The University of California San Diego was the host for the commencement ceremony of La Jolla High’s Class of 2016 on Tuesday, June 21.

The RIMAC Arena was packed with hundreds of family members with their hands full with signs, air horns and flowers. The feeling of excitement and pride filled the room as the graduates walked to their seats. Nearly 300 La Jolla High seniors sat in cap and gown eagerly awaiting their diplomas.

“I don’t think I have ever been more proud of her,” said Maria Valdez, a La Jolla High parent. “I’ve always known she was going make it but today is about her recognizing her own accomplishments.”

Following musical performances by students, a few graduating Vikings gave speeches. Many of the graduates were transitioning into the new Children’s Pool Lifeguard Tower in La Jolla that has been nearly nine years in the making.

Planning on the new Children’s Pool tower, one of three built in La Jolla over the past decade which cost $3.1 million to construct, goes back to at least 2007.

The project has been plagued with problems and delays since the get-go. La Jolla community planners early on questioned the size and scale of the old tower, built in the 1960s. That tower was condemned by the health department before being razed in fall 2013.

Lifeguards have operated out of a pod-like temporary station atop scaffolding next door to the new tower structure under construction ever since.

Class of 2016 graduates from La Jolla High School

By LAINIE FRASER

Nearly 300 La Jolla High seniors sit in cap and gown eagerly awaiting their diplomas. PHOTO BY SHARON HINCKLEY

By DAVE SCHWAB

Bird Rock parade and Cove fireworks highlight Fourth

Whether barbecuing, dining out, participating in or attending parades or fireworks this Fourth of July, La Jolla is the place for you. The Jewel, as the beach community is known, has all kinds of diversions to entertain on Independence Day.

By DAVE SCHWAB

The iconic Bird Rock Fourth of July Parade will march down Beaumont Street in the heart of the community for the 37th consecutive year.

SEE FOURTH >>> PG. 15

A La Jolla graduate receives a big hug. PHOTO BY SHARON HINCKLEY

SEE GRADS >>> PG. 4

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SAN DIEGO COMMUNITY NEWSPAPER GROUP

FRIDAY, JULY 1, 2016

LA JOLLA VILLAGE NEWS
Performers ease travel stress at San Diego Airport

By LAINIE FRASER

Lindbergh Field has temporarily become a circus. For the next eight months clowns, acrobats, tight rope walkers and a variety of other performers will fill Terminal 2 of San Diego International Airport.

The circus-in-residence is part of the Performing Arts Residency Program, which launched this year and plans to provide a platform for a variety of performing arts disciplines. This is a new initiative under the art program, which has been functioning in the airport in one way or another for nearly 10 years.

“This is part of our art program that has been in place for quite some time now and in fact is not rare,” said Chris Chalupsky, senior manager of the art program. “Many airports around the country have similar things going on but I believe we have one of the best programs.”

The Fern Street Circus was selected as the first performance group for the residency program and they will rehearse, perform and entertain those departing from and arriving to Lindbergh Field before security and at baggage claim.

The program has three components: public art, temporary and rotating exhibits and performing arts. The circus-in-residence, an initiative under the performing arts component and planning, began a residency program that would diversify the types of performances offered to customers and better serve the local artist community.

“Our mission is to make the airport experience the best it can be for our customers,” Chalupsky said. About a year ago, a public call was put out for local performing arts to audition for the residency spot. Three finalists were selected and the Fern Street Circus was ultimately chosen.

“The circus stood out to us because of their high impact in a short amount of time,” Chalupsky said. “They have a really quick positive impact, and that’s what we need in this environment.”

According to San Diego Airport spokesperson Rebecca Bloomfield, the circus began performing in early May and the response to the program has been incredibly positive in both San Diego and around the world.

“Videos of the performers entertaining people while they checked in for their flights went viral,” Chalupsky said. “There was a national and international media response to having events in airports. The best part was the sort of unexpected quizical smile that cropped up on customers’ faces.”

The Fern Street Circus has committed to one public performance, one open rehearsal and one workshop a week for the next eight months.

According to Chalupsky, this program is unique in that it gives customers a glimpse into the creative process of local groups that you would not get at a normal performance all while in line at the airport.

The schedule for the Fern Street Circus performances and other performing art events at the airport can be found at san.org/Airport-Art/.

Tour company helps out La Jolla woman battling cancer

San Diego Beer, Wine & Spirits Tours, a provider of adult beverage and culinary tours, will be donating a portion of its proceeds to the GoFundMe fundraiser for La Jollan Anya Shekinah, who is battling stage 4 endometrial cancer.

Shira Bliss, founder and CEO of the tour company, has not only made it her mission to support local businesses, but also to give back to local charities.

“I feel so abundant in health and goodness and my desire is to share those plentiful resources with those in need,” Bliss said.

Shekinah has been a health practitioner and beloved member of the La Jolla community for 20 years. She and her chiropractor husband, Steven, have supported those in need for years by doing fundraisers, making donations, and providing free services to those who could not pay.

Shekinah remains positive and in good spirits, regardless of her diagnosis. Visit gofundme.com/anyashedinahfund to make a donation.

Sell your jewelry with Freeman’s

Freeman’s will be in the La Jolla area July 8-12, and accepting jewelry into the upcoming auction. For a complimentary appointment, please contact:

Michael Larsen | 818.205.3608 | mlarsen@freemansauction.com

www.freemansauction.com
**Sweeping Ocean Views**  4 Beds, 3 Baths  2,800 sqft  $2,095,000 - $2,195,000  Reduced

This stunning Cape Cod features clean lines, dramatic pendant lights, gourmet kitchen with granite counters, top-of-the-line appliances, hardwood floors, crown molding and skylights. The spacious master bedroom suite has a deck perfect for enjoying the sea breezes and sensational views, a fireplace for cool winter evenings and a lavish master bathroom with state of the art spa shower for those peaceful retreats with a custom walk-in-closet. The enclosed yards in both front and back make a wonderful addition to this charming family home!

**Panoramic Ocean and Village Views**  4 Beds, 2.5 Baths  2,521 sqft  $1,899,000 - $2,050,000  Reduced

Presenting a highly sought-after location in the Muirlands, this classic 1-level Nantucket remodel enjoys 180 degree white water and sunset views are present from almost everywhere. Features of this single level floor plan includes an open floor plan, gourmet kitchen, generous master suite with stunning ocean views, hardwood, stone floors and crown molding. The exterior is a dream with a spacious yard and outdoor fireplace, built-in BBQ with bread warmer, refrigerator and stove perfect for entertaining.

**Mid-Century Modern Masterpiece**  3 Beds, 2 Baths  2,300 sqft  $1,399,000  Reduced

This stunning Cape Cod features clean lines, dramatic pendant lights, gourmet kitchen with granite counters, top-of-the-line appliances, hardwood floors, crown molding and skylights. The spacious master bedroom suite has a deck perfect for enjoying the sea breezes and sensational views, a fireplace for cool winter evenings and a lavish master bathroom with state of the art spa shower for those peaceful retreats with a custom walk-in-closet. The enclosed yards in both front and back make a wonderful addition to this charming family home!

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1298 Prospect St., Suite 2L, La Jolla

www.BillionairesRowLaJolla.com
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. This school has produced people who have gone on to become talented, influential and well-known professionals,” McQuary said. “I see nothing but promise in the faces before me and I hope you recognize that in yourselves.”

Once the speeches ended, students rose by row and walked across the stage to Podhorsky, who gave them their diplomas and a handshake. As the names were called, parents cheered and students stomped on the ground; cameras flashed and air horns were blasted in celebration.

Soon after, caps were tossed in the air and the students flooded out onto the nearby softball field to find their families and celebrate.

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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.
The Bishop’s School in La Jolla celebrates Class of 2016

On May 27, an audience of family and friends on The Bishop’s School Quad joined the 137 members of the Class of 2016, the school’s 107th graduating class, for the commencement ceremony.

Before giving diplomas and wishing them the best in their future endeavors, head of school Aimeclaire Roche told the graduates: “Wise as you will have become, so full of experience, Class of 2016, I dare say we have almost nothing left to give you now. Yes – a well-earned diploma, but buttressing it, our pride, and confidence and love.”

