Swimming with sharks

Leopard sharks take up residence in La Jolla

Local forecaster and news anchor, Tabitha Lipkin, swims with white tip sharks in Malaysia. Although she has dove at some of the most exotic locales around the globe, she still enjoys seeing the nursing leopard sharks in La Jolla.

BY THOMAS MELVILLE

Walk along the coast of La Jolla and seals, seagulls and sea lions are abundant on the rocks and beaches of the Jewel.

But if you want to experience something more exotic, such as close encounters with sharks, you need to ditch the flip flops for flippers, the sundress for a bikini, and sunglasses for a mask. That’s what certified scuba enthusiast and adventurer Tabitha Lipkin calls a typical afternoon.

From July through December, next to The Marine Room restaurant at La Jolla Shores, leopard sharks converge in the warm shallows and snorkelers floating above get to watch these elegant swimmers search for food and socialize a few feet away. During the peak season for the leopard sharks, Lipkin took the opportunity to swim with the sharks for her first time in La Jolla.

“I have swam with sharks in other places in the world. But never in such a way that they are so abundant and they’re so docile,”

SEE SHARKS >> PG. 5

Salk Institute sued for alleged discrimination

BY DAVE SCHWAB

La Jolla’s Salk Institute for Biological Studies is one of the world’s most renowned independent, non-profit, scientific research institutes.

But does it discriminate against its tenured female scientists?

That’s the subject of a recently filed lawsuit by Victoria J. Lundblad, PhD, and Kathy Jones, PhD, which claims Salk has “allowed an old boys club to dominate creating a hostile work environment for Salk tenured women professors.”

In reply, Dr. Elizabeth Blackburn, president of the Salk Institute and a Nobel Prize-winning scientist said, “As a woman who has seen first-hand the extraordinary contributions

SEE SALK >> PG. 2

Driver sentenced for ramming parking enforcement vehicle

BY NEAL PUTNAM

An angry La Jolla driver who rammed a parking enforcement vehicle after he got a parking ticket will be sentenced July 28 after he pleaded guilty to assault with a vehicle.

Court records say Peter Alex Dreier, 42, of Hillcrest, will likely be placed on three years probation but may be sentenced up to a year in county jail in San Diego Superior Court.

The incident took place around noon on April 19 in the 800 block of Prospect Street when Dreier
New Balboa Avenue Trolley Station project to spur development

BY DAVE SCHWAB

The public is registering what they’d like to see considered in planning for preparation of an environmental impact report, as required by the California Environmental Quality Act for the Balboa Avenue Trolley Station project, following a July 19 city scoping meeting at Pacific Beach Library.

The trolley stop at Balboa Avenue is one of nine planned for the Mid-Coast Trolley project, which will extend trolley service 11 miles from Sante Fe Depot downtown to University City, ending at UTC and serving major activity centers including Old Town and two stops at UC San Diego.

The Balboa Avenue project is to establish a “specific plan” that would increase residential density by re-designating and rezoning a quarter-mile of the community village land use designation within a mixed-use setting and commercial, service, and civic uses.

Henish Pulickal, chair of Pacific Beach Planning Group, gave the community advisory group’s perspective on the Balboa Avenue Trolley Station project.

“The overall impression of the project from the planning group is favorable,” Pulickal said. “Obviously, we all wish it was built 30 years ago. The biggest concern is how it helps people – or how it connects people – who don’t live within a quarter-mile of the station.”

Pulickal offered his personal view of the project.

“I believe the funds for the trolley would have been better spent improving current technology, like driverless cars and shuttles, and the infrastructure needed to support those efforts in our neighborhood and surrounding areas,” he said. “I don’t believe the effectiveness of the trolley in this location is justified by its massive cost.”

Mid-Coast Trolley construction, costing approximately $2 billion, has already begun along sections of the trolley extension route. Construction is expected to be completed in 2019, with the Balboa station construction expected to be complete in 2021.

The city has received a $787,000 state grant to begin developing a specific plan for the region surrounding the proposed station that will slice through Pacific Beach and Clairemont.

Residents of Pacific Beach and Clairemont have been registering what they’d like to see considered in planning for preparation of an environmental impact report, as required by the California Environmental Quality Act for the Balboa Avenue Trolley Station project.
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‘At the Old Place’ at the La Jolla Playhouse explores truth in humanity

BY LUCIA VITI

The La Jolla Playhouse world premiere production of “At the Old Place” begins and ends — literally, at the old place: an appropriate description for a place called home. Written by Rachel Bonds and directed by the Playhouse associate artistic director Jaime Castañeda, the 90-minute production tantalizes the audience into self-reflection. The characters, raw and brush, represent the tattered and torn pieces of life. Places we all have lived.

Featuring four characters — Angie, played by Heidi Armbruster; Jolene, played by Brennan Coat; Harrison played by Benim Foster; and Will played by Marcel Spears — the one-set play is set against an older home in an urban neighborhood that lacks fansfare. A tattered, brown lawn with a noisy gravelled driveway add the perfect ambiance to a tete-a-tete that’s delightfully meaningless, semi-nostalgic, brutally honest and possibly life-changing.

“At the Old Place” reveals “The Road Not Taken” — complete with its Robert Frost rendition — through the perspective of youth and middle age. Angie, college professor of poetry in her forties, presently on sabbatical, returns to her childhood home following the death of her estranged mother.

Touting a failing marriage and an extra-marital affair, she confronts Jolene and Will, twenty-something friends that often frequent the house’s front yard as a sanctuary to relax, retreat and party. The gang of three quickly bond — to forget about life for a while — but fall into discussing nothing but life’s inequities, inadequacies and hopeful moments.

Conversations laced with booze bring out the truth, lies and dares. Drinking games elicit conversation not fit for print. The dialogue is at times not for sensitive ears. Academia — complete with lines of poetry from Robert Frost and Frank O’Hara — mingle between F-bombs, “likes,” “you knows” and political jabs.

The characters, although acerbic, are likable. Human to the core, they share misgivings about life and love. Age serves as a prerequisite for choosing the road less-travelled or the path well-worn. The audience dares to question, when do we ever really know what we’re really all about? The acting is incredible.

Really, Everyone knows an Angie, a Jolene, a Will and a Harrison. We might even have a small piece of each within our own DNA. Weaving humor and melancholy, “At the Old Place” is as strikingly poignant as it is childish. But childish is good, for it cracks open small piece of each within our own DNA.

