes, Etc. franchise, the location was the third to be opened in what would become a global retail chain, offering retail shipping, postal, printing and other business services. Through the years, the few committed owners have grown and expanded the location to meet the needs of the community, after having been acquired by UPS, was rebranded as The UPS Store.

If You Are A Readers Choice Winner and would like to Advertise in this Section CONTACT MIKE FAHEY mikefahey@sdnews.com or (858) 270-3103 x117

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This should explain all the hitherto unexplainable male behaviors

By Natasha Josefowitz, Ph.D.

I am intrigued by the recent findings in brain research about how our neurophysiology impacts behavior.

Male and female brains differ in their structure. For instance, the hypothalamus, which is a part of the brain that controls food intake, aggression, and sexuality, is larger in males than in females.

The way it functions through its connections may explain why men are more aggressive than women. This tendency is already exhibited in kindergartens when little boys like to fight and wrestle, while little girls don’t.

Females have a larger hippocampus, which is our memory center. This explains why women can remember having been slighted years ago, revisiting long past emotional hurts all to the total puzzlement of men. The hippocampus also has a higher density of neural connections.

This helps girls and women pick up more information through their five senses and thus be aware of up more information through their connections.

Due to the female brain’s higher degree of blood flow in the part of the brain called the cingulate gyrus, women tend to ruminate—much to the dismay of men. However, if forewarned that rumination was about to occur, my husband could sit patiently and listen.

Rumination helps women to process their thoughts and feelings. Men, on the other hand, tend to reflect only briefly on an emotional memory and move on to the next task, thus avoiding any discussion of feelings; men also move to problem-solving too quickly and offering immediate solutions according to women, who prefer taking time to explore alternative outcomes.

Men use almost seven times more gray matter for activity than women, which gives them tunnel vision when they are engaged in a task, and they often become unaware of people and their surroundings. So when his wife asks him to help with the dishes, he actually doesn’t hear her.

See it’s not his fault; it is his grey matter. Women, on the other hand, use 10 times more white matter than men, which is the networking grid which connects the brain’s processing centers with one another.

This explains why women can multi-task: in other words, cook with one hand, talk on the phone with another, while watching the kids and still hear the door bell, while her husband is totally unaware of all of the above as he is watching television or reading the paper. On the other hand, men excel at highly task-focused projects.

Females process more of the bonding chemical oxytocin than males, which is why women feel more empathy than men. Women are more likely to cry even for fictional characters in movies. So don’t ask him to write sympathy cards or make condolence calls.

And finally, because women have more brain cells in the prefrontal cortex, which controls judgment and planning, they are better at packing carefully for a family holiday. Now we understand why men forget to pack their socks when going on a trip.

This information was culled from a variety of sources. I especially want to acknowledge neuroscientist Daniel G. Amen’s book, “Unleash the Power of the Female Brain,” Dr. Gregory L. Jaax’s book, “Raising Boys by Design,” and Dr. Joe Herbert’s book, “Hormones and the Brain.”

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.
**Coastal Dining Guide**

**Dominic’s Table**
Chef Dominic Tedesco is a true, creative Renaissance man and Master Chef. Add to this mix his irresistible southern charm and old-fashioned business ethics and you have a great recipe for success. Raised in the Midwest by his Italian immigrant parents, he is the youngest of eight boys. Chef Dominic has always stayed true to his Sicilian roots. From an early age, his fascination with great foods grew into what was the beginning of his dream as he learned to cook at his mother’s side. He opened his first restaurants in Indiana and Kentucky. He also became well-known on the competitive circuit, winning the International Pizza Championship, as well as various awards for his pizza recipes. In 2006, he decided to return to Las Vegas where he became an Executive Chef to a whole new audience, including many celebrities. Dominic Tedesco can also be credited as a producer for the Production Company Red Velvet Entertainment, Inc. Currently, the chef is in development for his own series of television cooking shows and just finished filming a movie he was cast in to be released in theaters, early 2019.

In 2011 Chef Dominic left Las Vegas to make his dream a reality and took his already successful career to a higher level in La Jolla. His culinary masterpieces have found a new audience, including many celebrities. Dominic is in development for his own series of television cooking shows and just finished filming a movie he was cast in to be released in theaters, early 2019.

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Challenged Athletes Foundation hosts 25th anniversary triathlon

A transformational event begun as a fundraiser to buy one disabled athlete an adaptive van is celebrating its 25th anniversary this year, having raised more than $100 million benefitting thousands of challenged athletes nationally and internationally.

