Bry passes Sherman in mayor primary
By Dave SchwaB | LA JOLLA VILLAGE NEWS

Democrat Barbara Bry moved ahead of Republican Scott Sherman by 169 votes this week, but it’s still too close to call.

That’s how County registrar Michael Vu describes the continuing vote tally for the San Diego mayoral race following the March 3 primary.

Top-vote getter Todd Gloria will run against either Bry or Sherman in the November run-off election.

Those two runners-up are locked in an electoral toss-up to determine which one will oppose Gloria in eight months.

There are approximately 37,000 provisional ballots left to be counted.

“Noting he’s not in the business of polling or making predictions, Vu said the final vote tally may not come for two more weeks.

“I have 30 days to certify the primary election,” Vu said adding, “We don’t know the exact number of ballots (left) between mail-in uncounted

Finding a vision to renovate the historical La Jolla Recreation Center

Di Dave Schwalb | LA JOLLA VILLAGE NEWS

The problem: How to update a century-old recreation center complex for the modern era while preserving its historical, structural and programmatic integrity?

That challenge faces the Visioning Committee of La Jolla Recreation Center. The committee is planning long-term for bringing the facility, commenced and completed in 1915 by La Jolla philanthropist Ellen Browning Scripps, into the 2020s and beyond.

The committee has been working tirelessly the past three years to lay the groundwork for the renovation of the facility, which began, in a small way, with the repaving of the basketball courts recently in the rear of the rec center. Those courts will likely be moved further back closer to the existing tennis courts in the reimagining of the rec center.

“Part of the rec center project includes a large landscaping element,” noted committee member and La Jolla contractor Tom Grunow. “There are plans to get more trees into the area. The museum (Contemporary Art closed for an architectural refit) has some landscape plans for the front of the new facility (reopening fall 2021).”

Trace Wilson, another Vision Committee member, and an architect and urban designer, was dismayed by the rundown state of the rec center building. That convinced him to get involved.

“Ellen Browning Scripps was progressive and wanted change and progress and would have approved of improving the site bringing it into the future,” Wilson said. “There were no shade trees, playground equipment was rusted, the big asphalt field was cracked, etc. What we have now is a Vision Committee with a lot of healthy design debate about site planning.”

Grunow noted there is “momentum behind” greening up the La Jolla Rec Center and environs, which is the community’s historical-cultural hub. Concerning the

SEE VISION PG. 15
Don’t panic — support local businesses and help others during this crisis

By Dave SchwaB
LA JOLLA VILLAGE NEWS
FRIDAY, MARCH 20, 2020

While halting the coronavirus is causing people to work from home, schools to close, to go online and most public cultural and other institutions to temporarily shutter, there is light at the end of the tunnel. Restaurants and other small businesses may apply for zero-interest loans and grants administered by the Small Business Administration. Other measures such as credit card plans, rent forgiveness and other provisions to help cover expenses are available. The Center for Disease Control and Prevention has a list of resources for small businesses and individuals whose income has been impacted by the virus. 

Borns offered these suggestions for supporting local small-business: Buy a gift card by phone or online; shop at a restaurant’s gift shop; reserve a table for the future; and call in a meal. It is also helpful to check social media for updates or call for information on what delivery services each restaurant uses. 

Small businesses are struggling to keep pace with an ever-changing world. As of March 24, 50% of San Diego County businesses are considered non-essential. While some cities have kept restaurants open with the strictures of takeout only, many have shut them down entirely. 

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While many citywide curfews have been lifted, local governments have extended moratoriums on evictions and moratoriums on late fees and utility shutoffs. The San Diego Superior Court has also issued a moratorium on evictions for small businesses and 90 days on residential evictions due to non-payment of rent resulting from a loss of wages caused by the outbreak of COVID-19. 

The centerpiece of the legislative package is a proposal to place a temporary moratorium on resident eviction due to non-payment of rent resulting from a loss of wages caused by the COVID-19 outbreak. 

Each of these items will come before City Council for a vote on final implementation: 

• A temporary moratorium on residential evictions due to non-payment of rent resulting from a loss of wages caused by the outbreak of COVID-19; 

• A temporary moratorium on evictions and mortgage foreclosures for properties owned by the San Diego Housing Authority due to non-payment of rent or mortgages resulting from a loss of wages caused by the outbreak. 

• A resolution requesting the San Diego Superior Court to suspend all pending residential eviction cases during the pendency of state of emergency related to the outbreak of COVID-19; 

• A resolution requesting the San Diego County Sheriff suspend service of unlawful detainer actions and enforcement of evictions; 

• A resolution calling on the Department of Homeland Security to suspend immigration enforcement operations in sensitive locations including hospitals, clinics, and other healthcare facilities; 

• A request that San Diego Gas & Electric and any other utility provider to evaluate potential relief from late fees and utility shutoffs; 

• Temporary relief funding for workers who were laid off or furloughed because of the outbreak of COVID-19 to help those workers pay rent and/or utility bills; 

• A temporary moratorium on evictions for small businesses under commercial leases, who cannot pay rent; 

• Evaluation of options to work with banks and lenders to halt mortgage payments or foreclosures for individuals and landlords; 

• Prioritization of requests for emergency funding and support from the state and federal governments; 

• Enforcement of the Earned Sick Leave and Minimum Wage Ordinance.

STATE OF EMERGENCY

Meanwhile the coronavirus outbreak, and the reaction to it, continues to escalate. On March 17, San Diego City Council ratified Faulconer’s state of emergency declaration and passed a comprehensive package of legislation to help lessen the economic and social impacts of the COVID-19 pandemic on San Diego’s most at-risk residents.

