Sea lions, seals not for selfies

Visitors and pinnipeds don’t mix – and somebody better tell the humans

By DAVE SCHWAB

The problem is clear: People aren’t supposed to be near, let alone interacting with, pinnipeds in and around La Jolla Cove or Children’s Pool. But not everyone’s aware of that. Particularly not tourists and visitors.

The mix is presenting a growing problem with crowd control in separating humans from marine mammals, which has been a contentious issue for years. San Diego Lifeguard Sgt. Ed Harris said the situation is becoming more problematic.

“I have literally seen people petting the stomach of a sea lion as if it was a dog.”

ED HARRIS, SAN DIEGO LIFE GUARD SGT.

1954, will be water and sand blasted and patched before it is painted. The cross is currently covered with scaffolding in preparation for the work.

SEE CROSS, Page 14

Merchants receive updates on assessment district program

By DAVE SCHWAB

In April, La Jolla Village Merchants Association got updates on the proposed creation of a maintenance assessment district, La Jolla Day at Petco Park and the End of Summer Run in August, benefiting San Diego Firefighters.

Mark Dibella, spokesperson for Enhance La Jolla, a nonprofit promoting creation of a maintenance assessment district to fund Village beautification, told the merchant board that the proposed district will charge a flat fee of $86.87 a year for residential owners, while commercial property owners will be assessed based on the square footage of their lots. Assessments would be collected on property tax bills in January, to be held by the city in an account designated solely for maintenance assessment.

Dibella said property owners within the proposed district will be asked to vote on the district’s formation.

SEE MERCHANTS, Page 14
Ron Fletcher, a La Jolla resident who survived a gunshot wound to the stomach during an altercation at his home, was honored April 12 by the District Attorney’s Office with a Citizens of Courage Award.

Fletcher became known in 2013 for fighting back against an attacker who entered his home and turned out to be Hans Petersen, his estranged brother-in-law.

Petersen found Fletcher getting out of the shower and told him he would shoot him on the count of three. Bullet holes in Fletcher’s bathroom door proved he wasn’t bluffing.

“They didn’t shoot me. I was very thankful for that.”

RON FLETCHER, LA JOLLA RESIDENT

“I immediately thought of my girls in the back of the house,” Fletcher said, “and I’m trapped here. There’s a guy with a gun yelling at me through the door, kicking at the door, and I relocked it, so I knew my only chance was to fight him.”

Photos from the District Attorney’s Office show Petersen brought an entire box of bullets.

Defense attorneys say Petersen was drunk and high on prescription drugs and distraught over a recent divorce.

Fletcher tried to grab the gun, but as he twisted the attacker’s arm, he took a bullet to the stomach. He kept fighting and hit the gunman in the face, getting to his cellphone to call police and protect his two girls.

“It was awesome,” he said. “They came around the corner; they had a gun; they didn’t shoot me. I was very thankful for that,” he joked.

Fletcher spent a month in the hospital and had to have a follow-up surgery.

He says he has a new perspective on life. He also adopted a German shepherd to protect his home. Petersen, who shot and injured UCSD cancer researcher Steve Dowdy before heading to Fletcher’s house, is serving a 50-year sentence plus two life sentences.
There are two sides to every coin. But while some people tend to be rigid in their view of the world—black or white, heads or tails—there are some who would prefer to have it both ways, to have the best of both worlds, if you will.

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SeaWorld drops lawsuit

The operator of SeaWorld San Diego announced April 19 that it would drop a lawsuit that challenged the authority of the California Coastal Commission to regulate animal welfare issues.

The commission in October approved a project to expand orca tanks at the theme park but only under the condition that the practice of breeding killer whales be stopped. SeaWorld executives called the condition an overreach and contended that animal welfare is governed by federal and state laws that do not fall within the jurisdiction of the commission's board. However, the company announced last month that it would no longer breed its orcas or pursue the tank expansion project.

In a letter to the commission sent April 18, SeaWorld officially withdrew its coastal development permit for the expansion and said the legal action was no longer warranted.

"SeaWorld counsel [sic] soon will contact Coastal Commission counsel [sic] to discuss dismissal of the pending litigation," the letter said.

SeaWorld has been under strong pressure in recent years to reform how its marine mammals are handled.

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Baby product firm offers $1 million for orca ocean sanctuary in bay or cove

By DAVE SCHWAB

Some feel SeaWorld’s recent announcement that the world-renowned marine park will cease its orca shows and stop breeding the marine mammals didn’t go far enough.

Like Steven Dunn, CEO of Munchkin, Inc., a Van Nuys firm developing products for babies and children, who’s offered $1 million to fund an orca ocean sanctuary.

Of SeaWorld’s recent about-face, Dunn said, “It’s a move in the right direction,” while adding, “Everyone who’s really focused on ending captivity believes that it’s too little in the sense that it doesn’t included belugas (another captive whale species).

On top of their proposed sanctuary funding, Munchkin recently launched their #OrcasLiveInOceans initiative. After 10 years of making a toy orca whale within their bath toy set, the company’s put their principles before profit in removing the orca from their top-selling Sea Squirt Bath Toy Collection.

They’ve even made a video titled “Because a Bathtub Isn’t Big Enough for an Orca,” to dramatize its decision. In a move to rebuild its brand and focus attention on its conservation efforts, Orlando-based SeaWorld announced in March that it will phase out its traditional Shamu show in San Diego, opting for a show more about orcas’ behaviors in the wild.

The traditional shows will stop in 2016, and the following year, SeaWorld will open an exhibit designed to take place in a natural setting.

Characterizing SeaWorld’s decades-old business model as “broken,” Dunn said that Munchkin is committed to “leaving the planet with a brighter future for our children and the next generation, and part of that is (upholding) animal rights and treating animals with respect. I think orcas and whales, in particular, should not be held in captivity.”

Dunn offered a suggestion for how the public could be educated in the future about orcas without having them on captive exhibit.

“SeaWorld should use virtual reality (computer simulation),” he said. “There are a lot better ways of experiencing – or educating – young people, in a fun and entertaining way.”