‘The Mission Walker’: Edie Littlefield Sundby’s trail of redemption

BY BLAKE BUNCH

Edie Littlefield Sundby has always been athletic. It is obvious in her build and gait that she takes pride in her physical prowess. An avid yogi and explorer, Littlefield Sundby said she has always been regimented about what she puts into her body.

In March of 2007, she was diagnosed with stage 4 cancer. “There is no stage 5,” she says. In an effort to regain her physicality, and clear her mind of the ravages of cancer, she decided to hike the more than 1,600-mile El Camino Real or “Mission Trail,” which was the impetus for writing her forthcoming book, “The Mission Walker.”

Before this idea could come to fruition, however, Littlefield Sundby would endure three major operations, more than 1 million milligrams of chemotherapy and see the aid of a “miracle drug,” Avastin literally change her life.

After an initial check up in March 2007, Littlefield Sundby found a doctor at Scripps who explained that her husband, Dale, was highly desireable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area) medical facilities and the beach. Come see us today before making your final choice. Make the Right Choice Today. Formore information call (619) 246-2003 or go to the website at www.rightchoiceseniorliving.org.

Established in early 2008, Jean Force Academy Graduate) had the desire to develop Assisted Living Care Home Communities and Services for seniors that are a cut above the rest at fair & competitive rates. Right Choice Senior Living has Residential Care Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area) medical facilities and the beach. Come see us today before making your final choice. Make the Right Choice Today. Formore information call (619) 246-2003 or go to the website at www.rightchoiceseniorliving.org.

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Superheroes and prose: Poet Gary Jackson reads from ‘Missing you, Metropolis’

BY Blake Bunch

The fact that one can attend a poetry reading on a Saturday night, albeit “right down the street” from their residence, is truly a treasure to behold. DG Wills Books has seen several prominent authors, poets, celebrities and journalists pass through its doors over the years—Norman Mailer, Gore Vidal, Allen Ginsberg, Patricia Neal, Allen Ginsberg and countless others. On Saturday, July 22 at 7 p.m., another world-renowned poet, Gary Jackson, read at the cozy local beacon of letters.

Gary Jackson was born in Kansas, and is currently a professor of poetry at the College of Charleston at Charleston, S.C. His collected work of poems “Missing You, Metropolis” is all about using superheroes and pop culture to explore racial isolation, suicide, despair, beauty and humor. In order to become better acquainted with the man behind the work, La Jolla Village News interviewed Jackson leading up to the DG Wills reading.

Did you come to the idea to use superheroes as a universal reference point? As in, your themes can be universalized, but that’s not the case everywhere in the US and not everywhere in the world,” she said. “With something as exciting as snorkeling with leopard sharks, I think it’s important that we remember that our oceans do need protection and they are not in the best state right now. Wherever you

Lipkin’s love of underwater adventure began at University of Texas when she took a class to get scuba certified her junior year. She was hooked and headed to the coast after graduating with a degree in broadcast journalism. She worked as an intern on TV shows in LA and then moved to San Diego where she spent a summer in Mission Bay as a hydrofoil instructor.

“We have great dive spots in San Diego. The Yukon—a Canadian destroyer sunk off Mission Beach—and in La Jolla there’s a wall dive and people doing their first scuba dive get taken out there—it’s calm, fun and a good location,” she said. In between adventures as a bartender, zip line tour guide, and scuba diving off St. Lucia and Costa Rica, Lipkin earned the title Miss SCUBA International 2014. “It was another incredible year that afforded me the ability to explore the world and share my knowledge of marine conservation.”

With her desk jobs, she has all of Southern California to explore. “Here in California we’ve been blessed with a beautiful coastline, but that’s not the case everywhere in the US and not everywhere in the world,” she said. “With something as exciting as snorkeling with leopard sharks, I couldn’t live there again. I’ve only lived in South Carolina for four years, so not enough to truly get a sense of its own sense of identity (though I could venture an estimated guess). But although there are spaces in Charleston where I’m also hyper-visible, there are many more spaces where I can be invisible, can be comfortable in a way I never quite could in Kansas.

When did you discover poetry as an outlet? Was there anyone in particular that helped you with your start, or just persistence?

If I’m not counting the poems I wrote when I was in middle school/high school, I really discovered a love for writing poetry during my first/second year in college at Washburn University. Amy Fleury was my poetry professor, and she’s a wonderful poet, and really cultivated my love for language.

I also worked on fiction with Thomas Fox Averill, another amazing writer I learned a lot from when I was just a kid fumbling around with words. I owe those two mentors everything. It was Amy who eventually coaxed me into applying for grad school. I remember telling her “you know, you’re not terrible at this” in regards to writing poetry. I guess she was right! Ha.

How does “Missing You, Metropolis” differ from your other work?

Missing You, Metropolis is all about using superheroes and pop-culture to explore racial isolation, suicide, loss, and simply growing up, and although there are many, many poems that don’t use superheroes at all in the collection, it’s the persona poems in the voices of superheroes that seem to be the stars of the show. These days I don’t play with superheroes that much (though I still explore that world, because it is an obsession—and I can’t help myself). I’m currently writing poems about family and diaspora and being biracial; my mother is half black and

Simple tips to get every penny out of your home sale

San Diego. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you’ll want to sell your home for the highest price in the shortest time possible without compromising your sanity.

To assist home sellers, a new industry report has just been released called “27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar!”

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Answer: At the age of eighteen your child is no longer a minor in this state. You can no longer get health information from their doctors or deal with their paperwork. Your child needs to make their own decisions in their Advance Healthcare Directive regarding whether or not they want their life artificially prolonged and whether they want to donate organs. They also need to name an agent to make healthcare decisions for them in the event that they cannot do so for themselves. It is also a good idea for them to name an agent on a Power of Attorney to perform financial transactions for them and access their bank account.

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MISSION  CONT. FROM PG. 4

“...you need to call them immediately and have them come home,” Murad said. “I’m sorry Edie, but you have cancer.”

Dale hopped a 50-plus-hour flight home to be with his wife, emulating and researching the entirety of his mother’s illness. The kids came home from college. Prior to telling her family her diagnosis, she did her own research.

Diagnosis, reaction

Despite her initial reaction, which entailed an extreme loss of breath and disbelief, she simply inquired: “Where?” “How much?” and “Has it spread?”

Murad explained that they believed the source to have been her gallbladder, but there were also tumors in her liver and other organs. She also had a 1.7-centimeter mass (roughly the size of her entire abdomen) within the peritoneum.

“I somehow got from the office to my car and got in to drive home,” writes Littlefield Sundby in “Mission Walker.” “But I soon found myself pulling over to the side of the road under a shade tree, next to an old mission bell hanging from a rusted pole curved at the top... I knew this news was devastating, but I’d been a fighter my whole life. It was time to gather forces. Surrender was not an option. I was not going out without a fight.”