The members of the class earned 647 acceptances to 185 colleges, including the most selective colleges and universities in the country and beyond. They will matriculate at 75 different institutions, with several pursuing travel or study prior to their enrollment in full-time college study. Local graduates are:

From La Jolla

- Dane Alexander will attend Purdue University. He received an honorable mention in the Shakespeare Content 2016.
- William Alleyne will attend Columbia University. He was a recipient of the Otto Mower Award, given to students who attend Bishop’s four or five years and make the honor roll each semester.
- Nicholas Appel will attend the University of California, Los Angeles. Appel was inducted in to the School’s chapter of the Cum Laude Society earlier this spring.
- Andrew Castro will attend Tufts University. He was a recipient of the Otto Mower Award, given to students who attend Bishop’s four or five years and make the honor roll each semester.
- George Champion will attend Massachusetts Maritime Academy.
- Jacob Chasan will attend Duke University. He was a recipient of the Head of School Award, given for exceptional contributions to Bishop’s, and the Stephanie Blankenship Award, given for all six years at Bishop’s on the honor roll. Chasan was inducted in to the school’s chapter of the Cum Laude Society earlier this spring.
- Andrew Chun will attend Stanford University.
- Mariana Couttolenc will attend Georgetown University. She was a recipient of the Otto Mower Award, given to students who attend Bishop’s four or five years and make the honor roll each semester.
- Perry Falk will attend Yale University. He was a recipient of the Stephanie Blankenship Award, given for all six years at Bishop’s on the honor roll. He also received a Drama Award. Falk was inducted in to the school’s chapter of the Cum Laude Society earlier this spring.
- Joseph Farah will attend the University of Southern California. He was a recipient of the Otto Mower Award, given to students who attend Bishop’s four or five years and make the honor roll each semester.
- Marc Farah will attend the University of California, Los Angeles. He was a recipient of the Otto Mower Award, given to students who attend Bishop’s four or five years and make the honor roll each semester.
- Mariah Furtick will attend Princeton University. She was a recipient of the Otto Mower Award, given to students who attend Bishop’s four or five years and make the honor roll each semester.
- Cameron Booth will attend the University of California, Los Angeles. He was inducted in to the school’s chapter of the Cum Laude Society earlier this spring.
- Vivian Fond will attend Babson College.
- Mariah Furtick will attend Princeton University. She was a recipient of the Stephanie Blankenship Award, given for all six years at Bishop’s on the honor roll.
- Kelly Hamon will attend New York University.
- Allison Havermale will attend the University of British Columbia.
- Joseph Hensersky will attend New York University.
- Joyda Howard will attend Wake Forest University.
- Ryan Kazemzani will attend Boston College. He was a recipient of the Stephanie Blankenship Award, given for all six years at Bishop’s on the honor roll.
- Elizabeth Kilicpera will attend Santa Clara University.

SD schools plan to reduce testing, focus on progress

San Diego Unified School District Superintendent Cindy Marten recently announced a significant reduction in the amount of high-stakes standardized testing at local schools.

Instead, the former teacher and principal said the district will focus on providing classroom educators with more meaningful measures of student progress in real-time. The dramatic changes are expected to improve student well-being and academic outcomes.

“The changes we are announcing will improve the well-being and performance of our students by allowing teachers to teach and students to learn in an environment that values and supports them as individuals,” Marten said.

She added the new testing system will help the district continue to provide students with project-based, collaborative learning in classroom settings customized to the needs of a diverse student population.

Effective in the 2016-17 school year, the specific changes will:

- Empower teachers to analyze student learning results and revise lessons to meet individual student needs.
- Support local schools as they develop interim assessment plans, identifying relevant measures that give insight and critical information about how students are developing in literacy and mathematics.
- Move the district-wide collection of interim assessment data and DRA test results, eliminating the need for teachers to waste valuable classroom time entering and uploading data for the central office.
- Replace irrelevant district-wide data collection requirements with real-time reporting on student progress for teachers to use when and where they need it to support student learning.
- Support local schools as they develop interim assessment plans, identifying relevant measures that give insight and critical information about how students are developing in literacy and mathematics.

A major factor behind the changes was the recent study showing that the overuse of standardized testing is harmful to area students, according to some 90 percent of San Diego’s teachers. The study was conducted by the San Diego Education Association.

“We are pleased San Diego Unified has decided to put the interests of our students first and moved to reduce high-stakes standardized testing, which we know from our research is contrary to students’ well-being,” said Lindsay Burningham, president of the San Diego Education Association.

“A true reflection of student achievement and improvement is always done through multiple measures and can never focus on just one test score.”
Stairs to beach to be repaired; events at Scripps Park tabled at Parks and Beaches

By DAVE SCHWAB

La Jolla Parks and Beaches, Inc. in June once again debated how much – or little – Ellen Browning Scripps Park ought to be purchased by commercial interests. The advisory group on coastal parks also got good news from the city that action will be taken on broken stairs to the beach at 100 Coast Blvd.

"Those stairs have been declared an emergency and they will be repaired," said LJPB president Dan Allen.

In what's become a recurring theme, the group debated whether to approve two new business action items, both of which requested partial use of Ellen Brown Scripps Park. One was an Oct. 8 "Break Free Run" in the park to fight human trafficking. The other was a proposed jazz festival at an as-yet-to-be-determined December date.

"I believe the park should literally be for the people, and I don't think the city should loan it out (to commercial interests)," reiterated longtime LJPB board member Melinda Merryweather during debate over use of Scripps Park for the winter jazz fest.

"I don't think we have enough information to make a judgment," counseled board member Tom Brady.

"This event would be parking on steroids, and I'm not into commercial projects taking over the park," said board member Dr. Jane Reldan, who moved that the jazz festival be promoted by San Diego Bayfest be denied.

The LJPB vote was 3-1-2-3 against Reldan's motion.

LJPB then asked that jazz fest promoters return later to have their project reconsidered after they've first visited with La Jolla's Traffic and Transportation Committee.

In the group’s first presentation using Skype, promoters of the proposed October park run, from Sacramento, made a pitch to LJPB for the special event.

"We're a nonprofit and we're proposing this event for the first time," said Patty Stuart of 3Strands Global. "We want the community of San Diego to come together to raise awareness and funding to fight human trafficking. Proceeds from these races go to a number of programs that help with prevention, recovery, restoration and reintegration of people.

Board members collectively point ed out that the Oct. 8 date set directly conflicts with the annual La Jolla Art and Wine Festival held in the village that same weekend.

"This is a worthy cause but we need more preparation from you before we can give you an answer," said Reldan.

By NEAL PUTNAM

Two life terms for La Jolla kidnapper

Two consecutive life terms in prison were handed down June 24 to a man who was convicted of kidnapping two women and forcing them to withdraw $500 each from bank ATMs in La Jolla.

Keith Luckett, 26, will have to serve a minimum of 14 years before he can be considered eligible for parole. He was ordered to pay $2,845 in restitution by San Diego Superior Court Judge Louis Hanoian.

Luckett served as a Marine in Afghanistan and was later diagnosed as suffering from post-traumatic stress disorder (PTSD) from witnessing bombings and fatalities in war.

"I wasn’t in my right mind. My wife and I were starving," said Luckett as to why he robbed the women.

His attorney, Ivan Schwartz, and his parents told the judge the PTSD was responsible for his conduct. Schwartz sought probation. The judge said a psychiatric evaluation showed he had nothing to do with kidnapping two women and robbing them.

"I agree he does suffer from PTSD," said Hanoian. "These offenses are not the result of PTSD."

Deputy District Attorney Jessica Soto said the expert who completed the psychiatric evaluation said the PTSD was "factually unrelated (and) not responsible for his actions" in the hold-ups.

Luckett approached two women with a gun at 12:40 a.m. in front of the La Jolla Women’s Club, located at 7791 Draper St. on May 4, 2014 and ordered them both to drive to a bank ATM to give him money. Both complied and gave him a total of $1,000.

Hanoian said when one woman left the car to withdraw money from the ATM, Luckett told her she would kill her friend if she did not return to the car. Soto said the victim “are also serving mental life sentences.”

The new Children’s Pool Lifeguard Tower, one of three built in La Jolla over the past decade, looks out over the beach.

The new Children’s Pool Lifeguard Tower, one of three built in La Jolla over the past decade, looks out over the beach.

TOWER >>
CONT. FROM PG. 1

San Diego Lifeguard Marine Safety Capt. James Garland described the new tower as a “huge improvement,” over its predecessor. He noted it’s designed to accommodate summer peak-season staffing.

"This building now has men’s and women’s locker rooms, an area for lifeguards to prepare food and a first aid room for patient care,” said Gartland noting the new building’s observation tower “has a higher vantage point and an increase in degrees of view.”

With the new building, Garland said lifeguards now “have the ability to observe the water from other areas in the tower while doing other work functions. The more lifeguard eyes on the water (and the people in it) the better.”

The new lifeguard tower is a state-of-the-art emergency response facility that fits all of the needs of the Lifeguard Division including having individual, public restrooms and being ADA-compliant.

