La Jolla High celebrates Class of 2019 graduates

The La Jolla High School Class of 2019 has officially graduated. On June 11, 322 seniors sat in their cap and gowns at the center Gene Edwards Field, while friends and family watched from the bleachers above. The LJHS Music Department faculty and students led the prelude of the commencement program before three student speakers – ShuShu Crevoshay, Reagan Jetter and Skyla Loux – addressed their peers.

Ian William Dickinson served as the class valedictorian and the class salutatorians were Monica QinLu Liu, Jackson Taylor Richards and Athena Jewel Tsai. Of the graduating class, 15 students were inducted into the cum laude society as the top 20 percent of their senior class.

“We’ve all been through a lot together,” said Crevoshay, who is also La Jolla High School’s associated student body president. “Whether we realize it was together or not.”

Student body president Shulamit Crevoshay addressed the Class of 2019 at La Jolla High School’s commencement ceremonies.
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LA JOLLA Bird Rock: Top Floor unit w/sweeping ocean views. REDUCED! 2bd/2ba. 1,435 sf. $1,295,000 - $1,349,000.
Local brother and sister team open gourmet sub shop

For some, working with your younger brother or older sister might sound more annoying than fun. But for Kris Shea and Kathy Sandler, it was an opportunity to spend some much-needed quality time.

“There’s a big age gap between the two of us,” Shea said. “So growing up, we just didn’t have a huge connection.”

After leaving their childhood home in Michigan, Shea traveled around to Santa Barbara and San Diego before settling in Colorado. He had an opportunity to switch careers in his late 20s, and after taking off a couple of years to travel, he opened up Cruisers’ second location in La Jolla with his sister.

“After leaving their childhood home in Michigan, Shea traveled around to Santa Barbara and San Diego before settling in Colorado. He had an opportunity to switch careers in his late 20s, and after taking off a couple of years to travel, he opened up Cruisers’ second location in La Jolla with his sister.”

“We’re kind of making up for lost time,” Shea said. “It made our hearts about spending more time together,” Shea said. “It made us realize how much-needed quality time.

“Growing up, we just didn’t have a huge connection,” Shea said. “So growing up, we just didn’t have a huge connection.”

“We had a couple of heart-to-hearts about spending more time together,” Shea said. “It made sense. We’re kind of making up for lost time.”

Located at 637 Pearl St., Cruisers serves a “laid-back, come-as-you-are” kind of vibe with a menu featuring toasted subs, salads, freshly baked cookies, and toasties, described as “fancy grilled cheese” sandwiches that Shea enjoyed while living in New Zealand. Cruisers also offers beer, wine, and two-for-one taps during happy hour every day from 3-6 p.m.

Shea said one of their most popular toasted subs is the Cuban, made up of marinated pulled pork, antibiotic-free Maplewood smoked ham, genoa salami, hot capicola, banana peppers, pickles, melted provolone, and spicy mustard. Their cookies — which are baked fresh daily — are also a hit, coming in flavors like s'mores, triple chocolate chip and Reese’s peanut butter cup.

“But Sandler’s favorite dish is the chicken salad,” she said. “She always made Waldorf chicken salad, and we used to laugh at each other about how long her mother would make Waldorf chicken salad for us.”

“Waldorf chicken salad is something that’s homegrown and not corporate,” Shea said. “My sister and I literally build this thing ourselves. It’s really a labor of love, and we like to think that comes through.

“It’s supposed to be a place where everyone is welcome.”

For more information, visit cruisergourmetsubs.com.

Meet Dr. Neni Shriver, the dentist who wants you to text

Many people have reservations about going to the dentist. Whether it’s a paralyzing fear of needles or the bill that comes afterward, Dr. Neni Shriver D.D.S. has heard it all.

Shriver has run her patient-centered cosmetic and family dentistry office since 2012, helping with everything from crowns and bridgees to veneers and laminates to how to get rid of bad breath. She said she understands why people don’t always enjoy visiting her office and hopes her transparency with patients puts them at ease.