Stopping by that mission bell, of which she had been fond of her whole life, would ultimately provide the La Jolla with a mission of her own: to walk the Camino de Real, often known as the “Mission Trail,” which stretch from Southern Baja California to Sonoma.

El Camino Real, help from vaqueros

After two major surgeries, where the doctors went in to remove as much cancer as possible, she was responding well to treatment, much to the shock of her doctors (some of the best in the world). Despite the odds stacked against her, Littlefield Sundby began to do research to find surgeons to perform treatment. After surgeries, when the cancer would “come back,” she would look to her solutions.

“In my mind, I had already accepted death,” said the author. “By the time my second and third surgeries became an option, I was already seasoned in how to deal with this terrible cancer.”

Her third major surgery involved having the majority of her right lung removed. Following a few months of recovery, she was up in Sonoma.hiking the end of the Mission Trail. She came to learn more about the trail when she discovered that Helen Copley had sent mapmaker Harry Crosby in 1967 (until around 1974) to map the trail in celebration of the anniversary of California’s colonization by Jesuit Spanish missionaries.

Since Southern Baja California is sparsely populated, the town of Loreto in particular, Littlefield Sundby found a small company that provides vaqueros or “cowboys,” to take them on short desert trail outings. These vaqueros are direct descendants of those who colonized California, so know the trail, the terrain and are basically making everything they own from scratch.

“Initially,” the company informed me that they could only provide vaqueros for a certain distance of the trail,” said Littlefield Sundby. “Regardless, I was out to do my mission walk, so I flew from Tijuana solo to Loreto. Once I arrived, the vaqueros were amazing. Despite the tour company saying they could only take me so far, the vaqueros networked with others that knew the trail, often ‘passing the baton’ at different destinations. They were truly my angels on the trek, making sure that I was okay physically, protecting me in narco-territory, and finding other vaqueros when they couldn’t find a trailhead.”

She says that she was conflicted about publicizing these vaqueros of Southern Baja. While they operate on as little as $5 U.S. a day, and could use a bump in business, she didn’t want to infringe on their lifestyle.

Littlefield Sundby’s faith, instilled by her mother (for whom the book is dedicated) at an early age, as well as the support of her loving family and world-class medical specialists ultimately has aided her in her journey. It is her fighting spirit, however, that has led her to conquer cancer’s grasp.

Of her time in the desert, she says things “Come full circle. There’s so much mystery, yet I felt so connected with God, life and my family. I am so instilled with faith, for it has been my anchor and my compass.”

TROLLEY  CONT. FROM PG. 2

are being engaged to produce the plan, and an implementation program that would address transportation demand, economic market analysis, urban design concepts and multi-modal improvement projects.

City supervising public information officer, Ariana Collins, said the city’s plan “does not impact the construction or completion of the transit/trolley station or expansion currently being done by the San Diego Association of Governments.”

Collins noted the city will review all written comments received during the public comment period now until Aug. 4, for consideration of the scope of the analysis to be conducted within the environmental impact report, as well as alternatives to the proposed specific plan.

Following the close of that comment period, a review of all received written comments, the city will conduct technical analysis and prepare a draft environmental impact report for the project, which will take approximately four to six months.

The city will then circulate the draft environmental impact report for a 45-day public review.

JACKSON  CONT. FROM PG. 5

Korean, and I lived in Anyang, South Korea for a little over a year, so I’ve been exploring those collisions of culture for awhile now. But see, I just lied to myself: I’m also working on these visual hybrid poems that combine illustrations and poetry.

Poetry brought to us never ceases to amaze me—I’ve been evolving those visual artist and the idea we had was to create our own little world of superheroes and maybe create a graphic novel/poetry collection book? It’s all still a work-in-progress, and is very fucking exciting and a little intimidating since it’s so different from anything else I’ve done.

Although poetry will always remain an important medium, but is there any particular direction you see modern poetry going?

As soon as I try to predict something as large as poetry, I’ll inevitably put my foot in my mouth. But the opportunities that writing/read- ing poetry brings to us never ceases to amaze me—Saturday night’s reading at DG Wills Books being one example, this interview being another, but also all the myriad ways poetry can connect us to each other. At it’s core, I think all literature is an attempt to convey something (anything!) of experience to someone else. All I can say is that I’ll be along for the ride as long as I can be.

Thank you so much for your time.

Thanks for talking with me. I hope I did these questions justice.

Challenged Athletes Foundation benefit at Martin Lawrence Galleries

Martin Lawrence Galleries in La Jolla, will host their 4th annual art exhibition to benefit the Challenged Athletes’ Foundation (CAF) on Saturday, Aug. 5 from 6 to 9 p.m. Festivities will include an inspirational speech by Bill Walton and first-class service, they invite you to be a part of this unique event to showcase CAF’s mission in the community while enjoying a great evening out with like-minded supporters.

For more information, call 858-551-1122.

Summer at The Marine Room

The Marine Room invites you to enjoy your summer and join them for two signature events — their Cooking Class and highly-anticipated High Tide Dinners. With sweeping, panoramic views of La Jolla Shores, culinary excellence and first-class service, they invite you to be amazed by the incomparable ocean-front experience The Marine Room offers.

Join the award-winning duo of executive chef Bernard Guillas and chef de cuisine Ron Oliver for an interactive cooking class followed by a three-course dinner, including such savory selections as Chilled Heirloom Tomato Nectar, Swordfish Wrapped in Vine Leaves and Coconut Milk Poached Floating Islands. This popular event will be held on Wednesday, August 9 at 6 p.m. Cost is $90 per person and includes dinner and wine pairings with each course.

Celebration of life of Anne Cleveland

In honor of Anne Cleveland, who passed away on June 24, a traditional “paddle out” and potluck at Windansea Beach (on Nautilus Street) will be held at 11 a.m. on July 30.

Cleveland was a native of La Jolla and swam competitively in her early teens. She was in her forties when she successfully swam the Maui Channel, Catalina Channel and the English Channel, both one way and two ways. At the time of her double English Channel Crossing, she was the second American and oldest person to complete this feat.
Meet Your Local Small Business Professional

Bird Rocks’ Newest Gift and Home Goods Shop Off To A Great Start

Erling Rohde Plumbing started in 1910. It is the longest run, family-owned business in La Jolla and San Diego. The company now in Bird Rock has been operated for the last 35 years by the grandson of the founder, Michael Glancy. Mike returned from Vietnam in the 70’s and decided to seize the opportunity to work in a “good trade.” He is also a surfer and wanted to stay close to the ocean. Mike says his company offers "a thrill to be able to have a direct relationship with the artist who created the product, which in turn allows my customers the opportunity to purchase something unique and with a good story behind it. And lastly, it keeps the money circulating in the local economy. It’s a win-win situation. And how cool is it that all of us get to share in that?"