Construction began in early 2013 for the new Children’s Pool tower, which has been occupied as of June 27, Garland said. He added, "The project went through three seal moratoriums,” including an unexpected delay when “seagulls were found nest ing on the job site, preventing work resuming until the young seagulls developed their wings and flew away from the construction area."

As a secure public safety facility, Garland noted areas of the new tower are limited to authorized personnel only. There are restrooms and viewing areas specifically designed for public access.

The main observation tower is usually off limits to the public, as are locker rooms where lifeguards keep their equipment and personal belongings. Many areas in the tower can be visited by the public with a lifeguard present.

Garland said an official dedication/ribbon-cutting ceremony for the existing temporary lifeguard pod on scaffolding, Garland said. "All of these towers have had their unique challenges and qualities. These are all ‘working buildings,’ all very unique in their requirements. These projects are very technical and require oversight and adjustment as they get built.”

Noting Children’s Pool tower “had the advantage of being the third one built,” Garland said “adjustments and lessons learned on the other towers were applied and planned for on this tower. This is a tower that the community can enjoy that also gives the lifeguards the ability to provide a high level of safety to a rugged area of the coast.”

Concerning the disposition of the existing temporary lifeguard pod on scaffolding, Garland said, "The removal timeframe will be determined by the lifeguards and environmental constraints. The scaffolding is located beneath the temporary lifeguard tower that supports it, and will be removed when the temporary lifeguard tower is removed."

"All temporary construction fencing except for around the temporary lifeguard trailer has been removed. The remaining temporary fencing will be removed when the temporary lifeguard trailer is removed,” he added.

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La Jolla named Father of the Year from American Diabetes Association

La Jolla resident Jeff Martin, chairman and chief executive officer, San Diego Gas & Electric, was recently honored by the American Diabetes Association’s San Diego office with a 2016 Father of the Year award.

Martin and wife Lisa Bicker Martin, an attorney, are parents of son Roman, age 19, a sophomore in college, and daughter Jane, age 9, who is in the fourth grade. “I have been blessed to work for SDG&E,” said Martin. “It is a company that shares my commitment to family and supports the strong role of families in our communities.”

As head of SDG&E, Martin leads the largest business of Sempra Energy’s subsidiaries. Over the last two decades, Martin has been chairman and CEO of Sempra U.S. Gas & Power and Sempra Generation, as well as president and founder of TruePower, an energy technology company, and CFO and general counsel of NewEnergy, a high-growth retail energy company.

Martin is known for the range of his leadership skills. He has demonstrated his ability to not only lead organizations that are on a high-growth trajectory, but also breathe new life into highly established businesses. He is a visionary leader who sees opportunities using his financial acumen and legal expertise.

Martin’s early years were influenced by athletics, academics and a strong work ethic. He was a four-sport athlete in high school and a two-sport athlete at United States Military Academy at West Point, N.Y. Martin’s love of athletics has been instilled in his children, and he is often found at their athletic events.

Martin currently serves on the board of trustees of the University of San Diego as well as the board of directors of the California Chamber of Commerce. He is a member of the Western Electric Industry Leaders and the National Association of Corporate Directors. He also recently served on the board of directors of the National Association of Manufacturers and the San Diego Regional Chamber of Commerce.

Two other local fathers were honored at the ADA’s 13th annual Father of the Year awards dinner held June 16. They include Tracy Sundlun, senior VP of global events, Competitor Group, and Tom Vongswad, chief operating officer, San Diego County Credit Union. ADA officials said the fundraiser generated more than $200,000 in donations for diabetes research and programs and services for people with diabetes.

La Jolla Institute receives grant from The Michael J. Fox Foundation

Dr. Alessandro Sette, a vaccine biologist at the La Jolla Institute for Allergy and Immunology, has been awarded a $400,000 grant by The Michael J. Fox Foundation to identify biomarkers that gauge the immune system’s contribution to Parkinson’s disease in the hopes of developing reliable diagnostic tools as well as a roadmap for new types of drugs that can stop or slow disease progression.

“Parkinson’s disease is notoriously difficult to diagnose during the early stages of the disease when available therapeutic interventions to slow neurodegeneration have shown the best results,” says LJF professor Sette, who heads the Center for Infectious Disease. “We hope that our research will lead to the development of a diagnostic tool based on molecular biomarkers that reliably track the progression of the disease before clinical symptoms manifest themselves.”

Sette’s collaborator, neuroscientist Dr. David Sulzer at Columbia University Medical School, recently showed that at least half of all Parkinson’s patients show autonomic responses to a fragment derived from a protein that has been implicated in the disease.

This finding suggests that the immune response of people with at least this subset of Parkinson’s disease patients resembles those driving autonomic diseases such as multiple sclerosis or type 1 diabetes.

American Diabetes Association’s Father of the Year honorees (left to right) Tum Vongswad, Jeffrey Martin, Tracy Sundlun.

Every year the Rotary Club of La Jolla honors an outstanding member of the club with its Walter Dewhurst Award. The award is named for long time member Walter Dewhurst who distinguished himself with 54 years of perfect attendance before his death in 2004. He is succeeded in club membership by son Don Dewhurst.

At the June 8 award presentation, Don described his dad as someone who embodied the spirit of Rotary through his many contributions to La Jolla. These included construction of the baseball diamond of La Jolla High School and the Mount Soledad cross, as well as serving as president of both the La Jolla and City of San Diego planning commissions.

Criteria for receiving the Walter Dewhurst Award include being a person of unquestioned character and accomplishment who has made significant contributions to the community. This year’s recipient, highly respected local attorney and club member Charles (Chuck) Dick, was described by Rotarian Zeke Knight as having those qualities as well as serving as a highly regarded member of the legal establishment for many years.

Among Dick’s contributions to the Rotary mission are having served in multiple club offices, including president, having volunteered for countless club projects including, most recently, restoration of recreation facilities at Marine Air Station, Miramar. Knight also noted Dick’s record of philanthropy and community service as well as his selection as the San Diego County Bar Association’s 2016 Attorney of the Year.

 Rotary Club of La Jolla names Walter Dewhurst Award winner

Tracy Sundlun, senior VP of global events, Competitor Group, and Tom Vongswad, chief operating officer, San Diego County Credit Union.

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Local Homeowners Save

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At the June 8 award presentation, Don described his dad as someone who embodied the spirit of Rotary through his many contributions to La Jolla. These included construction of the baseball diamond of La Jolla High School and the Mount Soledad cross, as well as serving as president of both the La Jolla and City of San Diego planning commissions.

Criteria for receiving the Walter Dewhurst Award include being a person of unquestioned character and accomplishment who has made significant contributions to the community. This year’s recipient, highly respected local attorney and club member Charles (Chuck) Dick, was described by Rotarian Zeke Knight as having those qualities as well as serving as a highly regarded member of the legal establishment for many years.

Among Dick’s contributions to the Rotary mission are having served in multiple club offices, including president, having volunteered for countless club projects including, most recently, restoration of recreation facilities at Marine Air Station, Miramar. Knight also noted Dick’s record of philanthropy and community service as well as his selection as the San Diego County Bar Association’s 2016 Attorney of the Year.

 Rotary Club of La Jolla names Walter Dewhurst Award winner

Tracy Sundlun, senior VP of global events, Competitor Group, and Tom Vongswad, chief operating officer, San Diego County Credit Union.

Thousands When Selling

Local Homeowners Save

SAN DIEGO. If you’ve tried to sell your home yourself, you know that the minute you put the “For Sale by Owner” sign up, the phone will start to ring off the hook. Unfortunately, most calls aren’t from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

After all, with the proper information, selling a home isn’t easy. A new report entitled “Sell Your Own Home” has been prepared especially for home sellers like you. You’ll find that selling your home by yourself is entirely possible once you understand the process.

Inside the report, you’ll find 10 inside tips to selling your home by yourself which will help you sell for the best price in the shortest amount of time. You’ll find out what real estate agents don’t want you to know.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1017. You can call any time. 24 hours a day, 7 days a week. Get your free special report NOW to learn how you really can sell your home yourself.

Local Homeowners Save
Around The Block: Businesses from Herschel Avenue to Wall Street

Madison Gallery

Madison Gallery is committed to representing emerging, mid-career and established international artists who work in a range of media. Inspired by an earnest dedication and passion for art, the gallery consistently exhibits a high standard of contemporary art. Madison Gallery works closely in building private, corporate and public collections placing it amongst the leading contemporary galleries in California and internationally as it has been named one of the “Best 500 Galleries Worldwide” by the prestigious Modern Painters Magazine for the fourth year in a row.