“They’re always afraid of pain,” she said. “I do my best to be very gentle, but for some people, it’s already so ingrained in their minds that even the slightest touch will create an excruciating pain emotionally for them.

Some of my patients ask for laughing gas for just a cleaning. At first, I refused because I thought they were just asking for fun, but it was because they were scared. So I bent my rule a little bit, and I gave it to them.

Beyond making patients comfortable in the chair, Shriver tries to keep the lines of communication open even after they leave the office. She said she always encourages patients not to wait until their next appointment to ask questions. They can just text her.

“When I know a patient is anxious, I call them to see how they’re doing and I give them my phone number so they can text me,” she said. “I want to be sure that they’re well taken care of.”

Even though she likes helping her patients with things like “finding the joy of eating again” after severe tooth pain she never thought she would be a dentist. After graduating from dental school in Indonesia in 1994, Shriver said she came to

SEE DENTIST PG. 9

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SEE DENTIST PG. 9
Sammy’s Woodfired Pizza & Grill celebrates 30th anniversary

BY ADAM BEHAR

Sammy’s Woodfired Pizza & Grill opened its first location in 1989. COURTESY PHOTO

Sammy’s, the philanthropy group that hosts the annual Jewell Ball, were among the attendees at last week’s celebration.

Ladeki recently presented “Decade of Service” awards and bonuses to 48 employees. One of them is a chef who was there on day one and continues to perform his magic at Sammy’s 30 years later.

Repeat and replicate

The simplicity of the Sammys concept lent itself to replication. Today, the popular chain of restaurants has 12 locations throughout California and Nevada. Add to this the recently opened Toast Gastrobrunch in Carlsbad, which is currently the busiest of all Ladeki’s restaurants.

If you think now is a good time for Ladeki to ease into retirement mode, you’d be wrong. Sitting still is not his style. And besides, there is plenty of work for him to do, people to greet, restaurants to redesign, and new menus to unveil.

For more information about Sammy’s Woodfired Pizza & Grill, visit sammyspizza.com or call 858-456-5222.

Happy Father’s Day

I Love my DAD
96 Years Old

MARCO POLO

5761-63 La Jolla Blvd.

Pinnacle Remodeling, a San Diego-based full-service home remodeling company, has acquired a 2,028-square-foot mixed-use property in La Jolla’s Bird Rock neighborhood for $1,150,000.

Pinnacle Remodeling plans to open the company’s office and retail space at the property immediately. The residential and retail property is located on a 4,359-square foot lot at 5761-63 La Jolla Blvd.

“The Bird Rock neighborhood has an exciting retail, culinary and boutique office environment, located just minutes from both Pacific Beach and La Jolla,” said Joe Brady of the Urban Property Team. “Pinnacle Remodeling’s new office will add to the neighborhood’s unique offerings and support the company’s ability to serve clients.”

For more information, visit pinnacle-remodel.com.

TOCAYA ORGANICA LAUNCHES NEW ‘GUILTLESS’ BURRITO

What if your cheat meal was no longer cheating? Tocaya Organica, at 4301 La Jolla Village Drive, recently launched a new seasonal menu at all 13 locations throughout Southern California and Arizona that stars a new burrito: the gluten-free Guiltless Burrito. This burrito is a combination of Spanish cauliflower rice, black beans, tri-color peppers, jalapeno cabbage, vegan chipotle crema, Siete gluten-free coconut flour tortilla with your choice of protein and queso.
Update your home décor quickly dramatically with window treatments

Most homeowners are looking for ways to upgrade their home décor quickly and dramatically. One of the most overlooked pieces of home décor are the window treatments, which can alter your interior design more than you may realize. Take a look at these tips to see how you can update your home without compromising your style.

A Stylish Upgrade
Drapery is an easy way for any homeowner to layer onto existing window treatments bringing new life to an old look. It can also stand on its own and adds visual warmth and texture to any room. Drapery brings a variety of visual aspects to the space.