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LA JOLLA Bird Rock: New Construction in 2020
6bd/6ba. 7,654 sf. $5,750,000
NEW LISTING! Agent: Natalie McGhie.

LA JOLLA Lower Hermosa: Rustic Mediterranean Villa
NEW LISTING! 6bd/4.5ba. 4,034 sf. $3,950,000 - $4,295,000
Agent: Natalie McGhie.

LA JOLLA Lower Hermosa: Development opportunity w/ approved plans for a Contemporary Estate on Camino De La Costa
Agent: Natalie McGhie. $5,250,000

COMING SOON! LA JOLLA Heights: 2 masters, quiet & serene
4bd +1 Opt./ 4.5ba. 3,777 sf. $1,950,000 - $2,100,000

LA JOLLA Shores: your escape from the Hustle & Bustle
3bd/3.5ba. 2,494 sf. $3,495,000

LA JOLLA Hidden Valley: Quaint ranch style, 1st Time on Market!
4bd/3ba. 2,372 sf. $1,850,000

LA JOLLA La Jolla Village: walk to UCSD, stores, restaurants
NEW LISTING! 2bd/2.5ba. 1,074sf. $649,000 - $665,000
Agent: Kim Caniglia

LA JOLLA Muirlands: One of the best views in La Jolla!
4bd/3.5ba. 3,401 sf. $1,950,000 - $2,100,000

LA JOLLA La Jolla Village: Development opportunity w/ approved plans for a Contemporary Estate on Camino De La Costa
Agent: Natalie McGhie. $5,250,000
In March, La Jolla Shores Association (LJSA) voted to retain legal counsel to represent them in negotiations on a new Mid-Coast trolley extension project. The neighborhood planning group also supported a full traffic study for the “Throat,” the problematic intersection leading from Interstate 5 into town.

With escalating concern over COVID-19, LJSA also acted on the prospect of being forced to cancel their April meeting at a Scripps Institution of Oceanography cottage due to group-size restrictions imposed because of the health crisis. LJSA District 2 staffer Steve Hadley cited La Jolla community centers and universities as major activity centers in the community serving several neighborhoods. Old Town, UC San Diego, and University Town Center (UTC) Construction began in fall 2016. District 2 staffer Steve Hadley chided merchants in on a new Mid-Coast Fe Depot in Downtown San Diego to serve the downtown, UTC, and Balboa avenues north up to UC San Diego and UTC. Stopping through the Village will help people who want to go to the beach, or who are coming to the Village to see the seals and sea lions.”

The Mid-Coast Trolley will extend the Blue Line Trolley service from Santa Fe Depot in Downtown San Diego to the University community, serving major activity centers such as Old Town, UC San Diego, and University Town Center (UTC). Construction began in fall 2016. District 2 staffer Steve Hadley chided merchants in on a new Mid-Coast Fe Depot in Downtown San Diego to serve the downtown, UTC, and Balboa avenues north up to UC San Diego and UTC. Stopping through the Village will help people who want to go to the beach, or who are coming to the Village to see the seals and sea lions.”

The existing 30 bus route from Downtown to UTC will continue. The new 34 bus line proposed to be added would run every 15 minutes during peak times, 30 minutes during mid-day.

The Mid-Coast Trolley project’s opening next year will require changes to the local bus network to accommodate nine new trolley stops between Downtown and UTC. Hadley cited La Jolla community planners Dan Allen and Dave Abrams “for proposing a local bus loop through La Jolla from Garnett and Balboa avenues north up to UC San Diego and UTC. Stopping through the Village will help people who want to go to the beach, or who are coming to the Village to see the seals and sea lions.”

The mandatory requirement for pick-up or delivery only for local retail businesses. In La Jolla, Warwick’s Bookstore is just one example.

“Warwick’s has put together a 30-day plan to continue to provide the best service during these challenging times,” said bookstore owner Nancy Warwick. “For those trying to minimize time spent in public places, we are offering expanding services including free local delivery in the Village. Shores and Bird Rock areas with a minimum $20 purchase on weekdays. Orders must be received by 10 a.m. for same-day delivery.”

“We want to do this [signage] as smartly and as efficiently as possible,” noted Rudick adding. “We want to get onto that bandwagon and do branding with wayfinding, just like what’s happening in the West. It’s very much part of the conversation.”

Regarding the coronavirus, Rudick said, “I’m concerned about all the concern about the coronavirus. It’s a make-sense precaution. Most of the time, the symptoms are mild to moderate,” Rudick said. “Don’t physically contact those who are sick. Wash your hands regularly with warm soap and water. Use hand sanitizers that have at least 60% alcohol. Cover your mouth when you cough or sneeze. If you’re ill, self-quarantine at home.”

Rudick noted a working group led by Elisa Ess of ACE Mobility Solutions held its first meeting with representatives from La Jolla groups Trafﬁ c and Transportation and Enhance La Jolla, as well as Switchfoot Design, which created a similar wayﬁ nding plan for Encinatas.

“Let’s not mistake acrimony for passion. Having Enhance La Jolla taking part in the conversation.”

The trolley into La Jolla is open. I’m betting we’ll be looking into helping people riding the trolley get around with the help of shuttles.”

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Coastal areas receive mixed grades on Climate Action Plan report card

By Dave Sorensen | La Jolla Village News

San Diego coastal areas, like the rest of Southern California, received mixed grades from good to poor in the fourth annual Climate Action Plan report card recently released by the Climate Action Campaign.

