Business, tourism leaders support ballot initiative to increase visitor tax

A new citizen’s initiative seeks to ask voters in November to sanction an increase in the city’s transit occupancy tax to fund the convention center expansion, homelessness programs, create new jobs and continue road repairing and other infrastructure improvements.

The “Yes! For a Better San Diego” campaign proposes a 42-year increase in the city’s visitor tax that they claim would raise $6.4 billion over the life of the measure: $3.78 billion to expand and update the convention center, $2.02 billion for homeless services and $604 million for street repairs. The campaign has been endorsed by the San Diego Tourism Authority and the San Diego County Hotel-Motel Association, joined by local tourism businesses including those in Ocean Beach and Point Loma.

Both the San Diego Tourism Authority and the Hotel-Motel Association cited the initiative’s creation of 7,000 new permanent jobs and its addition of $40 billion to the local economy, as solid reasons to support the measure.

By Dave Schwab | La Jolla Village News

SEE TOURISM PG. 9
Missing World War II B-24 bomber discovered in Hansa Bay off Papua New Guinea

A B-24 D-1 bomber associated with 11 American servicemen missing in action from World War II was recently found and documented in Hansa Bay off Papua New Guinea by Project Recover—a collaborative team of marine scientists, archaeologists and volunteers who have combined efforts to locate aircraft associated with MIAs from WWII.

The crew of “Heaven Can Wait” was part of the 320th squadron of the “Jolly Rogers” 90th Bombardment Group and was on a mission to bomb Japanese anti-aircraft batteries around Hansa Bay on March 11, 1944 when their B-24 was shot down by enemy fire causing it to crash into the ocean. The crew had arrived in Papua New Guinea just four months prior to join the Pacific theater of combat against the Japanese during WWII.

Present-day Papua New Guinea was the site of military action in the Pacific from January 1942 to the end of the war in August 1945, with significant losses of aircraft and servicemen.

Project Recover set its sights on finding “Heaven Can Wait” after being presented with four years of research on circumstances of the crash, compiled by family members of one the B-24 crew members seeking closure for their lost relative. This data included historical eyewitness narratives from official military reports, mission documents, and diary entries from crew members on other aircraft in formation with the B-24 during its flight.

In October 2017, a team from Project Recover set out to perform an archaeological survey of Hansa Bay believed to be the final resting place of 3 U.S. Aircraft with 24 MIA lost during fierce combat during WWII. Based on the historical data, “Heaven Can Wait” was believed to be offshore at the north end of the bay.

After 11 days on the water, and a search that covered nearly 27 square kilometers of the sea floor involving scanning sonars, high-definition imagers, advanced diving, and unmanned aerial and underwater robotic technologies, Project Recover located the debris field of the B-24 bomber in 213 feet of water.

The details of the crash site have been formally communicated to the U.S. government for their review to potentially set into motion a process for recovering and identifying the remains of up to 11 crew members missing for over 70 years.

“Unique to this mission was the contact by an extended family group associated with ‘Heaven Can Wait,’ while our historians were independently researching the loss of their loved one prior to our departure to Papua New Guinea,” said Eric Terrill, co-founder of Project Recover, expedition leader at Hansa Bay, and an oceanographer from Scripps Institution of Oceanography at the University of California San Diego.

“The results from our efforts in Hansa Bay have stirred a mix of lasting emotions within our team and drives home the need to recognize the sacrifices that service members and their families make in protecting our collective freedoms,” he added.

“This is an important step toward our ultimate goal of identifying and returning home the crew of ‘Heaven Can Wait’ who bravely served our country during the battle at Hansa Bay,” said Dan Friedkin, team member of Project Recover and chairman and CEO of The Friedkin Group.

Members of the Project Recover team retrieve a REMUS 100 Autonomous Underwater Vehicle from the water’s of Hansa Bay Papua New Guinea. The team used four AUVs equipped with a multitude of sensors to document the seafloor and discover 3 US aircraft.

PHOTO BY U.S. NATIONAL ARCHIVES AND RECORDS ADMINISTRATION

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Seniors now have easy access to rides on demand

By Amy Sliice
Co-founder, Arrive Rides

My grandmother, Nana, is in great health. She’s 94 years old and recently got a five-year renewal on her driver’s license, despite feeling nervous driving on the freeway. When she’s going anywhere outside her neighborhood, she calls my aunt for a ride. If my aunt isn’t available, Nana reschedules the appointment.

The stress on Aunt Nan! Nana is confident on her feet and mentally sharp. All she needs is a driver—which is what companies like Uber and Lyft do. They allow their users to order a ride through their smartphones. It’s easy, and simple, and I use those services all the time myself.

There was just one problem: Nana, like most people over 65, doesn’t have a smartphone. That means on-demand transportation isn’t available to the age group that may need it most.

I created Arrive Rides to solve this problem. What we do is simple: We connect people who don’t have smartphones to the services of Lyft and Uber.

Arrive Rides members can call us from any type of phone—home phone, cell phone, the convenience desk of the grocery store—to request a ride. We dispatch a car and let our member know when it is and when exactly it will arrive. We then call the driver to let them know how to find the member. “You’re picking up my friend Gloria. She’s a 70-year-old woman in a blue sweater and is waiting for you in the parking lot behind her hair salon.”

We use Lyft and Uber’s technology to see exactly where the car is at any given time, and ensure that the member is picked up as planned and on time.

Arrive Rides charges $10/month as a membership fee, and ride costs are based on the time and distance of the trip, with a $12 minimum.

For more information, call Arrive Rides’ information line at (866) 626-9579, or visit us online at www.arriverides.com.
Country Club: 4 Beds +1 Opt. 6.5 Baths, 6,246 Sq. Ft. - $4,390,000
Open House - Sunday 06/03 from 1-4pm 7411 Hillside Drive, La Jolla

Village La Jolla: 3 Beds, 1 Bath, Corner Lot, R2 zoning - $1,695,000
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La Jolla Heights: 4 Beds, 4 Baths, 1,906 Sq. Ft. - $1,499,998
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The number of homeless people in San Diego County dropped by 6 percent from the previous year, according to the 2018 Point-in-Time Count. Conducted every year by the Regional Task Force on the Homeless, the count this past January showed that 8,576 men, women and children are living on the streets or in shelters, compared to the 9,116 counted in 2017. The results, announced at a news conference Thursday, are used to apply for federal funds to help local homeless people and to find solutions on how to best serve those most vulnerable in our community.