Discussing his orca sanctuary proposal, Dunn said, “It would be a natural inlet, a bay or a cove, that would be 20 football fields large and 80 feet deep and be netted off to keep the orcas in.”

Dunn likened his orca sanctuary proposal to “taking elephants from the zoo who’ve been standing on stools and retiring them to a 100-acre park, where they could roam free and not be restricted to a 20-foot by 20-foot enclosure.”
Lauren, Y-3 shows feature the best of the shops' accessories

The Ralph Lauren store presented a trunk show on March 24 at its La Jolla location, 7830 Girard Ave., featuring the spring 2016 collection. The inspiration was the French Riviera of the '30s and '40s, with four themes interwoven into the collection. One of them was Instant Recognition, with Lauren’s iconic style brought to the runway. Another was sweater dressing, with pullovers and evening knitwear dresses. One of my favorites was the swimwear-inspired eveningwear from the era. Menwear-inspired shirts for women was the final theme.

The store also had gorgeous origami red Bakelite bracelets brought in for the trunk show. The store also has vintage turquois and other exquisite vintage pieces. For men, it has Cartier watches and exclusive ballpark rollerball and fountain pens hand-made by Graf von Faber-Castell. Visit the store or stay tuned for an exciting car event in June including vintage cars, among them a '58 Porsche Speedster.

An Evening of Art and Fashion was presented by Y-3 La Jolla on March 24. This store carries Adidas leisurewear by Yohji Yamamoto. Daniela Jinich, the owner, said she has many artist clients so she decided to have an evening featuring their art and fashion, with many artists and photographers displaying their work. Several vendors were connected with local fashion businesses. La Scarpa, which means “the shoe” in Italian, was there with a selection of shoes from its new store in La Plaza. This is the sister store to LisiLiaia Boutique, and it carries a variety of must-have shoes.

Chad Patton, from Material Things, showed off his innovative textiles from Nuno, which means “cloth” in Japanese. The material combines traditional weaving techniques with modern textiles from Nuno, which means “cloth” in Japanese. The material combines traditional weaving techniques with modern technologies that produce both a piece of artwork and material ready to be made into clothing or accessories. The jewelry designer, A. Marie Jewelry, showed off her amazing bohemian chic semiprecious stones with fine metals. The founder of Greenpacha, Florencia Gomez Gerbi, was on hand with an assortment of her hats, woven in Ecuador (Pacha means “times” in the Aymara language). Greenpacha stands for “green time”). The weavers in Ecuador have passed this craft down for generations, and now Greenpacha brings its own style to the Panama hat.

The Y in Y-3 stands for Yohji Yamamoto, and the 3 represents Adidas’ three signature stripes. The hyphen between the Y and 3 connotes the bond between the two. Yamamoto is a master tailor known for his avant-garde Japanese designs. If you have not been in this casual chic store at 7852 Girard Ave., come in and take a peek.

UPCOMING EVENT
SATURDAY, MAY 14: FWSD16 Spring Showcase, 6-11 p.m., at Harrah’s Resort Southern California, at 777 Valley Center Road, Valley Center. For tickets, fashionweeksd.com/events.

— Diana Cavagnaro is an internationally renowned couture milliner based in the Gaslamp Quarter. Learn more about this hat designer, teacher and blogger at DianaCavagnaro.com.
Two runners have La Jolla Half Marathon’s number; road race set for Sunday

By DAVE SCHMAB

The 36th running of the La Jolla Half Marathon and Shores 5-k will be Sunday, April 24 — and two members of Tri-City Wellness Center’s Lucky 13 program, who’ve overcome mental and physical obstacles to be there, will be competing.

The program assists those who’ve had, or are currently overcoming, health obstacles to achieve their fitness goals. Those selected have been professionally trained at Carlsbad’s state-of-the-art Tri-City Wellness Center to prepare for a triple crown of half-marathons held annually in Carlsbad, La Jolla and San Diego. Each year, 13 new applicants are selected for the Lucky 13 program.

Two of those applicants, Sarah Jayyousi and Alycia Randol, both of Encinitas, participated in the Carlsbad Half Marathon in January and will be among 7,000 runners from 43 states and 13 countries competing in La Jolla’s upcoming 13.1-mile race. The La Jolla race is particularly challenging given the very steep mile-long climb up the hill inside Torrey Pines State Park.

Paul Carey started the Lucky 13 program in 2010 while battling bipolarism. His struggles with that condition inspired him to create a fitness program that could help others with special medical needs — transplants, amputees, cancer survivors, those fighting obesity and other eating disorders et cetera — overcome their own health issues.

“It’s the most rewarding job you could possibly imagine,” he said of his role with Lucky 13, “helping people transcend their own health problems to run the racing events.”

In seven years, he said, Lucky 13 participants have a 90 percent completion rate.

“No one drops out due to lack of motivation,” Carey noted, adding the program is all about “giving empowerment to people to build their confidence and help them take control of their own health.”

Jayyousi, 46, was diagnosed 10 years ago with stage III cancer. She is now in remission and working to continue with a healthy lifestyle. A member of the wellness center for the past few years, she wanted to challenge herself and try something new — running a half-marathon.

“I was very lucky to have been selected as part of the Lucky 13 program. Through health and fitness, we are able to reduce the negative impact of the illness on our lives,” Sarah Jayyousi, MARATHON RUNNER

“I was very lucky to have been selected as part of the Lucky 13 program,” Jayyousi said. “I have not done any running or long-distance walks since high school and never thought it was possible. … After a bilateral mastectomy, chemio and radiation, I tried to get back on track with improving my health … I did my first Tri-City Medical Center Carlsbad Half Marathon this January. I hope to do the triple crown this year and to run in the upcoming La Jolla Marathon and, later this year, San Diego Finest City Marathon … Through health and fitness, we are able to reduce the negative impact of the illness on our lives.”

Battling depression and anxiety in the past, Randol, 42, turned to medication and counseling for help. In time, she began exercising, which dramatically helped her to stop using medications. She now knows it is time to step up her game.

Her husband was a previous member of the Lucky 13 team, so she has witnessed firsthand the program’s impact and life-changing effects.