“While we are winning some battles, we are losing the war against the climate crisis,” said Maleeka Marsden, chair and County Supervisor Natacha Marns, Chair and County Supervisor Natasha d’Alessio. “We’re looking at solutions that are effective in a very short time to build infrastructure and to change people’s (transportation) habits. So it’s really important for the City to get started on that.”

Pointing out San Diego is now “the largest city in the nation to commit to 100% clean energy,” Marsden noted, “We still need to attain a safe and livable future. We need a path to get to zero carbon, and to get off fossil fuels entirely by 2045.”

To meet state climate goals and local Climate Action Plans, cities must slash, by half, their carbon footprints by 2030, and the San Diego region must achieve zero carbon by 2045.

County places handwashing stations throughout City

In order to lower the risk of spreading coronavirus among people who are homeless, the County has placed handwashing stations in cities and unincorporated areas of the county, the Health and Human Services Agency announced.

To date, more than 240 handwashing stations have been placed in the City of San Diego, in areas where people experiencing homelessness tend to gather including Carlsbad and in unincorporated areas of the county, primarily Lakeside, Spring Valley, Ramona, and Fallbrook.

“Next to sequencing those who are ill, frequent and proper handwashing is one of the best ways to prevent [the spread of COVID-19],” said Wilma Wooten, M.D., M.P.H., County public health officer. “We’re placing stations across the region so that people who are homeless can have a place to wash their hands with soap and water.”

In addition to the handwashing stations, the County has sent Homeless Outreach Teams into the streets to educate people who are homeless on how to prevent the spread of the novel coronavirus and distribute hygiene kits, which also contain helpful information.

The County is also increasing the public health nurse presence at the City of San Diego’s bridge shelters in order to screen people for symptoms of respiratory illness. It also will assess shelter needs on a case-by-case basis the need for support at other shelter locations. In addition, the county is preparing to enhance its ability to house people who might need to be quarantined.

HHSA handwashing information specialists have been trained on how to provide COVID-19 presentations in the community for businesses, communities, and faith-based organizations.

The County is ready to procure, pay for and place more temporary handwashing stations in areas that would benefit the most from this preventive measure.

**TROLLEY STATIONS**

The San Diego Metropolitan Transit System (MTS) and County of San Diego have partnered to place handwashing stations at all 53 Trolley stations, plus the UTC Transit Center amidst the COVID-19 pandemic. MTS will also staff additional cleaning crews at their busiest transit centers throughout the day.

“We’re thankful to our board chair and former Supervisor Na- thanial Fletcher for his leadership, col- laboration and the quick response to get these handwashing stations out onto our system,” said MTS CEO Paul Jablonski. “We’re looking at solutions to help keep riders and our system safe, and will continue to do so.”

The 54 handwashing stations are in addition to the cleaning standards that MTS has had in practice for more than two years. All bus and Trolley vehicles are disinfected daily, with solution recommended by the CDC. Trolley stations are also wiped down daily, with deep cleanings once or twice a week.

MTS is also staffing four of the busiest transit centers with cleaning crews each weekday from 10 a.m. to 6 p.m. to further disinfect station areas. In addition, MTS has added a second dedicated daily, independent of the CDC. Trolley stations are also wiped down daily, with deep cleanings once or twice a week.

Reduce Stress and Boost Immunity at Livkraft Wellness

Wishing Wellness to All!

For more information, visit Livkraft Wellness for details on how to book your own session.

**S P E C I A L  O F F E R S**

**INFRARED SAUNA**

Relax, destress, and aid your body’s detox pathways with an Infrared Sauna session at Livkraft. Prioritizing recovery and taking the time to rest is more important than ever, especially in terms of building immunity. When it comes to optimizing health, reducing stress levels is crucial. When we are stressed, we release increased amounts of the stress hormone, cortisol. Chronic elevated cortisol levels can lead to a weakened immune system, deterring your body from fighting off disease and illness. Regular use of infrared saunas can reduce cortisol levels, helping to reduce balance issues in the body and build a strong immune. Infrared sauna use is also one of the best ways to release toxins through sweat, and may even burn as many calories as a light workout!
Most homeowners are looking for ways to upgrade their home décor quickly and dramatically. One of the most overlooked pieces of home décor are the window treatments, which can alter your interior design more than you may realize. Take a look at these tips to see how you can update your home without compromising your style.

A Stylish Upgrade

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

Energy Efficiency

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

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

Privacy

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

3 Day Blinds has hundreds of drapery options to choose from. 3 Day Blinds also offers a wide variety of blinds, shades and shutters and all of the window treatments are 100% custom so you get the look and feel you want. If you or someone you know is looking for the home upgrades new window treatments can give you, call (888) 875-5969 or visit www.3dayoffer262.com to schedule your free in-home design consultation.
Leaders launch community response fund to address residents’ needs
Focus on food security, rental and utility assistance, income replacement or gap funding

A coalition of regional partners, including San Diego County Supervisor Nathan Fletcher, San Diego Gas & Electric (SDG&E), The San Diego Foundation, United Way of San Diego County and San Diego Imperial counties Labor Council, have joined together to create the San Diego COVID-19 Community Response Fund. As of the launch on March 16, the fund is seeded with $1.3 million, including $1 million from SDG&E and $100,000 from The San Diego Foundation. The fund will rapidly deploy flexible resources into the community to support programs and organizations addressing the effects of the coronavirus outbreak across San Diego County. Individuals and organizations are encouraged to donate via SDFoundation.org/COVID19.

Hosted and administered by The San Diego Foundation, the San Diego COVID-19 Community Response Fund will receive donations and make emergency grants to nonprofit organizations supporting impacted communities, particularly those that are disproportionately affected by this global pandemic and its economic consequences.