Energy Efficiency
Homeowners are always on the lookout for ways to save money, and the monthly gas/electric bill can be a sore spot. Start saving with window treatments that keep your home well insulated.

Drapery is great at controlling the amount of light that enters a room. During the summer, light entering a home will heat the interior and cause the energy costs to rise. Closing drapes during the day can reduce those costs because drapery acts as an additional layer of insulation. Drapery also acts as a barrier from the outside temperature during the cold winter months. No matter the season, drapery is the perfect way to help keep you comfortable inside, regardless of what the weather is doing outside.

Privacy
Sometimes, privacy can be an afterthought until you look out your window and see someone else looking back at you. Having control of who is seeing into your home is something that you need to account for. Before you say your windows are private enough, think about them at night. Once the sun goes down, and it starts to get dark, any light on in your home makes it easier to see in. With light filtering options you can determine the level of light entering or leaving your windows, allowing you to be able to see out without unwanted eyes peering in. Because of the variety of fabrics available, drapery is a stylish way to keep your home to your eyes only.

3 Day Blinds has hundreds of drapery options to choose from. 3 Day Blinds also offers a wide variety of blinds, shades and shutters and all of the window treatments are 100% custom so you get the look and feel you want. If you or someone you know is looking for the home upgrades new window treatments can give you, call (858)875-5969 or visit www.3dayoffer262.com to schedule your free in-home design consultation.
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Father’s Day Shop Local

VOTEGARDEN.COM

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ENTRY RULES: You choose your favorite! Tell us who the best of the best is and you’ll be entered into our free drawing.
Vote online at: www.sdnews.com Please complete at least 40% of the ballot. One ballot per person.
Ballots must be submitted online by August 16, 2019

Vote online at lajollavillagenews.com

LA JOLLA, CALIFORNIA, June 10, 2019— Be Seen Optics, the leading purveyor of independent eyewear in La Jolla, has announced the date of its MYKITA Trunk Show. The event will take place Saturday, June 22nd from 11:00 am - 4:00 pm at their location at 5702 La Jolla Boulevard.

Every frame in every color from MYKITA will be on display at the event. MYKITA representatives will be on hand to answer questions and assist with frame selection and fit. Expert fittings will also be available from Be Seen’s optician and owner, David Dumangas-Klehr, a former MYKITA sales representative of 10 years. Visitors will be treated to wines from LJ Crafted Wines and appetizers from Wayfarer Bread.

Founded in Berlin in 2003, MYKITA has created patented and award-winning eyewear designs with a sense of independence, curiosity, and play. Simple, functional, and technically advanced, its unique designs in surgical stainless steel are some of the lightest eyewear frames you can buy. A key factor in the company’s success is its holistic business philosophy, which brings together expertise from all disciplines under a single roof, the MYKITA HAUS. The company is also known for their fashion-forward MYKITA MYLON sunglass designs, and for their collaborations with Maison Margiela, Bernard Willhelm, and Damir Doma.

Be Seen Optics is an award-winning optical shop that features independent brands and distinctively cool eyewear. Located in the Bird Rock section of La Jolla, it was named Best Eyewear/Sunglasses of 2018 by La Jolla Light, and won the 2018 Reader’s Choice Award (Silver) for Eyeglasses and Sunglasses from La Jolla Village News.

If you would like more information about this topic, please call David Dumangas-Klehr at 858-291-821, or email david@bestoptics.com.

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March 2019

Village News Readers Choice Awards 2019

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ENTRY RULES: You choose your favorite! Tell us who the best of the best is and you’ll be entered into our free drawing.
Vote online at: www.sdnews.com Please complete at least 40% of the ballot. One ballot per person.
Ballots must be submitted online by August 16, 2019

Vote online at lajollavillagenews.com
Traveling cross-country from California to New York – the next adventure

By Natasha Josefowitz, Ph.D.

