Two men sentenced for robbing La Jolla man

Jose Nunez Torres, 23, was also given a consecutive sentence of 24 years and eight months in prison for the La Jolla burglary and robbery of Robert Hill in his home plus other charges of auto theft, burglary, and evading police officers.

Gustavo Ceron, 27, was with Torres during the Hill robbery and he was sentenced Nov. 9 to five years in state prison by El Cajon Superior Court Judge Evan Kirvin.

Torres, who had previously worked in restaurants in Pacific Beach, was found guilty of first-degree murder of Leticia Arroyo, 34, who was shot in the head in her Santee home on Oct. 4, 2016.

SEE ROBBERY PG. 11
The City of San Diego said previously reported problems with overflowing trash in La Jolla Shores have been properly addressed and resolved.

“Trash containers some believed had not been moved, were in fact relocated in late September,” said City PIO Paul Brencick, Sr. adding the City’s Environmental Services Department (ESD) reported that the containers “were painted and are in good repair.”

Brencick said the City is also not aware of any trash receptacle “turf war” in La Jolla Shores, as has been alleged by residents. “ESD is responsible for street litter containers, whereas the City’s Parks and Recreation Department is responsible for parks, beaches and open spaces (which includes managing waste and litter generated in those areas),” Brencick said adding, “These clear responsibilities work well across the City as a whole.”

Noting the City allocates considerable resources toward maintaining trash containers, Brencick pointed out such services include “adding additional containers as well as cleaning and repairing existing containers.”

Additionally, the PIO said the City has removed the privately owned Big Belly solar-powered trash receptacles in the Shores. “They were left in disrepair and unserviced by the private organization that purchased them,” Brencick said.

Addressing previous issues with overflowing trash, Brencick said, “The City added a second daily collection service for La Jolla Shores from Aug. 25 to Sept. 10 to ensure there were no overflowing containers.”

The PIO added daily collection service in the Shores is currently being maintained “as it has been done in the past.” There are currently no overflowing containers or unsightly conditions, and the City has not received any unusual number of requests for additional collection services in this area, Brencick said adding, “The City’s ESD Department has provided additional collection services in this area.”

Deputy chief operating officer Johnnie Perkins noted the city accepts responsibility for dealing with trash or other maintenance issues. “Staff is not, has not, and will not ‘deny responsibility’ for recycling and solid waste collection,” Perkins said.

The City welcomes feedback on its performance with trash pickup or any other maintenance issues, including being receptive to points raised on how city services might be improved. For questions or concerns about city environmental services, call 858-694-7000 or email trash@sandiego.gov.

Blumkin brothers are back with Luxe Jewelry & Loan

Baba Blumkin was born in Costa Rica and grew up in the beach areas of La Jolla and Pacific Beach. He graduated from La Jolla High School and comes from a family that has been in the Jewelry and Pawn business for generations. His journey in the jewelry and pawn business started after he graduated from GIA with a Graduate Gemologists Degree. In Los Angeles, he worked and apprenticed under his cousin the “King of Pinks” (diamonds) Alan Friedman in Beverly Hills. After years of working and learning the jewelry business, he met Jordan Tabach-Blank and began working in the exclusive high-end pawn/loan business in Beverly Hills. He continued working at the International Gem Tower in New York City. After many years of hard work and success in NYC, Baba made the decision to move his family back to San Diego and join forces with his twin brother to open up Luxe Jewelry and Loan in their old beloved neighborhood. “I am really looking forward to being able to service old and new friends alike in my hometown,” says Baba.

Juan Blumkin was born in Costa Rica with (identical twin brother Baba). Raised primarily in the beach areas of Pacific Beach and La Jolla, he was a local surfer and also attended La Jolla High School. Juan later went onto earn his B.S. in management and business analytics. In his career, Juan has held many corporate roles including sales, management, buying and many other leadership positions at Berkshire Hathaway’s Nebraska Furniture Mart. This is where he learned how important each and every customer interaction is. “I am excited to join forces with Baba and to have the opportunity to carry on the role as a brand ambassador with our new company and build lifelong customers,” says Juan.

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Wrapped in City Lights & N.Shore Views: 4+1bd/2.5ba. 3,097 sf. OPEN Sun 1-4pm: 7355 Camto Bassano E 92037. $2,250,000

UTC bordering Rose Cyn: 3bd/2.5ba. 1,380 sf. $595,000-$625,000 Agent: Kim Caniglia

Pacific Beach: 4bd/2ba. 1,762sf. Lot 6,700 sf. Zoned for 4 units. REDUCED! $1,095,000

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LA JOLLA

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Mayor Faulconer selects Community Choice Energy as new option for ratepayers

Now that Mayor Kevin Faulconer has sanctioned forming a new joint-powers entity to purchase electrical power to achieve 100 percent renewable energy citywide by 2035, the question becomes: how will that be implemented, and what are the risks?

After three years of research and analysis, Faulconer selected Community Choice Aggregation (CCA) as the preferred pathway to reach the 100 percent renewable energy goal in the City's landmark Climate Action Plan. The proposed new CCA entity, which must first be approved by the San Diego City Council, is expected to create healthy competition benefiting San Diegans. Forming a new CCA entity is expected to lower energy costs by 5 percent or more for ratepayers, plus help the City reach its renewable energy goal by 2035 – a decade ahead of the state's goal.

"I want San Diego to lead this region into a cleaner future," Faulconer said. "This gives consumers a real choice, lowers energy costs for all San Diegans, and keeps our city on the cutting edge of environmental protection. We are a city where our environment is central to our quality of life and Community Choice will ensure we leave behind a better and cleaner San Diego than the one we inherited."

What is Community Choice Energy?

Community Choice Energy or Community Choice Aggregation (CCA) envisions bringing local control and freedom of choice into the electricity marketplace. Currently, San Diego has only one electricity provider, San Diego Gas & Electric (SDG&E).