“I originally committed to train for one half-marathon in January 2016 (Carlsbad),” Randol said. “I didn’t want to stop because I know the long-term health benefits of regular exercise. Plus the training has been fun. I also heard about the triple crown and decided I wanted to take on the challenge.”

Randol’s strength-trained at Tri-City Wellness Center two nights a week with her Lucky 13 coaches to prepare for the La Jolla race.

“I work in La Jolla, so I am able to go down to the beach and back up a big hill,” she said, adding, “The La Jolla half is known as the half with hills. So I am happy to have my beach hill walk to prepare for the race. I never thought I could run three miles, let alone 13.1. … It seems like a very small way for me to give back and promote the program, which has helped so many people. I want to share this with others in my community.”

For more information about the Lucky 13 program, visit tricitymed.com. For more on the race, visit lajollahalfmarathon.com.

If bone broth is good enough for Kobe …

By MARTIN JONES WESTLIN

In the right typeface and size, a list of Kobe Bryant’s NBA records would probably stretch the length of the court. The iconic shooting guard, who retired earlier this month, played in 18 All-Star games over his 20-year with the Los Angeles Lakers, logging an 80-point regular-season game along with the six in which he scored 60 and 134 wherein he scored 40; he led the league in scoring in 2005 and 2006, winning an Olympic gold medal in 2008 and sharing the mark for successful three-point shots in a game (12) with only two others. And on and on, and on.

He holds or shares nearly 30 NBA and Olympic marks. Not that far behind are the whopping 22 injuries he sustained in getting to that point — like the rupture of an Achilles tendon, a big-time strained hip, a pesky fractured finger and about a million sprained ankles to top them off. This is one seriously beaten-up career athlete, who might just be feeling the pain at the worst now that the pressure’s off.

Chances are pretty spectacular he won’t be at La Jolla’s Warwick’s Books at noon this Sunday, April 24, to take in the book discussion and Q&A at hand. But it’s a cinch he’ll listen with both ears, as the topic touches on a belated discovery he says has made all the difference in his old age.

The subject is bone broth, or, more particularly, bone-enriched soup. And while it has yet to be hailed as God’s gift, it’s undergone a measure of medical scrutiny in its supposed capacity to aid digestion, improve the appearance of the skin, combat the flu, maximize blood flow and — maybe most important to Kobe over the last four years he’s been drinking it — fight joint pain and inflammation. La Jolla native Quinn Farrar Wilson, principal at bone-broth intensive Balance & Bright, wrote “Bone Broth: 101 Essential Recipes & Age-Old Remedies to Heal Your Body” partly out of survival, she herself suffered from dental and orthopedic ailments during her career as an interior designer, turning to the concoction as a tried-and-true remedy in other parts of the world. The Asians, she says, have been drinking it for centuries, making potions from things as rudimentary as filtered water, horseradish, onions, grass-fed beef bones, ginger and organic apple cider vinegar.

“Every culture around the world drinks some form of [bone broth],” Wilson says. “It’s a staple in cooking because it slips into recipes so easily. I drink it as a tea,” she continues, explaining that she’s even used it in pies.

Trendy? Well, yeah, sort of. But along the way, bone broth didn’t escape the medical profession’s scrutiny, especially that of Cate Shanahan, director of the Lakers’ nutrition program. The Napa Valley physician, who in 2013 shepherded Kobe through one of the worst ankle sprains of his career, explains the science behind bone broth, pointing out the molecular relationship between collagen (the protein that holds the body together) and the joints it surrounds.

“The health of your joints,” Shanahan said in a published report, “depends upon the health of the collagen in your ligaments [and] tendons and on the ends of your bones. Collagens are a large family of biomolecules, which include the glycosaminoglycans, very special molecules that help keep our joints healthy.”

The answer, Wilson says, is in the bones, where the rich colla- gen reserve lies dormant. She buys hers at La Jolla Butcher Shop, explaining that they’re devoid of hormones and come from pasteurized cattle. Meanwhile, she says, “My skin has cleared up, and my teeth and nails are as strong as they’ve ever been.” Three to four pints a week should do the trick, she added, pointing to her plethora of recipes in a search for the taste with which they’re most comfortable.

In macrocosm, the message isn’t lost on Kobe, who in 2013 spained an ankle while falling over an opponent’s outstretched foot. Shanahan, who saw the incident on TV, sprang into action, ordering a slew of bone broth as Kobe writhed in agony. He would later state that this injury was the worst of its kind in 13 seasons even as he downed Shanahan’s ordered remedy. Surely, his aging body would reel from the latest in a litany of infamous injuries. He missed two games.

Warwick’s Books is located at 7812 Girard Ave. For more, call (858) 454-0147 or visit warwicks.com.
San Diego’s Creek to Bay Cleanup this weekend

I Love A Clean San Diego anticipates 6,000 volunteers to register for this year’s event, happening on Saturday, April 23, from 9 a.m. to noon at 107 locations.

Register for I Love A Clean San Diego’s signature event, the Creek to Bay Cleanup, at CreekToBay.org.

The event’s tagline, Your Neighborhood Pride, Our Environment, encourages volunteers to sign up for a site in their neighborhood to contribute to the health and beauty of the entire region. A complete list of cleanup sites and volunteer registration are available at CreekToBay.org.

In 2015, more than 5,500 volunteers removed 187,000 pounds of debris during the three-hour event. I Love A Clean San Diego will host a record number of 107 sites countywide while strengthening community partnerships in Logan Heights, Escondido and 4S Ranch.

While trash removal is a large focus of the event, volunteers will also contribute their time to beautification projects including native planting projects and graffiti removal.

These beautification projects restore local outdoor areas and evoke a strong sense of community pride across the county.

Torrey Pines to fete Earth Day on Saturday amid signing of Paris climate pact

By MARTIN JONES WESTLIN

Torrey Pines State Natural Reserve is exactly what it says it is, with the emphasis on “natural.” While many local neighborhoods play host to raccoons, coyotes, rabbits and cacti, this 2,000-acre area just north of La Jolla’s Torrey Pines Golf Course takes its cue from its undeformed setting, boasting everything from bobcats to skunks to chaparral.