Hennessey’s

Hennessey’s – serving Irish hospitality for more than 40 years, seven days a week for breakfast, lunch and dinner. Come in for a cold glass of Guinness or one of their many fresh-squeezed juice cocktails.

CitiBank

CitiBank was founded in 1812 as the City Bank of New York, later First National City Bank of New York. In addition to standard banking transactions, CitiBank markets insurance, credit cards and investment products. Your local La Jolla Branch is managed by Michele Prlich and is at 7905 Herschel Ave. Stop in to discover financial services tailored to your life from CitiBank.

Prospect Bar

Prospect Bar has been voted Best Bar by the La Jolla Village News readers for several years running. Be sure to stop by for their live music, great food and cocktails.

Tjon

Their fragrance laboratory and boutique brings French traditionalism and the scents of the Caribbean to the charming seaside Village of La Jolla. Enjoy this unique opportunity to create your own perfume or cologne during a 1 1/2-hour session on fragrance composition with guided instruction from their experts.

At the end of class you will receive a 1.85-ounce bottle of your signature fragrance, beautifully packaged in a black velvet pouch, along with a Tjon VIP bag featuring some of our specialty products.

"Fragrance is like magic, a whiff of mystery that stays with you forever." — Tjon.com

Athenaeum

The Athenaeum Music & Arts Library is one of only 16 membership libraries in the United States. It is devoted exclusively to music and art, has an outstanding collection of books, periodicals, reference material, compact discs, videocassettes, DVDs, sheet music and librettos. It is one of the most significant collections of artists’ books in Southern California. The Athenaeum presents a year-round schedule of art exhibitions, concerts, lectures, and art classes through its School of the Arts.

Herringbone

Herringbone, a restaurant brand conceptualized by chef Brian Malarkey, features “Fish Meats Field” coastal cuisine with an emphasis on line-caught seafood and high-quality meats. Herringbone La Jolla is open for nightly dinner, weekend brunch, weekday lunch and Oyster Hour (happy hour) featuring $1 oysters. Located at 7837 Herschel Ave. 858-459-0221. www.herringboneeats.com.

Belle Siréne

Belle Siréne is a salon concept created by sought-after celebrity hairstylist Sherri Belanger (above). Belle Siréne is a salon concept created by sought-after celebrity hairstylist Sherri Belanger. After 13 years experience in top salons throughout Los Angeles and San Diego, transforming red-carpet celebrities and stars, Sherri decided it was time to bring Los Angeles’ glamorous, high-quality, salon experience to her favorite city, La Jolla.

When Sherri couldn’t find the right home for her new salon, she decided to build one from scratch, undergoing full construction and design to create what is now Belle Siréne Salon. She believes the details matter and your experience during your appointment is just as important as your hair service. Fun fact: Many of Sherri’s high-profile clients actually make the trip from Los Angeles to La Jolla for pampering. They are located at 7838 Herschel Ave. 858-454-1607.

Tommy Bahama

Live the island life at your local store today. Located at 1100 Wall St. 858-551-8686.

Woholle Juice Box opens doors in La Jolla Shores

Everyday California, a La Jolla-based lifestyle company specializing in ocean adventures and apparel, recently announced the launch of Woholle Juice Box, a premium juice bar. Offering cold-pressed juices, smoothies, elixirs, and healthy foods, Woholle is located within Everyday California’s new flagship store at 2261 Avenida De La Playa.

The menu, developed in collaboration with The Vida Well founder and nutritionist Torie Borrelli, effortlessly pairs high quality locally-grown ingredients with great taste. Cold-pressed juices include the refreshingly sweet Spunky Watermelon, which fuses watermelon with coconut water, lime and chia seeds, and the nutritious Equalize, which combines cucumber and celery with a healthy dose of spinach, kale and parsley leaves.

Woholle Juice Box was created by Everyday California co-founders and managing partners Christopher Lynch and Michael Samer to further build on the company’s California-inspired healthy living vision and fulfill a neighborhood desire for premium juice. The name Woholle comes from the indigenous Kumeyaay tribe, meaning “hole in the mountains,” which describes the caves and rock formations along the La Jolla shoreline.

The new juice bar is a great addition to our new flagship store and perfect complement to a day out on the water, the beach or just spending time near the coast,” said Lynch.

“It’s great to finally see our vision come to fruition and be able to add healthy foods to our ocean adventure and California-inspired appar-
From Sicily with amore to Sicilia Bella in La Jolla

By DAVE SCHNAB

Sicilia Bella in La Jolla is real Italian.

More specifically, Sicilian Italian.

“We do make all our food fresh from scratch here,” said Sidne Aiello, who, along with husband Benedetto Mimarchese, have owned and operated the coffee shop/deli at 7918 Ivanhoe Ave. since February. “We love it. Our food is made with love and care. It’s something we chose to do because we love to cook.”

The pair noted that being de facto Sicilian “ambassadors” is a role they relish.

“We have lots of Italian people come to visit us and eat our authentic Italian food,” Aiello said.

Thanks to influxes of different nationalities over many centuries, Sicilian food is a real mixed bag—a fusion cuisine influenced by French, Arabic and North African settlers. According to Wikipedia Sicily, like many other areas of Italy, still follows the seasons very closely. It is virtually impossible, for example, to find non-seasonal fruit or vegetables there. The result is that ingredients are fresh, often produced in Sicily (or Italy) and are wonderfully fragrant and tasty.

You’ll find plenty of imported Italian items at Sicilia Bella, everything from deli meat and cheeses to olive oils, cookies, spices, coffee and tea and marmalade.

Open daily, except Mondays, from 9:30 a.m. to 6 p.m. Sicilia Bella, named for both owners’ first names, specializes in authentic Sicilian specialties. The menu includes a plethora of panini sandwiches as addition to Everyday California apparel and accessories, the shop offers products from local brands, such as Blenders and Pura Vida, as well as Shwood, Nixon and Apolis products.

“We’re thrilled to finally open doors and share Woholle Juice Box with both locals and travelers,” added Samer. “And whether kayak-ing, stand up paddle boarding or surfing, I think most of our adventure-minded guests will enjoy a healthy drink or bite before or after they go out, conveniently under the same roof.”

Woholle is managed by Duke Jarboe and Draper Donley, while the adventure and apparel shop is managed by Brian Stevens, who also oversaw Everyday California’s previous location.

For more information and menu items, visit wohollejuicebox.com and www.everydaycalifornia.com.

Café 976 closes, will reopen under new management

One of Pacific Beach’s more prominent businesses, Café 976, a longstanding coffee house and breakfast destination, located in a 1920s-era cottage on the corner of Cass and Felspar streets, closed recently after more than 20 years of service in the beachside neighborhood.

The café is being renovated, repainted and up-graded with new fixtures and appliances. The plan is to re-open by the end of July with the same format, under new management. The Café 976 Felspar will have the same menu, and most of the same staff.

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New app allows San Diego residents to report nonemergency problems to city

Mayor Kevin L. Faulconer recently introduced an innovative pilot project and mobile app called Get It Done for San Diego that allows people to report problems and request improvements for their neighborhoods.

With Get It Done, which is available for iPhone and Android users, people can report nonemergency problems to the city through the new mobile app and web portal at www.sandiego.gov. The Get It Done app also allows San Diego residents to track the progress of a complaint and increase efficiency for both residents and city workers.

To report a problem, people can now take and upload photos related to over 20 nonemergency problems with roads, street lights, traffic signals and more. The Get It Done app uses GPS information embedded within photos to automatically update the address and location of problems. After uploading the photo, the app user simply has to identify a few details about the problem and click submit.

“Our city government should be just as innovative as people we serve and it has always been our goal to improve customer service. If we have mobile apps that can check email, check the weather and check in our flights, we should have a mobile app that helps residents check on street repairs,” Faulconer said.

The Get It Done app will help improve three important functions of city government:
- Easier to report problems.
- According to a recent city survey, 83 percent of respondents stated that they did not want to call the City government to report a problem. The new Get It Done app eliminates the need to call the city for various problems, by allowing residents to address issues online, which was the preferred method of 50 percent of survey respondents. The app also allows residents to report problems with their name or anonymously.
- Allows residents to better track progress.

The app makes it easier for residents to find out what is happening with a city project in their neighborhood. This system allows residents to check the status of projects in real time and view information on their “favorite” issues throughout the city.

Increases efficiency for residents and city workers.

The Get It Done app allows users to upload a picture which contains location data using GPS. This allows the city to process information much faster because it links the user to city crews. Similar to the way most private businesses run, the app uses a customer relationship management (CRM) software system that directly links reports to a work order system. The systems connects all reports about the same problem into one group and creates a single report so that every individual is notified about the progress of an issue.