Faded Awning features unique items and are #1 in customer service

Marco Gentile, owner of Marco Polo Independent, has lived in La Jolla for 42 years where he and his wife, Janet raised their sons Bryson, Giorgio and Jeremy. In 1985, he opened Marco Polo Independent, which was the first independent BMW/Mini repair shop in town. Since then, Marco has always been committed to giving his customers the highest standard of respect and service. Each person’s full satisfaction is extremely important to him and his staff. Marco Polo Independent is fully equipped to handle the simplest to the most complicated issues relating to BMW/Mini at very competitive prices while so conveniently located. Stop in and you will always experience a, now too rare, piece of our Old La Jolla.

You're One-Stop-Shop!
The UPS Store (Bird Rock) has been providing the community with personal and small business needs for many years. In fact, 2017 marks over 15 years of operation at the 5580 La Jolla Boulevard storefront. Originally opening under the Mail Boxes, Etc. franchise, the location was the third to be opened in what would become a global retail chain, offering retail shipping, postal, printing and other business services.
Through the years, the few committed owners have grown and expanded the location to meet the needs of the community and in 2000, after having been acquired by UPS, was rebranded as The UPS Store. Today the business is owned and operated by Nimisha & Jay Amin, who have been managing the location for 17 years, and counting! They have built strong bonds with the surrounding neighborhood, and continue to know their customers on a name-by-name basis. Nimisha has developed a strong interest in providing the best service possible to the community and is looking forward to another busy year. If you need a mailbox or are looking to take care of your packing, shipping, printing, faxing, computer access/internet, passport photos and other business needs, then The UPS Store (Bird Rock) is your one-stop-shop!

Thank you for supporting our local businesses!

Let everyone know what makes your business unique! Share your passion for your business with your community! The Meet Your Professional Section is more than an advertisement. It’s your own story. Highlight a recent success story, let people know the person behind the business, introduce your special product or service. Get noticed.

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(858) 270-3103 x117 or x118
Hats, haute and horses: Opening Day at Del Mar never disappoints

On a sweltering afternoon in mid-July, hats, haute, and horses assembled to live up to the hype of Opening Day for Del Mar Racetrack’s 78th summer season. Women in elevated heels – only surpassed by the cusp of their millinery adorned with flowers, feathers, and felines – modeled colorful dresses with matching gloves that held the arms of suitors styled with jackets, ties, and toppers as they paraded into the racetrack on Wednesday, July 19.

“It all starts with the shoes,” said Soha Dokainish, about constructing her outfit for the occasion. Her heels, a Carolina blue, led to a cerulean and white dress with a cobalt and cream hat. “It took a long time to create my look – like months,” said the La Jolla native, who checked out horses in the paddock and watched the fourth race of the day from the rail.

The fashion – including the 23rd annual Opening Day Hats Contest, which drew more than 300 contestants – usually comes first, but soon after, the betting windows open and horses burst out of the gate.

Del Mar presented a half-dozen stakes races during the first week, highlighted by an extraordinary running of the TVG San Diego Handicap on Saturday that saw overwhelming favorite Arrogate suffer a shocking defeat at the hands of Accelerate, in a race that drew a national buzz and added a whole new dimension to the track’s $1-million TVG Pacific Classic scheduled for Saturday, Aug. 19.

Music and donuts
The Summer Concert Series at Del Mar, held Fridays after the races, carries on with the Violent Femmes performance at 7 p.m. Friday, July 28.

On Saturday, July 29, head to the Seaside Terrace area from 8 to 10 a.m. for free coffee, orange juice and donuts. Track announcer, Trevor Denman, will host a Q&A session with jockeys and trainers while attendees can watch horses do their morning workouts. Later that day, the Gourmet Food Truck Festival rolls into Del Mar with more than 40 vendors.

On weekends, from 1 to 6 p.m., families may join the party in the infield with a variety of free activities including pony rides, face painting and an obstacle course. Children receive free racetrack admission, and for adults the cost is $6.

The winners of the Opening Day Hats Contest at Del Mar were announced late in the afternoon at the winners circle on July 19. The winners were:

- **Best in Show**: Miss America, worn by Soha Dokainish
- **Most Creative**: Worn by a contestant
- **Most Unique**: Worn by a contestant
- **Most Colorful**: Worn by a contestant
- **Most Floral**: Worn by a contestant
- **Most Feathered**: Worn by a contestant
- **Most Feathered**: Worn by a contestant
- **Most Elegant**: Worn by a contestant
- **Most Memorable**: Worn by a contestant
- **Most Memorable**: Worn by a contestant

La Jolla native Soha Dokainish checks out the horses in the paddock on Opening Day.
National Chicken Wing Day: Some of the best wings come with the best views at the beach

BY RONAN ELLIOTT

They come sweet or sour, tender or crispy. Hot or not. Wherever you eat them, however you like them, chicken wings are a staple of American cuisine—and with National Chicken Wing Day coming up on Saturday, July 29, the Beach & Bay Press offers you a sample of the best places to find wings in Pacific Beach, Mission Beach, and La Jolla.

La Jolla

The Bar Key: Whatever you can say about The Bar Key, at 954 Turquoise St., they aren’t one to do things by halves. Their wings’ menu features more than 20 flavors, and the options run from barbecue staples like Cajun and Teriyaki to decadent creations like Bacon Cheddar Gorgonzola and Spicy BBQ Blueberry. A great place to have a drink and catch the game with friends. Check out their rotating Wing of the Week while you’re at it.

Regents Pizzeria: Plaza may be their specialty, but their wings are some of the best in the business. While Regents Pizzeria, at 4150 Regents Park Row, doesn’t have as many flavors as some San Diego eateries, what they do have is heat; their wings run the range from regular, to Habanero, to Ghost Pepper, to— if you’re willing to sign a waiver—the infamous Scorpion Wings. This, alongside the pizzeria’s commitment to quality—their wings are delivered whole-cut and fresh from a local free-range chicken farm—set it head and shoulders above the rest.