It’s even possible to spot whales from the cliffs, and Black’s Beach, San Diego’s unofficial nude beach, is to the extreme south for those of questionable character interested in that sort of thing.

As you might imagine, the lessons of the original Earth Day weren’t lost on reserve managers — accordingly, the reserve is holding its own Earth Day celebration on Saturday, April 23, beginning at 9 a.m. at the reserve’s site, 12600 North Torrey Pines Road. Arts, crafts and an up-close-and-personal look at native animals many times relative to their size. Eagles have been known to take down full-grown cows, and the extinct giant moa was chronicled as having occasionally gone after humans. The La Mesa-based Raptor Institute, active among Boy Scout and Girl Scout troops and area schools, will be represented at the celebration with an exhibit and a talk on the county’s birds of prey.

The reserve was once home to the Kumeyaay people, whose coastal California Indian history dates to 12,000 B.C. The celebration will include a discussion of the history of the Kumeyaay people, whose name translates to “those who face the water from a cliff.”

Many communities have expanded the original Earth Day to Earth Week, and on April 17, San Diego’s Balboa Park was the site of San Diego EarthWorks’ 27th annual EarthFair, reportedly the world’s largest free environmental exposition. The fair is produced by 400 volunteers, and yearly attendance numbers about 60,000.

April 22, this year’s official Earth Day, will be marked by the signing of the Paris Climate Agreement, drafted in the fall of last year. More than 190 countries are expected to sign the pact, which reflects an international commitment to clean energy development, address greenhouse gas emissions and teach subsequent generations climate-friendly means for protecting the planet.

Earth Day was founded in 1970, with nearly 3,000 colleges and universities and hundreds of communities taking part in workshops, exhibits and discussions on Earth’s human footprint and how its effects can be mitigated.

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Change can be hard to sell

By Natasha Josefowitz, Ph.D.

Some people seem to be wired to like variety; novelty; change from routine. Others seem to prefer the status quo, the predictable, the familiar. To some extent, this is genetic, but it is also influenced by the multitude of experiences we have been subjected to in our lives. Embracing change requires the ability to break comfortable habits, overcome the need for security, risk what we have, defy inertia and laziness and master our fear of the unknown. Also, change can be exciting when it is done by us, but it can be threatening when done to us.

There are psychological attributes that don’t change throughout life, like baseline anxiety and eagerness for novel experiences. People with higher levels of one or the other of these traits will respond in opposite ways to the same situations. For instance, the introduction of new technology can elicit responses ranging from feeling it will be a fun learning opportunity to a blow to self-esteem: “I will never be able to do that!” Some, like chameleons, have a variety of responses available to them. Others will respond in only one, customary way.

Change usually includes both opportunity and loss. Within organizations wherein many people will be impacted, there must be a reason for making changes — something is not working or an improvement is necessary to remain competitive. Even so, some people will see it as necessary; others will not.

Resistance to change can be motivated by cynicism or mistrust. Cynicism refers to the anticipation of failure or of too little improvement to justify the effort: “It won’t produce favorable results. Things are good enough as they are. Leave well enough alone.” Mistrust is about believing that the organization is dishonest in its motives: “They say one thing but do another.”

According to “Cynical About Change,” by Tomas G. Thundiyil et al. in The Journal of Applied Behavioral Science (December 2015), certain employees tend to be more cynical and apprehensive, preferring the status quo. Cynicism can manifest itself actively, like sabotaging the effort, or in more passive-aggressive forms, like badmouthing the change effort. Those who mistrust the people in charge may be vocal about their suspicions and may even impact the willingness of others to embrace the change.

When a change is proposed by an organization, typical reactions include: It costs too much; it is too radical a change; we don’t have the time, personnel and/or equipment; it was tried before (or it has never been done before); let’s research the market first; let’s form a committee (to evaluate the pros and cons before making any rash or hasty decisions); and “if it ain’t broke, don’t fix it.”

The people who will not be present to witness the improvements may be the most stridently against the change. Those people approaching retirement may lose their office space or have to bear the disruption of construction but will not be around to gain any benefits. Older residents in retirement communities may feel the same way and are also more prone to resist change and may have difficulty learning new routines or dealing with changes in their environment. “Will I see the completion of the project in my lifetime?” is a frequent complaint. In the last decades of one’s life, comfort takes precedence over innovation even if it promises improvement.

On the other hand, it is not only older people who resist change. Any individual who will experience some personal discomfort for the benefit of the organization or for some future generation may balk at giving up the status quo. In order to support the change, they need to have their complaints acknowledged and their suggestions taken seriously. Emphasizing the needs of the organization and posterity over individual hardship may get those people on board.

Here are some suggestions to help overcome reluctance:

• Be clear and explicit about motives and intended outcomes;
• Promote open discussion of concerns;
• Involve those impacted as much as possible;
• Provide training if new skills are needed;
• Be aware of possible unintended consequences, especially those which will negatively impact some individuals;
• Deal compassionately if dislocation or change of identity is involved. Special attention must be paid to people who suffer from mental issues such as depression or anxiety or who suffer from physical disabilities. For these individuals, change may be more traumatic.

In the end, some people will evade efforts to get them to accept the necessity for change and will therefore be unreachable by any means. But in our rapidly evolving world, change is the one constant we can rely on.

~ Natasha Josephowitz

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## Senior Lifestyle >>

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## Pacific Urgent Care and Wellness Center

The medical team at Pacific Urgent Care and Wellness Center wants to get you back to the beach ASFAP. Owner and medical director Dr. Joseph Moore is a retired Navy captain who brings over three decades of medical and fellowship experience in family and sports medicine, teaching sports medicine at UCSD. Moore and his staff look forward to helping you get and stay healthy in a new state-of-the-art clinic with a uniquely welcoming, neighborhood touch.

Pacific Urgent Care and Wellness Center, 975 Garnet Ave. (858) 210-7770, pacificucwc.com.
La Jolla Mailbox Rentals

For years locals of Bird Rock have relied on the services of the La Jolla Mailbox Rentals and its owner, Anita Wood. Anita acquired the business February 1987. Anita attributes her success to her ability to interact well with her customers.