According to a recent city survey, 83 percent of respondents stated that they did not want to call the City government to report a problem. The new Get It Done app eliminates the need to call the city for various problems, by allowing residents to address issues online, which was the preferred method of 50 percent of survey respondents. The app also allows residents to report problems with their name or anonymously.

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**Summer Camps & Activities**

Music, Art and Culture at Kalabash this Summer!

This summer Kalabash School of Music + the Arts will be hosting a series of camps for the young explorer of 5 years old to the creative teen artist. July kicks off with a Comic Book Art camp taught by the Artist Village Camp where students will create their portfolios using and exploring various mediums and curating their own art show! For the teen songwriter, you can join the Songbird Label Camp where you’ll learn about creating, recording, performing and releasing your own music with artist Natasha Konally. In August a unique Trade Winds Camp series for kids will explore the music, dance, culture and art from the Americas all the way to Europe. Kalabash has a lot in store for the young creatives this summer, all taught by a team of kind and talented artist/teachers. For more information please visit KalabashArts.com

Kids experience performing arts at Junior Theatre Camp

Join Junior Theatre this summer and experience the wonderful world of Performing Arts where campers will take classes in acting, dance, & singing. Traditional, Performance and Advanced camps available in Balboa Park. Junior Theatre also provides K-4 camps at La Jolla Country Day School. Camps run June 6 – August 26. To register or for a list of camp dates, descriptions & pricing visit juniortheatre.com. Register early as our camps fill quickly. (619) 239-1311.

**Nike Tennis Camps at University Of San Diego**

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**Nike Tennis Camps at University Of San Diego**

Join the fun and get better this summer at the Nike Tennis Camps at University of San Diego. Directors Bill and Shelly Scott, and USD Head Women’s Tennis Coach, Sherrill Stephens, along with their experienced staff, have another amazing summer lined up with fun both on and off the court! With six weeks of junior overnight and day camps for boys & girls ages 9-18 of all ability levels, and a special High School program during the last week, there is a camp option for everyone! Highlights include: 5-6 hours of daily on-court instruction, a Nike Tennis Camp t-shirt, and fun evening activities for overnight campers. Camps run throughout June and July, registration is currently open. See you on the courts this summer! Nike Tennis Camps at University of San Diego 1-800-645-3226USportsCamps.com/Tennis

**Students are thriving in one-to-one classrooms at Fusion University City**

Finally, a summer school that won’t take away your summer fun! Catch up, get ahead, or try something new! Take one class or tackle a whole semester this summer. Catch up on missed credits, retake a class, get ahead before next semester, or supplement a homeschool program with an art, music, or lab class. From algebra to yoga and everything in between, we have over 250 courses for you to choose from, all taught one-to-one: one student to one teacher, always. This allows us to personalize the curriculum and teaching for each student’s individual strengths, interests, and learning style. Fusion serves middle and high school students who crave a flexible personalized learning environment. We offer rolling admissions and flexible scheduling so your student can start at any point in the year and take classes in the morning, afternoon, or evening based on their personal preference and learning styles. Fusion University City: 5060 Shoreham Place Suite 1 30 | San Diego, CA. 92122 | 858-677-9279 | www.Fusion@universityCity.com
Avant Garde Costume Gala at Mingei International Museum

Vanguard Culture presented the second annual Avant Garde Costume Gala at the Mingei International Museum on June 25. Guests were encouraged to wear their wildest costumes showing off their Avant Garde style. Attendees arrived to this Balboa Park event dressed as steampunkers, cosplay fans, and fashionistas adorned with crazy makeup.

Vanguard Culture presented this art coverage and cultural programming with a fan-filled evening of visual, performing, and culinary arts. Culinary chair watch chef Mario Medina who curated all the chefs. Stations were set up in the museum with yummy samplings, which were provided by over a dozen chefs who took part in the festivities. Additional stations were set up with participating beverage providers such as wine, craft beers and cocktails.

During the evening many amazing dance companies performed for the audience. The lineup included Chard Gonzalez Dance Theatre, Aurora Lagattuta, The California Ballet, and the PKG Dance Project. Everyone was encouraged to visit the Avant Garde photo station to show off their imaginative costumes.

This most-anticipated fashion show highlighted Los Angeles designer Merlin Castell. This designer was born in Honduras and creates high-end garments crafted from luxurious fabrics. Castell has worked magic for such celebrities as Paris Hilton, Paula Abdul, and Priscilla Presley. The featured styling’s were from Michael Bui who is a master educator/platform artist for Hair Salon Educators.

The models came down the long staircase in the museum to the main floor. They were wearing designs in wild colors topped off by Michael Bui hair styling’s. The hair was styled with huge wigs in rainbow colors reminiscent of the Marie Antoinette era.

Guests were able to mingle and sample the latest exhibits at the Mingei International Museum. Currently, there is an exhibit called Mingei of Japan with arts of Japanese daily life. My favorites were the indigo-dyed textiles such as Kimono’s and Kimono belts made from recycled material. The exhibit runs through Oct. 2. For more information, visit www.mingei.org.

The evening culminated with a costume contest. TV personality Leonardo Simpson announced the winners. Vanguard Culture does an extraordinary job integrating dance, culinary and fashion. To follow their schedule during the year, visit: http://vanguardculture.com

UPCOMING EVENTS
THURSDAY, JULY 7: The second annual Haute 2 Trot Del Mar Plaza Deck from 6 to 9 p.m. This pre-opening day party will feature a fashion show, hat contest, racetrack fashion shopping, food, and live entertainment. For tickets, visit www.finehomesandliving.com.

SUNDAY, JULY 24: Ambush Hope hosted by Hassina will be at the Museum of Contemporary Art from 7 to 11 p.m. There will be performance, dance, and haute couture fashion show. For tickets, visit ambushhope2016.com.

SUNDAY, JULY 29: Screenings and after party at 8 p.m.

SUNDAY, JULY 30: Seminars and panel, matinee screening, red carpet, IFWA Award Presentation, and Gala After Party beginning at noon.

Diana Cavagnaro is an internationally renowned Couture Milliner based in the Historic Gaslamp Quarter. Learn more about our Hat Designer, Teacher & Blogger at www.DianaCavagnaro.com

Theatrical and operatic news from around the nation
By CHARLENE BALDRIDGE

The Theatre
“Come From Away,” the new musical that premiered and broke box-office records at La Jolla Playhouse last summer, has announced the company that opens at Washington, D.C.’s Kennedy Center Sept. 2. Playhouse artistic director Christopher Ashley stages the musical, written by Canadians Irene Sankoff and David Hein.

Following a three-month run at Toronto’s Mirvish Theatre, the beloved show about international travelers stranded in Newfoundland on 9/11 moves to Broadway next spring. Chad Kimball (“Memphis”) and Jenn Colella (“High Fidelity” and on 9/11 moves to Broadway next spring. Chad Kimball (“Memphis”) and Jenn Colella (“High Fidelity” and

First Folio closing
Theatre lovers have till July 3 to see Shakespeare’s First Folio at the Central Library downtown. Adventurous theatergoers also have until July 3 to catch a show or two at the San Diego International Fringe Festival. Find a schedule at www.sdfringe.org.

Extensions and openings
Intrepid Theatre has announced a one-month extension of its musical revue titled “Woodie Guthrie’s American Song” – now playing at 7:30 p.m. Thursdays, 8 p.m. Fridays. 4 and 8 p.m. Saturdays, and 2 p.m. Sundays through July 17 at the Horton Grand Theatre, 444 4th Avenue in the Gaslamp Intrepid Theatre.org.

The World of Opera
American Opera champion (he commissioned 45 new operas during his career with two opera companies) David Gockley, 72, is retiring this month after 10 years as general director of San Francisco Opera. Prior to that he ran Houston Grand Opera for 35 years.


San Diego playwright Tim West has received the La Jolla Playhouse’s 2016-2017 Creative Catalyst Fellowship for his serialized theatre production titled “American Song.” He will repeat his multiple roles in D.C. “Dr. Seuss’ How the Grinch Stole Christmas” now playing at North Coast Repertory’s “Way Up In the Tree.” Jenn Colella (“High Fidelity” and " Upstart Crow"

Meanwhile, the Old Globe opens Paul Gordon’s new musical based on Jane Austen’s “Sense and Sensibility” July 6 (www.theoldglobe.com) and Ijon Theatre opens Stephen Sondheim’s “Sunday in the Park With George” at San Diego Museum of Art July 1 (www.lontheatre.com). La Jolla Playhouse features the world premiere of UCSD MFA alum Jeff Augustin’s play “The Last Tiger in Haiti” through July 24 (www.lajollaplayspace.org).