For years family and friends have been urging me to write my autobiography. It always felt like such a daunting task, so I kept postponing even the idea of it. After a few columns about my early years in Paris and Beverly Hills were published, I was encouraged to keep writing about the various episodes of my life using my columns somehow that felt more feasible. I have always known that separating a large task into smaller chunks works, but have never attempted it to my own writing.

My last column was about my next stop was New York City where I reconvened with my parents for a few days at the Savoy Plaza before we left for Europe. In my diary I wrote, “Wonderful New York, going out into the thin rain wearing my aunt Nina’s old fur coat now getting soaked. The sound of the nervous horns, the sound of a city in a wet traffic jam, the theaters, the museums, Broadway at night, great crowds all with one thought: to get a cab. My taxi driver wanted to become a crooner in California, where, he said, the sun always shines. I loved the rain and I loved New York—so much so that I returned to live there by the end of that year.”

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MEETING ANNOUNCEMENT

Please join us for the bi-monthly meeting of the Airport Noise Advisory Committee (ANAC)

Wednesday, June 19, 2019

4:00 p.m.

Holiday Inn San Diego Bayside

4875 N. Harbor Dr., San Diego, CA 92106

Next Meeting Date

August 21, 2019

For questions, call Airport Noise Mitigation at (619) 408-2560

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La Jolla coach runs 110 miles in memory of former student’s dad

When Maggie Walsh was a sophomore in Tom Atwell’s AP European History class, she lost her father, Carl Walsh, to cancer. As a senior at La Jolla High School, she challenged Atwell to run 100 miles on the campus’ track to support the American Cancer Society’s Relay For Life event.

He accepted, and 10 years later, he’s running farther than ever.

Atwell, who is also the head wrestling and swim coach, began his annual run at 7 p.m., June 5. At 2:30 p.m., June 6, he ran the final mile of 110 in honor of the event’s 10th anniversary.

“It’s amazing. There were kids out here all night,” Atwell said. “Some showed up at three in the morning. Some parents came out. So I actually never ran alone the whole time. It’s been really inspiring.”

While this annual feat started because of a student, Atwell and his family have had their own experiences battling cancer as well. Nearly 20 years ago, he was diagnosed with a rare kind of cancer called fibrous histiocytoma after developing a large tumor on his hip.

“It can be very aggressive and a lot of times fatal, but I was lucky enough to be a part of a trial that was able to cure me,” he said. “And because of all the research on breast cancer, my wife is now 10 years out of it and very healthy.”

With those inspiring stories in mind, Atwell — along with his students — ran those last four laps around the track. His wife, Utahna Atwell, and his daughter, Lexi Atwell, joined him to finish the final lap.

“It hits super close to home,” she said. “I’m inspired as his daughter, as a student of his and as a member of this community.”

Atwell said he hopes to show students that when faced with hard times, there’s always something you can do. He believes this idea is critical because every one of his 170 students has been affected by cancer in some way.

“I’m not a doctor. I’m not a scientist, so I’m not going to find a cure for cancer or event treat patients. But I can run. It’s my one way I can fight back.”

For more information about ACS’ Relay For Life, visit cancer.org.

La Jolla coach runs 110 miles in memory of former student’s dad

La Jolla High school teacher and coach Tom Atwell runs 110 miles for American Cancer Society’s Relay for Life on June 6.  EMILY BLACKWOOD / VILLAGE NEWS

La Jolla High cheer squad under new regime

“Anything we try to teach the girls is, you need to always think of someone else. Think of other people’s feelings. What you say affects others,” says Delia Lopez, registrar at La Jolla High School and assistant to her daughter, Elsie Lopez, the new cheer advisor.

The new coach has selected her varsity squad for the fall 2019 football season, and an interesting phenomenon is that Mom, Delia — who was the daughter’s cheer coach for four years at St. Rose of Lima — is now her assistant.