Community Choice allows cities and counties to purchase power on behalf of their residents and businesses to provide cleaner power options at a competitive price. Under community choice, SDG&E would continue to deliver the power over their power lines, provide customer service and handle the billing.

A local community choice program is designed to offer a choice of providers to create competition encouraging innovation and improved pricing.

But not everyone is sold on CCAs, like the Clear the Air Coalition, a group of business, environmental and taxpayer leaders, who advocate a cautious approach to changing San Diego's existing electrical power distribution system.

Contacted by La Jolla Village News, SDG&E spokes person Tony Manolatos referenced the following link, clearair.us/post/san-diego-should-carefully-weigh-the-costs-and-benefits-of-government-controlled-energy, which he said “covers all the main points.”

"The City of San Diego should carefully weigh the costs and benefits of government-controlled energy before flipping the switch and moving residents and businesses into such a program," states the link. "If the city decides to form a CCA, would it actually help San Diego reach its clear air goals faster and cheaper than current state laws allow? ... To date, CCAs have been reluctant to purchase long-term contracts for renewable energy, or build new facilities. As a result, CCAs mostly buy and sell existing green energy, a practice that does not create new local jobs or clean our air any faster.... The evidence indicates a San Diego CCA would not meet the City’s goal of 100 percent clean energy by 2035, or create many new jobs, but it would create risk for taxpayers, who are ultimately the backstop of any government-controlled energy program."

Community choice proponent Tyson Siegle represents But It Just Might work.com, a clean energy advocacy group. Noting SDG&E under law is, "not allowed to oppose community choice energy,” Siegle pointed out SDG&E's parent company, Sempra, "is not a regulated utility" and therefore is allowed to oppose community choice.

Nonetheless, Siegle noted that, "In theory, SDG&E shouldn’t lose any money if community choice happens, or doesn’t.”

But Siegle was quick to point out San Diego pays some of the highest per-kilowatt per-unit rates for electricity in the state adding, "Californians have, on average, a 50 percent higher electricity cost than the nationwide average."

Argued Siegle, “We’ve had a massive ramp-up in the number of community choice energy programs in the past five years statewide. It just makes sense to give our communities more control over where their energy comes from, and what it costs.”

But even if successful, a transition to community choice by San Diego will take some time, said Siegle, “In all likelihood, the entire process will take a little more than two years, and the shortest time it could be in effect would be January of 2021,” he added.

Community Choice Energy timeline:

- December 2018: Resolution of intent available for docketing at City Council.
- Spring 2019: Begin formal meetings with potential JPA partners to negotiate structure and guiding principles.
- Summer 2019: City Council action to officially form new JPA.
- Fall 2019: JPA begins hiring staff, including CEO and CFO. Staff develops implementation plan for submittal to CPUC.
- 2020: JPA continues to establish operations. CPUC approval expected.
- 2021: CCA begins service to customers with phased-in approach throughout the year.

La Jolla restaurateur charged with sexual assault gets trial date for next May

A judge set a trial date of May 14, 2019 for Daniel Dorado, who is charged with sexually assaulting eight women, some of whom were attacked in his now closed La Jolla restaurant.

Dorado, 60, appeared Nov. 7 before San Diego Superior Court Judge Estate Hymas. Dorado, who also replaced a public defender with a retained attorney from Orange County.

Dorado posted $900,000 bond in September and Deputy District Attorney Jessica Coto asked the judge to order that Dorado not drink alcohol as a condition of bond. Hernandez granted that request.

Most of the women who testified in the June preliminary hearing said they thought they were drugged with something Dorado put in their wine, champagne, or other alcoholic drink.

The women, who varied in age from 22 to 57 at the time, testified they felt completely intoxicated and blacked out. Most of them said they threw up and felt very embarrassed.

Most of them did not report the incidents immediately, and authorities could not find any type of drug or chemical that Dorado could use to put them in drinks.

Dorado claimed not guilty to all 27 counts of forcible rape, rape and oral copulation of an intoxicated or unconscious person, digital penetration, sexual battery, and assault with intent to commit rape.

Some of the alleged incidents occurred in 2009, 2014, 2015, 2016, and January of this year, according to testimony. Several said they were at the restaurant for job interviews and were assaulted in the restaurant after everyone had left.

He was arrested March 28. The restaurant, Voce Del Mare, is located at 5721 La Jolla Blvd. in the Bird Rock area. It closed while he was in jail.

Dorado denies all the charges. He has waived his right to a speedy trial.

- Neal Putnam

Fay Ave. bike path cleanup

The annual Fay Avenue Extension Bike Path cleanup got underway the weekend of Nov. 3-4.

The effort was jumpstarted with an initial donation from La Jolla Kiwanis, some local residents and two 40-yard EDCO roll-off dumpsters.

Some 50 volunteers organized by La Jolla Parks and Beaches, Inc. raked, swept, pruned and hauled. The dumpsters were filled to capac-

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Buying and building electricity supply delivering energy, maintaining lines, billing customers

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The fundamentals on how CCE will be implemented in the future.

La Jollan David Spiewak raises $4,300 in honor of his father

In honor of his father Michael Spiewak’s 11-year anniversary of passing from Leukemia, David Spiewak, an affiliate agent with the La Jolla office of Coldwell Banker Residential Brokerage, raised $4,300 for the San Diego Chapter of The Leukemia and Lymphoma Society through his Michael Spiewak Strikethout Leukemia Bowling Fundraiser event at East Tavern and Bowl.

"I started doing this to honor my father, and over the years have realized how many lives this event touches. So many people from our office come out and participate in this fundraiser, which means so much to me," said Spiewak.