Grant funding will focus on three critical areas: food security, rental and utility assistance, and income replacement or gap funding.

“In San Diego, we care about one another,” said Fletcher, co-chair of the County of San Diego’s COVID-19 Subcommittee and the Regional Task Force on the Homeless. “We stand together in a time of great need. The San Diego COVID-19 Community Response Fund will lend a helping hand to our friends and neighbors impacted by this ongoing health crisis.”

“The outbreak of COVID-19 is straining our local communities and concerning for San Diegans with serious health concerns, lack of access to basic resources, and long-term economic challenges,” shared Mark A. Stuart, president, and CEO of The San Diego Foundation. “The San Diego COVID-19 Response Fund will quickly distribute funds to critical needs in the region, especially for our most vulnerable residents. “As members of the community, all of us at SDG&E are privileged to be able to fit in a surf session on Friday morning. Then the wind blew out to be better than average. His favorite project in the village: “It has to be the Green Dragon townhomes. From the day they were finished they became a part of the community”}

AFCO & BENTON ARCHITECTS
Meet Andrew Benton, of Alcorn & Benton Architects. He has been with Paul Benton and Associates for several years.

Alcorn & Benton Architects

The Cat Lounge and Adoption Center
Renee Shawlino turned her love and passion to help animals into a career. Advocating for animals as an animal rights attorney, she supplemented her legislative work by working behind the scenes with numerous shelters and rescue groups. After several years working for animal non-profits, she was inspired to open the first non-profit cat lounge in San Diego - The Cat Lounge.

Renae has found 405 rescue cats their forever homes since The Cat Lounge opened in November 2019. To brighten up your day with PAW-sitivity visit Renee and her cat crew at the Cat Lounge Rescue and Adoption Center today!
Coding bootcamp opens programs in San Diego

By Dave Schwaub

Responding to a growing regional demand for software and tech jobs, the University of San Diego has teamed with Fullstack Academy to provide full- and part-time programs to fulfill an industry need.

One of the longest-running and most successful coding bootcamps in the country, Fullstack Academy brings the program to a San Diego market that has experienced a nearly 20% increase in software and technology jobs over the past two years, according to CBRE Tech. Noting that “stack” in the software world refers to a broad spectrum of applications that work together to achieve a desire goal, Fullstack Academy’s founder/CEO, Nimit Maru said, “We need more people, graduates, who are comfortable with all the areas of the stack. There is definitely a growing digital skills gap that we are trying to fill.”

Though there are college-age applicants in their late teens and early 20s in the rollout of the new USD program, Maru said it’s primarily geared toward “adults with work experience in the industry in their upper 20s and lower 30s, who are looking for a career change or upgrade who don’t want to go back to school for two or four years.”

Added Maru about Fullstack, “The new USD coding bootcamp will provide students with the training and network opportunities they need for in-demand skilled technology jobs in as few as 12 weeks. The program is also ideal for San Diegans in non-tech industries such as military, education, retail and manufacturing, who seek an opportunity to discover a new passion and career path.”

Teaching Fullstack JavaScript, the first USD bootcamp, starting in May, will offer a project-based curriculum. Students may participate in either a part-time, 26-week course or a full-time, 12-week course. Upon completion, graduates will receive a certificate from Fullstack Academy and USD.

Maru said tuition for the part-and full-time Fullstack program costs $11,910, which he noted is inexpensive compared with the cost of a two- or four-year university degree. “Because San Diego will continue to experience aggressive technology sector growth, it is imperative we proactively ensure our community has the requisite skills,” said Andy Drotos, director of professional and public programs at USD’s Division of Professional and Continuing Education. “Expanding our partnership with Fullstack Academy means our local workforce will have more options when transitioning to a new career in an expeditious and efficient manner.”

Added Drotos, “There is rapid growth in tech jobs with 1,400 positions open, as of today, for software engineers and web developers. Fullstack is the fastest way to try and close this gap. Growth in the industry is not going to slow down anytime soon.”

Drotos noted San Diego is ranked by the Wall Street Journal as one of the top five U.S. cities for software and technology jobs. Seventy-nine percent of Fullstack graduates surveyed said they’ve been employed in a job requiring the skills learned at bootcamp, with an average salary increase of 49%. Fullstack Academy opened in 2013, after co-founders David Yang and Nimit Maru opted to go full-time building a coding school. Fullstack has developed partnerships with leading universities around the country and added cybersecurity to its list of specialty bootcamp offerings. Graduates have gone on to work at Google, Facebook, Amazon, various Fortune 100 firms, and countless startups. More details can be found at fullstackacademy.com or at gracehopper.com.

La Jolla Village News
A new app and website in La Jolla is allowing residents to have local professionals bid on their lawn care projects.

GreenPal has been operating in the city of San Diego but launched in La Jolla this month. The service, that’s been described as “Uber for landscaping business his entire life. After graduating from college he got a job in tech sales. That’s when he said he got the idea for GreenPal. “If someone was going to summon a stranger for a ride or to move a couch, then at some point they would do it for lawn care,” he said.

In the last few weeks, as San Diego and the rest of the world have been asked to practice social distancing, Caballero said GreenPal has heard business is picking up for some vendors. “Traditionally you would have to meet the homeowner and get a quote,” he said. “With GreenPal you do not have to meet them and there is no exchange of cash. It’s as much contact as you want.”

Lawn care service app launches in La Jolla

The service operates from an app (available on iOS and Android) or through the company’s website. To accept bids on getting a lawn mowed, a user types in their address and the date they want the project completed. Pre-screened vendors receive alerts about the project and submit bids. The user then sees the bids and reviews of the vendors then decides who they want to work with.