Of the 8,576 homeless people in the region, 4,990 were unsheltered this year compared to 5,621 last year, an 11 percent drop. Also, 3,596 were sheltered, compared to 3,493 last year, a nearly 3 percent decrease.

“Seeing the overall number decline was a positive reversal, but there are far too many swings in data to declare a trend or to not see other areas where we need to increase our focus,” said San Diego County Supervisor Ron Roberts, who chairs the Regional Task Force on the Homeless.

“While the declines are encouraging, we continue to face many challenges, highlighted by a lack of new housing, a condition that squeezes hardest those with the fewest resources. The only marginal decrease in the number of chronically homeless is among our biggest concerns.”

After a steady decline the last few years, veteran homelessness rose 24 percent, with 1,312 counted as opposed to 1,054 a year earlier. The number of homeless veterans remains down 20 percent from 2011’s count.

Over the past few years, the County has taken more aggressive steps to address affordable housing and homelessness in the region. And in the recommended budget for the upcoming fiscal year, the County has dedicated more than $175 million and 1,200 jobs to meet the needs of the region’s most vulnerable residents, including those at-risk or experiencing homelessness.

“The County is also working to make housing in the region more affordable. It has created a $25 million Housing Trust Fund for seniors, veterans and other vulnerable people. The goal is to generate 400-600 new affordable housing units. The County is repurposing excess property and turning it into affordable housing.

Furthermore, a record high of more than $650 million will go toward behavioral health services, including the investments in drug and alcohol treatment programs.

Two years ago, the County launched Project One for All, an extensive effort to provide intensive wraparound services, including mental health counseling and housing, to homeless individuals with serious mental illness. Since the program began, 605 homeless people now have a permanent place to live and are receiving needed treatment and resources. Funding for Project One for All will continue.

Working with the U.S. Department of Housing and Urban Development and the U.S. Department of Veteran Affairs, the County manages the Veterans Affairs Supportive Housing program which offers rental assistance to homeless veterans and ongoing VA case management and supportive services. More than 525 homeless veterans have been housed in San Diego County since the program began in 2009.

The budget will fund 50 Psychiatric Emergency Response Teams and the County’s Whole Person Wellness program, which aims to help 1,000 homeless Medi-Cal patients who cycle in and out of emergency rooms.

Women with hair loss can have thick and healthy hair and look years younger!

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UC San Diego nets No. 20 Spot on New List of Globe’s Best Universities

A new world ranking names the University of California San Diego the globe’s 20th best university; the campus is ranked 16 among U.S. universities. The annual list from the Center for World University Rankings (CWUR) measure universities’ quality of research, faculty, influence, enterprise and successful alumni.

The rankings evaluated 2,000 universities worldwide, making it the largest academic ranking of global universities, according to CWUR.

“We are pleased to receive this honor, as our university’s positive impact and reach continue to grow,” said Chancellor Pradeep K. Khosla. “The caliber of UC San Diego’s faculty, the impact of our research, and quality of our teaching are unmatched. We continue to break ground as one of the world’s most premier public research institutions with faculty and alumni who seem it afraid to take risks in the pursuit of academic excellence and contributions to the greater good.”

From deciphering why California’s coastline glows from bioluminescence activity, to leading the world’s largest citizen science microbiome project, and developing a new blood test that can detect pancreatic cancer early on, UC San Diego’s faculty and research are at the forefront of scientific discovery and innovation that improves the lives of millions around the globe.

CWUR uses seven objective and robust indicators to rank the world’s universities without relying on surveys and university data submissions. The indicators and UC San Diego’s ranking within each category are as follows:

Quality of Education (17), measured by the number of alumni who have won major international awards, prizes and medals relative to the university’s size;

Alumni Employment (less than 1,000), measured by the number of alumni who have held CEO positions at the world’s top companies relative to the university’s size;

Research output (28), measured by the number of research papers appearing in reputable journals.

Quality of publications (16), measured by the number of highly-cited research papers appearing in highly-influential journals.

Citations (16), measured by the number of highly-cited research papers.

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Citations (16), measured by the number of highly-cited research papers.

READ MORE ONLINE AT sdnews.com
Salk Institute receives $1.5M for Alzheimer's research from NANOS

The Salk Institute has received $1.5 million for research into the cellular underpinnings of Alzheimer's disease from NANOS Co. Ltd. (“NANOS”), a company based in the Republic of Korea. The funds will establish a dedicated laboratory space called the NANOS Alzheimer's Disease Stem Cell Suite, which will serve as a cell bank focused on Alzheimer’s. This cell bank will house both stem cells and somatic (body) cells from human donors, critical for analysis and testing of therapeutic drugs.

"With Alzheimer’s among the leading causes of death, the disease has long been a significant focus for Salk researchers," says Salk President Rusty Gage, whose lab is one of several at Salk that studies cellular models of dementia and other diseases of aging. "As people worldwide live longer, the need to find novel treatments and therapies for diseases of aging becomes ever more urgent and we are very grateful for the opportunity to partner with NANOS to expand our efforts in this vital area of research."

"We are very excited to support this research into Alzheimer’s and build an emerging partnership between Salk and NANOS," says Seon Gil Yang, chief executive officer of NANOS. "It is vitally important for companies to support foundational research and build collaborations that can lead to essential therapies.

Ultimately, the purpose of the collaboration between Nanos and Salk is to open a discussion about the creation of research and development centers focused on the biology of aging and Alzheimer’s research. Such centers could involve various parties such as the Korean government, NANOS, the Salk Institute, and select medical university committees between the U.S. and Korea."

Alzheimer’s is an aging-related neurodegenerative disorder that results in severe memory loss and cognitive decline. Nearly 50 million people worldwide have this disease and related dementias, with estimates from various Alzheimer’s organizations suggesting that 130 million people will be affected by 2050.