"I miss my dad every day, but it warms my heart feeling all the love and support of my friends, family and community. Every dollar counts and gets us closer to helping those who are touched by Leukemia and Lymphoma. His legacy lives on."
Scripps researcher and colleagues find that meteorites from Mars similar to ones that take place in Hawaii

Martian meteorites are mostly volcanic in origin, but how they are related to one another and where they come from on Mars have been enduring scientific puzzles. These meteorites can be found in the hot and cold deserts of the Sahara and Antarctica, respectively. In a new NASA-funded study, geologist James Day of the Scripps Institution of Oceanography at the University of California San Diego and his colleagues addressed these questions by examining 40 Martian meteorites for their chemical compositions.

The researchers found that two dominant types of Martian meteorites, known as shergottites and nakhlites, had complementary compositions. These relationships are like those observed in Hawaii between the composition of basaltic rocks from the active volcano of Kilauea and volcanic rocks like those found in Diamond Head Crater on Oahu. The construction of the Hawaiian islands by a hot mantle plume and their immense weight create the distinctive volcanic rock types there. This massive weight then pushes down on the Pacific plate, leading to melting where the water-rich plate bends to form volcanoes like Diamond Head Crater. The researchers suggest the same origins for Martian volcanism. The findings were published on Nov. 15 in the journal Nature Communications.

“The relationship of Martian meteorites to one another has been a long-standing question for decades,” said Day, lead author of the study. “Our new results show a link between these diverse meteorites and also a strong similarity with volcanic processes that we observe on Earth.”

The “flexure,” or bending, of the Pacific plate by the formation of volcanoes on Mars is dwarfed by the processes acting on Mars. Olympus Mons is the largest volcano in the Solar System, some three times taller than Mt. Everest, and the massive load it places on the Martian surface bends and warps it downward.

“This bending, or lithospheric flexure, can lead to immense stresses and can also lead to melting and volcanism, which is exactly what we see in Hawaii,” said Day. “Martian meteorites represent both the volcanic material forming the massive volcanoes, like Olympus Mons, and the small volcanoes occurring due to lithospheric flexure.”

The relationship of Martian meteorites to one another also has implications for the rocks examined by the Mars Exploration Rovers, including Spirit, which landed at Gusev Crater. There, the rocks are distinct from the majority of Martian meteorites, and the new study indicates an important role for melting of water-rich materials to tectonic processes to form rocks like the Gusev Crater basalts.

“The new model we propose for how Martian volcanic rocks form, both from the big volcanoes, and volcanic rocks associated by bending and flexing of the upper portions of Mars, can potentially explain the complete range of volcanism seen on Mars,” said Day.

Co-authors of the study include Kim Tait of the Royal Ontario Museum in Canada, Arya Udry of the University of Nevada Las Vegas, Freja Mikkelsen of the University Paris Diderot, Yang Liu of the Jet Propulsion Laboratory, California Institute of Technology, and Clive Neal of the University of Notre Dame.

Casa de Manana receives hospitality award

Front Porch, a not-for-profit organization that serves more than 5,000 residents in senior living and affordable housing communities, recently announced that it has received three Choice Community Awards and Holleran’s Highest Honors by Holleran Consulting, a research and consulting organization offering employee and resident engagement benchmarks to senior living companies nationwide.

Choice Community Award winners are recognized based upon two metrics: resident engagement index scores above the Holleran Benchmark and residents’ ratings of their community as a great place to live with an enriched culture of engagement.

The following Front Porch communities in California received 2018 Choice Community Awards for resident engagement: Casa de Manana in La Jolla, Sunny View in Cupertino and Villa Gardens in Pasadena.

Villa Gardens also received Holleran’s Highest Honors, recognizing outstanding efforts in providing the highest level of engagement to residents.

Through a program known as ENCAGE—a Front Porch collaborative, it examines resident engagement and connectedness by administering a series of peer-to-peer assessments every two years and conducting focus groups with residents, families, employees and volunteers.

“As a result, Front Porch receives a 360-degree view of life in their communities and plots its progress in developing inspiring, innovative experiences and examining how creatively these experiences are meeting the needs of residents and the community at-large. "We are honored to be recognized as Holleran’s 2018 Choice Communities and Highest Honors,” said Sally Plank, SVP Organizational Communications.

The Choice Community Award was designed to recognize communities who show strong cultures of employee and resident engagement. These awards are given at the community level and are granted based on exceeding the Resident Engagement Index benchmark.

Holleran’s highest honors recognize outstanding efforts in providing the highest level of engagement to residents.

Villa Gardens scored above 96 percent of Life Plan Communities in the Holleran Benchmark in the area of supporting residents’ voices.

Don’t lose thousands when selling your home

SAN DIEGO. A new report has just been released which reveals 7 costly mistakes that most home owners make when selling their home. And a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today’s market. The fact of the matter is that fully three quarters of homemakers don’t get what they want for their homes.

As this report uncovers, most homemakers make 7 deadly mistakes which each and every one of these mistakes is entirely preventable. I answer to this issue, industry insiders have prepared for a free special report entitled “The 9 Step System to Get Your Home Sold Fast and For Top Dollar.”

To order a FREE special report, call toll-free 1-800-276-0763 and enter 1000. You can call any time. 24 hours a day, 7 days a week. Get your free special report NOW to find out how you can get the most money for your home.

Make the Right Choice Senior Living

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

FRIDAY · NOVEMBER 16, 2018
LA JOLLA VILLAGE NEWS
San Diego International Airport (SAN) has won an international award for three innovative programs aimed at reducing greenhouse gases, offsetting carbon emissions and diverting food waste from landfills.

SAN was one of only eight airports, airlines and individuals worldwide to win an Airports Going Green Award, presented by the Chicago Department of Aviation. The three programs at SAN that were recognized by the award are:

**TNC Greenhouse Gas Reduction Program**: This novel program reduces greenhouse gas emissions from transportation network companies (otherwise known as ride-share companies such as Uber and Lyft) operating at SAN.