After the lawn is mowed the company takes a photo and upload it so the user can see the project was completed. The money is then transferred to the lawn care company, GreenPal keeping 5% of every transaction.

“We are able to help the companies with payment processing and lead generation, basically provide an operating system for them,” Caballero said. “It’s better than leaving a check under the mat or dealing with billing once a month.”

Cabanlero said he’s been in the landscaping business his entire life. After graduating from college he got a job in tech sales. That’s when he said he got the idea for GreenPal. “If someone was going to summon a stranger for a ride or to move a couch, then at some point they would do it for lawn care,” he said.

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Lynn Walsh is a freelance journalist and an Oceania. She works to promote trust between journalists and the public through the Trusting News project and teaches at Point Loma Nazarene University. Originally from Ohio, Lynn has grown to love living at the beach and posts way too many San Diego sunset photos on Instagram.
Scripps Health has launched a nurse line dedicated to COVID-19

Scripps Health has launched a COVID-19 nurse line, at 888-261-8431, that connects patients to a team of nurses dedicated to screening people with symptoms associated with the new coronavirus.

Patients with fever and/or respiratory symptoms should call the dedicated phone line first before coming to any Scripps facility. They should not just walk in and should not use the Scripps online scheduling system for appointments.

Anyone who calls the nurse line will be connected to a nurse at the COVID-19 call center who will ask a series of questions designed to evaluate the caller’s potential risk for coronavirus infection. As warranted, the caller will be connected to a provider via video chat for further evaluation.

Those determined to have a risk of infection might be instructed to go to one of three Scripps locations outside our urgent care centers for further testing or if necessary, to an urgent care center or emergency room for further treatment. Other callers will be directed to the most appropriate location for further care that meets their needs.

The cabanas are located outside Scripps Clinic Torrey Pines (opened March 13), and Scripps Clinic Rancho Bernardo and Scripps Coastal Medical Center Vista (opened March 17) and only available to patients directed there through the nurse line.

If directed to one of the cabanas, patients will be provided information on where to park their vehicle and given a phone number to call the team in the cabana once they arrive. The provider will meet the patient in their vehicle, provide them with a mask and perform the necessary evaluation and testing.

Video chat sessions will be conducted through the MyScripps smartphone and tablet app. Patients are encouraged to sign up in advance for a MyScripps account by visiting MyScripps.org and downloading the app from their smartphone app store.

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Doing it Better

By Natasha Josefowitz, Ph.D.

I do it; all my friends do it; every one I know does it. We all say “yes,” “OK,” “I’ll do it,” when we don’t want to. It can be a favor for a friend, additional work for an employer, a helping hand to a co-worker, an errand for a relative, a committee we don’t want to sit on, a fundraiser we don’t want to attend. Why do we say “yes” when we really mean “no”?

Do women do it more often than men? I believe we really mean “no?” Do women do it more often than men? I believe they do.

After I have said, “yes,” agreed, committed myself, I often regret it. By then, it’s too late. If it is hard to say “no,” it is 10 times harder to say, “I’ve changed my mind.” Often it does not seem like such a burden at the time. Many of us underestimate the time it will take to fulfill the added responsibility, or the deadline is weeks or even months away. I frequently agree to write a lengthy article or to give a talk due next year. But then that inexorable date arrives, and I’m frantically trying to fit it in with everything else I have to do.

Another reason is that it feels better at the moment to say “yes” to someone than to say “no.” None of us likes to disappoint. And this is perhaps where the gender difference comes in: women generally are more attuned to the needs of others, more consciously dependent on relationships. Some of us have been—and at times still are—people pleasers. Rejecting a request feels like rejecting the person making the request, and we don’t want to offend and possibly lose a friendship.

When friends lend me books they just read and loved, how can I refuse such a warm gesture? So, I accept the offer to read it in order not to offend. But I am already 10 books behind. The book sits on my desk, and I cannot find the time to read it. When my friend asks me how I liked the book, I feel guilty admitting that I have not started it.

Yet as I age, more and more I have said, “no, I can’t.” I request for my presence, my help with a project, to accept an invitation to a party, or to buy a ticket to some event. But why do we feel badly about saying “no” when all we’re doing is protecting ourselves?

There is a part of us that feels happy about being asked to help or invited to go somewhere. One of the best gifts seniors can receive is that privilege by not accepting. There is a part of us that feels happy about being asked to help or invited to go somewhere. One of the best gifts seniors can receive is that privilege by not accepting.

As there are fewer years left ahead of us than years already lived, it becomes even more crucial to not waste what remaining time may be left. It is OK to become more self-pleasure. Rejecting a request feels like rejecting the person making the request, and we don’t want to offend and possibly lose a friendship.

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Another reason is that women are either genetically programmed to be more nurturing or have been brought up to be more giving. That being the case, it is not surprising that when asked to extend themselves, they tend to do it. We have been taught to think of others first and thus are quick to respond when we hear a plea for help.

We tend to say “yes” more often to people we like, to people in power, to people with whom we have a reciprocal relationship. We also tend to help out people we feel sorry for, those who can’t find for themselves. The issue then is how real are our feelings of responsibility? Are we taking on too much? Is it a burden that can be shared?

Now, I am not saying we never should respond to others. I like that nurturing side of people. I like it in me. It becomes an issue and a burden, however, when it is not what we really want to do, when we pay too high a price for it. It is important to ascertain how much time and energy would have to be expended. We accept requests when we assume a negative reaction to our refusal. It may be this unbounded fear that stops us from standing up for ourselves. We also need to ask ourselves: “Suppose we get a negative reaction. How much would it matter? Enough to influence our response?”