The 2018 Aspen Medical Products San Diego Triathlon Challenge weekend Friday, Oct. 19 to Sunday, Oct. 21 in La Jolla culminates with a one-mile ocean swim, 44-mile bike ride, and 10-mile run.

“This day brings out the best of competitive sports. We refer to it as the ‘Best Day in Tri,” says Challenged Athletes Foundation (CAF) executive director Virginia Tinley. “More than a triathlon, it’s an opportunity for people of all ages, levels and abilities to come together as a community.”

Sunday, Oct. 21 starts with the Parade of Athletes, wherein 200 physically challenged and 600 able-bodied athletes, legends, and celebrities will walk in preparation for the challenge-distance triathlon. More than 5,000 spectators and volunteers will attend, not counting the world watching in Live Stream.

Other Sunday highlights include the YMCA of San Diego County Tour de Cove Stationary Cycling Marathon, Philadelphia Insurance Kid’s Run, Kaiser Permanente THRIVE Yoga by the Sea, 5-Mile Run, and 5K Fitness Walk.

Tinley talked about the man for whom the event was started, the late James E. MacLaren, noted for his record-breaking performances in the marathon and Ironman triathlon despite being a left-leg, below-knee amputee.

“He was very charismatic and announced his goal was to do the Hawaii Ironman on a prosthetic leg, which was really unheard of,” Tinley said. “He did the Ironman in a very respectable time. Shortly thereafter he did a triathlon in Orange County where he was hit by a car and became a paraplegic.”

An organization, Challenged Athletes Foundation, a world leader in helping people with physical challenges lead active, healthy lifestyles, was subsequently created and the first CAF Triathlon was held to buy Maclaren an adapted vehicle.

Tara Butcher, a challenged athlete with a below-knee amputation following a car accident, is participating in this year’s triathlon.

“I will be competing for the 10th time,” said Butcher, who said the event has meant a lot to her.

“I had no idea what I was capable of until I went to the event and saw all these amputees running, cycling and swimming,” Butcher said, adding she’s competing on a relay team in the ocean swim and newly created yoga activity.

“The event is singing to me,” Butcher said. “It’s opened my eyes to a whole new world of ability and athleticism I didn’t have before. It’s so inspiring. The inspiration for me lasts almost the whole year until the next time.”

CAF’s outreach efforts impact some 60,000 individuals annually, whether it’s a $2,500 grant for a handcycle, helping underwrite a carbon fiber running foot not covered by insurance, or arranging enthusiastic encouragement from a mentor who has triumphed over a similar physical challenge.

CAF’s mission is clear: give opportunities and support to those with the desire to live active, athletic lifestyles.
Opinion: San Diego International Airport’s EIR is misguided and flawed

By LORIE ZAPF

The San Diego International Airport has released a plan to redevelop Terminal 1 that would push the costs to minimize traffic, transit, air emissions and noise impacts onto residents, local businesses, the City of San Diego, the Port of San Diego, SANDAG and others. Unless corrected, this project threatens nearby neighborhoods, leaving them with more traffic, more noise and more air pollution, and in little the way of plans to eliminate or minimize these negative impacts. The Airport’s environmental impact report, or EIR, uses outdated facts, understates problems this redevelopment creates and ignores the impacts on residents and businesses in Point Loma and our beach communities. The Airport should go back to the drawing board and get it right.

Despite its $1 billion price tag, the Airport’s redevelopment plan fails to move passengers efficiently, and get it right.

As usual, the Airport’s environmental impact report fails to analyze connecting the trolley with the Airport. The Airport can and should build a “People Mover” that takes passengers to the Washington Street and Middletown trolley stops, following the model that SFO and LAX have employed.

The airport’s narrowly-focused and insufficient analysis covers only Harbor Drive between Grape St. and Terminal 2, meaning traffic and noise impacts in Point Loma, Ocean Beach and elsewhere were ignored, and no plans are offered to deal with problems in these communities.

Similarly, the impact report offers no real solutions to reduce greenhouse gases.

San Diego deserves a world-class airport that will serve our entire region as well as visitors to our amazing city that also addresses and mitigates real impacts to surrounding neighborhoods—not just those on airport property.

Lorie Zapf is a San Diego City Councilmember representing Council District Two, home to Point Loma, Ocean Beach, Mission Beach, Midway, Clairemont, Linda Vista and Pacific Beach.

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University City updates

40 years of the Curie Craft Fair

Come help mark the Curie Craft Fair’s 40th anniversary on Saturday, Nov. 3, from 9 a.m. to 3 p.m. There will be great shopping and family fun at Curie Elementary School, located at 4080 Governor Drive.