It offers incentives for these companies to reduce emissions by using more fuel-efficient vehicles such as hybrids, the use of alternative fuels, and trip reduction (i.e. carpool and re-match).

Each company that meets the established target for emissions reductions receives a discount on the fee they pay for each airport trip. This has resulted in emissions reductions of up to 30 percent by some participating companies.

**The Good Traveler**: Launched by SAN in 2015, this nonprofit collaboration of airports allows air travelers to purchase carbon offsets that help balance out the environmental impact of their flight.

Each $2 purchase offsets 1,000 miles of air travel, with the proceeds going toward projects such as wind farms, wetlands restoration and forestation that help keep greenhouse gases out of the atmosphere.

Since inception, The Good Traveler program has offset the impact of 135 million miles of air travel.

**Food Recovery Program**: This program diverts food waste from the landfill and donates edible food to those in need.

This is accomplished through an airport-wide composting effort that collected more than 365 tons of food waste in 2017. Additionally, more than 54,000 pounds of food were donated to worthy causes, equaling more than 4,000 meals.

"San Diego International Airport is shoulder-to-shoulder with three of San Diego’s oldest residential neighborhoods and also San Diego Bay so we take our responsibility as an environmental steward and committed regional partner very seriously," said Dennis Probst, SAN’s vice president of development. "We could not be more pleased and proud that our efforts have been recognized with this prestigious award."

**Mayor proposes ending parking requirements for housing developments**

Mayor Kevin L. Faulconer recently released a proposal that would eliminate parking space requirements for multifamily housing developments near transit hubs as the latest piece of his “Housing SD” initiative.

Parking requirements typically drive up construction costs as each space can add $15,000 to $90,000 per unit to a project’s budget.

Eliminating those requirements in Transit Priority Areas (TPA) — within a half mile of a major transit stop — significantly reduces costs and allows builders to construct more units.

Under the new parking plan, multifamily projects can be built with as little as zero parking spaces in TPAs throughout the city — a move that aligns with the City’s landmark Climate Action Plan’s goal of slashing greenhouse gas emissions by further reducing vehicle trips.

Builders can still include parking as part of their projects but can scale back the number of spaces or eliminate them altogether based on market demand.

Currently, the City requires builders to provide a minimum number of parking spaces for each dwelling unit built, regardless of the location of the multifamily residential development. This requirement can range from providing a single parking space for a studio apartment to two spaces for a unit with three or more bedrooms.

Housing developments in transit priority areas will also be required to offer a variety of transportation amenities available to residents, including:

- Secure bicycle storage or repair stations to maintain bikes for everyday use
- Onsite bike, car, or small electric vehicle share programs for when a vehicle is needed
- Storage or locker facilities to ensure delivery items can be safely stored until they can be retrieved
- Transit passes to attract residents who want to live more sustainably and with more mobility options
- Healthy food retail and day care facilities, for those residential projects seeking to incorporate onsite lifestyle conveniences

"It is important that the City continues to develop creative ways to make housing at all levels in San Diego more affordable," said City Councilmember Scott Sherman.

"The mayor’s proposed parking reform rules are a game changer. They will make construction less expensive, provide opportunities for more units to be built and, ultimately and most important, will reduce the cost for the people living in them."

The cost and space savings could be substantial for renters and new homeowners. With the rapid rise of ride share and micro-mobility options such as dockless scooters and bicycles, the City is anticipating residents will increasingly rely less on automobiles to get around.

This proposal will allow individuals to make a choice that can reduce costs.

"Circulate San Diego is pleased to see the Faulconer administration taking leadership on citywide parking reform," said Colin Parent, executive director and general counsel for Circulate San Diego. "Updating parking rules will allow more people to live and work near transit, which is key to our climate and affordability goals."

"The mayor’s proposal could result in a cost savings of at least $35,000 per parking space that would no longer be required under this market-based reduced parking requirement. In addition, builders can include more units in a project by utilizing the space saved by not having to build an underground parking garage or similar parking accommodations. This will help to increase the overall housing supply in the region and achieve the City’s goal of housing for all."

Other cities that have implemented programs to eliminate parking requirements in transit areas, including Seattle, have seen success at increasing the housing supply and a reduction in vehicle ownership. As a result, Seattle has expanded its program to other areas in the city.

The mayor expects to bring the TPA parking plan to the Smart Growth and Land Use committee in early 2019.

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**Berkeley neuroscientist at D.G. Wills Books**

U.C. Berkeley neuroscientist Prof. David E. Presti will discuss his new book “Mind Beyond Brain: Buddhism, Science, and the Paranormal” on Saturday at 7 p.m., Dec. 1 at D.G. Wills Books, 7461 Girard Ave.

Among the most profound questions we confront are the nature of what and who we are as conscious beings, and how the human mind relates to the rest of what we consider reality.

For millennia, philosophers, scientists, and religious thinkers have attempted answers, perhaps none more meaningful today than those offered by neuroscience and by Buddhism.

The encounter between these two worldviews has spurred ongoing conversations about what science and Buddhism can teach each other about mind and reality.

In “Mind Beyond Brain,” neuroscientist David E. Presti, with the assistance of other distinguished researchers, explores how evidence for anomalous phenomena—such as near-death experiences, apparent memories of past lives, apparitions, experiences associated with death, and other so-called psi or paranormal phenomena, including telepathy, clairvoyance, and precognition—can influence the Buddhism-science conversation.

Presti describes the extensive but frequently unacknowledged history of scientific investigation into these phenomena, demonstrating its relevance to questions about consciousness and reality.

The new perspectives opened up, if we are willing to take evidence of such often-off-limits topics seriously, offer significant challenges to dominant explanatory paradigms and raise the prospect that we may be poised for truly revolutionary developments in the scientific investigation of mind.

“Mind Beyond Brain” represents the next level in the science and Buddhism dialogue.