Heading her first program, Elsie Lopez, 24, intends to make the girls leaders, both on and off the field, to represent their school, according to Delia. What role does cheer play on campus? “It builds school spirit. It helps the camaraderie and involvement [among students],” she said. “Seniors on the 2019 squad include (with age, and years on varsity, if applicable), Hannah Cluster, 17 (three); Layla O’Laughlin, 17 (three); Jade Ballardo, 17 (one); Dylan Lyke, 16 (three); and Camila Gonzalez, 16 (two).

Juniors: Esmé Avalos (one); Kaiflin Wilte (two); and Nachesia Supple.

Sophomores: Tayden Schuyler, 15 (two); Lisa Glynn, 14 (two); Kristine Mackey, 14 (two); and Kendall Leonard, 14 (two).


She is presently an eighth-grader at Muirlands Middle School.

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La Jolla High sideline cheer squad relax at lunch tables outside the gym before a team meeting.  EDIPPER / VILLAGE NEWS

DENTIST  
CONT. FROM PG. 4

America to get married and have kids. She did that and then realized that she shouldn’t let her education and her license go to waste. “I was never really into dentistry,” she said. “But I found some areas now I really enjoy, like surgery.”

Shriver says she also makes an effort to continue her education and skills so she can offer more services to the community.

“I used to work for big corporations with lots of chairs, everything moving really fast,” she said. “I’m getting old for that, and that’s why I started my own practice, so I can make it personal.”

For more information about Shriver and her practice, visit drshriverlaajollasmilecenter.com or visit her office at 7817 Ivanhoe Ave., Suite 304 in La Jolla.

DENTIST  
CONT. FROM PG. 4

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La Jolla High school teacher and coach Tom Atwell runs 110 miles for American Cancer Society’s Relay for Life on June 6.  EMILY BLACKWOOD / VILLAGE NEWS
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La Jolla teen surfer returns to the water

Mick Davey had an inch of his surfboard's nose lodge into his brain. LEE BERTRAND / VILLAGE NEWS

La Jolla teen Mick Davey had an inch of his surfboard's nose lodge into his brain. LEE BERTRAND / VILLAGE NEWS

Mick Davey is no stranger to the water.
The youngest of four, it was a family rite of passage for the La Jolla 16-year-old to learn how to surf with his dad, Chuck Davey. When he was only 4 years old.

We grew up on the beach,” Chuck Davey said. “We were at the beach every day.

Throughout his young life, Mick Davey has been fortunate enough to surf internationally in Fiji, Australia, Tahiti, and Barbados. He joined the surf team in middle school — and has since continued to compete for La Jolla High School — after he told his dad he wanted to stop playing soccer.

His dad being a local lifeguard — and enjoying this life he’s lucky to be in him.

I have more fun surfing and I like being in the water,” he said.

A promising figure on the surf team, Mick Davey caught the eye of Lee Bertrand, a water and surf photographer. They met after Bertrand saw him surfing alongside big names like Damian Hoppood and Josh Kerr.

“He was this 14-year-old kid charging with these pros,” Bertrand recalled. “I felt like he was on a good path of surfing, really hum- 

ble and cool kid. Then he got that near injury.”

While surfing at Windansea Beach on April 18, 2018, Mick Davey hit his head on the nose of his surfboard, lodging an inch of the board’s fiberglass into his brain. He felt something sticking out of his head and quickly swam to shore.

Luckily Chuck Davey, who had been a lifeguard for 36 years, was there and knew exactly what to do.

“It was pretty hectic but the key is to stay calm,” Chuck Davey said. “Anytime there’s something sticking out, you never pull it out. If we would have pulled it out, he would have died because it severed a main vein in his brain.”

Bertrand agrees.

“His dad being a local lifeguard probably has a lot to do with why he’s still alive,” he said.

Medics quickly arrived on the scene and transported Mick Davey to the hospital. According to Chuck Davey, his son’s injury kind of “freaked out” the ER doctors.

“They made a call to the neurosurgeon right away,” Chuck Davey said. “They couldn’t even fit him in to do a CAT scan because of the fiberglass.”