The global cost in 2018 will be $1 trillion, yet numerous clinical trials targeting Alzheimer’s have failed to stem this public health crisis. It is imperative to explore alternative mechanistic drivers for Alzheimer’s, and to understand the disease within the broader context of aging.

Led by Gage, a renowned neuroscientist and stem cell biologist, the Salk Institute is home to many of the world’s foremost leaders in the fields of neuroscience, aging, epigenetics, DNA damage repair, long-lived proteins, mitochondria, metabolomics, and machine learning, making the Institute uniquely positioned to identify game-changing breakthroughs that deepen humanity’s understanding of Alzheimer’s disease.

In recent years, Salk researchers have discovered how immune cells in the brain called microglia may be linked to neurodegeneration, developed better ways of modeling the brain in the lab, and revealed new insights into the neurocircuitry and supporting cells that contribute to healthy and diseased brain function.

NANOS, an SBW Group company from Korea that invests in the biomedical sector, began the collaboration with the Salk Institute because of its Dream On Concert Gala, presented by Kevin and Raegan Prior. This beautiful event takes place under the stars and is attended by more than 600 philanthropists, community, and business leaders dedicated to creating a brighter future for foster children. For the 10th year, Joan Waitt will host this special event at her beautiful La Jolla estate home.

The event begins with a VIP reception at 5:30 p.m., followed by dinner, a live auction and a private concert by Rob Thomas. For ticket information email Tegan@Promises2Kids.org or 858-751-6623

Promises2Kids’ 10th annual Dream On Concert

On Monday, June 11, Promises2Kids, one of San Diego’s foremost nonprofits, with a focus on foster care and children’s welfare, will celebrate the 10th anniversary of its Dream On Concert Gala, presented by Kevin and Raegan Prior. This beautiful event takes place under the stars and is attended by more than 600 philanthropists, community, and business leaders dedicated to creating a brighter future for foster children. For the 10th year, Joan Waitt will host this special event at her beautiful La Jolla estate home.

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Salk and NANOS officials at the May 18 conference.

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Marine Room executive chef Bernard Guillas has set the standard for La Jolla fine dining. Around 7:30 p.m. on an evening in late May, the world-renowned chef exhibits a classic depiction of French hospitality, visiting tables, entertaining guests and making genuine suggestions. High tide is pushing in, and at The Marine Room, this is a call to arms. Known extensively for their High Tide Brunch and High Tide Dinner, the restaurant’s atmosphere denotes what’s in store—a relaxing, exquisite dinner, with one of San Diego’s best views.

“We have a good tide tonight,” Guillas exclaimed. “Sometimes, with king tides, it comes up over the roof. Thanks for joining us. We are going to have fun. This is an adventure. Bon voyage.”

While San Diego may comparatively lack cohesive culinary tradition, often opting to follow trends instead of pushing forward, Guillas found his footing in presenting classics in a fresh, playful and refined manner. Known for his unique flavor profiles of time-tested classics, Guillas purveys some of the freshest seafood and land animals with produce and fruits in an utterly original manner.

Having grown up in the South, I have eaten my fair share of overbreadcrusted swordfish. The swordfish menu item, pistachio puff wild rice, sage jus. Also ordered was a special consomme, Ron Oliver, “reads like a travelogue,” says Guillas. “Honestly, there are recipes in here from all over the world. It is a culinary travelogue,” says Guillas. “Honestly, there are recipes in here from all over the world. It is a culinary travelogue.”

Having grown up in the South, I have eaten my fair share of overhanded, remoulade-doused yellow-and-brown hockey packs passed off as crab cakes. It’s an obligatory menu item at any restaurant in the southeast, from sports bars to high-end establishments. With this background, I typically avoid the dish at all cost. So when the server recommended their crab cake as an appetizer, I relented, ultimately to my benefit.

Guillas’ cashew sansho-coated blue crab cake managed to place the emphasis on the original sweetness of the crab meat (which was a healthy portion) atop a serving of green tea noodles, star fruit, horseradish sprouts and ume emulsion. Paired with the ‘Ocean Trilogy,’ which consisted of a lobster medallion, ah tuna tartare and hiramasa sashimi—accented by pickled papaya, sesame brittle, trout roe and a smoky dashi gelee, one can begin to catch on to where Guillas’ dishes are heading. His use of fruits as accoutrements or a sauce base pervades his exquisite menu.

The main courses followed, consisting of the red walnut roasted rack of lamb, replete with aduané break pudding (amazing), tomato conflit, baby artichoke and white sage jus. Also ordered was a special menu item, pistachio puff wild rice dusted swordfish. The swordfish was cooked to perfection, tender and able to be portioned with a fork (or spoon).

For dessert, we opted for the royal Kahana macadamia crème brûlée. Although there was little room left to complete the dinner (the portions are ideal), the brûlée was assailed with ease. It should be of note that the front-of-the-house staff at the Marine Room takes great pride in their jobs, for it shows. They dutifully return to tables, make excellent recommendations and allow guests the ability to take in the ambiance.

Chef Guillas returned several times to discuss anything from dinner to his career. He has recently released a cookbook, of which has quite the story behind it as well. “Flying Pans: Two Chefs, One World,” which was co-authored with The Marine Room’s chef de cuisine, Ron Oliver, “reads like a travelogue,” says Guillas. “Honestly, there are recipes in here from all over the world. It is a culinary adventure.”

If one has never been to a high tide dinner at this La Jolla institution, please do so soon. The next round of dinners will be held from Saturday, June 9 to Thursday, June 14 daily. For more information, visit marineroom.com.

Chef Bernard Guillas’ High Tide Dinner continues to shine at The Marine Room
Amber Zimmerman, second-year head coach of field hockey at University City High, relishes the coming season next fall with her crop of eight senior returners.

“I’m looking forward to seeing the growth and leadership specifically from Lauren Stack, Marla Giordano, and Alli King,” the former Cal Poly San Luis Obispo player says. “The Centurions’ other returners will include Catie Bride and Shauna Whitney, who are defenders; forwards Alife Fitzpatrick and Abby Kim; and Kayli Sandoval, who plays inner offense and midfielder. All are in the Class of 2019.