(From left) Megan McGinnis as Marianne Dashwood and Sharon Rietkerk as Elinor Dashwood in Chicago Shakespeare Theater’s 2015 production of “Sense and Sensibility.”

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Empowering youth through transcenDANCE performance in La Jolla

By LAINIE FRASER

To celebrate their 10-year anniversary, transcenDANCE Youth Art Projects, a local nonprofit, has planned a performance that will recognize a decade of social change and change-makers.

Through the power of dance and performance, transcenDANCE works to empower the youth from underserved San Diego communities and create positive social change.

To celebrate 10 years of work, the organization has created a show titled ‘10xChange.’

The performances will take place July 15 and 16 at the Sherwood Auditorium in La Jolla and will be performed by the students and alumni who developed it.

“Our students, alumni, professional artists, and all of our staff and board of directors have rallied behind this special event,” said Cat Corral, the co-founder and executive artistic director of transcenDANCE. “It will be such a beautiful showcase of our students’ talents and our journey.”

The company plans to perform their highest quality work to honor the nonprofit’s anniversary. According to Corral, the theme of the performance is the history of the company, all the lives they have touched and how far they have come.

“With this performance the audience will experience as seeing some of the best professional work in town,’ and it is true.”

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Baskin Robbins La Jolla Voted a Readers Choice for Best Ice Cream

We at Baskin Robbins take great pride in the quality of our products and customer service. We are looking forward to sharing the wonderful experience Baskin Robbins is so proudly known for with you and your family.

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HURRY! DEADLINE JULY 15TH!
Ten years ago, Cheryl Hile of La Jolla was diagnosed with multiple sclerosis, today she plans to be the first person with MS to run seven marathons on seven continents in 12 months.

Hile has been running marathons since 2000 and was diagnosed with MS in 2006. The disease has caused her to experience a decrease in energy and endurance, an inability to lift her legs far off the ground and numbness in her arms and hands.

Following her diagnosis, she continued running as a distraction and a way to pull herself out of depression. After completing a few races she began tripping and falling even after that she had a common symptom of MS called foot drop. This causes her foot to go limp, and as Hile described it, simply be along for the ride.

“My neurologist told me to lower my expectations for running,” Hile said. “That pissed me off. I’m stubborn. I love running and I don’t want to give it up. I know I eventually will have to, but I want it to be on my own terms.”

Instead of giving up, Hile went to an orthotist who developed a custom fiber ankle-foot orthotic to keep her foot from tripping. “I’ve always wanted to do something big for the MS community and all they have done for me,” Hile said. “My husband Brian and I love to travel and we love to run marathons, so the idea to run seven marathons on seven continents in a 12-month period was born.”

Hile has selected her marathons based on scheduling and adequate rest time in between. She will begin her journey in Cape Town, South Africa in September followed by Buenos Aires in October, Honolulu in December, Antarctica in January, Tokyo in February, Vienna in April and she will finish in Christchurch, Germany in June 2017.

“I am most excited, but also most nervous for Antarctica,” Hile said. “Extreme weather can cause my symptoms to flare up.

Another challenge facing Hile is the cost of travel. Her husband runs alongside her in every race in case her symptoms act up and she needs assistance standing, opening energy packets or drinking water. They have to pay for both of them to fly around the world and run in the marathons. To fund this journey, they have started a CrowdRise page and have also been generously gifted flights, hotel rooms and entry fees by a variety of companies.

Once Hile has reached her travel funding goal, she hopes to raise at least $10,000 for the National Multiple Sclerosis Society. On her CrowdRise website, Hile asks that those who donate, who have also been diagnosed with MS, identify themselves. She plans to write their names on her shirts and symbolically run for them as well.

“My message is to do what you can and never give up,” Hile said. “You don’t have to run seven marathons, but maybe you could begin by trying to move for seven minutes a day. I don’t think anyone should ever have to lower their expectations.”

David Wylie, LJCD baseball and football player leads ‘The Jungle’

By ED PIPER

“I looked over at my girlfriend and my mom, and their faces were beet red,” says David Wylie. In his telling of the story, Natasha Webb, Wylie’s girlfriend, wasn’t so sure about going to the Country Day-Bishop’s baseball game in the first place. Wylie pitches and plays first baseman for the Torreys, and Webb is a junior at crosstown-rival Bishop’s.

But then David told her, “Come on, it’ll be okay. She didn’t wear Bishop’s colors, but neutral colors,” he smiles. She sat near Wylie’s mother Stephanie.

After the Knights’ Andy Semo led off an inning with a single off Wylie, a right-hander on the mound for the Torreys, someone on the Bishop’s side called out: “Semo, she’s here for you, not him.”

“I thought it was funny,” says Wylie, cracking up at the recollection. That’s when Webb and Mrs. Wylie went beet red.

If you ride with David Wylie, that seems to be part of the game. He – or his significant other – may be made fun of, but he’s involved in generating a lot of the hijinx as a member, and next year, as leader of “The Jungle,” the Torrey student cheering section.

“I’m kind of the goofball of the team,” the junior says of his involvement on the baseball squad. But that could be said of his role in his class as well. “I’m kind of the class clown.”

As he says, his philosophy is, “In sports, you’re supposed to have fun. Take care of business on the field, but

WANT TO HELP?

● To help Cheryl Hile reach her fundraising goals and follow her journey, visit www.cherylhile.com.

By LAINIE FRASER

Richard Walker’s Pancake House

TOP 25 RESTAURANTS IN SAN DIEGO Highlight Reviews — “Great selection of ‘not just breakfast’ items. Very unique. Highly recommended. Fun for the whole family.” “Great breakfast, large tasty portions, last service and good coffee — you just can’t ask for more.” “The apple pancake was fantastic!” “Believe the reviews, this place is amazing!”

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The Broken Yolk Café

The Broken Yolk Café offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are more than 20 different omelets to choose from, as well as a wide variety of other breakfast favorites which include pancakes, waffles and french toast. Feel more like lunch? Try one of our juicy half-pound burgers or one of our large sandwiches. 1851 Garnet Ave., Pacific Beach | 858-270-YOLK.

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La Jollans building bridges, not walls with Peace Corps
By SANDY LINPE AND BILL MITTENDORF

Bill and Patty Mittendorf had just returned from a trip to Iran with a group of former Peace Corps volunteers when we sat down to discuss their experiences in the country formerly called Persia. They had first met in 1970 in Afghanistan, Iran’s geographic and cultural neighbor to the east. In 1975 in Afghanistan, Patty was trained as a smallpox vaccinator in the effort by the World Health Organization to eliminate the dreaded disease. She traveled with a team of three other American women, two translators, and a driver following smallpox outbreaks. Eventually she became the first female teacher in a boys high school in Herat.

Bill arrived a year later to train as an English teacher. He took an assignment in a boys high school not far north of Kabul. The volunteers would come in from the provinces, where many of them were the only foreigners to celebrate the holidays with each other. The couple vividly recalls sharing a big Thanksgiving dinner in 1970. Patty joked, “Bill ate four servings that year because he had kept the fast of Ramadan with his students, and it just had ended.” Peace Corps left Afghanistan when the Russians took advantage of a change in government and invaded the country in 1979. The American ambassador was assassinated, the king exiled, and the country began a rapid descent into political chaos, which has not ended, according to Bill. Hope of returning to that country, for whose people and culture he has great affection, dim with each passing year.

After Peace Corps, Patty and Bill married in 1973 and adopted two babies, Anna and then David, from India through Mother Teresa’s organization. Bill went to medical school at the University of Minnesota in his home state, and interned at Mercy Hospital in San Diego. Their second son Paul was born in 1982. The children grew up in Universi-
My Garden: Jalapeños – little green firecrackers of flavor!

By LINDA MARRONE

Packing a fresh burst of heat and flavor, jalapeños are easy to grow chili peppers that can be enjoyed in a variety of ways and depending on how you cook and prepare them will determine how much spice comes through.

Filled with capsaicin, the phytochemical that makes them hot, jalapeños like all chilies carry most of their heat in the white pulp-like inner veins and seeds. If you carefully remove their veins and seeds, you can adjust the fire the chili gives off, but you should consider turning up the heat in your diet because capsaicin has a myriad of health benefits that range from fighting cancer to heart health and much more.

Jalapeños plants love the sun and the hotter it is the more chilies the plant will produce and it is said the hotter the temperature, the hotter the chilies can be. The perfect time to grow them is in the spring when temperatures can reach the 80s and 90s. Here along the coast, we are blessed with cool-er temperatures, but you can still have a good harvest as long as the plants receive full sun for at least eight hours a day.

