The Windansea Shack turns 70 this year and – except for the palm frond roof – has been fully restored by volunteers after being pummeled by a storm last Christmas.

“It took one amazing crew and three weekends, but we have rebuilt it,” said Melinda Merryweather, vice president of Friends of Windansea.

“There was still damage to the roof, so it was trimmings and one-of-a-kind material we had on our hands. It really is amazing,” said Merryweather, who said on Christmas Eve last year, the community had been weathering the El Nino storm that was already starting to be felt.

“We all remember that storm with the high tide, full moon and surf all at once,” Merryweather said. According to Merryweather, on Christmas Eve last year, San Diego was weathering El Nino, a strong full moon and an extremely high tide. Prior to the storm, the normal precautions were taken for the Shack. All low hanging fronds were trimmed but it wasn’t enough. A massive wave rose up and crashed down on the Shack. The force of the wave and the weight of the water knocked out one of Windansea Shack is back – now bigger and stronger

By LAINIE FRASER

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Rough Water Swim postponed until Cove water quality improves

By DAVE SCHWAB

What would have been the centennial celebration of the La Jolla Rough Water Swim, one of the community’s signature events drawing more than 2,000 participants of all ages annually, has been canceled for 2016.

“Due to the poor ocean water quality and high bacteria level currently present at La Jolla Cove, we will be deferring the annual La Jolla Rough Water Swim event until the Cove’s ocean water and beach conditions improve,” said Bill Perry, director of La Jolla Rough Water Swim (LJRWS) media relations. “The safety of our swimmers has always been our primary concern. The Committee feels that to subject our entrants to the Cove’s poor ocean-water quality

City Council to appeal ruling on Children’s Pool

By CITY NEWS SERVICE

The San Diego City Council voted June 15 to appeal a recent Superior Court ruling that overturned the city’s ban on people going onto the beach at the Children’s Pool in La Jolla during harbor seal pupping season – Dec. 15 to May 15.

On a 7-1 vote, the council voted to seek appellate review of a ruling by Orange County Superior Court Judge Frederick Horn that neither the city nor the California Coastal Commission – which ratified the law as the overseer of the coastline – followed correct administrative procedures with the federal government in developing the ordinance. Council President Sherri Lightner, who represents La Jolla and has defended public

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Thousands will flock to Ocean Beach to enjoy food, drinks, chili, live music, art and great people watching at the 37th annual Ocean Beach Street Fair and Chili Cook-Off Festival on Saturday, June 25.

The free festival will include an oceanfront chili cook-off, vendor and food booths, Artists Alley, a beachside beer garden, live music and entertainment, family friendly activities, carnival rides and games, art, the Community Mural Project and more.

The street fair will take place from 10 a.m. to 8 p.m. in the 4800 to 5000 blocks of Newport Avenue, along the waterfront and in the pier parking lot, and along the cross streets of Newport Avenue at Bacon Street and Cable Street.

Free trolley services will run for people parking near Robb Field (every 30 minutes) and on Sea World Drive at Pacific Coast Highway (every hour) from 9:30 a.m. to 9 p.m. There will also be a free bike valet at the intersection of Bacon Street and Newport Avenue, courtesy of the San Diego County Bicycle Coalition.

The highlight of this year’s fest will be the 50th anniversary celebration of the OB Pier, which opened on July 2, 1966. Ocean Beach MainStreet Association will commemorate the pier with photos dating back to its inception in 1966, and information about the OB Pier’s rich history in partnership with the Ocean Beach Historical Society. Other pier activities will include a kids fishing game, photo kiosk with a lifesize photo backdrop of the pier’s opening celebration in 1966, Living Coast Discovery Center’s interactive crab display and the opportunity to sign up for the San Diego Junior Lifeguard Foundation’s annual pier jump.

The Kiss tribute band will be back to rally the crowd. This time they’ll support the Year of the Pier by donning their ‘60s surfer best and rocking out to the Beach Boys. Attendees can stop by Rock and Roll San Diego’s booth to get a free 15-minute music lesson alongside the wild and zany Kiss tribute band, as they’re dressed in full face painting with long hair and Hawaiian shirts. The booth will also have drawings, giveaways and loads of cool stuff. The chili competition will feature more than 20 tastings from amateur entrants competing for the titles of Hottest Chili, Judges’ Award and the grand prize winner: People’s Choice Award. Chili tastings will begin at 11 a.m. and will end when contestants run out of samples. Tastings can be purchased for $2 per chili entry, or attendees can buy a master ticket for $20 to try every recipe and vote for the best.

The Hodad’s Burger-Eating Competition is back by popular demand offering contestants a chance to be featured on the Hodad’s Wall of Fame at its Ocean Beach site.

The Bloody Mary competition will also make a return with 15 local restaurants and bars competing for the title of Best Bloody Mary in Ocean Beach. Tickets can be purchased for $20 to sample each entry and vote for your favorites.

Children and adults of all ages are welcome to purchase a $10 square to contribute to this year’s Community Mural Project. Visit the mural area on Bacon Street just south of Newport to reserve and then paint your square. After the Street Fair, the murals are installed in OB.

On Cable Street, Artists Alley will feature accomplished artists and their handcrafted items.

Family-friendly attractions include the Wonderland Fun Zone in the parking lot adjacent to US Bank near Sunset Cliffs Boulevard and Newport Avenue. The Zone will have a 20-foot slide, OB Express Train Ride for the little ones, Zip Line, Zorb balls, Hop ‘n’ Rock, laser tag, kids games and more.

There will be five stages of non-stop music throughout the day. Music genres include acoustic, rock, blues, alternative, Americana and more.

For more information, visit www.oceanbeachsandiego.com.
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Three valedictorians, one salutatorian at La Jolla see a bright future ahead

By LAINIE FRASER

For the first time in La Jolla High School history there has been a three-way tie for valedictorian. The students are John Fitzpatrick Mann, Sophia Elaine Eliopulos and Madeline Randel Gates. Each of the students have displayed academic excellence with 4.81 GPAs and remarkable college acceptances. The salutatorian this year is Clayton Glenn Halbert with a 4.79 GPA.

Graduation for La Jolla High School will take place 2 p.m. Tuesday, June 21 and will be held at UCSD.

John Fitzpatrick Mann

A desire to find the greater meaning in coursework and a genuine interest in classes has led John Mann to his 4.81 GPA and his role as one of the three valedictorians for La Jolla High School’s Class of 2016.

“I have been fortunate enough to have an interest in my classes,” Mann said. “If you aren’t interested it is difficult to do well. For me, it was never enough to just complete an assignment or go through the steps. I have always been driven to really understand and believe I have been blessed in that sense.”

Mann says success in school was never demanded of him by anyone in his life. He has always had a curiosity about things and wasn’t satisfied with simply completing something without meaning. He says he is where he is because he wanted to be there and worked to be there.

Mann was enrolled in mostly advanced placement and weighted courses throughout his entire career at La Jolla High. In addition to a heavy course load and the necessary study time, Mann filled his free time with clubs, sports and tutoring.

During his senior year, Mann served as president of the mock trial club he has been a part of since freshman year. Mann has also run on the cross country track team while attending La Jolla High. In addition to participating in extracurriculars at school, Mann has donated his time over the past three years to help Hispanic students struggling with the language barrier. Combining his interest in helping those around him and his love for knowledge and education, Mann tutors students whose first language is something other than English.

La Jolla High is not the only institution recognizing Mann for his academic excellence. Arizona State University has offered him a full-ride academic scholarship and an acceptance to their honors program. He plans to major in finance there in the fall. Mann plans on attending UCSD’s Academic Connections College credit program over the past three years to help Hispanic students struggling with the language barrier. Combining his interest in helping those around him and his love for knowledge and education, Mann tutors students whose first language is something other than English.

La Jolla High School Class of 2016 salutatorian Clayton Glenn Halbert with valedictorians John Fitzpatrick Mann, Madeline Randel Gates, and Sophia Elaine Eliopulos. PHOTO BY LAINIE FRASER

La Jolla High, Mann says regards of a public speech he would like to thank his parents and particularly his teachers.

“I have some great teachers here, I think La Jolla High School is very lucky and in turn so are the students,” Mann said.

Plenty of use out of it before he leaves.

“Everything I was doing was right. Lecturing about not joining gangs and not doing drugs only had the kids hearing the opposite. It was like hyping negative behaviors, providing social cohesion of gangs.