David E. Presti is a professor of neurobiology, psychology, and cognitive science at the University of California, Berkeley; and also teaches neuroscience to Buddhist monks and nuns in India and Bhutan. He has published in molecular biology and biophysics from Caltech, and in clinical psychology from the University of Oregon.

He is also the author of “Foundational Concepts in Neuroscience: A Brain-Mind Odyssey (2016).” For more information, call 858-456-1800, or visit dgwillsbooks.com.
College bound: Bishops seniors commit to play at next level

Twice a year, the San Diego Hall of Champions sponsors College Announcement and National-Letter-of-Intent signing day. The first signing event of the year, it was held Nov. 14.

For the last few years, the event has been hosted by the San Diego Padres and held at Petco Park, which has added excitement and fun to the festivities.

The cavalcade featured well over 200 student-athletes from 60 high schools. They represented nearly 20 sports and signed or committed to 150 colleges. There were more than 500 fans on hand to bask in this significant accomplishment achieved by each athlete.

The athletes in attendance announce their intent to play at all levels of college competition, from NCAA Division I to DIII and NAIA schools. The great news is that 15 of the 200-plus at Petco hailed from the hallowed halls of Bishop’s, which by any account is quite a showing for our upper-school band of 555.

Representing the School with class, happiness and impressive demeanor, each Knight took the microphone to introduce themselves, their sport and the school to which they had committed.

This year’s first contingent of stalwart seniors include:
- Kate Bolitho (UC Berkeley - women’s crew);
- Pierce Dietze (Harvard University - men’s swimming);
- Ford Eldredge (Santa Clara University - water polo);

Bishops seniors sign on to compete at the collegiate level.

- Alex Estey (Skidmore College - women’s volleyball);
- Oscar Hertz (Brown University - men’s lacrosse);
- Athena Leota (Colgate University - women’s volleyball);
- Kendall Lincoln (Wellesley College - women’s soccer);
- Matthew Mu (Brown University - men’s tennis);
- Leah Parsons (Northwestern University - diving);
- Merle Richman (United States Naval Academy - water polo);
- Melanie Schwimmer (Amherst College - field hockey);
- Michael Xu (Brown University - men’s swimming).

There will be more commitments announced on Feb. 6.

Pacific Beach Hospitality Group to hold self defense class for service industry employees

The Pacific Beach Hospitality Group, a sub-committee of Discover Pacific Beach, will be holding an intense self defense training class for staff focused on issues that might be faced as a hospitality worker on Nov. 19 and 20 at Moonshine Beach, 1165 Garnet Ave.

“We have an active nighttime economy here in Pacific Beach that includes a population of workers we call the other 9- to-5ers, who are getting off work when amenities like public transportation and lighting are no longer available,” said Sara Berns, executive director of Discover Pacific Beach.

It’s estimated we have more than 4,000 workers in our hotels, restaurants and entertainment establishments here in PB and many of them are local as well.” The class is designed to provide tools for people to empower and defend themselves in situations they may find themselves in at these times.

Employee and customer interaction, relations, and safety are a growing and important concern in the hospitality industry, perhaps more so than many other industries. Not only can employee and customer safety impact a business’ bottom line, but there are legal and financial ramifications as well.

Providing proper training for hospitality employees on how to deal with issues such as harassment, leadership and communication is important to ensure both employees and customers are provided a safe and welcoming atmosphere with which to work, and to enjoy themselves.

The class will be taught by Impact Personal Safety, a nonprofit corporation whose mission is to end the cycle of violence.

Their goal is to empower individuals to make effective personal safety choices. In an emotionally supportive environment, participants will practice both verbal and physical skills with a fully padded mock assailant. Training includes verbal self-defense strategies practiced in role playing scenarios in a variety of contexts — dealing with strangers and people you know.

For more information on Impact Personal Safety, contact Lisa Gaeta at lisagaeta@impactpersonalsafety.com. For more information, contact Berns, at 858-273-3303.
Longines ‘Prize for Elegance’ at Breeder’s Cup

Hometown gal Andria Elam took home the Longines ‘Prize for Elegance’ on Friday, Nov. 2 at the Breeder’s Cup in Louisville, Ky. The Breeder’s Cup World Championships was a two-day event held at the famed Churchill Downs racetrack.

The big race of the day was the Breeders’ Cup Classic won by 5-year-old Accelerate. The fashion race for the most elegant was given to the most deserving female and male on both days of the cup.

Elam won the contest on Friday for the most elegant lady among stiff competition with a beautiful dress from Asos, crushed Navy velvet shoes, and a fabulous fascinator created by her. There were four celebrity judges who determined who was the most elegant lady.

They were Jane Motion, daughter of Kentucky Derby-winning trainer Graham Motion, Sophie Flay, daughter of celebrity chef Bobby Flay, Carson Kressley from “Queer Eye” and, currently, Bravo’s “Get A Room” and Jennifer Diliz from Longines.

Elam was awarded a beautiful Longines watch, which is the official watch of the Breeder’s Cup. The male counterpart went to Stephen Eades. On Saturday Nov. 3, the award went to McKenzie Marcinek and Mattias Dylan Horseman.

In 2016, Elam won the Bing Crosby Grand Prize here at the Del Mar Thoroughbred Club. She was awarded in the “Best Fascinator” category, which was a beautiful lilac and turquoise Fascinator that perfectly matched her floral dress. Elam received a one-night stay at the Fairmount Grand Del Mar and dinner for two at Addison Restaurant, valued at more than $1,000. She also received a halter from California Chrome, who ran at Del Mar.

In addition, she was first runner-up at the Santa Anita Spring 2017 for the HH Sheikh Mansoor Festival Hat and Fashion Contest. In the summer of 2017, she was second runner-up for the “Most Glamorous” at Del Mar.

Elam not only has a love for fashion but also with horses. Since horses are near and dear to her, she currently has an off-track thoroughbred named Cranky Jack. She was at the Breeder’s Cup as fundraising chairperson for the non-profit organization, After the Finish Line.