This time of year, you can purchase jalapeño plants at local nurseries that are already growing. The jalapeño plant will grow to about three feet high and as it matures it will produce tiny white flowers that eventually fade and mature. Jalapeños like all pepper plants, so supplement with an organic fertilizer made for all chili peppers also do very well as container plantings. Keep the soil moist until the tiny plants begin to mature. Jalapeños like well-drained soil and have average watering needs. As they mature, let the soil around them dry out slightly before watering.

Whether you plant them in the garden or in containers, the plants may require support as they begin to produce chilies, which can weigh them down. Heavy feeders, feed your jalapeños at least once a month with an organic fertilizer made for vegetables or with fish emulsion. Epsom salt also works wonders on all pepper plants, so supplement your feeding routine by soaking the soil around your plants with a solution of 1 tablespoon Epsom salts to 1 gallon water and pour the solution around the base of the plants. Adding a tablespoon of Epsom salt around the base of the plant when you first plant it will help it establish and absorb nutrients. Most plants, especially tomatoes, peppers and roses benefit from the punch of magnesium sulfate that the Epsom salts provides.

Stop feeding a couple of weeks before you harvest your chilies. Jalapeños are ready to pick when they are about 2–3 inches long. I like to make pickled jalapeño slices, or add minced fresh jalapeños to guacamole for a little kick and crunch. Remember to wear gloves when handling hot chilies and do not touch your face or eyes when working with them. I find that homegrown jalapeños tend to be spicier than the chilies I find in the grocery stores. Cooking or pickling jalapeños will mellow their spicy flavor. Try fresh minced jalapeños in guacamole to add heat and crunch or pickle them in leftover bread & butter pickle juice for a sweet and spicy flavor. I am getting ready for a 4th of July barbe-cue and plan to make a family favorite, Roasted Bacon Wrapped Jalapeños and even those who say they don’t like spicy food gobble them up!

Linda is a Realtor with Coldwell Banker in La Jolla. Pictures of her garden have been published in local and national magazines. Take a tour of her garden at LindaMarrone.com.

Roasted Bacon Wrapped Jalapeños

12-15 jalapeños, approximately 3 inches in length
8 oz cream cheese, softened
1/2 cup sharp cheddar cheese, grated
4 green onions, finely chopped
1/2 tsp garlic powder
Salt and pepper, to taste
11b thin-cut bacon, each slice cut in half

Rearing rubber gloves cut the jalapeños in half lengthwise and remove the seeds and as much of the inner veins as desired – the more you leave, the spicier the flavor. Mix the cream cheese, cheddar, green onions, garlic powder, salt and pepper together and spread some of the cream cheese mixture into each chili half. Wrap a half slice of bacon around each stuffed chili. Cover a baking sheet with foil and place a backing rack on top of it. Place the stuffed bacon wrapped chilies on the rack and roast them in a 275 degree preheated oven for 45 to 50 minutes. The bacon should be crisp and the chilies soft. Serve warm or at room temperature.
ty City and the Mittendorfs are grandparents. When Bill read that the Peace Corps Association (Peace Corps alumni) was sponsoring a trip to Iran, he shared the news with Patty. She wanted to avoid the Middle East until it became more peaceful. As a western woman, she had qualms about traveling to a conservative Muslim country.

Bill told Persian poetry and had daydreamed about spending some months in Shiraz, Iran, to study the language after his retirement from medicine. Shiraz was home of poets Hafez and Saadi, and was a fabled city of gardens, palaces, and wine. Patty relented after the Obama anti-nuclear treaty and the opening of trade began between the USA and Iran. She liked the Peace Corps involvement in non-military delegations to promote good will.

The group of 17 former Peace Corps volunteers met for the first time at Frankfurt airport, as they prepared to board the plane to Tehran. “We were all gray and creaky, but well traveled and ready for a cross-cultural experience,” Patty said. “Among us were former volunteers, not only from Iran and Afghanistan, but also Sierra Leone, Thailand, Mongolia, and Azerbaijan.”

Their tour group, Global Exchange, had prepared them well for the cultural differences. Patty related, “In fact, they had told us bluntly, that if we couldn’t bring ourselves to respect the mores of Iran, we should look for another trip.”

As they approached Imam Khomeini International Airport, the captain reminded them that the Islamic Republic of Iran requires all women to cover their heads before entering the country. “Out came the hijabs. The female passengers had their heads covered. I did grumble later in Yazd when the thermometer hit 102 and the men shed their heads covered. I did grumble bluntly, that if we couldn’t bring ourselves to respect the mores of Iran, we should look for another trip.”

Upon arriving home I find my assistant left a message that she had to trade me for my so-called ‘bad day’ as it would have been their best day.

Once a month at White Sands, I need to move my car out of the garage so the floors can be cleaned. This time I drive my car back to its regular parking spot, I notice I have a flat tire. I contact my insurance company for roadside assistance; they send a tow truck. After the driver looks at my car, he says he can replace the tire with the spare, but warns me that I should only drive it for a short distance, ideally directly to my automotive repair shop.

I will break down the barriers that government has built. Then Bill pulled out a sheet of paper to show how Iranians had lived so long and built such green cities in their desert climate. “The civilization which defeated the Assyrians and then the Greeks could not have survived had they not learned how to conserve water,” Bill said.

He outlined a mountain slope tapering down to a flatland. He drew another line beneath it, almost parallel to the first. This system is called karez in Afghanistan and qanats in Iran. “This is the ground and this is the water table. The genius of the people was to learn not only that by digging straight down they could reach the water table, but also by digging a series of such wells and rivers. If the slope of the river was less than the slope of the above, the water could be brought to the surface and used for irrigation.”

These two former Peace Corps volunteers were clearly moved by their visit to Iran. They bring back memories of a beautiful country with a grand history and culture. Recalling a common kinship with the Iranian average citizens, one wonders what impact their visit had on the Iranian people they met.

With polarization of Americans and media driven madness, it is joyful to learn of the Mittendorfs’ building bridges, not walls. They led with a smile and a little Farsi as visitors to Iran. In San Diego they lead with a smile and hope for peace one person at a time.

Ben Franklin said it best: “There is no good war or bad peace.”

What I call a very bad day

Patty and Bill Mittendorf

Doing Better

By Natasha Josefowitz, Ph.D.

Once a month at White Sands, I need to move my car out of the garage so the floors can be cleaned. This time I drive my car back to its regular parking spot, I notice I have a flat tire. I contact my insurance company for roadside assistance; they send a tow truck. After the driver looks at my car, he says he can replace the tire with the spare, but warns me that I should only drive it for a short distance, ideally directly to my automotive repair shop.

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NOTICE OF TRUSTEE SALE

YOU ARE IN DEFAULT UNDER THE CASA DE LA PLATA REAL ESTATE OWNERS ASSOCIATION DECLARATION OF RESTRICTIONS RECORDED JUNE 2, 1993 AS DOCUMENT 1993-0348689, Official Records, San Diego County, California. If you do not purchase the above described real property for a fee waiver form. If you do not file your response. You can find these court forms and more information about court procedures at the San Diego County Superior Court's website at http://www.sdcourt.gov. The notice of default is no longer in effect. The property will be sold in a civil case. The court's lien must be paid before the independent administration of the estate, if any, will be approved. A Petition for Probate has been filed by MICHAEL J LEFEBVRE, DDS, APC The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JUN 30, 2016 ISSUE DATES: JUNE 23, 30 JULY 7 and 14, 2016

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-015061 Business Name: DRINKS DON'T COUNT Address of Conducted Business: 720 SOUTH GREENLY WAY SUITE 111 TAN YUAN, TAIWAN 33002 Address of Principal Place of Business: 1246 PACIFIC BEACH DR SAN DIEGO, CA 92109-2510

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-015051 Business Name: COFFEE MOMO Address of Conducted Business: NORTH 3801 EL CAMINO REAL SUITE 112 ENCINITAS, CA 92024 Address of Principal Place of Business: 1246 PACIFIC BEACH DR SAN DIEGO, CA 92109-2510

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-015049 Business Name: EL CAMINO REAL ESTATE SERVICES, INC. Address of Conducted Business: 614 MAIN ST STE C ENCINITAS, CA 92024 Address of Principal Place of Business: 1246 PACIFIC BEACH DR SAN DIEGO, CA 92109-2510

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持续阅读第20页
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ENTRY RULES: You choose your favorite! Tell us who the best is and you’ll be entered into our free drawing. Mail or hand deliver your ballot to: La Jolla Today, Readers Choice Awards; 1621 Grand Ave., 2nd floor, San Diego, CA 92109; or vote online at: www.sdsn.com or LJTODAY.com. Please complete at least 50% of the ballot. One ballot per person. Ballots must be postmarked, submitted online, or hand-delivered by Friday, July 14, 2016

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LEGISLATION

BISHOPS

CONT. FROM PG. 5

· Audrey Krueger-Kaiser will attend the University of San Diego.