“Instead I needed to ask this question: ‘How many of you want to be the first person in your family to graduate from college?’ The wrong advice was counterproductive. I needed to get them away from drugs, gangs, violence, vandalism, teen pregnancy, and even death.


When Christopher Yanov turns back the clock to 2001, he has to say that John’s “hard work really does pay off,” Mann said.

While speeches from the valedictorians are not required at La Jolla High, Mann says regardless of public speech he would like to thank his parents and particularly his teachers.

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In May 2001, as a substitute teacher 15 years ago, I started Reality Changers with $300 and four volunteers. One secret to success is that Reality Changer students who earn a 3.5 GPA in eighth grade can go to UCSD’s Academic Connections College Credit program for three weeks, and get college credit. There are 400 spots and Reality Changers fill 100 of those spots. In senior year of high school, these same students automatically can take a year-long course in Real-
My home funds my great escapes.

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La Jolla High seniors visit their past, and eat pizza

By LAINIE FRASER

This year’s Watermelon Royalty, sophomore Karlee Garcia, who along with her Watermelon Royalty runner-up Taylor Raymond, clambered to the top of Urey Hall at UCSD, to prove once again that gravity does exist by throwing a large fruit from the seventh floor on Friday, June 3.

But before the annual Watermelon Drop and subsequent splatter, a 52-year-old tradition in the university in La Jolla, the two watermelon women, mathenatics majors, performed a dance routine to entertain the hundreds of onlookers hoping to see a record-breaking bash. The first drop in 1965, performed by the college’s first undergraduate class, had a splat radius of 91 feet, and the record so far is 197 feet and 4 inches. This year’s splat radius didn’t quite come close, as it was measured at 80 feet and 7 inches. But after the fruit had been dropped, the fun began as students lined up in the court near Urey Hall for pieces of watermelon, cake, and music.

The Watermelon Drop is one of the university’s oldest and most beloved events. Started by a physics professor, Bob Swanson, every year students from Revelle College at UCSD elect a student to drop a watermelon from the seventh floor of Urey Hall, an honor referred to as Watermelon Royalty, they proceed to have that student run up the seven flights of stairs that lead to the top of Urey Hall and drop the fruit over the edge.

Statements like, “I haven’t seen you since middle school” and “Oh my goodness, seven years and you haven’t changed one bit,” were repeatedly yelled across the room as the students slowly began to recognize more of each other. When the teachers entered the room there was absolute shock on many of their faces. Almost immediately they began pulling out class photos and arts and crafts projects they had collected over the years.

“I remember everyone,” Ms. Allison said. “Not to brag but to brag what they learned here and the memories here.”

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“I remember everyone,” Ms. Allison said. “Not to brag but to brag they were amazing when we had them and they have made us proud.”

When the game of trivia got underway many of the students seemed surprised by how much they remembered about events that happened nearly seven years ago.

Trivia questions included the name of their third grade play and who played what character, the themes for different performances, which teacher had what funny theme for different performances, who played what character, the themes for different performances, which teacher had what funny themes for different performances, who played what character, the themes for different performances, which teacher had what funny themes for different performances, who played what character, the themes for different performances, which teacher had what funny

After a while of talking, hugging and eating, the roughly 50 students formed a circle and shared the names of the schools they were attending in the fall. Schools like Northwestern University, University of Arizona, San Francisco State University, University of Southern California, UCLA, UCSD, UCR, San Diego State University and University of San Diego were among the many mentioned.

“They are an impressive class,” Ms. Allison said. “Not to brag but to brag they were amazing when we had them and they have made us proud.”

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“I just want them all to remember what they learned here and the friends and memories they made here,” Ms. Cathy said. “We are so very proud of each and every one of them.”

La Jolla students Julia Albanez, Nicole Bertrand, and Andrea Albanez at the party. PHOTO BY LAINIE FRASER

Splat! Gravity takes over at UCSD’s Watermelon Drop

By ANNA JENSEN

This year’s Watermelon Royalty, sophomore Karlee Garcia, who along with her Watermelon Royalty runner-up Taylor Raymond, clambered to the top of Urey Hall at UCSD, to prove once again that gravity does exist by throwing a large fruit from the seventh floor on Friday, June 3.

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Former student Jared Medina said his kids could still do a pretty good throw. “Splat! Gravity takes over at UCSD’s Watermelon Drop” he said.

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Marengo was not in attendance but Palmer, a 40-year La Jolla resident and Shannon, a Realtor and engineer, spoke on their own behalfs.

Palmer discussed minimizing antagonism between real estate investors and residents while “improving the quality of life here.”

“I am passionate about preserving the natural beauty and accessibility of the coastline,” said Shannon adding, “I have a great interest in understanding and heading off problems before they start.”

The housing development reconsidered by LJCPA was the Klein residence at 2585 Calle De Oro in La Jolla Shores.

Speaking for the Kleins, architect Paul Bentzon re-introduced the project showing in detail, through blueprints and computer-generated images, that it had been significantly altered addressing community concerns about proper proportions and setbacks.

“My client is really taking this to heart,” said Bentzon of community planners’ previous suggestions that project alterations were necessary. “We’ve communicated with all four neighbors, on all four sides, and we’ve worked a lot of compromises.”

Bentzon walked the advisory group through proposed project changes noting the dwelling is no longer a “monolithic structure,” adding it’s been “dug into the slope.”

From the audience, Sheila Palmer suggested developers would have been better off showing a scale model of the project to put it in proper perspective.

Another spectator, Sally Miller, asked if the home being demolished to make way for the re-development was two stories, and was told it was one story.

“Designed solution is good for the neighborhood and good for the community,” noted La Jolla architect Michael Morton from the audience. “I appreciate the sensitivity shown by the applicant,” said LJCPA trustee Glen Rasmussen.

Trustee Alex Outwater noted the new home has been “nicely setback from the street. It’s a very nice project. Most importantly, they’ve (developers) worked with the neighbors to reach an agreement.”

LJCPA voted unanimously in favor of the amended project.

It was also announced by Greatrex at the meeting that longtime La Jolla and civic activist Edward Ward had died.

LJCPA will next meet Thursday, July 7 at 6 p.m. at La Jolla Rec Center, 615 Prospect St.

Man pleads guilty to La Jolla robberies

A man who burglarized several homes in mostly gated La Jolla communities over a three-month period pleaded guilty June 6 to burglary and attempted burglary charges.

Louis Swanson faces between 15 and 23 years in prison when he is sentenced July 6.

During a preliminary hearing in April, witness Richard Gibbs identified Swanson as the man who rang his doorbell on Feb. 28 and asked to speak to a person the resident had never heard of.

Gibbs and his wife realized a few days later that they had been robbed that night, according to court testimony.

Swanson, 58, pleaded guilty to six other burglaries in three gated communities and another housing development in La Jolla between Nov. 26 and March 9.

One person came home to find Swanson rifling through his late wife’s jewelry. Deputy District Attorney Jim Koerber said.

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By DAVE SCHWAB

In June, Bird Rock Community Council got reports on its Maintenance Assessment District (MAD) and about a now-independent community group’s efforts to curb neighborhood mansionization.

Board member Barbara Dunbar noted the Midway Bluff Stabilization Project is “complete except for the location and time of day,” she added.

Jim Ragsdale gave an update on the housing redevelopment in La Jolla with neighbors to successfully re-negotiate a settlement.

“We had a cheetah recently at the downtown library and a lot of local architects showed,” Ragsdale said noting one major aim of the group is to eliminate existing loopholes that have allowed developers to build projects larger and more obtrusive than those in the surrounding neighborhood.

Bird Rock Community Council chair Andrew Ward noted the annual Bird Rock community picnic, in lieu of the regular Council meeting, will be held Tuesday, Aug. 2 starting at 5:30 p.m. at Bird Rock Elementary School field.

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Bird Rock group trying to regulate McMansions

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Speaking for the Kleins, architect Paul Bentzon re-introduced the project showing in detail, through blueprints and computer-generated images, that it had been significantly altered addressing community concerns about proper proportions and setbacks.

“My client is really taking this to heart,” said Bentzon of community planners’ previous suggestions that project alterations were necessary. “We’ve communicated with all four neighbors, on all four sides, and we’ve worked a lot of compromises.”

Bentzon walked the advisory group through proposed project changes noting the dwelling is no longer a “monolithic structure,” adding it’s been “dug into the slope.”

From the audience, Sheila Palmer suggested developers would have been better off showing a scale model of the project to put it in proper perspective.