For four hours, surgeons worked to carefully remove the remnants of the surfboard, seaweed, and seawa- ter from the teen’s brain, and three titanium plates were put in his skull to hold the severed vein. The experi- ence was hard on the entire Davey family, especially his dad.

“He wasn’t out of the woods for probably a month,” Chuck Davey said. “Your whole world kind of stops.”

“I don’t know; I was just stoked to get out of school for a month,” Mick Davey joked with his dad.

Miraculously, he suffered no loss of memory, vision or brain function. And while the doctors said they didn’t want him surfing for six to eight months, Mick Davey started getting back in the water after three — with one modification.

“He had the idea, ‘Well, what if I got a helmet?'” Chuck Davey said. A family friend loaned them a Gath surf helmet, which made him feel more comfortable with his come-back.

“When it first happened and I was in the hospital, I looked at my dad and was like ‘I don’t think I want to surf anymore,'” Mick Davey recalled. “Then two weeks later, I was like ‘I wanna surf! The Gath helmet still makes me feel more confident.”

While getting back into competitions and continuing with the surf team are all part of the grand plan, Mick Davey and his dad agree that he’s taking it easy this year. For now, it’s about getting comforta- ble in the water again — which is easier with Gath sponsoring him — and enjoying this life he’s lucky to lead.

KAABOO announces culinary and visual artist lineups

KAABOO Del Mar recently announced the culinary and visual artist lineups for its three-day immersive festival experience. PALATE will feature gourmet food and craft libations tastings and live demonstrations from award-winning chefs Michael Mina and Richard Blais.

Mina, a celebrity chef known for his namesake restaurants in Las Vegas and San Francisco, will lead the gourmet food charge with Blais, who’s responsible for San Diego-favorites Juniper & Icy and The Crack Shack. The two will host cooking demonstrations and food pairings all weekend alongside other culinary experts like Antonia Lo-faso (Scopa Italian Roots), Nyeshu Arrington (Native), Eduardo Garcia (Montana Mex), Travis Swikard (Boulevard Sud, Bar Boulud), and Ryan Gilbert (Vista Valley Country Club). San Diego’s own Troy Johnson will host.

In addition to the tasting, other food options will be available throughout the festival, such as Al- ters Ice Cream, Bling Bling Dumpling, Dogtown Dog, Monster Fries, Oodles of Noodles, Puesto, Roxy Restaurant and more.

KAABOO Del Mar also announced that nine artists will be creating murals over the course of the weekend as a part of ART- WORK. They include pop-art creative Greg Mike, abstract illus- trationist Yellena James, Australian multidisciplinary maven Georgia Hill, California native pop surre- list Cia Koopman, naturally inspired, Spanish street-art specialist Sabek, ethereal muralist Carly Es- ley, and more.

An ARTWORK exhibition will also be held at the Del Mar Fairgrounds indoor area. Exhibiting artists include Allia Tsank, Brady Willmott, Dodge Williams, Jaclyn Rose, Lady Mags, Melissa Walker, Sharon Kaplan and more.

These new lineups come after the previously announced musical headliners Kings of Leon, Dave Matthews Band, and Mumford & Sons. Passes for the festival start at $339 and include options for VIP passes with exclusive culinary experiences, private bathrooms and private artist performances. For more information or to purchase, visit kaaboodelmar.com.

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FRIDAY, JUNE 14, 2019

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KAABOO Del Mar recently announced the culinary and visual artist lineups for its three-day immersive festival experience. PALATE will feature gourmet food and craft libations tastings and live demonstrations from award-winning chefs Michael Mina and Richard Blais.

Mina, a celebrity chef known for his namesake restaurants in Las Vegas and San Francisco, will lead the gourmet food charge with Blais, who’s responsible for San Diego-favorites Juniper & Icy and The Crack Shack. The two will host cooking demonstrations and food pairings all weekend alongside other culinary experts like Antonia Lo-faso (Scopa Italian Roots), Nyeshu Arrington (Native), Eduardo Garcia (Montana Mex), Travis Swikard (Boulevard Sud, Bar Boulud), and Ryan Gilbert (Vista Valley Country Club). San Diego’s own Troy Johnson will host.