· Zachary LaGrange will take a gap year. He was a recipient of the Otto Mower Award, given to students who attend Bishop's for five years and make the honor roll each semester.

· Leroy Lanuti will attend Southern Methodist University.

Eileen Mahler will attend Pomona College. She was a recipient of the Otto Mower Award, given to students who attend Bishop's for four years and may make the honor roll each semester.

· Mary McNiel will attend the University of California, Santa Cruz.

· Reed Meyer will attend the University of Michigan.

· Charles Michael will attend Harvard University. He was a recipient of the Otto Mower Award, given to students who attend Bishop's for four years and may make the honor roll each semester. He also received a History of Art Award and Science Department Award. Michael was inducted in the school’s chapter of the Cum Laude Society earlier this spring.

· Arman Moradi will attend California Polytechnic University, Pomona.

· James Nelson will attend Boston Conservatory. He was a recipient of the Stephanie Blankenship Award, given for all six years at Bishop’s on the honor roll.

· Julian Samuels will attend Stanford University. He was a recipient of the Head of School Award, given for exceptional contributions to Bishop’s. Samuels was inducted in to the school’s chapter of the Cum Laude Society earlier this spring.

· Robert Schreiber will attend Occidental College.

· Nikita Shakhv will attend the University of San Diego. She won the Shakespeare Contest 2016 and, as the president of the Associated Student Body Council, she spoke at the commencement ceremony.

· Jay Shankar will attend the Peabody Institute of Johns Hopkins University. He received a Marlene Teitelman Award for orchestra.

· Sahil Sheth will attend the University of California, Berkeley. He was a recipient of the Cindy Groennyke Sportsmanship Cup and the Bishop’s Medal, for his exemplary involvement in the total life of the School.

· Stalin Thomson will attend Boston College.

· Olivia Wagner will attend the University of Southern California. She was a recipient of the Stephanie Blankenship Award, given for all six years at Bishop’s on the honor roll.

· George Waither-Mead will attend the University of Connecticut.

· Logan Zeiger will attend Southern Methodist University.

VOTE FOR YOUR FAVORITE!

CONTACT INFO (must be filled out for your votes to be counted):

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RETAIL / SHOPPING

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Art Gallery
Apparel (Men’s)
Apparel (Women’s)
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Discount Store
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Gift Shop / Souvenirs
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Grocery Store (Specialty)
Hardware/Building Supplies
Health/Food/Nutritional

Computer Repair
Contractor/Construction
Dry Cleaners
Electrician
Financial Planner
Florist
Handyman
Insurance Agent
Interior Designer
Jewelry (Custom/Repair)
Language / Tourism
Mortgage Agent
Painter
Pet Hospital/Vet
Pet Sitting
Plumber
Printer
Shipping/Packaging
Travel Agency
Web Design

HEALTH, BEAUTY & FITNESS

Accupunture
Alternative/Holistic Health
Chiropractor
Cosmetic Surgery
Day Spa
Dentist
Hair Salon
Health Club/Gym
Martial Arts
Massage
Nail
Newspaper (community)
Optometrist
Personal Trainer
Piercing
Plates
Senior Living Facility
Senior Care
Stylist
Specialized Workout Facility
Tanning Salon
Tattoo
Weight Loss
Wellness / Fitness Center
Yoga Facility
1210 Gallery in La Jolla highlights local artists; opening reception July 8

The 1210 Gallery in La Jolla is one of San Diego’s most unique places to buy and sell art. Run by full time mom and part time pilates instructor Nicole Flaherty, 34, the 1210 Gallery opened its doors in April of 2015 as a place for local artists to exhibit and sell their work.

The gallery’s name reflects both the La Jolla Boulevard location and the La Jolla naivism of its founder and sole owner, Flaherty. 1210 simply stands for La Jolla since “L” is the 12th letter in the alphabet and “J” is 10th.

Flaherty says that one of her biggest inspirations when creating her gallery was her mom, Margaret Jackson, who is an art enthusiast and sits on the board of trustees at the Museum of Contemporary Art.

“People buy a piece of artwork because they want to look at it everyday not because of who signed it,” said Flaherty, who gained such an understanding from her mom. The 1210 Gallery circulates around this idea, the idea of creating unique bonds between artist and buyers, and the idea of pricing artwork so that everyone can afford it.

Another thing the gallery prides itself on is that there is always an opening reception where you can meet the artist, so if one of the displayed pieces doesn’t work for you, or is just out of your price you can ask the artist to commission piece for you.

The 1210 Gallery is run solely by Flaherty, who prides herself on focusing on local San Diego artists, the kind of people who give up careers to work on their art. She starts every new collection with an opening night reception, and then gives the art three weeks to sell.

Unlike your average pop-up gallery, 1210 doesn’t showcase the work of its owner, it showcases the work of others for a short period of time giving it that pop-up gallery feel. In other words the 1210 Gallery is kind of like a host for pop-up galleries.

The 1210 Gallery’s upcoming July collection, will exhibit and sell the works of Paul Kauffman. The opening night reception will be July 8, and on every Saturday through July, Kauffman will be doing live demonstrations at the gallery.

“[Kauffman’s] progression [over the past year] is fantastic,” said Flaherty, “he conveys a lot of emotion, happiness and anger. He did a fantastic piece on his anger about what has been happening to the Syrian refugees.”

The 1210 Gallery is located at 5745 La Jolla Blvd., for more information you can call the gallery at 858-811-9669, email 1210gallery@gmail.com, or visit 1210gallery.com.
WYLIE >> CONT. FROM PG. 14

have fun at the right times.”

His partner in crime often seems to be Ben Petty-Hull, a teammate on the football as well as baseball teams. “I’ve known him forever,” says Wylie. David is “Wylie the Coyote,” while Petty-Hull is “BPH,” or “Bay-PH,” short for “Babe.”

In the ninth grade, the dangerous duo were in the thick of it. The then-freshmen, painted bright Torrey blue, with Country Day narrowly leading Bishop’s with five seconds left in basketball, taunted and screamed at a Knight player while he shot a free throw. Of course, their vantage point wasn’t in the stands. They came right down under the opposing basket.

“The free throw rimmed out,” narrates Wylie. “Everybody is screaming because it looked like the game was over. Then the referees call a technical foul and are pointing at us. We didn’t know you couldn’t stand under the basket and do that. We almost lost the game for us. If the team had lost, we would have been the most hated guys on campus.”

He is smiling and relishing telling stories on himself. Does his girlfriend laugh when the hijinx affect her? “She’s getting used to it,” he says. It sounds a little like “Animal House,” except Wylie says “The Jungle” doesn’t cross the line. “We don’t concentrate on girlfriends’ names and personal things. We like the funny stuff. We do ‘deep research’ on opposing players before games by going on Twitter and other social media. Like against Rancho Bernardo in the basketball playoffs, we found out one player’s handle was ‘Sonic Baller.’ Every time he stepped to the free throw line, we called it out.”

He has a close relationship with athletic director Jeff Hutzler, who was a freshman. “Growing up, I had always planned to go to Point Loma High,” relates the student. “Coach Hutzler talked with me before I was in ninth grade, and all the teachers and coaches were cool.”

READ MORE ONLINE AT sdnews.com
Luxury Theaters, The Lot, Completed in La Jolla and Point Loma

Dempsey Construction has completed the construction of The Lot, upscale movie theaters in La Jolla at 7611 Fay Ave. and at 2620 Truxtun Road in Liberty Station in Point Loma.

The Lot at Liberty Station project consisted of the conversion of the historic Luce Auditorium, located within the Liberty Station (formerly Naval Training Center), into a six-screen luxury theater complex with full-service restaurant, bar and cafe.

The scope of the project included extensive demolition of all of the existing interior improvements. New improvements included the entire infrastructure for the six auditoriums, new structural support system for the roof, all new mechanical, plumbing and electrical systems, and full-service commercial kitchen and bar. In addition, a new steel and glass structure was constructed on the southern portion of the building to provide for an indoor/outdoor seating area for the theater and bar.

Dempsey Construction completed the projects on behalf of the owner, Bobbo Cinemas, who owns and operates the theaters under the dba of The Lot.

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