Another spectator, Sally Miller, asked if the home being demolished to make way for the re-development was two stories, and was told it was one story.

“This designed solution is good for the neighborhood and good for the community,” noted La Jolla architect Michael Morton from the audience.

“I appreciate the sensitivity shown by the applicant,” said LJCPA trustee Glen Rasmussen.

Trustee Alex Outwater noted the new home has been “nicely setback from the street. It’s a very nice project. Most importantly, they’ve (developers) worked with the neighbors to reach an agreement.”

LJCPA voted unanimously in favor of the amended project.

It was also announced by Greatrex at the meeting that longtime La Jolla and civic activist Edward Ward had died.

LJCPA will next meet Thursday, July 7 at 6 p.m. at La Jolla Rec Center, 615 Prospect St.

Bird Rock group trying to regulate McMansions

In June, Bird Rock Community Council got reports on its Maintenance Assessment District (MAD) and about a now-independent community group’s efforts to curb neighborhood mansionization.

Board member Barbara Dunbar noted the Midway Bluff Stabilization Project is “complete except for the location and time of day,” she added.

Jim Ragsdale gave an update on the housing redevelopment in La Jolla with neighbors to successfully re-negotiate a settlement.

“We had a cheetah recently at the downtown library and a lot of local architects showed,” Ragsdale said noting one major aim of the group is to eliminate existing loopholes that have allowed developers to build projects larger and more obtrusive than those in the surrounding neighborhood.

Bird Rock Community Council chair Andrew Ward noted the annual Bird Rock community picnic, in lieu of the regular Council meeting, will be held Tuesday, Aug. 2 starting at 5:30 p.m. at Bird Rock Elementary School field.
Crisis at the Cove: Still no solutions yet for pinniped problem in La Jolla

By DAVE SCHWAB

There is a serious problem. Something needs to be done about it immediately. And current law allows communities to use non-lethal measures, without special permitting, to disperse problematic pinnipeds.

That was the general consensus at a June 9 special meeting held by La Jolla Town Council dubbed “Crisis in the Cove.”

A spill-over crowd attended the tense, 90-minute meeting, during which animal-protection advocates and beach-access proponents exchanged differing views. At issue is the alarming spread of sea lions at the Cove, and what can be done about it.

The feisty, sometimes-aggressive marine mammals have been gathering at the Cove in ever-greater numbers, fouling its waters. So much so that this year’s September Rough Water Swim there had to be cancelled.

Sea lions also have increasingly been hauling out on the Cove beach where they pollute the sand and stairs, poising a potential threat to humans and interfering with lifeguards performing their duties.

“I’ve gotten two kinds of emails,” noted La Jolla Town Council (LJTC) president Ann Kerr Bache. “There are those who say, ‘Just leave them (sea lions) alone.’ And those who say, ‘Take action to get rid of them.’”

“This issue deals with public safety—and it’s a process,” said Kerr Bache, noting sea lions are gradually “taking over the Cove.”

“We’re here tonight to hear from all sides,” she added.

The testy crowd of largely displaced ocean users came to vet and wanted answers. They spoke their piece. But received little in the way of answers—or assurances—from public officials as to how—or when—the issue would be dealt with.

National Oceanic and Atmospheric Administration (NOAA) spokesperson Michelle Zetwo was asked pointedly if the Marine Mammal Protection Act (MMPA) safeguarding pinnipeds allows troublesome animals to be counteracted with non-harmful forms of deterrence.

Zetwo replied, “The Act allows for animals to be non-lethally removed if the public’s health and safety is at-risk. We (NOAA) have a variety of deterrent methods.”

Queried as to whether the public could take that on, Zetwo answered, “No, just federal or state government officials or employees.”

“What rights do we have if threatened by sea lions, don’t we have rights?” asked one audience member.

To which someone else replied, “Common sense should tell you to stay away.”

Phyllis Minick, a member of La Jolla Parks and Beaches Inc., which advises the city on coastal parks, noted the law allows appropriate measures to be taken against other pests like rodents and insects.

Megan Heine of Brockton Villa, a restaurant just above the Cove that gets the worst of the noxious smells and loud noises from down below, said, “We’ve felt a tremendous (negative) economic impact while calling the worsening situation with Cove pollution a ‘tragedy’.

Another resident near the Cove complained of its “unbearable smell” and of sea lions barking at all hours, which he described as “worse than a pack of dogs.”

Animal proponent, Shirley Hill, argued, “This is a marine reserve and it’s our responsibility to protect the animals from human interaction. They were on the bluffs and you opened up the gate and allowed people there, and now they’re on the beach.”

Nancy Lee, characterizing the Cove as a “national treasure,” said she’d like to see it “made into a federal (wildlife) park. It’s like the Galapagos in our backyard, and yet we’re here talking about being cruel and mean-spirited to marine mammals.”

Longtime La Jolla parks planner and community activist Melinda Meryweather, noted, “It’s your Constitutional right in California to enter the ocean. We’re being told it’s polluted, and that you can get rid of the source of the pollution. It’s up to you (La Jollans) to do that.”

Kerr Bache encouraged the public to email her on the seal lion issue at president@lajollatowncouncil.org.

Sea lions get splashed by a large wave at La Jolla Cove.

PHOTO BY THOMAS MELVILLE

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PHOTO BY THOMAS MELVILLE

Baby Boomers Need Hepatitis Screening

Born between 1945 and 1965? You are five times more likely to be infected with Hepatitis C than other adults. Hepatitis C (Hep C) is the most common form of hepatitis in the US. The most common reason for Hep C infection is from receiving a contaminated blood transfusion. Before 1992, there was inadequate testing for Hep C. Improved testing after 1992 eliminated this risk. There are other reasons for Hep C, such as unsafe sexual practices and IV drug use. Since 2012, the CDC has recommended testing for the Hepatitis C virus for persons born between 1945 and 1965. Hepatitis means inflammation of the liver, and it impairs the ability of the liver to carry out its normal functions. If it becomes chronic, it can lead to cirrhosis. Visit us at Pacific Urgent Care and Wellness Center for your Hep C screening, and other wellness updates. Dr. Joseph Moore, MD.
For Caitlin Keane, life is a two-potato day

By ED PIPER

We’ll start with an Irish story: “We eat a lot of potatoes,” says Caitlin Keane with a grin. She tells a story from her grandmother Keane, who she never met. “He would say, ‘It’s a two-potato day.’” When it was cold, the nuns would give him one (warm) potato or two potatoes, depending on how many potatoes they had. He put them into his pocket and kept his hand warm. If there were enough potatoes, they would give him two. Then he could keep both hands warm. (Later in life he would say, “It’s a two-potato day.” That meant it was a good day.)

Keane is proud of her Irish heritage through her father Stephen, who shares her enjoyment of surfing and the ocean, as does her mother, Audrey. “We’re a surfing family,” says the graduating senior at La Jolla Country Day School.

“It’s basically all the sports she sees,” explains her father. “All of the experiences I’ve had positively. It’s really made a difference.”

She also is going through mixed emotions with her graduation from Country Day. “I’ve been here before I was in the second grade,” she remembers. “All of the experiences I’ve had here...it’s a strange sensation. It’s bittersweet. It’s weird to think I won’t be coming back after the summer.”

“Told the story of a pro soccer team-mate of another Keane, Robbie (no relation), Steven Gerrard, who came over from England to play for the L.A. Galaxy this year, who had previously only played for one soccer organization (Liverpool) his entire growing years and professional career and had a difficult transition in L.A., she listened and thought about it for a moment.”

“When I first stepped on campus, I loved it here. I took advantage of the opportunities here. All the sports I’ve done here, all the arts, all the activities— it’s been an amazing experience.”

“About well-being and loving yourself. I just got a letter from a life coach (counselor) on campus,” she says. The letter thanked her for the positive influence she had on younger students. Despite her frenzied schedule to achieve 16 varsity letters, she says she feels people and takes time with them. At the start of the interview, she says, “I have unlimited time.”

“I’m a pretty empathetic person. I can read people pretty well,” she states in a way that comes off as forthrightness rather than bragging in the course of a one-hour conversation. “One day, one boy in my group looked a little down. I stopped him and asked him, ‘Hey, are you okay?’ He opened up. He was having health problems. He was worried about surgery on his heart. Later he said thank you. He said having me around during his freshman year really made a difference.”