The Spot: Unlike the others on this list, The Spot, at 1005 Prospect St., offers wings as well as bar food. It’s a likely to find the place packed with kids, and this bar is living proof that quality outweighs quantity. Both crispy and tender, and drenched in their spicy-sour buffalo sauce. The Spot’s wings alone make the visit worthwhile. And that’s without mentioning the stellar burgers, or the relaxed, upscale atmosphere, or the fact that you’ll be eating at the oldest restaurant location in La Jolla—all in all, there’s a reason it’s known as The Spot.

Pacific Beach

Dirty Birds: It’s impossible to discuss chicken wings in San Diego without mentioning Dirty Birds, at 4656 Mission Blvd, in Pacific Beach, and 2970 Truxtun Road in Liberty Station. Ranked by The Daily Meal as the No. 12 Best Buffalo Wings in America (and No. 1 in the San Diego region), Dirty Bird’s sports a mind-boggling 37 varieties of chicken wing flavors, ranging from milder classics like Hawaiian and Honey Mustard to the mouth-scorching Ghost Wing and Habanero. Come for the food, or just to enjoy the laid-back atmosphere and friendly staff, who are more than willing to guide you through your plethora of options.

Bub’s at the Beach: With 25 types of wings, Bub’s at the Beach, at 1030 Garnet Ave., weighs in as a close second to Dirty Birds, but this dive bar’s zany, family-friendly atmosphere is more than enough to set it apart. Come with your kids to play Connect 4 on a jumbo-sized board, or knock down the massive Jenga tower. The bar’s specialty dishes include the Russian Roulette Wings, a plate of nine buffalo wings and one super-spic “bullet” — perfect our. Wondering what it is, you’ll be surprised to try the Archie sauce, Bub’s good-with-everything blend of classic buffalo and honey mustard.

Miller’s Field: Visit Miller’s Field, at 4465 Mission Blvd., and you’re likely to find the place packed with sports fans. With nearly 50 TVs in the building, this bar’s sports coverage is a major draw—but their wings are what’s made them famous. Offering classics like Buffalo and Lemon Pepper along with in-house inventions such as Peach Habanero and Mexcal BBQ, Miller’s Field is a prime example of how bar food can be more than just bar food.

Mission Beach

Guava Beach Bar & Grill: Some food you eat for the quality, and some food you eat for the spectacle. At Guava Beach, at 3714 Mission Blvd., you can have both. Their SoCal-infused, too-good-to-be-bar food burgers and tacos are served alongside some of the spiciest grub this side of the border. Their Beautiful Death wings are advertised as “The Hottest on the Beach.” And they’re not joking around— at Guava’s recent wing-eating competition, one team was forced to quit rather than finish a basket of the stuff. Chew on that.

Sandbar Sports Grill: The Sandbar’s location, at 718 Ventura Place, makes it the perfect place to go after a ride on the Giant Dipper roller coaster. Have a seat at the bar or sun yourself on the skydeck with a view of the beach, and send for a basket of the Sandbar’s fried-to-order buffalo wings. This bar’s commitment to top-notch Mexi-Cal food is obvious from the first bite. Their wings are dry-rubbed with fresh-made sauce, and are served with both ranch and blue cheese dipping cups.

Cannonball: With artisanal sushi served on a rooftop terrace overlooking Mission Beach, Cannonball, at 1105 Ocean Front Walk, prides itself on delivering a relaxed, poolside atmosphere—minus all the splashing. Their menu offers a Far Eastern spin on beloved bar classics, including both red chilli- and garlic-rubbed chicken wings. Come in the evening, order a plate for yourself, and lick your fingers as you watch the sun set over the ocean.

Red Balloon Awards at Hyatt Regency benefits Traveling Stories

BY BLAKE BUNCH

Research has shown that more than 82 percent of children are not proficient readers by the end of the third grade. This time period is critical, and to prevent future reading problems it is necessary to instill its importance. Luckily for San Diego residents, Traveling Stories, a nonprofit whose sole aim is literacy, is in place to not only help kids get excited about reading, but also become better students.

On Aug. 12, the annual Red Balloon Awards will be held at the Hyatt Regency Hotel in La Jolla from 6 to 10 p.m., which will benefit Traveling Stories. The event will entail an inspiring awards show, as well as several distinguished speakers.

Based out of Mission Valley, over the past seven years Traveling Stories has seen the admission of more than 6,000 students to the program each year.

“If a student is not reading successfully before the age of 10, it is quite difficult for them to progress academically,” said Emily Moberly, founder of Traveling Stories. “While there are similar organizations to ours, we differ in that we place our attention on students entering the fourth grade.”

The Red Balloon Event will showcase five finalists who have an impact in the community. Ted Adams, CEO and founder of IDW Media, well-known for their comic book publications, will be speaking. “IDW was really big on children’s literacy, particularly with their publication of the Teenage Mutant Ninja Turtles in the early 90s,” said Moberly. “The overarching theme is literacy. Once a child enters fourth grade, they are reading to learn, and no longer learning to read. This is why it is imperative for children to learn before the end of third grade.”

Other noted speakers will include Valerie Hardie, with READ/San Diego, a program that focuses on adult literacy, and 11-year-old Isabel Tuittau.

Hardie has worked with the City

PHOTO BY RONAN ELLIOTT

Sour-spicy Buffalo wings at The Spot, located at 1005 Prospect St. only come in one flavor, but your tastebuds tingle. PHOTO BY RONAN ELLIOTT

See awards> pg. 11
the track. Categories included Most Glamorous, Best Fascinator, Best Flowers, Best Race Theme and Most Outrageous. Contestants competed for more than $5,000 in cash and prizes.

The Grand Prize winner was Christina Stutz of San Diego who competed in the Most Outrageous category. Stutz won a Fairmont Grand Del Mar one-night stay and dinner for two at Addison Restaurant, featuring chef William Bradley’s multi-course tasting menu with wine pairings valued at $1,000. She also received $300 cash and a Studio Savvy gift basket valued at $250.

Stutz delighted Del Mar race fans with a grand scale presentation topped with an elegant life-sized horse enthusiast in a lovely hat of her own. The race fan topper carried an authentic 1948 vintage Del Mar racing program with betting slips. Stutz, whose hat took two months on-and-off to design, told the story about her father attending Opening Day in 1948 and was the inspiration for her clever take on the Del Mar scene.

Christine Best of Carlsbad won the category of Best Flowers made of gorgeous live white orchids in an understated elegant form. Mollie Cameron of San Diego, who won the Best Fascinator category, wore an incredibly architectured fascinator design that was stunningly simplistic and sculpted out of a single sheet of paper.