She collected special edition hats from the owners and trainers that will be auctioned off on Ebay between Nov. 11-18 and then again on Nov. 18-25.

After the Finish Line gives grants to other organizations that work with rescuing Thoroughbreds’ racehorses that are no longer able to perform or wanted by their owners. They help them transition into a second career such as hunters, jumpers, and dressage and trail horses. For more information about this charity, visit AftertheFinishLine.org.

The exciting news for all of you horse enthusiasts is that the Breeder’s Cup will be returning to Del Mar Thoroughbred Club in the fall of 2021. Stay tuned for more updates.

Upcoming events

Saturday & Dec. 1 - “Meraki Allure Fashion & Holiday Show” - Event begins at 2 p.m. at the Vineyard Hacienda at 12685 Campo Road. The event theme will be the Golden Era.

For tickets, visit eventbrite.com/e/meraki-allure-fashion-show.

Diana Cavagnaro is an internationally renowned couture milliner based in the historic Gaslamp Quarter. Learn more about our hat designer, teacher and blogger at DianaCavagnaro.com.

Judges: Jane Motion, Sophie Flay, Carson Kressley, and Jennifer Diliz.
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Finding air currents in order to glide effortlessly through the day

Something was amiss. The next morning the White Sands bus was leaving at 9 a.m. to visit the Carlsbad desalinization plant.

I always sign up for such trips and always look forward to new adventures, except this time I didn’t. I don’t feel like going, called a voice in my head. I called Pat, our event coordinator, and asked her whether she thought I could die without ever having seen a desalinization plant.

She agreed I did not need to go. I then remembered all those other times recently that I did not go to events I would normally attend. When something was cancelled, I was relieved.

A new desire to stay home more has taken over. I worried that it was a form of laziness. All my life, I have been the type to jump up and do whatever was happening, accept most invitations. I was happy to meet, to help, to take charge of… Lethargy is taking over.

I do a lot of my reading and writing in a recliner from which I used to easily get up to get something from another room, not any more. Once ensconced, I wonder whether it is worth my while to leave the comfort of my chair; all of a sudden it has become more of an effort. As I started pondering this new slowness in my step and my reluctance to move and to go, I wondered whether my 92-year-old body was too old and how to prioritize allotting energy to a request to attend someone’s event or to give a talk. I always feel honored when someone wants me, but there are too many demands on my time. So unless it’s a friend asking for a favor, the answer is “Sorry, I simply can’t.”

“Lethargy is taking over. I no longer meet, to help, to take charge of….”

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My life could be totally filled up with friends and friends of friends who all do fun stuff together. How do I refuse? I always feel special when I am invited; however, I need to create some down time between events.

The other issue is when to say no to a request to attend someone’s fundraising event, for an interview, or to give a talk. I always feel honored when someone wants me, but there are too many demands on my time. So unless it’s a friend asking for a favor, the answer is “Sorry, I simply can’t.”

“We teach best what we need to learn!”

So, I am writing this to give my readers (and myself) a new perspective on the limited energy they have and how to prioritize allotting it. Be judicious in new ways. It is okay to say, “No, thank you for asking, but… I am conserving energy.” I am being energy efficient.

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.
Ceron, who previously worked at the Hilton Hotel in La Jolla, was not involved in the homicide and he testified against Torres in his trial in reference to the Hill robbery.

Deputy District Attorney Jim Koerber told the judge Ceron “helped this jury understand” the crimes committed by Torres. Koerber said Ceron was truthful and had only met Torres a day before Hill was robbed on Oct. 12, 2016.

Ceron was given credit of already serving 747 days in jail, so the two years in custody will be deducted from his five-year term. Kirvin fined him $1,724.

Ceron testified Torres was driving around La Jolla and saw an open window in Hill’s home in the 7900 block of Avenida Alamar. Torres cut the kitchen window screen and let Ceron through the front door.

Robert Hill wrote a letter to the judge saying “we did beef up our security system” afterwards. He said he was robbed of $17 in cash and credit cards.

“So many friends and neighbors went into panic mode and got more security,” wrote Hill, who added that they now close their windows.

Hill wrote one of the two men held a gun to his head, but he was thankful that he and his wife were not physically harmed.

Ceron pleaded guilty to armed robbery of Hill. The judge imposed four years for the hold-up plus one year for using a gun.

“He decided he wanted to help,” said Ceron’s attorney, Andrew Flores, who said “he accepted responsibility.”

Rosanna Reyes, the murder victim’s mother, told the judge she was thankful that Ceron decided to testify against Torres and that he showed remorse.

Torres accumulated 757 days in jail since his arrest, but he won’t get credit for serving them because his sentence is life without parole.

The jury also convicted Torres on Sept. 14 of the special circumstances of murder during a robbery, burglary, and while lying in wait.

Arroyo was robbed of four methamphetamine baggies. Torres was driven away by a getaway driver who was unaware of the murder. The driver was sentenced Nov. 9 to a year in jail for being an accessory after the fact.

Torres was ordered to pay $4,250 to two people whose cars were stolen and damaged. He was fined $11,518.

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Dominic’s Table  
Chef Dominic Tedesco is a true, creative Renaissance man and Master Chef. Add to this his irresistible southern charm and old-fashioned business ethics and you have a great recipe for success. Raised in the Midwest by his Italian immigrant parents, he is the youngest of eight boys. Chef Dominic has always stayed true to his Sicilian roots. He opened his first restaurants in Indiana and Kentucky. He also became well-known on the competitive circuit, winning the Int’l Pizza Championship, as well as various awards. In 2006, he decided to return to the classroom and finally his culinary degree in Las Vegas, was completed. In 2017 Chef Dominic left Las Vegas to make his dream a reality and took his already successful career to a higher level in La Jolla. His culinary masterpieces have been recognized by various critics and has been invited as an Executive Chef to a new audience, including celebrities. He can also be credited as a producer for the Production Company Red Velvet Entertainment, Inc. Currently, he is in development of his own series of television cooking shows and filming a movie he was cast in to be released in theaters, early 2019.  
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For more information, visit www.brocktonvilla.com or call 858-729-0242

Donovan’s Steak & Chop House  
Donovan’s Steak & Chop House embodies the definitive fine dining steakhouse dining experience, extraordinary in its simplicity, impeccable in execution. Relax, with family and friends, enjoy the rich established ambiance and let us take care of the rest. Your time in our fine restaurant is uncomplicated, your dinner tailored to your personal tastes. Your exacting servers are unobtrusive yet at your table when you need them.