“Tell the love affair with the ocean began at age 6 months. ‘My dad put me on a surfboard. My mom wasn’t laughing. ’In the midst of this hectic schedule, she has squeezed in being available to others

Barkyard opens at Petco Park as Padres season goes to the dogs

With another season going to the dogs, the Padres and Barkyard announced that six, somewhat large, premium canine-friendly box seats will be available for the rest of the season in Petco Park.

The Barkyard will be in the stands beyond left-center field. Each box can accommodate up to four people and two dogs, and all four tickets have to be purchased no matter how many humans plan to attend, said the Padres, who are 14 games behind the first-place Giants in the National League West.

Ticket prices vary by game, but start at $100 per game for each of the six Barkyard boxes, which will offer umbrellas for shade and artificial turf.

“We’re excited to offer a unique experience for fans and their pets alike,” said Brad Weston, president and chief merchant for Petco.

The Barkyard will feature a designated entrance from K Street in the Park at the Park, a check-in area staffed by a Petco brand ambassador and a watering station near check-in. A Padres pet concierge also will be on-hand to escort fans and their dogs to and from the Barkyard.

Fans who want to purchase tickets in The Barkyard must apply online, submitting information that includes vaccination records, license number and other details about their dog. More information, including guidelines and an application, can be found at www.padres.com/barkyard.

SEE GIBSON ➤ PG. 20

Gibson selected for Queen of the Beach tourney

Bishop’s sand volleyball player earns accolades

By ED PIPER

Haley Gibson, days removed from her sophomore year at Bishop’s, has an icy, even steely glare as she converses with a stranger about volleyball on a deserted campus on an overcast Saturday morning.

“I’m glad I don’t have to face you across the net,” says the interviewer to the 5-foot 9½-inch tall sand volleyball assassin, who sits in her chair opposite, her entire length seemingly coiled to strike like a cobra.

Volleyball opponents are saved the menacing glare because Gibson now wears sunglasses in competition.

“People look where they’re going to serve,” she explains. “That’s part of the reason I wear glasses, so that they can’t see my eyes. But I’ve started wearing a hat, too, because of the sun. I have a lot of freckles, and I was bad at wearing sunscreen.”

She said, “If we’re going to live this lifestyle, we better put her close to the beach, we better put her in the mid summer heat, we better put her in the heat.”

“Nearly all dogs are making the choice, and she chose beach volleyball.”

“My mother grew up in Lake Tahoe, my dad in Sun Valley, Idaho. They met at Sand Diego State. We used to go up to Lake Tahoe for a ski trip, but now with beach volleyball, it’s a little more serious and harder to fit in trips.”

“My dad loves to ski,” she says. “He uses the old, skinny skis, but he’s really good on them. It’s really funny.”

“My sister Simone (finishing the sixth grade at Earl Warren) and I both swim. I ran into the water when I was little. My parents got freaked out. They said, ‘If we’re going to live this close to the beach, we better put her in swim lessons.’”

“Once upon a time,” says the interviewer, “she explained. “That’s part of the reason I wear glasses, so that they can’t see my eyes. But I’ve started wearing a hat, too, because of the sun. I have a lot of freckles, and I was bad at wearing sunscreen.”

As her skill in multiple sports grows, so does her intensity. He’s loud. He has an incredibility. William,” the rising junior says. “Definitely. He’s loud. He has an incredible work ethic.”

Her mother Marnell is no slouch, either. She’s somewhat of a trail-blazer, Haley says that in working for the City of San Diego, her mother wore a blazer. Haley says that in working for the City of San Diego, her mother wore a blazer.

“My dad put me on a surfboard. My mom wasn’t laughing.”

“But in the Lady Knight’s cutthroat world of dog-eat-dog, her mother played the role of the parent to her sister Stephanie, who is in the tenth grade, and then taught Bill. Then it was passed on to their elder daughter.”

“She set a nearly impossible goal for herself in sports before she began her ninth-grade year for the Torreys. She wanted to earn 16 varsity letters. She could do it at the small private school, running cross country in the fall, playing water polo in the winter, and swimming in the spring. Meanwhile, she would surf on the school surfing team.”

“Most of the sports the seniors play,” she explains of the last sport. “Plus she would be able to participate in all the sports at the varsity level from her freshman year—pretty difficult to achieve at a larger school.”

“Told the story of a pro soccer team-mate of another Keane, Robbie (no relation), Steven Gerrard, who came over from England to play for the L.A. Galaxy this year, who had previously only played for one soccer organization (Liverpool) his entire growing years and professional career and had a difficult transition in L.A., she listened and thought about it for a moment.”

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“Tell the love affair with the ocean began at age 6 months. ‘My dad put me on a surfboard. My mom wasn’t laughing.’”

Enjoying sports and encouraged to take risks by her father Steve, she would come home with “trophies”—scrapes and bruises from falling. Her mother played the role of the parent cautioning her to be safe. “I was never injured. I would go around and show my bumps, ‘Ha-ha, I have a trophy.’”

Sports, including ones in the water, also provide a stress release. “Sports have always been an escape for me,” she reveals. “I’ve gotten through my tough times this way.”

READ MORE ONLINE AT sdnews.com
Hollywood style at Belle Sirène Salon in La Jolla

By RONAN ELLIOTT

Celebrity hairstylist Sherri Belanger has opened Belle Sirène Salon in La Jolla. The salon is designed to fulfill what Belanger sees as a market gap — a lack of high-end, Hollywood-style beauty salons in San Diego.

Belanger began her career at Jean-Philippe Salon, a place that once stood just across the street from the Belle Sirène’s current location. She returned to La Jolla after five years of styling hair in Hollywood, to find that the celebrity-level salons she was used to in Los Angeles were nearly nonexistent in San Diego.

Belanger resolved to fix this by opening a parlor that would give customers the quality experience of a West Hollywood salon while still letting them feel right at home. Belle Sirène opened in January, and its success has been undeniable. The room’s layout is simple but inviting, with a crystal chandelier and a dining-style table in the center where customers can wait.

Belanger hand-picked her stylists to be open and helpful as well as talented. Her efforts have paid off, as users online gush about the complimentary champagne, the friendly staff, and the “hairstylists who seem to know just what you’re looking for — often before you do.”

“We believe the details matter,” said Belanger. “No detail has gone unnoticed in creating this space.”

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“Мы верим, что детали важны,” сказал Белангер. “Никакой детали не обойдется без внимания в создании этого пространства.”

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San Diego Opera's Mainly Mozart Festival recently presented its first opera

Mainly Mozart Festival Pre-

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FRIDAY, JULY 29-30: La Jolla Interna-
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Richard Walker’s Pancake House

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Stress — the good and the bad

By Natasha Josefowicz, Ph.D.

Why do some people excel when competing and do well on exams while others (although equally prepared) do not fare as well? Some recent research suggests a possible answer in a single gene whose job is to clear dopamine from the prefrontal cortex, the decision-making part of the brain. This gene has two variants, one that produces an enzyme that removes dopamine quickly from the brain and the other that removes it slowly. The brain works best when dopamine is maintained at an optimal level.

Stress is also known to boost dopamine levels in the prefrontal cortex. If a person has the slow-acting enzyme, too much stress remains in the brain, making the person anxious and less able to perform. On the other hand, individuals with the fast-acting enzyme need the stress to perform at their best. The latter look for stress as energizing, will help you to react the way professional competitors do — whether musicians or football players. How you interpret stress as energizing, will help you to react the way professional competitors do — whether musicians or football players. How you interpret stress as energizing, will help you to perform at your best.

The advantages and disadvantages of slow-versus fast-acting enzymes are reversed. Those with slow-acting enzymes are at an advantage; they can concentrate better, reason, solve problems and foresee consequences. On the other hand, some of us will have more of the fast-acting enzymes and will not fare as well. Some people are more prone to fears and worries need not take a toll on your performance, they won’t. I remember thinking to myself when I was first teaching or about to go on television or give a talk: I am taking my anxiety with me and saying to it, “I know you are here, but you will not control my behavior.” Nowadays, whenever feeling anxious, I say, “Thank you for enhancing my performance.”

Outside of test situations, the advantages and disadvantages of slow-versus fast-acting enzymes are reversed. Those with slow-acting enzymes tend to be more pharmacological and therefore need the extra stimulation in order to perform. We are born with genes that trigger hormones that in turn influence our feelings, moods and behaviors. We are also born with different abilities to control the way we react to these hormones. We have all heard the saying “mind over body.” While this is true, the reverse — “body over mind” — is equally true. Now, according to research, we have an additional way to mitigate the effects of stress on our bodies and therefore our performance. All we need to do is become aware that as uncomfortable as we may feel, this stress can be beneficial.