In addition to the tasting, other food options will be available throughout the festival, such as Alters Ice Cream, Bling Bling Dumpling, Dogtown Dog, Monster Fries, Oodles of Noodles, Puesto, Roxy Restaurant and more.

KAABOO Del Mar also announced that nine artists will be creating murals over the course of the weekend as a part of ARTWORK. They include pop-art creative Greg Mike, abstract illustrationist Yellena James, Australian multidisciplinary maven Georgia Hill, California native pop surrealist Cia Koopman, naturally inspired, Spanish street-art specialist Sabek, ethereal muralist Carly Esley, and more.

An ARTWORK exhibition will also be held at the Del Mar Fairgrounds indoor area. Exhibiting artists include Allia Tsank, Brady Willmott, Dodge Williams, Jaclyn Rose, Lady Mags, Melissa Walker, Sharon Kaplan and more.

These new lineups come after the previously announced musical headliners Kings of Leon, Dave Matthews Band, and Mumford & Sons. Passes for the festival start at $339 and include options for VIP passes with exclusive culinary experiences, private bathrooms and private artist performances. For more information or to purchase, visit kaaboodelmar.com.
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Our climate is perfect for growing agapanthus (Agapanthus africanus), also known as Lily of the Nile or African lily, even though they are not in the lily family. With large masses of blue, purple or white flowers borne on long slender stems, the hearty agapanthus makes quite an impression in the garden. Agapanthus stems, the hearty agapanthus, red Gerbera daisies and white hydrangeas. You can grow agapanthus in both the garden and in containers and they prefer fertile, well-drained soil, as well as a sunny location. In hotter areas, you can plant them in partial shade, but along the cooler coast, you can plant them in full sun to produce an abundance of flowers. Considered to be a drought-tolerant plant once established, they may do not require a lot of water or fertilizer to thrive. After the flowers fade, cut back the flower stalks.

The range of red tides also varies greatly. There was a really big one in October 2011 that extended up the entire Southern California coast from the Mexican border to Los Angeles. “It’s usually every couple years, but sometimes it happens in sequential years,” said Latz of the red tide, noting there was a massive one along the San Diego coast in 1995, with a follow-up the next year. It’s happening again, as there was a red tide in 2018, and now another one this year, both starting near the end of May.

The organisms that produce this tide have a dormant life state called a cyst, which can sink down into the sediment and emerge later, like the lifecycle of some insects. “The organisms that produce this tide have a dormant life state called a cyst, which can sink down into the sediment and emerge later,” said Latz. “Local red tides maybe have an internal clock, and a year later they emerge into swimming cells. On a calm sunny day, they’re (plankton) attracted to the sunlight and they swim right up to the surface. If the water is strong enough to stimulate them, they’ll produce bioluminescence.”

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How to Find ‘Lost’ Items (6 Proven Methods)

1) Think – “Where Did I See It Last?” - (That alone may be the key.)
2) Retrace Your Steps – (It may be waiting patiently exactly where you left it.)
3) Make a List – (Lists trigger associations, locations, and directions.)
4) Ask – “If I Were There, Where Would I Be Hiding?” (Be Sneaky!)
5) Clean and Organize – (Admit it, you need to do that anyways.)
6) Visualize Yourself Finding ‘Item X’ - (Faint the Universe in the pursuit!)

The bioluminescent algae bloom was captured along the shores of La Jolla and Torrey Pines State Beach.

Bioluminescent displays are viewed best from a dark beach at least two hours after sunset, though visibility is not guaranteed. What’s also mysterious is the timing and duration of red tides, which have lasted anywhere from one week to a month or more. Latz said red tides can, but rarely do, contain a chemical neurotransmitter that can be harmful to man and other mammals. Some people who’ve gone out in the surf with them have had dizziness or asthma-like conditions, he said. “It’s something we are interested in studying.”