Meanwhile, in the closing months of the offseason, Zimmerman is encouraging her veterans as well as her younger players to take advantage of training with a local club team during July, as well as several camps that are available for individual players.

Stack, a midfielder who can play offense or defense, “is very well-rounded. We can play her in the midfield because her shots are so strong,” says the Centurion coach. “I would move her around depending on what the other team is doing, and what other players are doing.”

“[Lauren] is willing to move around wherever we need her.”

Stack is a returning starter for UC San Diego head coach Marla Giordano, another rising senior, plays forward. “She’s just really aggressive. She has improved a lot playing in the offseason,” says Zimmerman. “Marla is passionate.”

King finds herself coming back from an injury later in the season in fall 2017 that kept her from starting. “She’s a strong goalie. She has a lot of confidence. She talks a lot to her teammates.”

“[Lauren] is passionate,” Zimmerman says. “She’s a really compassionate group, the like.”

“(as a player) have to be very responsible not just as players but as people. You need them to encourage the players grow in confidence, “They’re a really compassionate group,” says the coach of her players. “That’s the coolest thing, watching the players grow in confidence, just not as players but as people.”

Zimmerman gained a lot from working with Jackson in 2015 and 2016. “Although it’s only going to be my second year as head coach,” she says, “I had a lot of input with Krista.”

The Centurions are aiming toward their season opener Aug. 28. “They’re a really compassionate group,” says the coach of her players. “That’s the coolest thing, watching the players grow in confidence, not just as players but as people.”

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On May 25, the Lizz Russell Collection presented “The Beauty of Fashion & Compassion” at the elegant Westgate Hotel. Russell is a celebrity fashion designer showcasing her designs at the Cocktails & Couture fashion show.

The evening began with a wine reception and fun shopping with Russell’s couture collection. Guests could purchase her famous Rose Handbags along with her beautiful jewelry and couture designs. Sonya A. Finley was on hand to show off her awesome 7-foot-tall pieces of artwork. Finley also designs creative doll clothes that fit 18-inch-tall dolls from American Girl, My Life As, Our Generation and Espari.

The guests retired to the Versailles Ballroom for the fashion show and were able to enjoy a special blue cocktail that was made in Russell’s honor named Lizzie’s Opus. The VIP guest and announcer was businesswoman Kathy David. As an entrepreneur she started IT TechPros Inc. and then went on to begin Alpas Athletix. This second business is a women’s “athleisure” company, which created the first-ever strapless sport-performing bra.

Margo Schwab, a prominent La Jollan, was celebrity guest and host for the evening. Schwab is publisher of the “Social Diary” and has done film and television shows. Currently, she will play designer Donatella Versace for “Max Vogue: The Musical” at the La Jolla International Fashion Film Festival.

The fashion show was divided into three segments. DJ Frankie Traxx played the music for the runway. One of my favorite sections was the “New Kids Collection.” The kids were just adorable on the runway. Another standout had matching outfits on the model and the child who was holding one of Sonya A. Finley’s dolls with an identical dress. They were all wearing the same design and this was too cute for words.

This charity event benefits the Guillain-Barre Syndrome (GBS) and chronic inflammatory demyelinating polyneuropathy (CIDP). On the runway the Lil Friends of GBS Survivors were so adorable and received oohs and aahs from the audience. During the evening GBS survivor, Elizabeth Shank was awarded the Robert & Estelle Benson Award. This entertaining show had several dancers performing during the night for the audience. The night finished with Russell’s timeless evening collection.

In addition to Lizz Russell’s talent as an international fashion designer, she is also a survivor of this rare autoimmune disease. She has written about this debilitating disease in her autobiographical book, “Smiling On The Inside,” which documents her difficult journey. A portion of the proceeds for this event will benefit the GBS and CIDP. Russell’s goal is to tell people about her story and to create public awareness. This event coincides with GBS/CIDP Awareness Month.

For more information about this global non-profit organization, visit gbs-cidp.org.

Upcoming events:

- Thursday, July 12: “Haute 2 Trot Pre Opening Day Fashion Show” at the Covo Restaurant at 1205 Prospect St. from 7 to 10 p.m. The event is presented by FINE Magazine and will feature Thieves Like Us collection, and Makeup and Scents by Tom Ford. For tickets, visit bit.ly/2saHrOK

- Thursday, July 19 to 21: Ninth annual La Jolla International Fashion Film Festival. This is the world’s largest gathering of fashion filmmakers. For more information, visit LJFFF.com.
Outdoor cinema on the Athenaeum patio in the heart of La Jolla San Diego Noir: The First Ever Showcase of Film Noir in America’s Finest City

The Athenaeum’s popular film series, “Flicks on the Bricks,” returns in August for its 3rd year. Guests are invited to join us on the Athenaeum’s outdoor patio for balmy summer nights and screenings of classic film noir at fresco. Series tickets for the open-air theater viewings include four memorable films.

Curated by KPBS film critic and Cinema Junkie Podcast host Beth Accomando and noir aficionado D. A. Kolodenko, Film noir (which literally means black film) is a term coined by French film critics to describe a style of cinema that emerged in the 1940s and revealed a darkness and cynicism that challenged audiences with something new. These films were rooted in hard-boiled crime fiction and were often brought to the screen by European émigré directors.

With so many great films noir to choose from, this series focuses on films with a San Diego connection. Each film will be introduced by Accomando and Kolodenko, and they will place the film in a context and highlight the San Diego connection.

Accomando is currently in the midst of a yearlong noir film series at Digital Gym Cinema called Noir on the Boulevard. The series is programmed by Film Geeks SD and screens a classic noir one Sunday a month and a neo-noir every other month on a Monday night. Kolodenko is guest blogging on KPBS Cinema Junkie with a column about the Noir Book of the Month Club, focusing on the literary sources of the classic noir films screening at Digital Gym Cinema.