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Diana Serra Cary may not have had a name as recognizable as other child stars like Shirley Temple, but she did pave the way for many of them. Known as “Baby Peggy,” Cary died at the age of 101 on Feb. 24 in her Gouston, Calif., home with son Mark Cary by her side who was also her caretaker for many years. She was an early child star who went on to write numerous books and worked in the bookstores at UC San Diego.

Born in October 1918, by the 1920s Cary was the “wunderkind celluloid with a $1.5-million annual film contract.” She made her debut in the 1924 remake of “Captain January,” released in 1936. In 1924 her dad got into a pay dispute with producer Sol Lesser who broke her contract, which ended her film career. Also, around this time her step-grandfather, who had given her all control of the family’s finances, stole the fortune Baby Peggy had earned, leaving the family penniless.

This and other aspects of her life were shown in a 2012 documentary “The Elephant in the Room,” produced by filmmaker Verra Iweber.

Scott Paulson, communications and engagement, exhibits and events coordinator, UC San Diego Library, said in the 1980s when he was a student, Cary was the general book buyer at the UC San Diego bookstore—an important position in any college/university town.

“She made a difference in our campus community and is remembered fondly. I was a young undergraduate when she started at the bookstore and her book displays were impeccable. When visiting the bookstore, I loved watching her set up the displays. ‘Everything around her glowed, partly because of her own luminance but mostly because she was constantly dusting, such that everything around her sparkled,’ he said.

He added: ‘Her dusting ritual was performance art; she’d do a smart smock, over her tailored clothes and tie a silk scarf over her perfectly set hair — and then would magically wave an old-school feather duster over everything that needed attention. It was obvious to all visitors that she didn’t necessarily have to dust, but that she felt obligated to set things to rights, but that she felt obligated to set things to rights. She is still with me when I perform live music and create slapstick sound effects at silent film screenings (many featuring her as a star). And when I dust the exhibits I curate at the UC San Diego Library, obviously, I think of her,’ he said.

Much of her last book, a historical novel, was researched at the campus library. Paulson said.

“I’m so glad that last summer’s exhibit at Visteria Cottage (a vintage multi-media visit that was a collaboration between UC San Diego Library and La Jolla Historical Society) had an entire wall devoted to ‘Baby Peggy’ and Diana helped me pick out the images, posters, and books to highlight,” he said.

“I loved talking with her on the phone over the years about silent films that I should use at my library screenings. My heart goes out to her son and grand-daughter.”

Presently, Paulson is finishing up a month-of-April exhibit at UC San Diego’s Geisel Library for people to visit — with a guest book that they can sign. The exhibit is titled: “Diana Serra Cary: The Last Living Silent Film Star.”

Visitors should call first before coming over, as schedules are changing. Call him at 858-822-5758 to confirm availability.

Diana Cary by her side who was also her caretaker for many years.

By Jill Diamond | La Jolla Village News

“I always knew she had a secret. She had a fascinating aura that suggested a woman with a past. I assumed she was a glamorous gun moll all grown up; it turns out she was a major silent film star,” he said.

EARLIER YEARS

During the beginning of her career, Cary had to pretend to sign her film contract in 1923, because she wasn’t old enough to read or write. When her film career came to a halt, many were surprised she still couldn’t read or write — she was too busy making movies to go to school. Paulson said.

Cary overcomes this as well as the unfortunate mishandling of her film fortune and became a proud literacy advocate, a child-rights champion and a best-selling author.

Later in life, she changed her name to Diana after actress Diana Wynyard and started writing for magazines. She converted to Catholicism and would open the Serra Book and Gift Shop at Mission Santa Barbara.

Soon after, she met Robert “Bob” Edward Cary and artist, who became her partner in a greeting card business she had started. They were married in 1934 and moved to Cuernavaca, Mexico in 1957. There, Bob marketed his paintings and Diana continued to sell articles to American magazines. They had a son named Mark, born when Diana was 42.

Diana Cary as ‘Baby Peggy’ during the 1920s.

PHOTOS COURTESY OF MARK CARY

BOOKS


Mark Cary said this about his mom: “My mother was able to create a life of love and peace with my father while living in Mexico. I am proud of how she was able to come to terms with what happened to her and when she was just a toddler and recreate her life anew. She learned to love herself and her unusual childhood so she could focus on telling her story to educate others on how to avoid the same negative things that she had experienced in her life and career as Baby Peggy. “Telling her story (and later Jackie Coogan’s in his biography) put their truths out there for people to learn about. She was a strong woman with a good soul and believed in truth and doing the right thing. She is now at peace.”

Her ashes will be scattered at a later time following her wishes, and a memorial will take place within the next few months at a favorite place of Diana’s, a nickelodeon-era movie theater still showing silent films with live accompaniment, the Niles Essanay Silent Film Museum in Fremont, CA. Details will be announced soon.

Additionally, when Diana Cary died, she left behind many final expenses and as such a separate campaign on GoFundMe was created to help with final expenses. Note this campaign is only for her interment costs. Mark Cary would like to have her interred in the San Carlos Cemetery in Monterey. The cost to do this is the cost of this fundraiser.

The family requests privacy at this time, condolences can be emailed to pr@nilesessanay.org to be sent on to the family.
The Soroptimist International of San Diego presented Striving for the Stars fashion show on March 7 at the Sheraton Harbor Island Marina Tower. This spring awards luncheon and fashion show began with fun boutique shopping. Guests arrived early to do some serious shopping with clothing boutiques, accessories such as jewelry and handbags, and gift items. A portion of the sales went back to the Soroptimist.