Artisans will be selling their quality handmade wares including holiday gifts, ceramics, jewelry, clothing, folk art, and so much more. All items for sale are handmade by local artisans, no commercial resale items are allowed, creating a unique and fun shopping experience.

Additional events for the whole family include: carnival games, silent auction baskets, bake sale, lunch grill, used book tent and more. Entry is free and proceeds benefit Curie Elementary PTA.

More info at curiepta.org.

Imagine UC 2020 update

The Imagine UC 2020 project was unanimously approved by the San Diego Unified School Board on Sept. 25. The joint use project between the City of San Diego and the school district will enhance Standley Middle School, Standley Park and Spreckels Elementary School and will serve the students of all UC schools and the general community.

Plans include a permanent stage/pavilion near the middle school that will be available for concerts, other outdoor performances and community celebrations. There will be a jogging path around the park for PE classes and for community use in the evenings and on weekends. There will be an expanded parking area at Spreckels that will facilitate student drop off and extra parking for community events.

At the same time the natural grass fields will be expanded for more green playing space. The biggest addition will be an aquatics facility that will add an additional pool alongside Swanson Pool for high school competitions and practice, as well as swimming instruction for all ages.

The additional pool at the enhanced aquatics facility will also be available to the public when not being used by the schools. In this joint venture, school bond money will build the facility and City Parks and Recreation will cover the operating costs.

The next step in this process is approval by the City Council of the negotiated joint use agreement, which is already in line with Mayor Faulconer’s plan for expansion of parks across the city. The project is currently on track for Imagine UC 2020, which will continue with the modernization of all five UC schools, including many projects already completed at the high school. (Information provided by SD Unified Trustee John Lee Evans).

Ted’s grand opening

Ted’s Grooming Emporium will be having their grand opening event on Saturday, Oct. 20 from 9 a.m. to 5 p.m., in the University City Marketplace Shopping Center, 3316 Governor Drive. All dogs at the event get a free nail trim.

There will be food, games, a Halloween costume contest, prizes, a photo booth, animals available for adoption and much more. Info at tedsgrooming.com.

Exploring Dia de los Muertos

Julia Pfister will share the many traditions associated with the Day of the Dead (ofrendas), making special foods, and delve into other creative customs. The event will be held on Tuesday, Oct. 23, 1 p.m. at the University City Branch Library, 4155 Governor Drive.

Halloween Carnival

Standley Park will be hosting their annual Halloween Carnival on Friday, Oct. 26, from 5 to 7 p.m. There will be free carnival games, crafts, face painting and jumpers. The costume contest times are: 5:30 p.m.–0-2 years old; 5:45 p.m.–3-5 years old; 6 p.m.–6-8 years old; 6:15 p.m.–9+ years old.

Learn About the POLST

POLST stands for Physician Orders for Life-Sustaining Treatment. When you are seriously ill, making sure your loved ones and doctors know what kinds of medical treatment you want as you approach the end of your life is very important, and the POLST will help do that.

A special seminar is scheduled at the UC Branch Library which will help you learn how to use this form to help healthcare providers know your wishes and give you control over your end-of-life care.

The seminar will be held on Friday, Oct. 26, starting at 1:20 p.m., and is courtesy of the San Diego Memorial Society. The library is located at 4155 Governor Drive.

Good deeds: Give a child the gift of reading

The “Everyone a Reader” program is a highly successful and positive way of supporting children in the process of learning to read. Curie Elementary School is looking for volunteer reading tutors to join their dedicated team. After a two-hour training, your commitment is only one hour per week to work students. If you are interested in giving the gift of reading, contact Valerie O’Neill at voneil95@yahoo.com.
Mayor Faulconer proposes new rules of the road for dockless scooters

With the goal of encouraging more transportation choices and improving the quality of life in neighborhoods, Mayor Kevin L. Faulconer today proposed a regulatory framework for dockless scooters to address safety concerns while allowing the nascent technology to continue operating in San Diego in a more responsible way.

“The rapid evolution of this industry is evidence of the popularity of dockless mobility devices as great options for folks who would like to leave their car at home,” Mayor Faulconer said. “As with many disruptive new technologies, there are issues that need to be addressed. First and foremost, public safety is our top priority and that will be reflected in these common-sense regulations.”

Mayor Faulconer’s proposed policies are focused on motorized scooters – the predominant mobility device used across the city – but are designed to include other types of dockless devices as the industry continues to evolve. The regulatory framework covers five primary areas – limiting maximum speed in designated zones, rider education, data use, companies will be required to slow their devices down to eight miles per hour in designated high-pedestrian traffic zones around the City, including: Boardwalks in Mission Beach, Pacific Beach and La Jolla beach areas; downtown Embarcadero; promenade behind the San Diego Convention Center; Martin Luther King Jr. Promenade Downtown: Balboa Park; NTC Park; Mission Bay Park.