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by Chadwenn Scott

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Guillas steers the 75-year-old Marine Room into the next decade

By TERRI STANLEY

In his book “So You Wanna Be a Chef,” Anthony Bourdain wrote that “If you’re 22, physically fit, hungry to learn and be better, I urge you to travel — as far and as widely as possible. Sleep on floors if you have to. Find out how other people live and eat and cook. Learn from them — wherever you go.”

As executive chef at La Jolla’s Beach & Tennis Club, La Jolla Shores Hotel and Restaurant and the storied Marine Room for the last 21 years, Bernard Guillas is not 22, may argue that he is not so physically fit and probably hasn’t slept on a floor in years. But he is definitely still hungry to learn. He agrees with Bourdain—to be good, you have to travel. The secret sauce that makes Bourdain—to be good, you have to travel — as far and as widely as possible. Sleep on floors if you have to. Find out how other people live and eat and cook. Learn from them — wherever you go.”

Guillas’s strategy is to be multi-faceted, and he achieves this through teaching, writing and media appearances. He belongs to that group of chefs who have achieved a certain celebrity status, and he counts among his friends New York’s Daniel Boulud and Mario Batali, who recently opened Babbo Pizzeria on Boston’s waterfront, and Boston chefs Lydia Shire, Jamie Bissonnette, Andy Husbands and Jacky Robert, who, like Guillas, is a graduate of Maitres Cuisiniers de France.

When Guillas found out that this writer recently moved to San Diego from Boston, his first question was, “How is my good friend Michael [Schlow] doing?”Like many of the leading chefs across the country, Guillas and Olivier have taken up the pen and written two books together, “Flying Pans, Two Chefs, One World” and more recently “Flying Pans, Two Chefs, One Sea.” Guillas laughs when he recounts the story of how the first book was published. “This book, ‘Flying Pans, Two Chefs, One World,’ nobody wanted to publish. Publishers were looking for chefs with syndicated shows. So my thought was I’ll publish it myself. Ron was concerned about the money, but I was not — we only live once; let’s share the love. The book won The People’s Choice Award: Best Cookbook in America. And after that, we had the publishers’ attention, and they came calling for the next book.”

Guillas is putting the finishing touches on his third project, a three-book series being handled by Simon & Schuster, geared toward teenagers. He is very closed-lipped about the subject matter, but he does let a few small details slip, such as that the stories involve saving the world, current events, travel, culture, magic and cuisine. The pace of the series is fast, and there are recipes after every chapter — all gluten and nut free — and, according to Guillas, very easy make. Meanwhile, Guillas believes that “When you look at it,” says Guillas, “all those things are connected — anything that brings attention to me brings attention to this property itself. The Marine Room is a restaurant that is always in motion. As Ron and I travel, we are always learning about new techniques and new ingredients. We incorporate them into the menus for our diners. In Korea, for example, there are a lot of similar ingredients, but they approach it very differently. There is a lot of pickling, so we tried that out, and now we do pickling in our kitchen because people love the pickling.”

Guillas talks a lot about the evolution of food, but he also touches on the expansion of the Marine Room clientele, where that demographic is changing and how it will transfigure over the next 10 years. He still considers the Marine Room a local restaurant but sees the adventurous elements that he creates within the food going beyond local. Without a hint of boastfulness, Guillas sees himself as leading the charge in marketing the region, which he says benefits everyone.

“Going forward,” says Guillas, “we are becoming much more global. The next ten years is going to be about the international clientele. You will find that 65 percent of our clientele is going to be Asian — we are continuing to develop strong relationships with Korea, China and Japan. Do you know why we will be successful? We have passion, and we work in our restaurants. We look outside the box because I have learned so much by traveling, and Ron has done the same. It’s my passion. I still have three restaurants to run, but I am here — I am on the line.”

For more on the Marine Room diamond jubilee, see marine-room.com.
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Without fondue from the likes of The Melting Pot, food is just – well – food.

Reyes is the place to hit up if you’re for years. Old Town is also the place discovering what locals have definitely Old Town. And rightly so. If there is a capital of discovery they’ve made recently. Going to for generations or a new restaurant their family has been about Mexican food whether it’s the and independently operated. Original artwork, books to wine to toys, from unique garden items to silver jewelry, from olive oil to gifts or for yourself. From hot sauces of-a-kind items that are perfect for unique specialty shops featuring.

Of course, if you really want shopping center, it’s a vibrant shop-and Fiesta de Reyes is not just a. The Melting Pot is home to several.

and Fiesta de Reyes is not just a shopping center, it’s a vibrant shopping and dining experience. For more on the shopping, dining and entertainment at Fiesta de Reyes, go to fiestadereyes.com or just visit in the northeast corner of Old Town San Diego State Historic Park. 2754 Calhoun Street, San Diego, CA 92110.

FRIDAY · APRIL 22, 2016

San Diego is consistently named as one of the healthiest cities in the country.

What do peanut butter and jelly, grilled cheese and bologna sammies have in common besides too many calories? They’re part of a modern trend, central figures in the eating experience that have taken on lives of their own. Specialty shops like San Diego’s Cheesy Express and L.A.’s Spread PB exploit the direction accordingly – and in February, a deli in Bertie Sanders’ home state of Vermont tried to capitalize on the bologna trend by concocting an entry in Donald Trump’s honor.

The result: Nobody bought a single one.

Yep, trends are a restaurant industry lifeblood. In fact, one beats the others by more than 300 years amid its entry in a German cookbook from 1699. Fondue, from the French “to melt,” has seen untold permutations since its modern emergence in the 1930s and ’40s. Originally, all it was was a big pot of melted cheeses used for dipping bread; chocolate, oil and broth soon made inroads, with the food component ranging from meats to fruits.

We’ve given in to the trend phenomenon in the form of shrewdly dubbed The Melting Pot, which some may say is a little out of the way (it’s east of the Village, at the Aventine, kind of nearer UTC). Then again, France, Switzerland, Italy and Germany aren’t exactly across the street either, and their cheeses fueled fondue mania in the first place. The least you can do is spare a few minutes’ travel to taste the wealth.