Some people are more prone to feel stress than others. On the other hand, some of us will have more of a key hormone (epinephrine), which increases our heart rate, and another (cortisol), which raises our blood pressure. There are countless books, tapes and articles on how to diminish the stress in our lives — from meditation to physical exercise, from owning a pet to having a social life, from eating right to getting enough sleep, et cetera. Certain individuals have an easier time accepting that stress is in fact helpful.

When all is said and done, the lesson to be learned here is that when you are under stress, you need to react the way professional competitors do — whether musicians or football players. How you interpret anxiety, the mental shift to perceive stress as energizing, will help you to focus better. So next time your heart is racing or you have butterflies in your stomach, think, “I have increased oxygen into my brain, which will fuel me to excel.” and act accordingly.

— Natasha Josefowicz taught the first course in the United States on women in management and is the author of more than 20 books. She lives at The White Sands in La Jolla.

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— Natasha Josefowicz taught the first course in the United States on women in management and is the author of more than 20 books. She lives at The White Sands in La Jolla.

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PLU2481
Leña Craft Mexican offers authentic Yucatán flavors
By ANNA JENSEN

Leña Craft Mexican is a new addition to La Jolla’s food scene. The authentic Mexican eatery is a family-owned business, started by Andre Lomelii, 30, and his parents Cristina and Rosendo, who opened the restaurant on March 15 after 40 years of having other restaurants in their family, which specialized in more “Americanized” Mexican food.

Leña Craft Mexican instead features food from the Yucatán Peninsula and Mexico City, which is all prepared in the traditional method and with a woodfire burning oven, which, not coincidentally, leads to the restaurant’s namesake, “leña,” which translates to firewood.

Lomelii describes his restaurant as having upscale food with a casual setting, and being an opportunity he couldn’t pass up. Every meal and drink at Leña is prepared with high expectations for the comfort of their guests.

“The kitchen is a lifestyle for 16 years.”

The Lomelii says customers should visit their restaurant with an open mind and high expectations for the menu and food served. The ultimate goal for Leña Craft Mexican is to create an experience not just a meal, and for people to get the chance to have an experience to taste the real flavors of Mexico.

By MARTIN JONES WESTLIN

‘Mister Crunchy’ is de rigueur at Le Petit Bistrot

Chances are you’ll be greeted in French as you approach the entrance at Le Petit Bistrot and chances are that the tongue of your chosen language will beckon you all the way. There’s a lot to the language, just as there is a lot to the reverence of food in a country that teaches kids to cook before they’re born. If either dimension deters you from your visit to this new breakfast, lunch and dinner venue in La Plaza La Jolla mall, then I, for one, can’t be held responsible.

This experience is about as warm and as pleasant as stuff gets, with a rare and whimsical attention to detail rivaling the French joie de vivre at every turn. This is no knockoff for the uneducated American palate—a colonial French breakfast, a generous selection of crepes; 18 choices of salad, soup and quiche; and beef and fish to die for rule the day as operators Olivier and Melanie Nussbaum make every accommodation for the comfort of their guests.

Lively blue and white decor stood at attention amid my recent selection du jour—the nation’s long-cherished Croque Monsieur. Not only does the name translate to something outlandish and fun (“Mister Crunchy”); it lends a whole other dimension to the ham and cheese sandwich. The secret’s in the bread—it has tons of egg and butter in it, and it flanks a stack of cheese and ham that seems to grow as you eat. The topmost layer is awash in Gruyere cheese as well, as if the French can’t get enough of their own concoction.

The entry originated as a quick snack—but if this is a snack, then popcorn is a main course. And to boot, the entry is gender-inclusive. There’s also a Croque Madame, which is topped with a small fried or poached egg, said to represent a little hat.

Again, don’t underestimate what this meal might do to your appetite for dessert. I had something called the Coupe Colombo, a lime sherbet with vodka and whipped cream—it’s very light and won’t get in the way of your walk to the ocean-view patio, set aside for those willing to brave San Diego’s wild and woolly summer weather.

Olivier said the Croque Monsieur comes with a salad or fries, both at no extra cost. The cool thing is that his explanation was in French. Incredibly, I understood him, and I responded accordingly—little did he know he’d just given me an advance language lesson, in the manner of a man intensely proud of his culture and the delicious fare that so often defines it.

But the best barometer of a restaurant’s acceptance is the public mind. That’s why it’s worth mentioning that Facebookers and Yelpers echo the raves from the two La Jolla gals sitting next to me, both of whom said they’d been to the eatery three times—in the same week. Not bad for a place that’s been open only since mid-May.

READ MORE ONLINE AT sdnews.com
While trying to decide what to make for a Father’s Day BBQ, the bright green leaves of my Italian flat-leaf parsley inspired me—grilled steaks, jumbo shrimp and assorted vegetables all served with chimichurri sauce!

Chimichurri is an Argentinean sauce that is served with grilled meats and the main ingredient is parsley.

Parsley is an underrated herb that is packed with vitamins and antioxidants. Few plants have the natural detoxifying affect that parsley has and it is said to have properties that cleanse the body of heavy metals and also work as an anti-inflammatory. A relative of celery, the two most popular varieties are, Italian flat-leaf and curly. Flat-leaf parsley has a milder sweeter taste than curly leaf.

You can grow parsley from seed and it will seem to take forever for the seeds to germinate, but approximately 20 to 25 days after they are planted, the seed will begin to sprout. You can also find small parsley plants at your local nursery that are ready and waiting to be planted.

To germinate seeds, you need to keep the ground moist, however once established, parsley has average water needs and likes to dry out between watering. Feed at least once a month with an organic herb and vegetable food.

Well suited for containers, parsley grows well with other herbs and will attract beneficial insects to your garden. Like most herbs, parsley plants will reward you with new growth as you cut them back to use in your recipes. To attract more beneficial insects to my garden, I like to let a few of my parsley plants flower and they sprout long wispy stems topped with tiny white flower that resemble Queen Anne’s lace—the beneficial insects love them!

Add the fresh taste of parsley to soups, salads and sauces, or to juices and smoothies. For an easy detoxifying smoothie, add fresh orange juice, a half full of parsley, 1/2 a whole organic lemon with rind, about a cup of pineapple and a cup of ice cubes and blend in a blender.

Chimichurri Sauce

Traditional Argentine chimichurri sauce does not include cilantro, but I like the added flavor. Serve the sauce with grilled steak, chicken, fish or assorted vegetables.

1 bunch Italian flat-leaf parsley, coarsely chopped
1/2 bunch cilantro, coarsely chopped
4 cloves garlic, chopped
1 jalapeno, seeded and chopped
1 small lemon, zested and juiced
1/4 to 1/2 cup red wine vinegar
1 tea sea salt
1/2 cup extra virgin olive oil

Puree everything except the olive oil in a food processor and then slowly add the olive oil and process until the mixture emulsifies. Taste and add more vinegar if needed. Store the sauce in the refrigerator and bring to room temperature before serving. Best if made a day before serving.
What should be done about the sea lions and seals at La Jolla Cove?

By ANNA JENSEN and RONAN ELLIOTT

David Busser, from SD: “Nothing, they [the sea lions] were here first. Well, what can you do? I understand, if I lived right there I would—"they [the sea lions] were here first."

Nicholas Luu, from Sorrento Valley: “I think we should let the children [since the sea lions and seals are mainly in the Children’s Pool] and the sea lions settle the dispute themselves.”

Vanessa Juan, from Pacific Beach: “Let them be, there are other places to swim.”

Agnes Szakacs, from Clairemont: “I saw dumb people allowing their kids to go near them. The sea lions should either be left alone, or an environment where the sea lions and humans can share the beach needs to be created.”

COUNCIL >>

CONT. FROM PG. 1

access to the area, cast the dissident vote.

Last month’s ruling, in the case of Friends of the Children’s Pool v. city of San Diego and the commission, handed a major victory to beach advocates, who have long argued that the site’s original use as a safe swimming area for youth should be maintained.

The day after the decision was announced, city attorney’s spokesman Gerry Braun said the judge would require cities to get federal government permission before making land use decisions on the coast where seals congregate, which is not current law.

The Children’s Pool was deed to the city in 1931, but the seals moved into the area in the 1990s – leading to the controversy. The mid-December to mid-May ban was instituted two years ago after several high-profile cases of people harassing the marine mammals.

A rope barrier is kept up the rest of the year to discourage visitors from going near the seals.