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Coastal Dining Guide

Brockton Villa Restaurant  
Located directly across from the world-famous La Jolla Cove, Brockton Villa offers stunning coastal views from our dining rooms, patio and veranda. Although we serve Breakfast, Lunch, Social Hour, and Dinner...we specialize in Private Events for 10 - 100 guests. From Holiday Parties to Business Lunches, Bridal and Baby Showers to Wine Dinners, our quaint and historic cottage offers a unique setting that wows locals and visitors alike.

For more information, visit www.brocktonvilla.com or call 858-729-0242

1250 Prospect St., Ste. 102, La Jolla 858-352-6811 • dominicstable.com

Nautilus Tavern  
Nautilus Tavern answers Windansea’s and La Jolla’s call for a modern-coastal destination dedicated to quenching thirsts and rising the tide on flavor. Their forward-thinking cocktail collection rivals a tasty selection of up to 30 tap beers, celebrating many local craft brews. They feature a shipload of scratch-made favorites, such as one of our epic burgers, or a steaming plate of savory wings.  
Open for brunch, lunch and dinner, they invite you to stretch out and enjoy our front or back patio, or catch a game, a brew and a bite with friends at the bar. There’s a place for everyone here.

At Nautilus Tavern, “local” is a word they use to describe the food they source and the beer they serve. It’s also who they aim to please. Make sure to visit our other location, Pillbox Tavern, on your next trip to La Jolla.

6830 La Jolla Blvd Suite. 103
www.nautilustavern.com
(858)750-2056

Donovan’s Steak & Chop House  
Donovan’s Steak & Chop House embodies the definitive fine dining steakhouse dining experience, extraordinary in its simplicity, impeccable in execution. Relax, with family and friends, enjoy the rich established ambiance and let us take care of the rest. Your time in our fine restaurant is uncomplicated, your dinner tailored to your personal tastes. Your exacting servers are unobtrusive yet at your table when you need them.

Donovan’s Steak & Chop House
1250 Prospect St.
(858) 450-6666
donovansteakhouse.com
Celebrate the holidays in style at The Marine Room

The Marine Room Thanksgiving Day - Enjoy a festive à la carte menu with choices to please everyone on your guest list. The traditionalist will enjoy our Julian cherry cider brined turkey breast, and the more adventurous will savor our Neptune Trilogy of Maine lobster, diver scallops and Baja prawn. For dessert try the five spice pumpkin torte or Bonfire Toffee Liqueur Crème Brûlée.

- High Tide Breakfast Buffets
  Experience the signature “High Tide Breakfast Buffet” when the tide brings the surf up to their windows. Enjoy seasonal favorites with options including Hokto Farm local mushroom frittata, poached eggs benedict, and rolled red walnut ricotta crepe. Available on select dates, Nov 24-25, Dec. 8-9, 22-23 from 7 to 11 a.m.

- The Shores Restaurant Thanksgiving Day buffet – Give thanks with family, friends and a stunning ocean view. Enjoy a variety of savory appetizers including Maple Leaf Farms duck confit, delicious main courses of red sage peppercorn-brined Carolina Tom turkey and BBQ rub prime rib roast, seasonal sides, pumpkin and pecan pies, Julian apple cobbler and other sweet treats.

- New Year’s Eve – Ring in the New Year with a memorable New Year’s celebration. Choose from an exquisite five-course menu that features mulberry wine-braised Imperial Wagyu beef, dill pollen butter-basted Maine lobster tail. Seating begins at 8:30 p.m. Cost is $185 per person and includes live music from the Whitney Shay Band.

For those looking to ring in the New Year a little earlier, a three-course dinner for $115 per person is available at 5:30 p.m. Take in the ambiance, savor the menu and toast the beginning of 2018 with family and friends. For more information and reservations go to MarineRoom.com or call 858-459-7222.

Other Thanksgiving meals around La Jolla

EDDIE V’S
Eddie V’s will be serving a traditional Thanksgiving dinner with all the trimmings this year – complete with brioche sage stuffing and hand-whipped potatoes, to name a few.

If you’re not feeling festive, you can always order from the regular menu; no one could blame you for eyeing the Chilean sea bass or lobster tacos at this well-known seafood destination in La Jolla.

Both menus will be served from 11 a.m. to 9 p.m., Reservations are recommended – call 619-615-0281 or visit eddiev.com.

GEORGE’S CALIFORNIA MODERN
Are you looking for something a little more “advanced?” California Modern, part of the famous George’s at the Cove, can help with that. The chefs offer creative takes on Thanksgiving classics.

It’s a three course meal, so you can sample a persimmon salad, stinging nettle spaghetti, or beef tartare without having to give up your full turkey dinner.

The special menu will available from 3 to 8 p.m.

Make a reservation by calling 858-454-4244, or visiting george satthecove.com.

FLEMINGS LA JOLLA
Join Flemings Steakhouse La Jolla for a three-course Thanksgiving feast for just $49 per person, including classics like the mixed herb-roasted turkey breast, or sliced beef tenderloin. Sides include delicious butter-masked sweet potatoes or Yukon Gold mashed potatoes.