The winner in the Most Glamorous category, Lauren Donahue from San Diego, was dressed in a beautiful vintage lace dress and hand-made hatinator in beautiful fruit with flowers and ostrich feathers. And rounding out the field of winners in the category of Best Racing Theme, Lauren Jenkins donned a full-size surfer wave, with horse race and aquarium atop a surf board themed “Where the Turf Meets The Surf.”

Racing at Del Mar happens Wednesday through Sunday with the exception of Closing Day on Labor Day Monday. First post daily will be at 2 p.m. First post on Fridays will be at 4 p.m. with the exceptions of Aug. 25 and Sept. 1 when the first post is at 3:30 p.m.

For more information, visit www.delmar-racing.com.

–Thomas Melville

Hats contest finalists, from left: Aubrey Fohl, Christine Best, Lauren Donahue, Andria Elam, Lauren Jenkins, Virginia Foster, Cariene McKnight, Mollie Cameron, Belinda Berry, and Christina Stutz.

PHOTO CONTRIBUTED

DEL MAR >> CONT. FROM PG. 8

PARKING >> CONT. FROM PG. 1

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PHOTO BY THOMAS MELVILLE

Competitors in the third race come around the first turn on the turf course.

PHOTO BY THOMAS MELVILLE

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of San Diego’s READ program, which operates under the wing of the Public Library Foundation, for more than five years now.

Largely a volunteer organization, Hardie pointed to the efforts of READ’s many volunteers as the basis for their success. The program has trained 250 to 300 volunteer tutors and an additional 100 vol-
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AWARDS CONT. FROM PG. 9

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To belong or not to belong: That is the real question

BY LINDA MARRONE

While it is best to start zucchini (Cucurbita pepo) from seeds in the early spring, it is not too late to add zucchini plants to your garden now, since our warm sunny weather will last through October. This time of year, plant zucchini that is already growing in either six packs or 4-inch pots, which should yield a generous crop for you until the weather cools in late fall.

This past spring, I purchased a few 4-inch (non-GMO) pots of zucchini plants and gave them to my gardener, Jeff, to grow in his large vegetable garden, where he had already started some from seed and we are now enjoying a bounty crop of beautiful green and yellow zucchini that he is also sharing with his friends and neighborhood. As we receive our bags packed generously with zucchini, many of us prepare dishes and make extra for Jeff and his family. Jeff has enjoyed zucchini Milano, lasagna made with grilled zucchini instead of noodles, a cheesy panko topped zucchini casserole and Italian sausage stuffed zucchini.

If they like where they are planted, zucchini plants are very heavy producers and a single plant can produce anywhere from 5 to 10 pounds of zucchini in a season. Since they produce a lot of “fruit” (botanically speaking zucchini are actually fruit), a six pack of zucchini plants is more than enough to share with at least 2 friends. Easy to grow, a zucchini can grow about 1-2 inches a day and they should be harvested when they are young and tender, so you need to check under the leaves regularly or at some point you can find a huge zucchini hiding there.

Zucchini prefers well-drained, fertile soil, full-sun and good air circulation between the plants. Many new varieties of zucchini grow in a more compact, bush-type form, but older heirloom varieties will ramble though the garden on vines.

Zucchini plants produce flowers, both male and female. The male flowers have long slender stems with a center stamen that is covered with pollen. The female flower has a shorter stem, a swollen base and the center of the flower has a tiny “bulb” that will eventually form into the zucchini. Plants produce more male flowers than female and if you have an abundance, you can either store them or use them in recipes. Flowers are open for one day from the morning until mid-day and this is the time that the bees and insects need to pollinate the flowers. Pollen from the male flowers needs to reach the female in order for the zucchini to produce their fruit. An organic garden should have a natural balance of bees and insects; otherwise you can take nature into your own hands and pollinate the flowers with a small paintbrush, dusting the male pollen into the female flower.

Keep your zucchini plants well-watered as they begin to grow. Once established, they require less water, but be sure to watch them on hot dry days and do not let them dry out completely. Zucchinis like to be fed, so fertilize them at least 2 times per month with an organic fertilizer, such as Dr. Earth Tomato and vegetable food. In order to produce their fruit, they need phosphorous (the 2nd number of the 3 numbers listed on fertilizer packages) and less nitrogen (the 1st number on the package). Fertilizers and kelp fertilizers have a good base of phosphorous and can also be used. Bait for snails and slugs with pet-safe bait under their leaves.

You can also grow zucchini in a large deep container that drains well and is filled with well-amended organic soil. A friend of mine had a large crop of zucchini plants growing on a deck in large whiskey barrels that came cut in half. The more compact, bush-type work best for container planting.

Grilled zucchini

This simple recipe is one I have made for years and can be served hot off the grill or at room temperature:

- 4 zucchinis (about 2 lbs)
- Extra virgin olive oil, as needed
- Sea salt and freshly ground pepper, to taste
- 1 tablespoon fresh parsley, chopped

This recipe can be served as a side or add zucchini to your main entrée and serve it hot off the grill or at room temperature. Grilled zucchini is a can’t miss recipe.

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Even though the word prejudice is usually used in a negative way, it can also be positive. Tall men are often seen as more competent and authoritative and so are at an advantage in terms of salary and position, commanding respect by their size alone. Short women, especially when cute with soft voices, can be viewed as non-threatening, but discounted as authority figures.

In mostly white groups, the African-American, the Asian, the Hispanic, the Muslim will stand out. People tend to trust more easily those most like themselves. So anyone different will need more time to be accepted; it takes longer to earn trust. This is done through a show of competence and willingness to cooperate. Visibility is important—being there and becoming known can speed up the process.

So, how does one fit in and be part of a desired group? A newcomer has to observe the behavior of the group: what is rewarded, who is invisible. If made fun of, the choice is getting offended, which will not earn any “brownie” points, or laughing it off, which is an indication of an easy-going person.

Here are some tips for newcomers in a group:
1. Maintain good posture.
2. Maintain good eye contact.
3. When you’re in a group, position yourself next to the person in power or sit directly across from him or her if at a conference table—you’ll get more eye contact from others.
4. Be well-prepared with facts and figures to reinforce your points.
5. Respond to other’s statements: “I agree with John, but wish to add…” or, “Larry made an interesting point. I would like to pursue it…” or, “as Joanne said…” People will be grateful for being recognized by you and will respond in kind.
6. Speak with authority and a strong voice.

And finally, whatever you look like or sound like, what is important is how you feel about yourself. If you have confidence in yourself, others will tend to trust you. If you believe in what you are saying or doing, others will too. It may take time, but it will happen. I speak from experience, as I was a cute, 5-foot-2-inch tall redhead with freckles and a French accent. It’s easier now that I have white hair and wrinkles; this also takes time and will also hopefully happen to you...