According to Coastal Commission staff, water quality is poor in the area because of the seals, so it is not a good place for swimming anyway. Several nearby beaches with better water quality can be used, some within walking distance, staff members say.

Opponents of the ban contend the seal population is exploding, and they are not a threatened or endangered species. The public is still allowed access to the area’s breakwater for walking, fishing or viewing the seals.

Community

Ugandan refugee’s mission is providing safe havens, support and hope

By LAINIE FRASER

The Alliance for African Assistance dedicated to resettling refugees

In 1989, Walter Lam, a refugee from Uganda, started a nonprofit to address the needs of the African refugee population in San Diego. Nearly 30 years later he has helped settle more than 12,700 people from 30 different countries.

The Alliance for African Assistance now has offices in San Diego, the United Kingdom and Northern Uganda. Lam has created an international organization committed to assisting refugees and immigrants in becoming self-sufficient and productive members of their new communities.

“The Alliance for African Assistance has remained unceasing in its dedication to provide social, cultural and educational support and guidance to all refugees in their resettlement process,” said Lady-winnie Oulanyah, program manager for the Alliance for African Assistance.

The assistance provided by the Alliance includes preparing host families, securing safe and affordable housing, helping with rent and transportation, arranging health screenings, enrolling children in school, providing English courses and translation services as well as job assistance and training.

According to Lam, there is a possibility of opening offices in Italy and Sudan in light of the developing refugee crisis.

The Office of Refugee Resettlement collaborates with the United Nations High Commission for Refugees and assesses how many refugees are in need of resettlement, according to Oulanyah. The United States then determines the number of refugees they can accommodate and distributes them to agencies like the Alliance.

“Our refugees don’t find us, instead we find them and bring them home to begin a new life,” Oulanyah said.

The Alliance is notified of the family structure of an expected refugee and prepares an apartment, furnishings, food and transportation. A case manager is then assigned and picks the client up from the airport.

“The Alliance provides every basic need for a refugee starting with picking them up from the airport on the day they step foot in the states to all the necessary activities for moving to a new country,” Oulanyah said.

Due to the crisis occurring around the world the Alliance has experienced a rise in demand. “We certainly have faced an increased number of new refugees slated to be resettled,” Oulanyah said. “The number has risen by about 300 this year.”

According to Oulanyah, World Refugee Day is celebrated by the Alliance every year but with the rise in clients this year’s celebration has extreme importance.

“We realize that a lot has been in the media and it is not always positive,” Oulanyah said. “We have decided to only celebrate our clients, be merry and cry another day. We will be highlighting refugee contributions to the society they live in, their milestones, and what it takes to achieve self-sufficiency.”

The Alliance for African Assistance will hold their annual World Refugee Day Breakfast at the La Jolla Presbyterian Church on Monday, June 20.

“The most important thing about World Refugee Day is to witness firsthand the life of a refugee,” Oulanyah said.

Those interested in getting involved with the Alliance can do so in a variety of ways. One option is to join the Family Mentorship Program. This program pairs a refugee family with a sponsor family to help provide social and cultural support and guidance.

Another opportunity for those looking to get involved is the Child Scholarship Program. A child is sponsored and the money goes toward their school tuition, uniform and supplies. Volunteers can also donate their time and goods to the Safari Seconds Thrift Store. The thrift store is organized by the Alliance and provides the basic items needed to adapt to a new home.

“We appreciate the kind heart that San Diego and all of America has demonstrated this past year in the face of the refugee crisis,” Oulanyah said. “Thank you.”

More information and how to get involved can be found at www.alliance-for-africa.org.
Trophy Estate with Panoramic Views!

Set in the highly sought-after La Playa neighborhood, this home offers privacy, cooling sea breezes and commanding views from nearly every room. The approximately 8,800 square foot interior features a thoughtful, intelligent design and quality materials throughout, including natural stone and hardwoods. Custom built in 2004, the estate blends classic architectural details with all the amenities that discerning buyers expect. Highlights include a secluded location in a private gated enclave, an Executive office with cathedral ceilings, Billiard room, Music room, Wine Cellar, formal dining room and incredible views of the downtown skyline from almost every room. Designed for grand scale entertaining, this estate boasts an impressive entrance-way with vaulted ceilings, a living room with fireplace, an expansive motor court, and a family room with exposed wood beams. Walls of arched glass doorways connect many of the rooms to a spacious covered loggia that overlooks the pool, making this home an Italian masterpiece for the modern era. The Estate is built on approximately 1 acre and is an idyllic location in one of San Diego’s most treasured areas. Local beaches, marinas, shopping centers, restaurants and the San Diego International Airport are only minutes away, are only some of the reasons why this home is an incredible opportunity.

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NOTICE OF TRUSTEE SALE

YOU ARE IN DEFAULT UNDER THE CASA DE LA PLAYA RESORT SHARE OWNERS ASSOCIATION DECLARATION OF RESTRICTIONS Record No. 2013-0346889, Official Records, San Diego County, California. If you have any questions, call the Share Owners Association at 760-336-1000. If you do not cure the default(s) within the time stated in the Declaration of Restrictions, the property may be sold at public sale. If you need an explanation of the nature of the proceeding against you, you should contact a lawyer.

NOTICE IS HEREBY GIVEN that all those certain interests in parcels or pieces of land located at 320 Coast Blvd., La Jolla, CA 92037, assessor parcel number, unit type, resort share number and season in described as Exhibit "A," attached hereto and incorporated herein by reference, will be sold at public auction at the Casa de la Playa Resort, 7592 Metropolitan Dr., Suite 403, San Diego, California 92108, on FRIDAY, JUNE 17, 2016, at 10:00 A.M., or after that time. The real and personal property comprised of the property is shown in said Declaration of Restrictions and in the Notice of Default and Election to Sell by the Share Owners' Association. The property has been assessed by the County Assessor and is subject to taxes due and payable from the time of filing the Notice of Default and Election to Sell. If the property is sold, the proceeds of sale, after payment of the costs and expenses of the sale, will be applied toward the satisfaction of the taxes, the cost of the sale, and any other costs and expenses incurred by the Share Owners’ Association. The property is described as follows: a) a first lien and b) all other liens, charges, assessments, taxes and special assessments levied or imposed on said property, including the assessment of said property levied and imposed pursuant to the County Assessor's roll for the tax year 2015. The Notice of Default and Election to Sell is recorded in the Official Records of San Diego County, California, in the Office of the County Recorder of San Diego County, California on May 26, 2016, as Document No. 2016-014893, and the Notice of Sale is recorded in the Official Records of San Diego County, California, in the Office of the County Recorder of San Diego County, California on May 26, 2016, as Document No. 2016-014894. The sale of the property described above is being conducted under the Declaration of Restrictions of the property and will be conducted as a public sale in accordance with the Declaration of Restrictions. Any person who so desires, and is entitled under law to do so, shall have the right to bid at such sale. Any person who has the right of redemption to the property as of the date of the sale will have the right of redemption following the sale as provided by law.

EXHIBIT "A" Legend: An undivided one-hundredths of one percent (1/100) interest in and to the following described real property: Parcel 1: That certain real property situated in the City of San Diego, County of San Diego, State of California described as follows: Lots 12, 13, and 14 in Block 16 of La Jolla Park, in the City of San Diego, State of California, as recorded in the records of the County Recorder of San Diego County, California, in the Office of the County Recorder of San Diego County, California on May 26, 2016, as Document No. 2016-014899, and as defined in the Declaration of Restriction of the property as of the date of the sale. Pursuant to the Notice of Sale and the Notice of Default and Election to Sell, the Share Owners’ Association has obtained a perfected security interest in the property described above. Pursuant to the Notice of Sale and the Notice of Default and Election to Sell, the Share Owners’ Association has the right to sell the above-listed property and all the rights, bye-laws, and covenants contained in said Declaration of Restrictions.

EXHIBIT "A"" is defined in the Declaration of Restriction of Casa de la Playa as described in the official records of the County of San Diego, during a “Use Period” within the “Use Year,” as defined in the Declaration of Restriction of Casa de la Playa and recorded as Exhibit "B" in the Declaration of Restriction of Casa de la Playa and recorded in the official records of the County of San Diego.