The Melting Pot is home to several fondue cooking styles, not the least of which is bourguignon, with its red wine sauce and onion garnish. Bourguignon goes back centuries as a product of France’s Burgundy state — in those days, its beef variant in cuisine lore. From France, the eatery takes you to the Caribbean, with its Mojo fondue comprising citrus and garlic tones that beautiful complement each other’s presence.

Coq au vin, bouillon, curry, ginger plum — the food choices and sauces simply don’t quit until you say it’s time.

And if you’re one of those crazy lepultings (whose calendar birthdays fall on Feb. 29), you had a special treat in store this year. For you, the eatery’s four-course selection was free of charge — just the thing to mark a day of special occasions.

The Melting Pot is always doing stuff like that with the more prominent celebrations, like Valentine’s Day and wedding rehearsals; no reason to forget this occasion just because it happens once every four years.

The idea behind fondue may seem formidable, as its lengthy history and variety of dishes command lots of attention. You, on the other hand, don’t have to worry about all that, as this place has covered a bunch of the guesswork. Grilled cheese and PB&J make great comfort foods, and The Melting Pot, help elevate trend-setting to a fine art.

THE MELTING POT

Where: 8890 University Center Lane, La Jolla.
Where: Mondays through Thursdays, 5-10 p.m.; Fridays 5-11 p.m., Saturdays 4-11 p.m., Sundays 4-10 p.m. Happy hour 4-6 p.m. every day. Phone: (858) 638-1700
Website: meltingpot.com.

San Diego ranks sixth on a list of vegan-friendly cities recently released by People for the Ethical Treatment of Animals (PETA). It’s the first time San Diego has appeared in PETA’s top 10 ranking.

“Whether you’re looking for lasagne ragmagnola made with seitan or a soy chorizo quesadilla packed with melty dairy-free cheese, San Diego has the restaurant for you,” said PETA executive vice president Tracy Reiman.

“San Diego is making a triumphant debut on PETA’s list thanks to our vibrant and delicious cuisine that’s kind to animals, the environment and diners’ health alike,” Reiman said. PETA noted that San Diego is consistently named as one of the healthiest cities in the country.

Wheat & Water pizza eatery finally sets Bird rock opening

After almost two years, Wheat & Water, a pizza restaurant anchored by a 56-by-60-foot oven in view of the dining room, is set to open in mid-to late June on La Jolla Boulevard in Bird Rock.

Old Town San Diego State Historic Park will serve up to 15 varieties of 1.3-inch California coastal pizzas in its 3,200-square-foot space, all with traditional and local toppings. The oven will also be used to cook vegetables.

The menu will include salads and shared plates. The 97-seat restaurant will also have a bar with 20 craft beers on tap plus wine and a craft cocktail program.
Dozens of sea lions snooze on the beach in La Jolla as visitors take photos. PHOTO BY JOHN LEEK

“It is true,” said diver and Friends member John Leek. “A lot of foreign visitors find a lot of entertainment value (in the pinnipeds).” It’s been suggested that signage at the Cove and Children’s Pool warning people to stay away from the animals needs to be improved. Should more signage, or even newer signage in multiple foreign languages, be utilized to help curb problems with interspecies interaction? “It wouldn’t help people who can’t read the signs anyway,” noted Leek, who suggested instead that “we could use signs with body language (a circle with a line through the unwanted activity, for instance) instead.”

Ken Hurwich, president of Friends of the Children’s Pool, agreed that “picture” signs, done elsewhere effectively, might be the better way to go with improved signage to help separate people and marine mammals. “Otherwise,” said Hurwich, “you’d end up with signs as big as scoreboards down there.” While he’s unsure of the reasoning behind it, Hurwich said pinnipeds are gradually becoming more accustomed to and less afraid of humans. This along with their burgeoning numbers, he said, is leading to more interaction between the species.

Hurwich concurred that more ranger interaction with visitors getting too close to pinnipeds might be in order. “Human interaction can disturb them (pinnipeds),” he acknowledged, adding, “We’ve hired rangers to protect the seals, which is costing the city a lot of money. They could be down on the beach more reminding people that they need to take a step back. They need to educate people more on what is appropriate and not appropriate. If they did that more, people would catch on.”

“The more people associate with sea lions, the more sea lions realize we don’t have fangs or claws — that people are easily intimidated — and they’re no longer afraid of us,” Leek said. “And now we’ve got a situation where more and more people are going to South Casa Beach and openly interacting with the seals/lions. Go to South Casa around 5:30 or 6 p.m., and you will see dozens of sea lions stacked on the beach — and people all around them. The seals/lions are getting more acclimated to people all the time.”

SEALS >> CONT. FROM PG. 1

South Casa Beach and the nearby Cove has “been going on since Christmas and has been steadily growing.” What’s to be done about the situation? Harris suggested better utilization of the city’s two coastal park rangers could be one answer. “They are never at the Cove and have been given no direction on what to do,” he said. “I would direct the rangers on how to handle this situation. The interaction needs to be stopped.” In March of 2015, a sea lion bit a 5-year-old boy on his face as he wandered too close for comfort.

Harris noted lifeguards are too busy, with their prime directive of patrolling and protecting people in the ocean, to be responsible for the interaction with wildlife onshore, especially during the busy summer tourist season.

Two members of Friends of the Children’s Pool, a nonprofit dedicated to preserving La Jolla’s Children’s Pool, had their own take on the situation with human-pinniped interaction.

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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.

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, fast service and good coffee — you just can’t ask for more.” “The apple pancake was fantastic!” “Believe the reviews, this place is amazing!”

UC author brings closure to slain 7-year-old boy

Sue Detisch had just returned from Glen Abbey Memorial Park in Bonita, where she had placed a red rose on the grave of a 7-year-old boy she never met. She grieved his 1933 death as if he were her own. In a way, he was.

Detisch, a University City resident and a former La Jolla High School English teacher, recently wrote and published a book based on the unsolved murder of young Christopher Akhazian. “Rest Now, Beloved” bears her pseudonym, Blake S. Lee, as the author. Based on a true cold case in San Diego, this mismanaged murder case carried no closure for this child.