The mistress of ceremonies was NBC San Diego news reporter Rory Devine and TV personality Geni Cavitt. They gave out the awards to the Live Your Dream Honorees. They honored nine mothers who were overcoming major obstacles through education. Each one of the honorees brought their children on the stage and talked about the difficulties they had faced and what school they are now going to for their education.

They were Leticia Chavez, Aleidis Diaz, Phanatnuss Fank, Gabriela Gutierrez, Salamani Kali, Sylvia Knorr-Marie, Snwr Majeed, and Lindsey Var. Each one received cash awards to help them with their education. San Diego Futures Foundation donated laptops and new printers to all the recipients.

Live Your Dream Awards gives resources that these women need to improve their education, skills, and employment prospects. Some of them have been teenage mothers, had abusive relationships, or were foster youth. They are working on turning around life challenges and improving their education, skills, and prospects. Some of these women need education, training, and employment support to help them with their education. The Soroptimist of San Diego holds Striving for the Stars show.

Runway models show off current fashions at the Soroptimist International of San Diego holds Striving for the Stars show.

Diana Cavagnaro

**FASHION**

The Soroptimist International of San Diego presented Striving for the Stars fashion show on March 7 at the Sheraton Harbor Island Marina Tower. This spring awards luncheon and fashion show began with fun boutique shopping. Guests arrived early to do some serious shopping with clothing boutiques, accessories such as jewelry and handbags, and gift items. A portion of the sales went back to the Soroptimist.

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Live Your Dream Awards gives resources that these women need to improve their education, skills, and employment prospects. Some of them have been teenage mothers, had abusive relationships, or were foster youth. They are working on turning around life challenges and getting an education. Some of them are the first in the family to receive a degree.

Next on the agenda was the Raise the Paddle part of the event. Anna Couvrette was invited to the stage to be the auctioneer for this. She has become one of the youngest charity auctioneers in the United States. Incorporating her skills as a comedian and actor she added to the excitement of the auction.

The last Raise your Paddle section was for the $50 level. Couvrette announced that the last one to bid would receive a stay at the Sheraton. This started a bidding war to be the last person making the offer and Couvrette kept the excitement going with her delightful sense of humor. The Striving for the Stars fashion show began after the luncheon. The runway was filled with nonprofit entertainment such as fashions, dance, and music. Gretchen Productions who has been giving audiences high-energy shows for the last 40 years produced this engaging show. Fashions were provided by Macy’s Fashion Valley and local boutiques such as Satori Designs, Shanesh Boutique, Glamour Girlz, and Moda Lucido. The Soroptimist of San Diego gives education and training to women and girls who need economic empowerment. The proceeds of the event go to the “Live Your Dream Awards.” For more information about Soroptimist, visit soroptimist.org.

**UPCOMING EVENTS**

Saturday, March 28 – Fashion with a Passion- 2020 Brunch from 10 a.m.-noon at FIDM-Fashion Institute of Design and Merchandising. Located at 350 Tenth Ave. #300, this event benefits the Make-A-Wish Foundation.

Tuesday, March 31 – Globo Guilder’s Luncheon and Fashion Show at the Hyatt Regency La Jolla at Aventine. All proceeds benefit The Old Globe. For information, call 858-582-1672.

Diana Cavagnaro is an internationally renowned Couture Milliner based in San Diego. Learn more about our Hat Designer, Teacher & Blogger at DianaCavagnaro.com.
Spring training: From Camelback to creamy quesadillas

**Sports**

**Es Pepe/LA Jolla Village News**

Spring Training Is:  
- Having John Fogerty’s “Center-field” song running through your mind 24 hours a day — because you hear it in almost every stadium.  
- Walking into Camelback Ranch for Dodgers-Giants at night an hour after gate starts due to horrendous traffic at the Glendale, Arizona facility. (I also left for the game late, after attending Angels-Mariners in the afternoon, grabbing a bite to eat and a quick nap.) Announced attendance: 10,000-plus in the tiny venue.  
- White-blond cousins ages 2 from New York playing tag with each other and other fans (dad of one little girl: “You can’t tag people in the stands!” — and their then-coach had never coached lacrosse.)

The annual rite in Greater Phoenix, dubbed the Cactus League, sees hope spring eternal, when the Padres haven’t lost a game in the regular season and the combination of Fernando Tatis, Manny Machado and Tommy Pham might bring a happier conclusion to the year.

But Machado, booted by opposing fans every time his name was announced, carries himself with kind of a street-wise strut and a chip on his shoulder. Warm and funny, he isn’t.

Meanwhile, 14 other ballclubs at all 10 training complexes (I visited all for practice and/or games except the Brewers, which I drove by for snapshots) tried out up to nine pitching hopefuls in nine innings. Fans from Kenosha, Wisconsin were following the glamour of the AZFalls in 1995 at a store (no longer there) beyond left field in Peoria.

- Photos: 1,731 snapped of Julio Arias. Dodger lefthander, working with catcher; Bryant and fellow Cub superstar Javier Baez in field and at bat; plus desert birds and plants, including a beautiful speckle-breasted-cactus-wren at the Franciscan retreat center in the cold early morning in Scottsdale.

- Miles driven: 1,487.8, including 347 going, 362 coming, with the remaining 779 miles not only to ballparks but also the respected Heard Museum for Native American made-jewelry, Hole in the Rock (a formation in Papago Park that Native Americans used to track the seasons by the sun’s rays through), and visits to amigos who live in Phoenix.