Founding father John Adams said, “The rewards...in this life, are esteem and admiration of others; the punishments are neglect and contempt... 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Fashion files: And away they go! Racetrack style showcase

The 37th Del Mar Thoroughbred Racing Season got under way on Wednesday, July 19. The tradition has always been the horses, hats, and more hats. On this 78th Opening Day, men and women decked out for this most important fashion day of the year. Attendance this year was down to 14,128, which marked the smallest opening day since 2001.

This year, some racegoers opted for a small fascinator and others decided on a traditional hat with a large brim. Ginny Craig looked stylish in a chapeau de Fleur de Paris. Emma Zuckerman looked stunning in a Dior dress topped off with a hat by Ilita Di Vico. Lee Goldberg was wearing a Zang Toi suit. She had a matching custom made hat by Philip Treacy from London.

The daughters of Frank Olivier were there. You may remember that Olivares was a local jockey who retired in 2004. Julius Zolezzi attended opening day opening day surrounded by his granddaughters. Zolezzi was the owner of the horse Big Jag. There was a sighting of the twins from “Total Divas,” Nikki Bella and Brie Bella. They entered the Hat Contest with Nikki wearing a wedding cake hat and Brie wearing a hat with daisies on it.

The 23rd Opening Day Hats Contest, presented by Valenti International, had five different categories with more than 300 contestants: most glamorous, best fascinator, best headpiece, best horse and an aquarium on it.

The Del Mar Thoroughbred Club will be running through Sept. 4 and of course don’t forget your hat… it is always fashionable! Del Mar is the official site for the 2017 Breeders’ Cup World Championships. This is the first time and it will debut on Nov. 3 and 4. In addition, the 2017 Del Mar Bing Crosby season will be from Nov. 1 to 26. For more information on Del Mar Racing, visit: www.dmrc.com.

Upcoming Events

Aug. 13: Designers at the Del Fashion Show and Brunch featuring Isabel Vianey and Haus of K2. The location is the Hotel Del Coronado from 11 a.m. to 1 p.m. For more information, visit: www.fashionweeksd.com.


The Zolezzi family: (from left) Jacqueline Virissimo, Julius Zolezzi, Jennifer Joyner, Angela Olivares Ybarro, Susan Paley (Olivares) and Janessa Francisco. PHOTO BY DIANA CAVAGNARO

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

University City updates: Banana split celebration, concerts and other summer activities

By Jemma Samala

Banana Split Day

BYOB... as in, Bring Your Own Banana on Saturday, Aug. 5, from 2 to 4 p.m. at Standley Park, for the 36th Annual Banana Split Day. All are welcome to join the fun at this free tradition. Ice cream is generously donated by the Heimburger Family, and the toppings are provided by the Standley Park Recreation Council.

History of Banana Split Day: Jorgen Heimburger says he and his wife, Margit, decided to start sponsoring the now-annual Banana Split Day because it was a “good thing to do.” Heimburger recalls that 34 years ago, then Standley Park Rec. director, Steve Lyons went to an event where there was a 200-foot banana split topped off with a hat by Ilita Di Vico. Lee Goldberg was wearing a Zang Toi suit. She had a matching custom made hat by Philip Treacy from London.

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The daughters of Frank Olivier were there. You may remember that Olivares was a local jockey who retired in 2004. Julius Zolezzi attended opening day opening day surrounded by his granddaughters. Zolezzi was the owner of the horse Big Jag. There was a sighting of the twins from “Total Divas,” Nikki Bella and Brie Bella. They entered the Hat Contest with Nikki wearing a wedding cake hat and Brie wearing a hat with daisies on it.

The 23rd Opening Day Hats Contest, presented by Valenti International, had five different categories with more than 300 contestants: most glamorous, best fascinator, best headpiece, best horse and an aquarium on it.

The Del Mar Thoroughbred Club will be running through Sept. 4 and of course don’t forget your hat… it is always fashionable! Del Mar is the official site for the 2017 Breeders’ Cup World Championships. This is the first time and it will debut on Nov. 3 and 4. In addition, the 2017 Del Mar Bing Crosby season will be from Nov. 1 to 26. For more information on Del Mar Racing, visit: www.dmrc.com.

Upcoming Events

Aug. 13: Designers at the Del Fashion Show and Brunch featuring Isabel Vianey and Haus of K2. The location is the Hotel Del Coronado from 11 a.m. to 1 p.m. For more information, visit: www.fashionweeksd.com.


The Zolezzi family: (from left) Jacqueline Virissimo, Julius Zolezzi, Jennifer Joyner, Angela Olivares Ybarro, Susan Paley (Olivares) and Janessa Francisco. PHOTO BY DIANA CAVAGNARO

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

Fri, Aug. 18 – Sully and the Blue-Eyed Soul Band–Soul and R&B – with radio and TV Host Bob “Sully” Sullivan: Friday, Aug. 25 – The Legends Show Band– ’50s and ’60s oldies.

All concerts are at Standley Park, located at 3585 Governor Drive. Sunday concerts are from 5 to 7 p.m. Friday concerts are 6 to 8 p.m. The summer concerts are free of charge, and sponsored by Standley Park Rec. Council, UCCCA, Scripps Health, and Regency Centers/Costa Verde. Concerts are subject to cancellation due to inclement weather. For information, contact John Schindel, jschindel1@sunrx.com. Bring a picnic dinner and your chairs. Invite friends, family, neighbors and enjoy a musical evening at the park.

Good deeds - Backpacks for Kids

The annual Backpacks for Kids event at Standley Park, will be held on Sunday, Aug. 6 from 1 to 6 p.m. The event is organized by Coldwell Banker University City and will be collecting school supplies for the more than 4,800 homeless and foster children registered with The Office for Children and Youth in Transition, a department of the San Diego Unified School District.

During that time, attendees can bring any and all school supplies to the collection truck in front of Swanson Pool and then stay and enjoy the music provided by the band Relative Minors and Friends. If you are unable to come to the park on Aug. 6, you are welcome to drop off your contribution at the Coldwell Banker office, 3959 Governor Drive, in the Vons shopping center, or call 858-352-6587, and they will happily pick up your donations.
Celebration of life for world-renowned swimmer, La Jolla, Anne Cleveland

BY DAVE SCHWAB

A traditional paddle-out and potluck at Windansea Beach (on Nautilus Street) will be held at 11 a.m. Sunday, July 30 for native La Jolla and longtime La Jolla Cove resident and world-famous long-distance swimmer Anne Cleveland, who died at the end of June from pancreatic cancer at age 61.