Pursuant to the Notice of Sale and the Notice of Default and Election to Sell, the Share Owners’ Association has the right to sell the property listed above and all of the units within the “Unit Types” as defined in the Declaration of Restriction of Casa de la Playa. Pursuant to the Notice of Sale and the Notice of Default and Election to Sell, the Share Owners’ Association has the right to sell the property listed above and all of the units within the “Unit Types” as defined in the Declaration of Restriction of Casa de la Playa.
Wake up to magnificent ocean views in this La Jolla Shores Mediterranean masterpiece. The private and lushly landscaped gated courtyard leads you to the 22’ turquoise water. This single level home has been beautifully updated. The large rooms gracefully flow, making the home feel spacious, yet intimate. Be amazed at the expansive glass doors and windows in each living area. Expansive spaces inside and out with 4 balconies on which to relax, including Simone, Haley’s sister, went with Stokes, her parents and two sisters. “It was so gorgeous,” remembers Gibson, for a moment wistful. “It was before everyone had discovered it. You got (scrumptious) food in the morning. The hotel was absolutely incredible. They had a place where you could swim with the dolphins.”

Regarding the annual trips to Missouri, she says, “We went every year. We did jet-skiing and cliff jumping. We did snorkeling and diving.” But she has now focused her steely intensity on the court, where you could swim with the dolphins. “I’m a very loud person. If you see me on the court, I’m really loud. I tone it down in the school environment, but on the court it’s all or nothing.”

Her mental approach is scorched-earth: “I can’t let any ball hit the floor,” she says. “You’ll surprise yourself with the balls you can get to.”

Like her dad competitively, she says, “I’m a very loud person. If you see me on the court, I’m really loud. I tone it down in the school environment, but on the court it’s all or nothing.”

Her focus on her volleyball is such that she tells friends who invite her to do things which conflict time-wise with training that she can’t go. “They’re used to that,” she says. “I really like to hit. My setting is

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Wake up to magnificent ocean views in this La Jolla Shores Mediterranean masterpiece. The private and lushly landscaped gated courtyard leads you to the 22’ turquoise water. This single level home has been beautifully updated. The large rooms gracefully flow, making the home feel spacious, yet intimate. Be amazed at the expansive glass doors and windows in each living area. Expansive spaces inside and out with 4 balconies on which to relax, including Simone, Haley’s sister, went with Stokes, her parents and two sisters. “It was so gorgeous,” remembers Gibson, for a moment wistful. “It was before everyone had discovered it. You got (scrumptious) food in the morning. The hotel was absolutely incredible. They had a place where you could swim with the dolphins.”

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GIBSON » CONT. FROM PG. 9
of college athletic scholarships, coaches will over-recruit at one position, then rescind an individual’s scholarship a short time before the school year starts.

On the other side, athletes can revoke their verbal commitments, which Gibson has no intention of doing. But still, with two full years of school and two summers left to play in the nearly year-round training schedule, Tulane already has influence over the young student’s life. The seriousness of the scholarship pursuit, while playing for the unofficial school team as well as for her club team, Wave Volleyball, has meant that annual summer trips to her beloved grandmother Melissa Stokes’ place in Missouri have had to go by the wayside. Stokes holds a special place in Gibson’s life. She is the indoor women’s volleyball head coach at Missouri State. Undoubtedly, she has lent her own competitive fire to her daughter and communicated a wily veteran’s mindset on the court.

A favorite childhood memory is the wayside. Stokes holds a special place in Missouri have had to go by the wayside. Stokes holds a special place in Gibson’s life. She is the indoor women’s volleyball head coach at Missouri State. Undoubtedly, she has lent her own competitive fire to her daughter and communicated a wily veteran’s mindset on the court.

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this year would be irresponsible and contrary to the high standards of this 100-year-old event.

Perry noted that LJRWS has always "strived to provide a first-class aquathlon and not for all members of the family, and we don't feel that would be possible this year considering the current conditions at La Jolla Cove. We are hopefully optimistic and look forward to seeing everyone again in the near future."

Native La Jollan and long-distance swimmer Anne Cleveland said the La Jolla Rough Water Swim was "my first experience with open-water swimming."

Noting she stopped swimming in the Cove after the summer of 2012 "after witnessing sea lions defeating in the water there, right in the middle of the swimmers," Cleveland said she gave it a try again last summer (2015).

"I found the situation had become even worse," she said. "The number of swimmers at the Cove has dwindled significantly. If things are allowed to continue as they are, we will lose one of the most famous and beautiful tourist destinations in the world."

Nonetheless, Cleveland added she felt "the LJRWS committee made the only safe decision they could at this time, given the declining cleanliness at La Jolla Cove. This is such a shame, as this would have been the 100th anniversary of the event."

"As long as I've been involved with the LJRWS, safety has been the very highest priority," added Cleveland. "The children's races are held in the morning and there would be no way at this point to guarantee a safe, clean beach for them to enter and race from, given the numbers of sea lions currently hailing out at La Jolla Cove."

The first La Jolla Rough Water Swim was held in 1916 won by Charles "Chubby" Shields in 48 minutes. Event cancellation during its long history has been rare. Swims over the years were cancelled due to sponsorship changes (1935), a polio scare (1948), shark sightings (1959) and construction of a new lifeguard tower (2014). There was strong local reaction to postponement of this year's swim.

Dan Simonelli, current president of the popular La Jolla Cove Swim Club, said event cancellation was "understandable." But he added, "the community will suffer economically from the event's cancellation this year."

Noting "most of us down there every day have seen this coming," Simonelli pointed out Cove water conditions have been worsening the past few years due largely to the growing number of pinipinnip and other marine mammals.

"There are going to be economic repercussions (swim cancellation)," he said. "This is a huge hit." Simonelli said the swim club's annual June 25 Scripps Pier-to-Cove swim has "only about half of the applicants it has had the last few years at this time."

Bob West, the 80-year-old former Cove Swim Club president who's been swimming in the Cove almost daily since age 12, said the situation with too many sea lions and too much waste started about seven years ago and has been continuing.

"There used to be a colony of sea lions on the east side of Goldfish Point, and, over the years, they started multiplying and then taking over the cliffs area to the east of the Cove, and then the beach," West said. "Last summer we counted 500 sea lions at one time. There are about 80 lions on the sand now every morning. There's even poop in the sand on the beach."

The situation has gotten so bad that La Jolla Town Council devoted its monthly meeting held June 9 to the "Crisis in the Cove," a discussion of the sea lion situation, allowing locals to vent about the growing problem and vet ideas for what to do about it.
La Jolla & University City Real Estate

La Jolla | $1,645,000
5568 Linda Rosa Ave | SBR/2.5BA | 1,993 sq ft
Michelle Dykstra | 858-344-7635 | mdykstrasells@gmail.com

La Jolla | $2,100,000
447-449 Niceville | 2 units, Front - SBR/1BA, Back - 2BR/2BA
Incredible opportunity to own a duplex, one block from world famous Windansea beach. Clamming gardens plus back yard and patio for Summer BBQ. Back unit is remodeled and located above four garages. Each property has its own outdoor space. Live in one, rent the other.
Michelle Dykstra | 858-344-7635 | mdykstrasells@gmail.com

La Jolla | $2,195,000
6167 Hervey | 7BR/6.5BA | 4,564 sq ft
Enjoy the La Jolla lifestyle! Captivating views, an entertainers delight with integrated flow & open concept entertaining! Live the La Jolla lifestyle! Captivating views, an entertainers delight with integrated flow & open concept living!
Yvonne Oberle | 619-316-3188 | yobele@williamlenn.com

La Jolla | $1,450,000
8733 Dunaway Dr | 4BR/3BA | 1,906 sqft
Single Level 4 Br Family Home above the Shores. Open Beam Ceilings in LR, DR & Kitchen. Recessed Lighting, Newer Master Suite added in LR, DR & Kitchen. Recessed Lighting, Newer Master Suite added in
858-945-5478 | NancyBeckRealEstate@gmail.com

La Jolla | $2,195,000
6231 Avienda Chamiros | 3 Car Garage RR/4.5BA | 4,150 sqft
Beautiful contemporary home with high ceilings. Ocean views on private cul de sac street in very upscale neighborhood. Perfect for bonus room. Over sized 3+ car garage and extra living space.
Peter & Judy Corentt | 619-267-0027, 619-999-0855 | peterjudy8207@gmail.com

La Jolla | $1,580,000
5615 Soledad Rd | SBR/3.5BA | 3,002 sq ft
Live the La Jolla lifestyle! Captivating views, an entertainers delight with integrated flow & open concept living!
Yvonne Oberle | 619-316-3188 | yobele@williamlenn.com