City Indemnification: Each operator will be required to indemnify the City from liability claims and each will need to hold a liability insurance policy.

Rider education: Prior to each use, companies will be required to educate riders of local and state vehicle and traffic codes and the cost of a citation for violating those laws. Each device also will need to be clearly labeled “Riding on Sidewalks is Prohibited.”

“Circulate San Diego supports thoughtful regulations in San Diego in order to ensure the continued availability and safe use of dockless scooters,” said Maya Rosas, Policy Director for Circulate San Diego. “The scooters are game changers that provide new mobility options, and with safe infrastructure they will help San Diego meet its Climate Action Plan and Vision Zero goals.”

Data sharing: The operators will provide the City with detailed monthly reports that will be useful for Climate Action Plan monitoring and mobility planning, including but not limited to: Deployed device data; including fleet size and utilization rates trip information, including start/end points, routes, distances and duration, parking information, reported incidents and actions taken reported obstructions/hazards and actions taken and maintenance activities.

Fees: Each company wishing to operate within City limits will be issued an annual permit, with a permit fee, and will be required to pay an additional operational fee for the use of City property. Costs associated with each fee are still being determined.

#LaJolla #CityHall #Scooters #Safety #Sustainability

Motorized scooter riders on the boardwalk in Mission Beach.

THOMAS MELVILLE/VILLAGE NEWS

La Jolla music calendar: John Scofield, Roman Palacios and more

Friday, Oct. 19
- The Heart, singer-songwriter. noon. UTC Palm Plaza.
- Joanna Gerolaga, singer-songwriter. 4 p.m. Duke’s.
- Dave Booda, blues to soul. 5 p.m. Alexandria.
- Dev-Lov, acoustic covers. 5 p.m. La Jolla Cove.
- Cantua, singer-songwriter. 5 p.m. Herringbone.
- Los Reyes, classic covers. 6 p.m. La Valencia.
- Mike Myrdal, singer-songwriter. 6 p.m. Drift.
- Mario Marauka, flamenco guitar. 6 p.m. The Turquoise.
- Robin Henkel, blues. 6:45 p.m. La Jolla Community Center.
- Slow Hollows, indie rock. 7 p.m. Che Café, USCD.
- AJ DeGrasse Trio, piano jazz. 7 p.m. Eddie V’s.
- John Scafield, jazz. 7:30 p.m. TSTR.
- Steven Lin, classical. 7:30 p.m. Athenaeum.
- tba, singer-songwriter. 7:45 p.m. Smokeyard.

Saturday, Oct. 20
- Nathan & Jessie, singer-songwriter. noon. UTC Palm Plaza.
- Christine Parker, singer-songwriter. 3 p.m. Herringbone.
- Roman Palacios, Latin sounds. 6 p.m. La Valencia.
- Mario Marauka, jazz. 6 p.m. The Turquoise.
- Jilian Cailins Band, classic covers. 6:30 p.m. Covo.
- Craig Dawson Trio, piano jazz. 7 p.m. Eddie V’s.
- David Slyde, singer-songwriter. 7 p.m. Indulge.
- Buddah Triste, indie rock. 7 p.m. Che Café, USCD.
- Victor Herring Quintet, jazz. 7:30 p.m. Athenaeum.
- Tad Sisler, piano standards. 8 p.m. In the Lounge, The Manhattan.
- Pollinators, rock covers. 9 p.m. Beaumont’s.
- Now Time Quartet, jazz. 9 p.m. The Turquoise.

Sunday, Oct. 21
- Marcela Mendez, singer-songwriter. noon. UTC Palm Plaza.
- tba, classic covers. 11:30 a.m. Beaumont’s.
- Joanna Gerolaga, singer-songwriter. 3 p.m. Herringbone.
- Sounds Like 4, jazz. 5:30 p.m. The Turquoise.
- K. Emeline, jazz and standards. 6 p.m. The Lot.
- Ray Briz Trio, piano jazz. 6 p.m. Eddie V’s.
- Madeline Kenney, indie rock. 7 p.m. Che Café, USCD.

Monday, Oct. 22
- Vania Pimentel, classical or jazz. noon. Athenaeum.
- Shelly Taylor Trio, piano jazz. 6 p.m. Eddie V’s.
- Javl & Naoko, acoustic guitar. 6 p.m. La Valencia.