Here’s the lineup:

Aug. 2 - “Devil Thumbs a Ride” (1947); “The Clay Pigeon” (1949)

Studio B movies were meant to round out a double feature with an A picture at the top of the bill. Here we pair two B movies that came in at a taut 60 minutes or so. The Clay Pigeon involves an amnesiac Navy veteran and former POW, Jim Fletcher (Bill Williams), who is accused of murdering his war buddy. To help prove his innocence, Jim heads to San Diego to find Martha Gregory (played by Perry Mason’s Barbara Hale), the widow of the friend he’s accused of killing.

The Clay Pigeon serves up an imagined San Diego that is typical of the city’s representation in film noir as the postwar home of ex-military personnel. But in spite of San Diego’s proximity to Hollywood, the “B” budgets of film noir dictated that the city was often represented by sets on studio back lots and L.A. locations, as it is in The Clay Pigeon.

In Devil Thumbs a Ride, tough-guy Lawrence Tierney plays Steve Morgan, a narcissistic, sadistic criminal. The film opens with the robbery of the fictional San Diego Bank. It leads to an uncomplicated but compelling warning about dangerous behaviors that can place you in a car with a monster.

Aug. 9 - “Tension” (1949)

Tension is set in Culver City, California, where mild-mannered drugstore manager and ex-sailor Warren Quimby (a young Richard Basehart) tries to convince his restless wife, Claire (Audrey Totter), to accept a life of domestic suburban tranquility— a notion that bores Claire. Totter was one of the all-time greats at playing femme fatales, and Claire is probably her finest role. San Diego isn’t seen in the movie, but it represents a happier time for Claire and Warren—and gets a mention in one of the film’s most memorable lines.

Aug. 16 - “The Brothers Rico” (1957)

In the fictitious town of Bayshore, Florida, Eddie Rico (Richard Conte), a former mob accountant, has turned his life around. He’s now the happily married owner of a laundry business. But in the world of film noir, nobody leaves a crime syndicate for long—the disappearance of Eddie’s titular brothers pulls him back into conflict with the New York mafia. Based on a Georges Simenon story, with some ghostwriting by Dalton Trumbo, the well-acted film stands as one of the best films about organized crime of the 1950s.

The San Diego connection here is an ironic one since The Brothers Rico was shot in San Diego with Coronado standing in for the make-believe Bayshore.


Stephen Frears’ acclaimed neo-noir The Grifters (co-produced by Martin Scorsese) was based on Jim Thompson’s 1963 novel, though the film is set in the late 1980s. Con artists Roy Dillon (John Cusack) and Myra Langtry (Annette Bening) head down from Los Angeles by train for the La Jolla horse races, where Roy’s mother Lilly (Anjelica Huston) works fixing odds for an East Coast bookie.

Thompson knew San Diego. In the 1940s, he worked at Solar Aircraft and lived in a duplex in Mission Hills, where he wrote his first crime novel.

After the war, he worked as a journalist for the San Diego Journal and moved his family to a small house in Linda Vista. Thompson liked to explore San Diego’s downtown nightlife, and often took weekend outings with his wife to the Del Mar track, which he relocated to La Jolla for the novel.

The Paradise Turf track in Phoenix served as the filming location for the fictionalized La Jolla track in the film, but some scenes were filmed in San Diego—keep your eyes peeled for another iconic San Diego location.

For information and registration, call 858-454-5872 or visit lja-thenaeum.org/flicks
Playtime at Claytime!

Celebrating 14 years of Summer Camps full of indoor art projects and well supervised visits to the beach/tide pools (just one block away). Whether just for a day or several weeks, we have the perfect camp for your child! Camps are offered during the weeks that kids are on summer break. Kids 5 and older are invited to join our camps. Projects include: ceramic Painting, mosaic projects, acrylic on canvas, clay building, jewelry making and making tie-dye shirts and much more. $150 half day all week, $300 full day all week. After care is available until 3 pm. Call Caro-line and reserve a spot for your child today. Camps fill up fast. 619-223-6080 or view claytime-ceramics.com

German Language Summer Camps

Does your child speak German? How about a German language camp at German Pacific School San Diego? GPPSD offers four weeks of very creative, imaginative camps with many hands-on projects. This year’s topics “Princesses, Knights and Dragons” a fairy tale journey through Europe, an “Artist’s workshop” and “European Children’s Book Characters”. (See detailed plan on website.) GPPSD is a nonprofit school with four locations in La Jolla, Clairemont, Carmel Valley, and Poway; also offers classes on Saturdays and on weekday afternoons. The younger students learn German by playing, singing, theater, stories and games. Later the students focus on reading and writing. During their time at GPPSD students take different exams which lead to the AP exam and the German Language Diploma (DSD I and II). The DSD II exam is proof of the language proficiency for students applying at German universities. Registration for Summer camps is now open! More info: gppsd.org 858-461-9118 or email germanlanguage@geppsd.org

The Facility
Summer Dance Camp

Make this summer the best summer yet and join The Facility Dance Studio at any of their nine hip hop dance camps located in Pacific Beach. Some of the top dancers and choreographers in the industry will be leading these energetic and creative camps. Each camp will provide a new and unique experience for each camper. Kids of all skill level are welcome. All dancers, ages 5 through 17 can come advance their skill set and have a great time on and off the dance floor. Each camper will have the opportunity to train in hip hop, breakdancing, popping and locking and be exposed to many other styles and genres with in the hip hop culture. Camps run through June, July and August. There is a spot on the dance floor for anyone who wants it! See you this summer. For more information and to register visit www.thefacilitysd.com.

Best Summer Ever in the “Y” Summer Camp

The YMCA is again hosting a summer filled with fun day camps for kids ages 5-17 starting June 15. Whether you child loves sports, the arts, animals, science or even Legos – the Y has a camp that will help them build confidence, meet new friends and make memories that will last a lifetime! Plus, with camps available in convenient locations include Point Loma, La Jolla, Pacific Beach and University City there’s definitely a camp that will fit into your schedule and lifestyle! To ensure that everyone has the chance to go to camp, the YMCA also offers camp scholarships to those in need. Learn more at ymca.org/ peninsula or ymca.org/lajolla.