La Jolla | $2,195,000
5675 Vernita Ave | 4BR/3BA | 1,744 sq ft
Incredible opportunity to own a duplex, one block from world famous Windansea beach. Clamming gardens plus back yard and patio for Summer BBQ. Back unit is remodeled and located above four garages. Each property has its own outdoor space. Live in one, rent the other.
Michelle Dykstra | 858-344-7635 | mdykstrasells@gmail.com

La Jolla | $1,640,000
1027 Via Malorca | 3BR/2.5BA | 1,416 sq ft
Highly Upgraded 3 Br TownHome in La Jolla! Choice Location, Full 2 car Driveway, Private rear yard/patio w/ greenbelt behind. A pleasure to see.
Mercedes La Fond | 858-233-5565 | mercedesla@lajollacoverealty.com

La Jolla | $765,000
2823 Via Mallorca | 3BR/2.5BA | 1,416 sq ft
Highly Upgraded 3 Br TownHome in La Jolla! Choice Location, Full 2 car Driveway, Private rear yard/patio w/ greenbelt behind. A pleasure to see.
Mercedes La Fond | 858-233-5565 | mercedesla@lajollacoverealty.com

La Jolla | $880,000
9310 Towne Centre Dr 76 | 2BR/2.5BA | 1,386 sq ft
Spaces and bright end unit townhome. Tastefully remodeled and highly upgraded kitchen and baths, granite counters, newer appliances, and A/C with extra large 2 car garage with generous space for laundry/storage. Walking distance to all.
Nancy Beck | 858-945-5478 | NancyBeckRealEstate@gmail.com

University City | $877,000
6283 Radcliffe Dr | 4BR/2.5BA | 2,160 sq ft
Enjoy beautiful sunrise views from this move-in-ready, two story. Enjoy easterly views from nearly every room! Gorgeous roses & roof maintenance yard!
619-886-5294 | Tracie@LaJollaAgent.com

La Jolla | $5,499,000
6595 Caminito Catalan | 2BR/2.5BA | 1,620 sq ft
La Jolla Golf & Tennis Club Townhome atop Mt. Soledad. Nestle in this secluded cul de sac located in prestigious Windansea. Upgraded floor plan with tall ceilings, two master suites. Private courtyard entrance, lower patio and upper balcony adding to the breathtaking views. Virtually Tour at: 6595CamCat.DaveRealty.com
David Olary | 858-224-1508 | david@daverealty.com

La Jolla | $699,000
1056 Pearl 15 | 2BR/3.5BA | 3,500 sq ft
Incredible opportunity to own this top floor corner unit. Walk to the Beach and La Jolla Shores. Views from it’s large private roof deck/BBQ. This quiet unit is a short walk to the Del Mar Trolley and La Jolla Village. Third car garage is possible, just need to put in the 3rd door.
858-525-2325 | judyelderry@ymc

La Jolla | $79,500
2731 Caminito Prado | 5BR/3BA | 3,050 sqft
Incredible opportunity to own this top floor corner unit. Completely remodeled kitchen with granite counters, stainless steel appliances, and maple cabinets. This one won’t last.
Jennie Williams & Mike Williams | 619-261-7636 | 858-463-1704 | jwilliams@san.rr.com

La Jolla | $1,164,900
6036 Waverly | 5.5BR/5.5BA | 4,411 sqft
Gorgeous Mediterranean Villa! Grand entry with sweeping staircase opens to the formal living and dining rooms. Enjoy views, ocean breezes and tranquil sunsets. Seller will entertain offers between $3,695,000 and $3,895,000. Gina Hixson | 858-405-9100 | gina@ginahixson.com
ginahixson@gmail.com, elainerobbs@gmail.com

La Jolla | $1,110,000
2626 Carriage4d Row | 4BR/3BA | 2,250 sqft
Incredible opportunity to own this top floor corner unit. Completely remodeled kitchen with granite counters, stainless steel appliances, and maple cabinets. This one won’t last.
Judy Elberry | 858-525-2325 | judyelderry@ymc

La Jolla | $1,164,900
2731 Caminito Prado | 5BR/3BA | 3,050 sqft
Single level family home located in prestigious Hidden Valley Estates. LG lot with gated, good-sized backyard, covered patio. Private location, large 5th bedroom with a loft. Close to La Jolla schools, La Jolla Shores Beach and the Village. Third car garage is possible, just need to put in the 3rd door.
Judy Elberry | 858-525-2325 | judyelderry@ymc

La Jolla | $1,200,000
1056 Pearl 15 | 2BR/3.5BA | 3,500 sq ft
Seldom on the market! The Highly upgraded Paso La Jolla Townhome is in the heart of La Jolla Village with panoramic ocean and dealfy views from its large private deck/BBQ. This quiet unit is a short walk to ocean, restaurants and shops. 2 car garage.
Nina Crochet | 858-735-0755 | ninarochet1@gmail.com
La Jolla Gems - Steps to the Ocean

7115 Vista Del Mar
This classic 3BR/3BA charm is located on a cul-de-sac in the highly coveted La Jolla neighborhood steps away from the infamous Windansea beach. Renovated in 2010 & designed to embody the Coastal CA lifestyle, the decor emulates sophistication and class. Imagine enjoying your morning coffee while taking in the ocean views from the master retreat’s balcony. An open floor plan, appointed chef’s kitchen and roof top deck makes this 3 bedroom home even more desirable. This delightful home is being sold furnished.
Offered at $3,575,000 - For Sale or Lease $10,750 - Furnished or unfurnished.

5788 La Jolla Corona Dr
Motivated seller, bring all offers. This beautifully refreshed two-story, 4 Bedrooms, 3.5 Bathroom, 3,345 ESF home is located in the La Jolla Corona community of Muirlands. Featuring panoramic ocean views, gourmet kitchen with granite counters and Viking appliances, Brazilian cherry wood floors, Plantation shutters, 3 fireplaces and a lush and secluded back yard. Conveniently located near all that Bird Rock and La Jolla has to offer, from beaches and dining to premier schools. Some special features.
Offered at $1,925,000 - $2,280,000.

Marc Lipschitz
619 • 857-2882
mlipschitz@canterbrokerage.com

Christiane Scott
858-337-6578
Cscott@canterbrokerage.com

Fleet Week and Parade Returns
The Fleet Week Sea & Air Parade returns to San Diego on Sept. 10 in a display of the Navy’s sea service.

The parade will run the length of San Diego Bay, beginning in Shelter Island with viewing areas all along the bayfront, from noon until 2 p.m.

Many more activities are scheduled to accompany the Sea & Air Parade.

On Sept. 10 and 11, Broadway Pier will host a Science, Technology, Engineering and Math (STEM) fair, ship tours, live music, food, static displays and more from 10 a.m. to 4 p.m.

Ship tours will be open from Sept. 10-14, also from 10 a.m. to 4 p.m.

On Broadway Pier and the B Street Pier.

Considering a Lifestyle Change?
Let me help you!
Barbara Leinenweber
(619) 981-0002
BarbaraSellsLaJolla.com

* NEW LISTING – BAY PARK *
Klatt Realty has just listed this mint condition condominium with 2BR, 2BA and an office with City Lights and Bay Views! Priced to sell at $459,500. Open house Sat & Sun Noon-3pm. Call for details and your appointment to see this quickly!

* HOT LISTING – DEL MAR *
Klatt Realty is offering Ocean View 2 bedroom, 1 bath 1,181 square foot single family residence located in the La Jolla Corona community of Muirlands. Featuring Panoramic ocean views, gourmet kitchen with granite counters and Viking appliances, Brazilian cherry wood floors, Plantation shutters, 3 fireplaces and a lush and secluded back yard. Conveniently located near all that Bird Rock and La Jolla has to offer, from beaches and dining to premier schools. Some special features.
Offered at $1,925,000 - $2,280,000.
Enchanting Cottage in La Jolla’s Barber Tract

Offered for sale for the first time in over 50 years, this alluring storybook cottage is located 2 blocks from a beautiful white sand beach.

Filled with a timeless sense of beauty in both its simplicity and imperfections, this is a rare opportunity for a new owner to make an original 1920s Barber Tract cottage their own. Features include: 2 bedrooms, 1 bathroom, sunroom and original wood flooring that includes wide-planked pine floors in the living room. This charming cottage not only possesses the inspiration to make you consider living “smaller,” it also has the uncanny ability to make you smile!

Offered at: $1,695,000

Go to www.7154OlivetasLaJolla.com for more information