“Every child who is victimized has to have his voice expressed,” Detisch said. “I had to be the voice to give this child closure, if not justice.”

Christopher’s death took place during the latter days of Prohibition in San Diego. Some said it was accidental; pathologists disagreed. The case gathered dust for more than 60 years — and when forensic detectives reopened the investigation in 1990, they expected to put the case to rest — but this victim demands justice, not obscurity.

Ex-policeman Pete McGrav, a chief detective in 1933, believes this investigation has been purposely mishandled and that there is a cover-up. From there, a reporter begins delving. As the truth unfolds, she steps on a land mine when she uncovers a dark and deadly family secret — a secret everybody involved would kill to keep buried.

Detisch took a research history class at USD in 1990 and learned how to navigate archives and public domain. The instructor gave each grad student the name of a victim to research before computer technology exploded.

“Fifteen years went by,” she said — “and in 2005, I picked up the unfinished manuscript and dusted it off. It was 72 years after the unsolved murder when the sheriffs brought it out in 2005.”

She smiled thoughtfully and whispered, “I always wanted to be a writer.”

1930s San Diego was an open city, where kids rode streetcars by themselves, went to the waterfront, the zoo, the airport. It was a city at a political crossroads. Some locals wanted it to stay a small town with family values. Others preferred it to become like Vegas, to pull in the money tourists were spending in Tijuana. There was also a revolving door for police chiefs. “I even visit with relatives of some characters who lived at the time,” Detisch said. “Some of the characters are a composite of many people who worked the case. I talked to the brother of a suspect and the sheriffs who had been around. You blur the lines between fiction and reality, sensitive to who lived there, distancing between real names.”

At the Scripps Institute of Oceanography library, Detisch compared witness statements of 1933 with tidal records and weather reports. One suspect was broken in...
Planners hear news on Torrey Pines Slope project

By DAVE SCHWAB

In April, La Jolla Community Planning Association bid adieu to its longtime treasurer, swore in new board members and elected new officers and was briefed by city officials on the Torrey Pines Slope Restoration project.

Association president Cindy Greatax thanked longtime community planner Jim Fitzgerald for his service after noting he’d resigned from the board.

It amounted to a changing of the guard on the community advisory board, with newly elected board members Patrick Ahern, Helen Boyden, Phil Merten, Dan Courtney (absent), Glen Rasmussen and Ray Weiss being sworn in by City Council President and First District Councilmember Sherri Lightner.

Greatax, who was re-elected president, said Boyden got the nod as vice president, Bob Steck was elected president, Helen Boyden got the secretary position was left vacant as the group’s new treasurer. The councilmember and Janie Emerson was elected to fill the second vice president as vice president.

In another matter, the association agreed to write a letter of support for the 17th annual End of Summer Run fundraiser, to be held Sunday, Aug. 28. The course for the 4-mile run/walk begins at 900 Prospect St. in La Jolla and finishes at Mission Boulevard and Felspar Street in Pacific Beach. For more information, visit kathylope-ervents.com.

“Council President and First District Councilmember Sherri Lightner.

Senior city civil engineer Jamal Batta introduced plans for slope restoration on Torrey Pines Road, a gateway from Interstate 5 into La Jolla.

“This is a key step in the overall improvement of Torrey Pines Road,” Batta said.

The preliminary plan for Torrey Pines Road improvements calls for providing a series of innovative traffic-calming concepts to enhance circulation of vehicle, bicycle and pedestrian traffic. The goal is to develop a plan for improving pedestrian access, bicycle facilities and accessibility, traffic flow and safety along the thoroughfare.

The project study area consists of Torrey Pines Road between Prospect Place and La Jolla Shores Drive. The study area was broken down into four distinct segments to identify an efficient way of budgeting the project, minimizing community impacts and protecting public safety while effectively completing the work.

City officials told community planners that slope restoration of 350 linear feet would be done with

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Grants honor Rep. Peters for efforts in biotech

Praising his support of the biotech industry, the Biotechnology Innovation Organization has named Rep. Scott Peters, whose 52nd Congressional District includes La Jolla and University City, a Legislator of the Year for 2016.

The organization, largest biotech trade group in the country, announced the award on April 13.

Peters, a Democrat and former city councilmember first elected to Congress in 2012, has cultivated ties with San Diego County’s influential biotech industry. The La Jolla resident’s district includes several biotech-heavy regions, such as Sorrento Valley, Carmel Valley and La Jolla.

Biocom, the San Diego-based biotech trade group, has named him a Legislator of The Year three times, in 2008, 2014 and 2015.

Biocom and two other California trade groups, the California Life Sciences Association and the Southern California Biomedical Council, sent representatives for the award presentation.

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CROSS

“The memorial has become such an important part of the San Diego community, and we’re just delighted it will have a new shine to it for our annual Memorial Day event,” said Mulrooney.

This year’s celebration, scheduled for May 20 at 2 p.m. will honor President Theodore Roosevelt, Keynote speaker will be Capt. Craig Clapper, commanding officer of the aircraft carrier USS Theodore Roosevelt, which now calls San Diego its home.

At least seven local companies have donated their services and expertise for the renovation.

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SUE » CONT. FROM PG. 13

and blind at the end of his life, but his voice has continued to ring out, as fresh as if no time had passed. She also met witnesses who knew the victim and the suspects.

The process of writing wasn’t new to Detitch. “I had written three nov- els of various subjects and eventually put them into the closet,” she said. “My husband pushed me to publish this book.” After all, she had written each sentence 40 times. “You want to find the perfect word,” she smiled.

“Rest Now, Beloved,” published last September by CreateSpace Inde- pendent Publishing Platform, is the first edition of 500 pages; the collo- quialism of the ‘30s had Detitch turning to slang dictionaries. Detitch credits Lisa Wolff, her editor, with helping her pare it to 400 pages; and the published story is a readable 30 pages. “This book,” Detitch said, “is my child.”