NIKE TENNIS CAMPS at University of San Diego

Come join the fun and get better this summer at the Nike Tennis Camps at University of San Diego. Veteran coach, Bill Scott, joined by USD Head Women’s Tennis Coach, Sheri Stephens, and Head Men’s Tennis Coach, Ryan Keckley have another amazing summer lined up with fun both on and off the court! With six weeks of junior overnight and day camps for boys & girls ages 9-18 of all ability levels, tournament training and high school players, there is a camp option for everyone! Highlights include: 5-6 hours of daily on-court instruction, a Nike Tennis Camp t-shirt, and fun evening activities for overnight campers. Camps run throughout June and July; registration is currently open. See you on the courts this summer! Nike Tennis Camps at University of San Diego, 1-800-645-1226 or go to www.ussportscamps.com/tennis

San Diego Junior Theatre

Join Junior Theatre this summer and experience the wonderful world of Performing Arts where campers will take classes in acting, dance, and singing. Musical Theatre, Acting, Performance and Advanced camps available in Balboa Park. To register or for a list of dates, descriptions & pricing visit juniortheatre.com. Register early as our camps fill quickly. (619) 239-1311.
It’s FREE. It’s GAME ON! at New Genesis Church
Join us Saturday June 23rd at our BLOCK PARTY!! Then enjoy ARTS, CRAFTS, RECREATION, GAMES, SNACKS, and much more at our Vacation Bible School!!! VBS invites ages 4-years old and up. Parents are welcome and encouraged to attend and/or assist. Friday June 29th will be Family Night. Children will showcase their crafts and share what they’ve learned with their parents and friends. Our doors are always open on Sundays for Sunday School at 8:45 am and Worship at 10:30 am. Call today to register and reserve your spot for Vacation Bible School at 619-994-1214.

Banyan Tree Learning Center Power Learning Program
Summer is the best time BOOST skills! Whether your student struggles with learning and attention challenges, or just wants to “get ahead,” our specialized educational therapy program supports individual goals. With a focus on reading/dyslexia, comprehension, written language, and a variety of cognitive skills, our approach can make all the difference! Ask for a complementary consultation to discuss your student’s needs and goals. Schedule a time to ACCESS and pinpoint the cause of difficulty or skills which need support. Together, we develop a plan to ACHIEVE the goals for success and ease of learning. Our team approach brings measured results and improved confidence! The Power Learning Program offers 1-1 instruction at a “just right” level following the researched principles of neuroplasticity. This results in significant changes, building a solid foundation successes. For students in grades 1-12. Call 858-367-5428 today. www.banyantlc.org

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SALK
CONT. FROM PG. 5
through an introduction by One Holdings Group LLC [‘One Hold-ings’], a biomedical investment consulting company based in Irvine. One Holdings advises funds from various publicly held companies in Korea and China on their investments in the U.S.
The new suite will allow Salk scientists to collect samples and data from a large number of individuals to more accurately pinpoint processes, like DNA repair, that go awry in Alzheimer’s and to identify novel avenues for inter-vention.
By collecting skin samples from hundreds of individuals and transforming these cells into neurons in the Salk Alzheimer’s Disease Stem Cell Suite, Salk scientists will be able to analyze these brain cells and test novel therapeutic compounds.
“This will represent an invaluable experimental resource for both researchers at Salk and the Alzheimer’s disease research community at large,” says Gage. “With the body of knowledge we have accumulated at Salk and the committed support from companies such as NANOS, we believe novel therapies for Alzheimer’s are within reach.”
As a result of this new partnership, La Jolla Village News recently reached out to Martin Hetzer, Salk vice president and chief science officer:
Will the stem cell suite operate as a bank (storage facility), or would lab work also be conducted here? If not, what lab/site would be associated with the suite?
RE: NANOS Co. Ltd. Alzheimer’s Stem Cell Suite at Salk will operate both as a storage bank for samples from people with Alzheimer’s disease and age-matched healthy control subjects, as well as a resource for researchers in the Gage lab—and other Salk labs—using stem cells to study Alzheimer’s and other neurodegenerative disorders of aging.
Will additional scientists be hired to staff this suite? Or are there researchers already working at Salk that will work in the suite?
The scientists working in the suite will come from the labs of Salk researchers focusing on various neurodegenerative diseases of aging including Alzheimer’s.

When is the projected operational/move in time frame?
The project renovation is scheduled to begin immediately and is estimated to be completed within 12 months. For more information, visit salk.edu.
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Nine strategies I have found useful for managing a frantic life

By Natasha Josefowitz, Ph.D.

Many of us are overworked, overstressed, overcommitted, overbooked, and often under-appreciated. If you have both a family and a career, you will have two constant companions by your side—a good part of your life: guilt and exhaustion. So how are we going to manage our frantic lives?

I wrote the above paragraph 30 years ago when women were beginning to enter the workplace in droves. We have arrived, but it has not improved. We are still as overwhemed, if not more so; the expectation of instant responses to communications even while away from work has actually made it worse.

Technology has upped the ante; it has made some things easier, but it has increased the number of things we are now supposed to know and be responsible for. We are like emergency doctors, always available to answer the ring of our cell phones. These nine strategies worked 10 years ago; they are still applicable today:

1. Schedule time for yourself to think. In fact, I put it on my calendar like I would any date—time to just sit and think. Make notes, update my calendar, write a to-do list. Thoughtless days are less productive.

2. Never say yes to anything or anyone right away. Always say: “Let me think about it” or “Let me consult my calendar and call you back.” Check how long this commitment will take before you agree to take it on. If you don’t say yes to anyone or anything right away, and you end up saying no, you are at least seen as having been thoughtful in considering it.

3. You do not have to meet other people’s expectations. You don’t have to be everything to everyone. For years I wanted approval from every insignificant person, then I wondered why do I need their approval? I finally realized that sometimes it’s okay to have someone be disappointed because I said no to a request.

4. Not everything worth doing is worth doing well. That may be a new concept for a lot of people, because we’ve been raised that if it’s worth doing, it’s worth doing well. Some things can be done quickly and don’t have to be done beautifully or perfectly, so one can move on to other things.