**BALLPARK FARE:**

The creamy quesadillas (two handmade flour tortillas fried with cheese in the middle) at Hohokam (the ‘A’ field) are to die for.  

- The two-taco plate with a sour-cream cup soda and pretzel bites at Angels-Mariners (first since 1988) with the arrival of Javier Baez of the Cubs signals number of outs during a spring training game.

**Shortstop Javier Baez of the Cubs**

**U.S.C. girls’ lacrosse: A long way in 4 years**

**Es Pepe/LA Jolla Village News**

Rat-a-tat-tat. Or maybe thump-ker-thump.

“Three years ago, we didn’t know anything about lacrosse,” says Riley Reinhardt, now a senior captain for University City’s girls lacrosse team. “I played a lot of wall ball to practice throwing and catching a ball.”

Reinhardt, a 5-foot, 9-inch tall midfielder, spent hours bouncing the hard ball off the side of her garage at home. It was a solo pursuit, but it gave her time to start developing the stick skills she needs for the speed of varsity competition.

Before coach Brianna Wray’s arrival the following year, all the Centurions had was determination, because the program was brand new and their then-coach had never coached lacrosse.

“We did have the dedication to work hard. We got more skills, and as we got better, we had fun with it, too,” says Reinhardt, 17, who wants to study criminal justice in college.

The hard work and Wray’s “perfectionism — yeah, I am a stickler” — paid off in a 10-0 City League season and championship last year in only the third year of the program. The Centurions lost eight regulars to graduation last June, but with the core returners and a new crop from the junior varsity, they ported for continued success this season.

“Gianna Beneventi, who had only played goalie in soccer, has been doing awesome,” said Wray of her sophomore keeper who is new to lacrosse. Another advantage: The Centurions play together year-round on 858 Lakers, a club team Wray coaches.

“Our coaches care about us on the field and off. I wrote in my college application that they try to instill traits that build character, not just for lacrosse, but for other parts of life,” says Hope Concepcion, an attacker on offense, another of the four senior captains along with Hillary Tang, a midfielder; Katarina Kaminsky, a defender; and Reinhardt.

Offers Tang, good friends with Concepcion. “Definitely, communication is a strength of our team. Leading by example, like going for the loose ball in practice, is a way we try to teach the younger players, as well as the returners. Because everything you do here in practice, you’re going to do in the game.”

Kaminsky, whose family is from Russia, plans to pursue studies in biology next year. “Hopefully staying in San Diego” for college, “I like the whole disease thing. I think it’s so interesting how the human body can go wrong.”

Says Reinhardt, “Our team chemistry is good. We work well together. One reason is we know our roles. For instance, my teammates know I will have the draw [the faceoff at midfield], and they expect me to win the draw. And fundamentally — we work a lot in them practice. That’s what wins games.”

She led the team in goals last year with 86 and grounders with 113. Reinhardt was second in as with 33 points. Tang scored 15 goals. Kaminsky caused 45 turnovers, tops on the squad.

Kaminsky is a mint chocolate aficionado, while Reinhardt opts for chocolate cake. Concepcion dreams of lava cake with vanilla ice cream. Tang likes the tang of real strawberries.
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VISION »
CONT. FROM PG. 1
center’s now-dilapidated playground equipment. Grunow said, “We’re very motivated to do something there.”
Wilson said the committee may have found the answer to its playground updating needs with an overseas firm that does such work.
“Over the last six months we met with five different equipment vendors,” Wilson said. “We ultimately found one. MONSTRUM out of Denmark, that does amazing work.”
Added Wilson, “We’re envisioning redoing the rec center playground with a sea creature and coastline theme, with a giant climbable whale, a Torrey pine tree slide and a play tide pool. A lot of fun stuff.”
Wilson guessed that the rec center will repair its equipment, already three years in the planning, could ultimately take about 10 years to do.
“We will likely take two to three years to fundraise for it, and another two to three years to go through the permitting process,” Wilson said. “If we found $10 million tomorrow, it would still take us at least two years to get started (remodeling) and then at least two more years to complete.”
Wilson estimated the rec center’s now-dilapidated playground equipment and the rec center renovation will each cost about $3 million.

“We’d also like to create an endowment to keep the place clean and nice over time,” Wilson concluded.
La Jolla Recreational Center was built on property adjacent to Ellen Browning Scripps’ home. It was designed by San Diego’s renowned architect Irving Gill, who designed other structures nearby including La Jolla Woman’s Club and early buildings at The Bishop’s School.
The facility was originally called the Children’s Playground and Recreation Center. It has always included a children’s play area as well as the recreation center building.
Scripps stipulated in her will that the building could be open to anyone, regardless of “race, creed or opinions.”
The first recreation director, Archibald Talbot, was hired in 1919 and remained until 1952. He and his wife Agnes developed a vigorous program of sports, particularly baseball and tennis.
Now known as the La Jolla Recreation Center, the facility is operated by the City of San Diego. The building’s appearance has not been substantially altered from the 1915 original.
Besides hosting a variety of sports and recreation programs, the rec center is the meeting place for many civic groups including La Jolla Town Council, La Jolla Community Planning Group and La Jolla Parks and Beaches, Inc.

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Vision will each cost about $3 million.
ground equipment and the rec center renovation will each cost about $3 million.
CONT. FROM PG. 12

RAIN, WIND, AND FIRE...” The three menaces to any chimney, fireplace, or stove.”

Every year there are over twenty thousand chimney / fireplace related house fires in the US alone. Losses to homes as a result of chimney fires, leaks, and wind damage exceed one hundred million dollars annually in the US.

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