Meanwhile, she admits you need a muscle to keep yourself motivated when you’re on empty. “Other days, you can’t write enough.” Trying to keep your writing in each of the charac- ters was a challenge, editing over the past four years, indeed.

“I speak to a lot of book clubs,” Detitch continued. “One person asked me if I were the female protagon- ist, a U/T Journalist in 1990 who dug into the case. No, you wasn’t. I don’t know where research is going to take you, just as you don’t know where the writing will take you.” As someone said, “Writing is rewriting.”

“Writing is a lonely occupation, too,” Detitch said. “When you are older, life gets in the way of writing; kids, husband, grandkids need your attention.” The book is in one way the business side of it. Also getting a book published can be expensive.

“I felt a catharsis once the book was finished, especially look- ing at the cover... a sense of pride. I had in mind a final cover with your resting place in black and white and a bright orange. A red sense of sadness washed over me. I felt impasioned by each of the characters. You look at their whole lives, and many died as tragically as they lived.”

“Rest Now, Beloved” can be pur- chased at barnesandnoble.com and ord- ered from the local indie bookstore. Please check Detitch’s Face- book page: “Rest Now, Beloved.” Detitch will be speaking at Universi- ty Community Library, 4115 Gov- ernor Drive, on June 8 at 2 p.m.

Kirkus Reviews describes writ- ing as “engrossing prose rooted in specific detail that evokes the setting of San Diego, both contemporary and historical.”
18th Secret Garden Tour will tap inspiration to outdoor living

Now in its 18th year, the La Jolla Historical Society's Secret Garden Tour of La Jolla has come a long way from the day Susan and I were pleased to see that the tour has become a much-anticipated perennial event that attracts hundreds of people each spring not only to enjoy the beautiful gardens but also to learn more about our community's rich history.

Scheduling for Saturday, May 14, this year’s tour promises to be another memorable event that will allow you to wander through the private gates of six cherished La Jolla gardens. The tour tradition has been to keep the garden locations secret until the day of the tour, but I can tell you that this year’s event will highlight gardens that feature outdoor living rooms, the ultimate way to enjoy our California climate and to enjoy nature. These gardens are sure to inspire you to create an outdoor living environment of your own.

As in past years, the tour offers a potpourri of gardens in a variety of styles, each adorned with designers' touches and enhanced with live music from a variety of musicians. Artists will also be in the gardens painting memorable garden scenes. This year’s tour poster features a Muirlands garden scene painted by Ken Goldman during the 2015 tour.

In addition to the tour, the Secret Garden Boutique will be held on the grounds of historic Wisteria Cottage, 780 Prospect St., and it will be open to the public throughout the day. The boutique will feature a collection of gardening accessories, plants and gifts from various vendors known for their special artistic style and craftsmanship.

Playhouse raises $1.5 million at education, development gala

La Jolla Playhouse raised a record-breaking $1.5 million at its 2016 gala on the UCSD campus, held March 23 to support the theater’s education and outreach and new play development programs. The event featured a tribute to the life, career and legacy of Playhouse co-founder Gregory Peck. Peck’s children, Cecilia Peck Voll, Carey Peck and Stephen Peck, were in attendance, as was actor Angie Dickinson. Philanthropist Debby Jacobs chaired the event for the 15th straight year. Lead sponsors included Qualcomm, Van Cleef & Arpeis and Merrill Lynch.

La Jolla native Peck founded La Jolla Playhouse in 1947 with fellow actors Dorothy McGuire and Mel Ferrer. The company was revived in 1983 under artistic director Des McAnuff and since then has staged 44 world premieres, 24 West Coast premieres and seven American premieres.

It has won more than 300 honors, including the 1993 Tony Award for Best Regional Theater. It is supported in part by grants from the National Endowment for the Arts, the California Arts Council and the City and County of San Diego.

Wisteria Cottage will also be open, and you can enjoy an exposition featuring the work of painter, craftsman and teacher William Newport Goodell.

Reservations are available for either the Self-Guided Tour ($50 for nonmembers, $40 for society members) or the Platinum Tour ($150 for nonmembers, $140 for society members). The Platinum Tour offers brunch at a private club, docent-guided shuttle service to the gardens and a tour of a special garden open to Platinum patrons only. If you are not a member of the society, now is a great time to join to receive your discount on tickets.

Plan to secure your reservations for either tour, which can be made online at the society’s website, lajollahistory.org. You may also call at (858) 459-5335.

Linda is a Realtor with Coldwell Banker residential brokerage in La Jolla. Her garden has been published in local and national magazines. Take a tour of her garden on LindaMarrone.com.

Military group forms nonprofit to aid local programs, outreach

The San Diego Military Advisory Council has announced that it has formed the SDMAC Foundation, a nonprofit charity to support the local active-duty and retired armed forces community through programs, educational outreach and events funded by tax-deductible donations, which can be made at sdmacfoundation.org.

The foundation’s signature program will be awarding a $15,000 scholarship to a San Diego State University student veteran.

The funding is designed to supplement GI Bill income to allow the recipient to complete a degree program without incurring significant student debt, according to SDMAC.

The inaugural scholarship is scheduled to be awarded in 2017.
Horton Plaza Park downtown to reopen May 4 amid fanfare and relief

The reopening of Horton Plaza Park—long anticipated by San Diegans — will be held on Wednesday, May 4.

Adjacent to Westfield Plaza Shopping Center, Horton Plaza Park is viewed as a dynamic urban plaza where San Diego residents and visitors can gather or rent areas for major celebrations and events. “The expanded Horton Plaza Park is going to be a true civic treasure,” said Mayor Kevin Faulconer. “I am looking forward to celebrating the grand opening with the entire community.”

The reopening will feature a two-part celebration, highlighting the start of a 25-year public-private partnership between the City of San Diego and Westfield. The afternoon portion will consist of a ribbon-cutting with the mayor and community leaders, followed by a larger community celebration in the evening. The community celebration will include live music, art and entertainment. Featuring an internationally renowned performer and artist (to be announced at a later date), both events will be free and open to the public.

The 2-acre park project began in 2011 and will cost an estimated $17 million.
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Sun 1-4pm  
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