5. Re-examine your priorities. We were all raised to follow our parents’ priorities, for instance, how much time we should spend on various chores (cleaning the house, etc.). My house is not as clean as my mother’s—never was, never will be—and I don’t care. So rethink what priorities are no longer functioning for you. My mother would have been appalled to know that when good friends drop in, I serve take-out pizza on paper plates in my sweat suit, but it’s OK with me.

6. You don’t have to do everything yourself. We tend to forget that we can delegate. Women always think they will do it better themselves, and they’re probably right. Maybe it won’t be done the way you would have done it, but it just might be good enough; we need to downsize our expectations.


8. Figure out what you can do less of or more of, start or stop. This is my list. Do less of: Agree to volunteer when asked by others. Do more of: Read fiction, not only research for my columns. Start: Meditating on a daily basis, even if for only a short period of time; schedule it on my calendar. Stop: Feeling guilty because I forgot an appointment or forgot to return a phone call.

9. And finally, ask yourself what you really enjoy doing. Try to take the time for the things that you like to do because unless you get refueled, you will eventually become depleted, and then you’ll have nothing to give.

Most things we like to do take time, not money, and time is the most precious commodity of all. Use it in a way that helps you grow into the person you want to be.

What is on your list?

Natasha Josefowitz is the author of more than 20 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2018, Natasha Josefowitz. All rights reserved.
UC Library collects toys and socks

The University Community Branch Library, a collection site for the Care ‘n Share Toy Drive, sponsored by the Rotary Club International and the San Diego Public Library. The library will accept any new or very gently used stuffed toys to be given to sick children in the San Diego region. The collection box will be at the library from June 1 to July 4. For more information, visit sandiegotoydrive.com.

Additionally, the library also has a collection box for the annual Socks for Stand Down sock drive, sponsored by Veterans Village of San Diego (VVSD) and (California) Senate Pro Tem Toni Atkins. The Sock Drive will continue through June 18, and the socks will be distributed during Stand Down August 18, 2019 through July 1.

Plus all San Diego Public Libraries will continue the annual Summer Reading Program “Reading Takes You Everywhere!” San Diego residents of all ages are encouraged to sign up for this annual event that is sure to deliver action and adventure through reading. Sign up begins June 1 at your local library and the program will last through Aug. 1. The UC Library is located at 4155 Governor Drive.

Backyard fruit swap

The UC Backyard Exchange group gathered for its first swap meeting of fruits, eggs, bread, veggies and herbs grown in University City yards over Memorial Day weekend. Laura Yip, Marco Zirino and Normandie Wilson are organizers for the group, which connects neighbors on Facebook for book and sharing garden news. Their next swap events are scheduled for Saturdays, June 9 and June 23 at 3 p.m. in the Standley Park picnic area next to the pool. Find out more by joining the Facebook group BackYard Fruit Exchange University City.

Jason Weber performs live

Contemporary saxophonist Jason Weber will be performing live for three hours each date at the University Square shopping center near Vons on Governor Drive on June 8 beginning at 6 p.m., June 21 beginning at 5:30 p.m., July 21 beginning at noon, and Aug. 11 beginning at noon. All performances are free of charge and open to the public. Sponsored by University Square, located at the corner of Governor Drive and Genesee Ave.

Sweet banners

The University City Community Association has partnered with the San Diego County Fair and the kindergarten students, teachers and staff at Doyle Elementary to create beautiful County Fair banners. Banner students are displayed in the parking lot of Bristol Farms at Costa Verde, and on Genesee Avenue south of Rose Canyon, Regents Road south of Governor and on Governor Drive.

The County Fair runs from June 1 to July 4, and the theme this year is “how Sweet It Is” and the kids featured on the banners truly had a sweet time. For more info about the SD County Fair: sdfair.com.

Cirque-It-Fitness to offer free classes

Cirque-It Fitness, a newly opened fitness training studio, located in the University Square center, is offering one free class to all participants during June. Cirque-It Fitness was born out of the joy of movement.

Combining her experience in Pilates and competitive fitness, owner and founder Elizabeth Skwiot has set out to create a workout that was not only effective, but something to look forward to, an outlet in a busy life – a workout that was more than just another chore.

The result is a class that combines elements of circuit training, functional and core fitness, Pilates influence, variable intensity training, and circus arts into one expertly-designed 45-minute workout.

Cirque-It Fitness teaches ‘circus-infused’ moves in a small group circuit training format that is fun, challenging, and accessible to a wide variety of fitness levels.

For more information, visit cirquefitness.com. The studio is located at 3169 Governor Drive in the University Square center, next to the Coldwell Banker office.

Good deeds – Girl Scouts remove invasive crayfish

University City Girl Scout Troop 4176 decided to tackle the crayfish problem on the rise in Rose Canyon, as part of their Girl Scout Bronze Award project. With approval from the ranger and partnering with Friends of Rose Canyon, they were able to catch almost 200 crayfish from Rose Canyon streams.

It is thought that Louisiana crayfish (also called crawdads) were brought to Rose Canyon many years ago by fishermen.
From my garden: A helpful hummingbird story

One of the many pleasures of working in the garden is discovering hummingbirds nesting there. This spring, I noticed an Anna’s hummingbird recycling an old nest.

After remodeling the nest to her standards, she laid two eggs and diligently incubated them for about two weeks. After her eggs hatch, a mother hummingbird will continue to sit on her young to keep them warm until they grow their pin feathers. After their feathers grow, they can keep themselves warm and their mother will reside on a nearby branch, so not to attract predators to her nest and babies. Feeding herself and her babies is a daunting task, since she needs to eat half her body weight in nectar a day to survive, which means feeding herself about five to eight times an hour and her babies about every twenty minutes.

After they hatch, it takes about three weeks for hummingbirds to mature, leave the nest and begin their new life. Almost three weeks had past when I went outside to find the nest demolished and the babies gone. Since they were almost mature enough to fly away, I hoped they had escaped and were living on their own.

The next morning, I looked out the window and saw a tiny baby hummingbird on my patio table. The poor little thing looked weak, and since I could not return it to its gutted nest, I brought it in the house and fed it a few drops of hummingbird nectar—1 part superfine sugar to 4 parts water and almost immediately it perked up and looked at me as if to say, “Thanks, I needed that!”