There has also been a pronounced seasonality to red tides. “Historically, they used to happen in early fall,” said Latz. “I think the conditions were so that it also occurs in spring. Spring and fall are the times when it happens the most.”

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Dredging can irritate the skin. If you have dogs or cats that chew plants, even though they are considered minimally toxic, you may want to keep them in an area away from your pets, especially after cutting or digging them up.
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OPEN HOUSE
University City updates and news
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tours.purewatersd.org. More info about the
gious backgrounds. They hold monthly mu-
SDOS welcomes people of all ages and reli-
egalitarian congregation blending creativi-
Synagogue (SDOS) is a new, independent,
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tastings, a kid zone, refreshments and more.
aged to bring their family, friends and neigh-
will be conducting an Open House on Satur-

tersday, June 22, from 10 a.m. to 3 p.m. at the
ty Passover Seder, with nearly 100 people in

dinners. Recently, SDOS hosted a communi-
next SDOS musical Shabbat service and dinner will be on

Before 3:45-8 p.m. To register for this event and for more information about this new congregation, visit the SDOS website at: sdo-synagogue.org or call 858-280-6331. Details regarding location of this service and dinner will be provided upon registration.

UNIVERSITY CITY SUMMER MOVIES IN THE PARK

The free and fabulous Summer Movies in the Park program continues throughout the summer, and the date, park and movies to be shown in the University City area parks are:

- June 14, Friday, Doyle Park: “How to Train Your Dragon 3”;
- July 19, Friday, Villa La Jolla Park: “Great- est Showman”;
- Aug. 9, Friday, Nobel Park: “How to Train Your Dragon 3”;
- Aug. 10, Saturday, University Village Park: “Incredibles 2”;
- Aug. 16, Saturday, Doyle Park: “Jungle Book”;
- Sept. 7, Saturday, Standley Park: “Ralph Wrecks the Internet”;
- Oct. 4, Friday, Doyle Park: “Casper”.

ANNUAL 4TH OF JULY UC CELEBRATION

University City’s all-time favorite annual event returns for the 10th time. The UC Celebration continues to have the 5K Race and 1-Mile Fun Run, Pancake Breakfast, Pet & Bike Parade, Snow Play, and the UC Car Show. Throughout the day there will live entertainment, vendor booths to shop at, raffle baskets to win, the Book Barn, free Swanson Pool swim time, games for the children and fun field games for everyone. Beer & Wine Garden, plus food, food, food! The trolley will also be providing free transportation up and down Governor Drive. The committee is still looking for vendors (community groups, arts and crafters, and businesses), volunteers, sponsors and donations. It takes the UC Village to pull off the celebration, so whatever you can do to contribute, please do. Proceeds support the summer concerts at Standley Park. Make sure to check out the website for more and updated information – uccelebration.com, and like the Facebook event page @UCCelebration.

* New Listings *

Beautiful home in Vista features 3BR/2 BA, downstairs and upstairs the home features 2BR/1BA. There are 1927 sq ft of living area in this home! Priced to sell at the reduced price of $649,000.

Single family 1527 Sq Ft home in Hemet with 3BR, 2 BA for sale at the reduced price of $299,000. Located in a quiet area in Riverside County this home is priced to sell now.

SOLEADO MOUNTAIN RENTAL OPPORTUNITY! 4BR/1BA single family home will be available from 7/1/19. Owner is offering this unfurnished La Jolla Home for a 1 year lease at $4,200 per month. Shows by appointment only

COMMERCIAL LEASE PROPERTY! 1128 Wall Street in La Jolla is now available for 3 year lease. The lease is offered at $2,100 for the first year, $3,200 for the second year and $3,300 for the third year. This is an excellent location for a tax attorney or a CPA! Call Klatt Realty for details on any or all of these listings

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