Tuesday, Oct. 23
- Mike Myrdal, singer-songwriter. noon. UTC Palm Plaza.
- Marcel East Trio, piano jazz. 6 p.m. Eddie V’s.
- Danny Green, standards. 6 p.m. La Valencia.
- Tomcat Courtney, blues. 7 p.m. The Turquoise.
- Inheritance Chamber Opera, classical. 7 p.m. Conrad Prebys Experimental Theater, USCD.

Wednesday, Oct. 24
- Mike Myrdal, singer-songwriter. noon. UTC Palm Plaza.
- Roman Palacios with Tommy Gannon, standards. 8 p.m. In the lounge, The Manhattan.

Thursday, Oct. 25
- Mike Officer, acoustic music. noon. UTC Palm Plaza.
- Dave Booda, acoustic covers. 5 p.m. Herringbone.
- Gold Standard, singer-songwriter. 5 p.m. Alexandria.
- Keni Ybarro, singer-songwriter. 6 p.m. La Valencia.
- Mike Myrdal, singer-songwriter. 6:30 p.m. Beaumont’s.
- Fred Hardy, jazz. 7 p.m. The Turquoise.

Friday, Oct. 26
- Ben Benavente, singer-songwriter. noon. UTC Palm Plaza.
- Ben Benavente, acoustic standards. 4 p.m. Duke’s.
- Whitney shay, standards. 5 p.m. Alexandria.

See Music PG. 17
Celebrating its 15th year the weekend of Friday, April 12, Saturday, April 13, and Sunday, April 14, the La Jolla Concours d’Elegance presented by LPL Financial will be returning to the stunning shores of La Jolla...

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. In 2019, the La Jolla Concours d’Elegance will be celebrating Cadillac as the honored marque.

Cadillac is the oldest surviving brand in the United States, dating back to 1903, which promises a stunning assortment of models to be showcased at the 15th annual La Jolla Concours.

In addition to Cadillac, La Jolla Concours will celebrate 100 years of Bentley and the 50th anniversary of the Mach 1 Mustang. In total, attendees can expect to see more than 130 spectacular automobiles from around the world.

This celebratory automotive weekend will begin on Friday, April 12 with an exclusive private-themed party.

Saturday, April 13, will kick off with the annual Tour d’Elegance, followed by a VIP reception on the Concours lawn that evening.

Saving the most extravagant for last, the weekend will conclude with the La Jolla Concours d’Elegance on Sunday, April 14 with more than 130 world-class autos, a champagne and honey tasting garden, a VIP lounge, and hospitality suites.

Staying true to tradition, the event will also be featuring the La Jolla Motor Car Classic at the Concours, which will once again be free and open to the public and will expand the show from the Ellen Browning Scripps Park into the La Jolla Village roadways displaying a variety of automobiles.

The 15th annual 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.

To purchase tickets, visit lajollaconcours.com or call 619-233-5008.
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Sun 1-4pm  . . . . . . . . .4514 Long Branch Ave . . 3BR/2.5BA $1,195,000  . . . . . . . . . . . . . .Steve Beaupre 619-269-5030

**OCEAN BEACH**
Sat 1-4pm  . . . . . . . . .275 Hihill Way  . . . . . . . .3BR/3BA  . . $799,000-$849,000  . . .Chris Edmonds 619-494-1284
Sat/Sun 1-4pm  . . . . .1762 Star Crest Place  . .4BR/4BA  . .$892,500  . . . . . . . . . . . . . .Joe Narvaez 619-301-0142

**SAN MARCOS**
Sun 1-4pm . . . . . . . . .7511 High Ave  . . . . . . .3BR/3.5BA $1,995,000  . . . . . . . . . .Daniel Albrecht 858-926-8779
Sun 1-4pm . . . . . . . . .605 Westborne St.  . . .4BR/3BA  . . $2,150,000  . . . . . . . . . . . . . .Tim Hines 619-316-2604
Sun 1-4pm . . . . . . . . .5935 Beaumont Ave  . . .5BR/4BA  . . $2,495,000  . . . . . . . . Michelle Dykstra 858-344-7653
Sat/Sun 1-4pm  . . . . .6529 Manan Pl  . . . . . . .4BR/2BA  . . $1,595,000 . . . . . . . . .Michelle Dykstra 858-344-7653

**BAY PARK**
Sat 1-4pm  . . . . . . . . .4852 Gardena Ave . . . . . . .3BR/1BA . . $892,500 . . . . . . . . . . . . . .Helen Spear 619-813-8503

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