Having done research on hummingbirds for past columns I’ve written, I knew that you cannot raise a baby hummingbird on nectar alone, not to mention they are protected by the federal government and should only be cared for by licensed wildlife rehabilitators. As they develop, hummingbirds need protein and minerals from insects as well as nectar from flowers to help them form healthy strong bodies. The nectar I gave the hummingbird every 20 minutes was only a temporary measure to help rehydrate while I prepared to take it to Project Wildlife.

Located at 887 1/2 Sherman St., Project Wildlife can give the little hummingbird what it needs to grow properly. They told me that she appeared to be in good health and that they would feed her a “bug juice” concoction until she was mature enough to go into their hummingbird aviary and feed herself. Later, she would be turned loose into the skies.

I made a donation to Project Wildlife for all the work they do caring for the helpless creatures that come to them and said goodbye to my little friend.

Hummingbird update: As I was writing this column on Memorial Day weekend, I had a call from Christine at Project Wildlife, who cares for the hummingbirds that come to them. Nurturing about 24 hummingbirds at this time, Chris-tine reported that my little fledgling was doing well and was almost ready to be placed in their aviary and then into the wild. Who knows, maybe she will fly back and visit my garden someday.

Photographer Matthew Meier gave me permission to feature his beautiful photo of Anna’s hummingbirds nesting in another garden. Visit www.MatthewMeierPhotos.com to see more of his amazing wildlife photographs.

La Jolla Veterinary Hospital to host 5th annual ‘Paws & Pints La Jolla’

At 6:30 p.m. on Thursday, June 7, The Lot will host the fifth annual “Paws & Pints La Jolla” fundraisers. All of the event’s proceeds go to The Rancho Coastal Humane Society and The FACE Foundation.

“This event is in our community for the community, and it has evolved into something La Jolla looks forward to year after year,” said event founder Stephanie Coolidge of La Jolla Veterinary Hospital.

The fundraiser features a live auction, silent auction and raffle with items such as VIP Padres tickets, surfboards, art from local La Jolla artists, countless La Jolla restaurant, and hotel, winery, museum and brewery packages.

Local La Jolla merchants donate jewelry, museum pieces, high-end apparel and gift card packages second to none. There will be a “Wine Grab” featured at the event and a photo contest for you and your four-legged friend on the red carpet.

The Rancho Coastal Humane Society is responsible for finding homes for thousands of animals all around San Diego County. The FACE Foundation is a non-profit that provides financial assistance for San Diego animal owners who are unable to afford the cost of their pet’s life-saving emergency veterinary care.

F.O.C.A.S. stands for “Friends of County Animal Shelters” and was started in La Jolla by La Jolla residents Peggie Howell and Sue Geller in 1982. The program is now managed by Rancho Coastal Humane Society.

Join La Jolla Veterinary Hospital in making a huge impact on the animal-welfare community right here in the Village. To RSVP, visit pawsandpints.com.
The human population could be climate refugees, people forced to move from one place to another, as a result of environmental changes that make it uninhabitable. This is a growing phenomenon with the rise in global temperatures and the melting of polar ice caps.

The Keeling Curve, which draws the global atmosphere since the Keeling Curve began being measured in 1958. Carbon dioxide is called a greenhouse gas because it absorbs and re-emits infrared radiation and keeps the temperature of the atmosphere. It is the most prevalent among all greenhouse gases produced by human activities, attributed to the burning of fossil fuels. Prior to the Industrial Revolution, which began about 1760, CO2 levels had fluctuated over the millennia, but had never exceeded 300 ppm at any point in the last 650,000 years.

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La Jolla Gourmet Meats: Artisan boucherie moves into the neighborhood

By TANNER COLEMAN | LA JOLLA VILLAGE NEWS

Many La Jollans need a reliable butcher with years of experience and a quality product. Now, there is a strong candidate for that title, La Jolla Gourmet Meats, a new butcher shop located at 7660 Fay Ave., situated between The Cottage and The Lot, is already a top-of-the-line brick-and-mortar with moderate prices for gourmet products. While it can take a lot of time, money and revenue to make rent in the Jewel, but La Jolla Gourmet Meats has already become a hit in the region.

“I have always been around La Jolla especially since I swim in the La Jolla Cove a decent amount,” said owner Jeff Lefstein. “I saw that the butcher shop had gone out of business and thought with the shop already to go, why not give La Jolla a trustworthy niche for gourmet meat, chicken, pork, and even elk.” Lefstein resided and owned a Poway deli shop for more than 15 years at Bisher’s Quality Meats. His store has, and is still known, for selling some of the best meats in San Diego. “All of my products are the best you can buy; it is just a matter of people knowing that,” Lefstein mused. After being in business for just a month now, Lefstein is excited for customers to find his store, making it a habit to come in and buy one’s everyday meats, as well as some of the more exotic finds.

Lefstein has not only owned a deli and butcher shop, but also has an extensive background as a chef. With an expertise in meats, he also knows how great flavors and textures can complement on another to create a savory meal. Lefstein prides himself in each of his products. The store displays a range of kabobs, homemade sausages, bristled baby back ribs, mouth-watering burgundy tri tip, elegant elk, frog legs, and even alligator.

Lefstein himself wants “to serve the best product, while also serving the best customers.” With all locally grown products, Lefstein has only been raising knowing the best way to prepare and process meat. Buying top end local cattle meat and then processing it into marvelous steaks really encompasses Lefstein’s recipe for quality. He has ranges of organic meats and poultry frozen or right here on the shelf for customers to examine.

As a man who has worked in the business for many years and with many more to come, he wants people to try his meat and then ask themselves, “Have I ever ate meat as good as this?” Lefstein knows that La Jolla Gourmet Meats has the best meat, now he just wants the buyers to taste the juiciness and flavor.

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Just Listed! Spectacular 1/2 acre Muirlands Village Property • Open This Sunday 1-4

6411 Avenida Manana, La Jolla • Offered Between $2,000,000 $2,500,000 • Open This Sunday 1-4

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Spectacular gated 1/2 acre View Estate • 5BR/5.5BA w/pool & spa all on a quiet cul-de-sac

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