A La Jolla High School graduate who was also a hairdresser, a Realator and a yoga instructor, Cleveland was a “fixture” for years swimming in La Jolla Cove training for professional marathon swims. She “mastered” the English Channel, a 20-mile swim, successfully completing both single- and double-swims of the English Channel. In 2004, she became the oldest person to double-swim the English Channel.

In 2003, at age 48, Cleveland swam from Dover, England, to Cap Gris-Nez, France, then back — a total of 43 miles. But because she faced high winds, choppy conditions and a strong current out of France, experts estimated she actually swam 55 miles, which took her more than 28 hours. At that time, she was the 17th person to complete the double Channel crossing.

Cleveland was an ardent supporter of both the Cove and Children’s Pool, where she first learned to swim as a youngster. She also cut her teeth swimming in the annual fall La Jolla Roughwater swim. She swam with men at La Jolla High before the school had a women’s swim team.

Cleveland was described by those who knew her as an iconic athlete, a role model and an inspirational person.

“She was marvelously giving, friendly and unflappable,” said Colleen Rasmussen, a La Jolla attorney who was a good friend and successor president of Cleveland on La Jolla Town Council a number of years ago.

Another friend of Cleveland’s, Mallory Mead, was once accompanied by Anne who was a “true coach” for a professional marathon swim in Argentina.

“Anne Cleveland came age to in a world that wasn’t set up for female athletes,” said Mead. “Every time she spoke about her youth and her competitive swimming years, I got the feeling that she never was afforded the opportunity to fully realize her potential. Many years later, she came back to the sport and remedied that, achieving more than most could even dream about. She was an eternally positive role model, caring, supportive mentor. She had a sharp wit and a delightful sense of humor. She left her mark on my life, for sure.”

“She was a true talent; rare person and a caring, supportive mentor. She also loved and admired by many others she mentored and supported throughout her career. She was an insurmountable force for the federation within a few months of her cancer diagnosis. In the face of such adversity, she confronted her illness with the same degree of tenacity she used to achieve her double English Channel swim and age record,” Selby added. Cleveland approached life with the “glass-is-more-than-half full” attitude, right up to the very end of her life.”

Selby said one of the last things Anne did was to resubmit a nomination for her friend, mentor and instigator, Bob West, to be inducted into the International Marathon Swimming Hall of Fame.

“My love is complete,” Selby was told by Cleveland after submitting West’s nomination. “I am ready to move on.”

La Jolla Shores boardwalk named for esteemed oceanographer, Walter Munk

BY DAVE SCHWAB

It’s official, Come October, La Jolla Shores boardwalk will become Walter Munk Way.

The city council voted unanimously in favor of honoring the world-famous La Jolla oceanographer, who turns 100 on Oct. 19, by placing signs in the 8100 block of La Vereda Street in La Jolla Shores, where Munk has lived and worked for 78 years.

Terry Kraszewski, a Shores merchant, committee chair, and lifelong friend of Munk, said the idea of honoring him by renaming the boardwalk in his honor, originally grew out of a conversation she had with him about the Shores’ boardwalk’s history.

“I asked Walter when the boardwalk was built, and he said it was already here when he came to Scripps in 1939.” Kraszewski said, adding renaming it for him seemed an appropriate gesture to observe Walter’s centennial celebration.

“He’s done so much for our community — and the world,” said Kraszewski, adding, “How do you thank someone for a lifetime of work?”

Walter Heinrich Munk, referred to by some as the “Mushroom of the oceans,” was born on Oct. 19, 1917. He is a physical oceanographer and professor of geophysics emeritus at Scripps Institution of Oceanography in La Jolla. One of the world’s foremost authorities on winds, waves, and other phenomena, Munk has a distinguished list of accomplishments. Those include: being the first person to show why one side of the moon always faces the Earth; pioneering research on the relationship between winds and ocean circulation; understanding the variations in the Earth’s rotation and their impacts on the planet; description of ocean wave behavior while investigating ocean tides; and furthering study of global warming via the relation between changes in ocean temperature, sea level, and the transfer of mass between continental ice and the ocean.

La Jolla activist Bill Robbins, the unofficial “mayor of La Jolla Cove,” who is an admitted “longtime admirer of Walter,” said of him: “He is the greatest physical oceanographer of all time. The only award he hasn’t won is the Nobel Prize. And the only reason he hasn’t won that award, is because there isn’t one for oceanography. His greatest achievement is all the young people he has taught, mentored and inspired all his life.”

Of Munk, 1st District Councilmember Barbara Bry representing La Jolla, said, “Walter Munk is not only a world-renowned geophysicist, but he is a beloved local icon with deep roots in the San Diego community.”

San Diego’s Coastal Real Estate Market Booming

The current real estate market is seeing ideal conditions for sellers including high prices, low interest rates, lower inventory and multiple offers on desirable properties that often help pull in more than asking price. There is no indication that the new high sales and average prices in San Diego beach communities are due to seasonal factors, rather values are climbing because of tight supply and high buyer demand for coastal living.

Homeowners and sellers should be pleased to know that year-over-year average sale prices from June 2016 to June 2017 increased in the double digits in many communities including Carmel Valley (29.008), Solana Beach (20.717), Ocean Hills (21.005) and Encinitas (21.024), according to MLS data.

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A proposal to reduce regulations on San Diego homeowners who want to build so-called “companion units” on their properties is scheduled to go before the city council’s Smart Growth and Land Use Committee. The prospective municipal code amendments are in response to state laws that took effect recently seeking to ease California’s housing crunch. According to a city staff report, the proposal would both conform city regulations with the new state law, and go further with extra incentives for homeowners. The units, also termed “accessory dwelling units” or more commonly known as “granny flats,” could be conversions or additions to existing residences or garages, or an entirely new structure built. Supporters tout their low cost, small environmental footprint, flexibility in an era in which family members come and go, and ability to generate rental income for homeowners who could be cash-strapped or on fixed incomes. Under the proposed rules, companion units could be up to 1,200 square feet, but no more than half the size of the existing structure if attached to it and would not be subject to additional water or sewer fees. Additional parking would not be required if certain conditions were met. The city also proposes to add a junior unit category, which sets rules for structures up to 500 square feet in size. The panel recommend a minimum 30-day rental period, that the main house be occupied by the owner and, to the extent legally possible, minimizing front yard parking, excessive hardscaping and extended curb cuts.
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4BR 2 opt, 3BA 3 half bath 4,757 sq ft
$5,750,000

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