Served from 11 a.m. on. Reservations are highly encouraged. Call 858-535-0078, or visit flemingssteakhouse.com/promotions/thanksgiving.
Perlam Clinic launches PocketDoc app to support healthcare centers

San Diego based primary and urgent care provider, Perlam Clin- ic, has officially launched PocketDoc, a new iPhone App for virtual Urgent Care visits.

You probably know Perlam Clinic for its seven, soon to be nine, pri- mary and urgent care locations throughout San Diego.

Now, with PocketDoc, Perlam Clinic can also treat patients virtu- ally:

“We’re so excited to have finally launched,” said Dr. Monica Per- lman, Chief Medical Officer at Perlam Clinic. “So far, patients are real- ly liking PocketDoc. They love the fact that they can do visits from the convenience of their home, work or elsewhere. And, how easy and affordable the video visit is.”

PocketDoc visits typically start within 15 minutes of logging onto the App and cost a flat rate of $30, so not too different from an office copay. Many common medical issues can be treated, including cold/flu, UTI allergies, and much more. And if needed, you’ll have a prescription sent to the pharmacy of your choice.

“The experience is very similar to an in-person visit, although simpler. If you have a question about whether something can be treated virtually, you can call our team and they’ll be able to tell you in advance of your visit. That said, the condi- tions treated through the App are listed on the PocketDoc website,” said Dr. Monica Perlman.

Although PocketDoc is staffed by Perlam Clinic medical profession- als, you don’t need to be a Perlam Clinic patient to use it. PocketDoc is open to anyone in California seeking medical care, irrespective of the insurance a patient may have.

“We’ve had success treating both existing and new patients through PocketDoc. Most of the patients have been located in San Diego, but we are starting to see some visits from patients throughout California,” said Dr. Monica Perlman.

The app is only available on iPhone for now, though they hope to release an Android version soon. Hours of operation are Monday through Friday from 8:30 a.m. – 5 p.m.

You can learn more about PocketDoc by going to pocketdocapp.com or calling 858-617-0528.

PocketDoc is currently available on Apple’s App Store for download.

You can learn more about Perlam Clinic by going to perlamclin- ic.com or calling 858-554-1212.

Perlam Clinic currently has clinics in Carlsbad, La Jolla, Clairemont, Hillcrest, Kensington, and Chula Vista. They’re in the process of opening new locations in Down- town and Del Mar.

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

Volume is the most requested service of all clients. Thick, healthy hair is never out of style, even with all the excellent professional volumizing products available—nothing compares with the real thing: thick, healthy human hair!

The unique patented process used at Judy’s Salon attaches a protein bond of real human hair to a small section of your own hair. The bonds are so discreet you can style your hair anyway you choose. This unique application process makes it the only system that does not further damage your hair. Most women who want this service suffer from thin, weak and damaged natural hair—once this application process has been applied, you will be amazed at the trans- formation that occurs, in your hair and in your outlook!

How do you match extensions to a clients existing color?

If you are blending colors choose extensions that are the same level of color as the clients own hair. If you are changing the level of the clients hair choose a shade that works well with the skin tone. A coloring process can be done to the natural hair 48 hours prior to application and extensions can be matched to that also.

How do you customize extensions for a client with thinning hair?

Use an extension with a smaller attachment bond and a single strand application process so the hair is not dam- aged and can hold the weight of the extension. This will give natural looking volume and length to thinning hair. Hairstyling is very similar to how you style your hair without extensions. Contact Judy in La Jolla today for answers to any more of your hair extensions questions.

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7734 Herschel Suite #P, La Jolla, CA
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858-456-2344
Call today and receive $200 off on your first full head of hair replacements!
City’s preliminary plans underway to improve Capehart Dog Park in PB

By DAVE SCHWAB | LA JOLLA VILLAGE NEWS

Dog lovers in Pacific Beach take heart. Long sought-after repairs to Capehart Dog Park are being reconsidered.

But it could take time — and considerable dollars. A recently released preliminary estimate of costs for improving both the large- and small-dog areas of Capehart at 4747 Soledad Mountain Road were pegged by the City at about $612,000.

“The City is in the preliminary stages of developing a potential project scope for improvements to Capehart Dog Park,” said City spokesman Tim Graham. “The community is very interested in having the area improved, and we’ve been working with Marcella Bothwell to find a design that will meet the community’s wishes.”

Bothwell, a physician, community volunteer and San Diego Park and Recreation Board member who owns four dogs, said improvements to the popular dog park near the PB-La Jolla border are long overdue.

“The community recognizes the need for creating more dog parks, and for maintenance of the dog parks that we have,” said Bothwell, noting the City’s preliminary plan is “reasonable, but very expensive.”

Bothwell said improving Capehart must go through the Public Works Department. “It’s a capital improvement project,” she said.

“The plan is currently unfunded.”

Bothwell added a GoFundMe account will be put in place for donations toward City-approved projects listed.

“This effort is being coordinated through the Pacific Beach Town Council, and they have provided us with guidance, connections, and a non-profit/tax-deductible fundraising vehicle on their website to perform some of the work,” said Bothwell.

“It is planned that this will be a public/private partnership between the City of San Diego, San Diego Parks and Recreation, the Capehart Dog Park (a subcommittee within the Pacific Beach Town Council) and patrons of the park,” Bothwell said.

Bothwell added recognition signage will be evaluated for large Capehart Park-improvement donors.

For more information, visit pbtowncouncil.org/about/capehart-dog-park/.

Bird Rock Coffee Roasters expands, opens location in Pacific Beach

Bird Rock Coffee Roasters opened their fifth retail location at 829 Garnet Ave. on Nov. 9.

This cafe has indoor-outdoor spaces, an expanded food menu with new pastry chefs, and new pour-over technology for high-vol-ume cafes, the Pour Steady.

The build out was completed by all San Diego-based vendors, including interior design once again by MY Studio (ID), that designed the Torrey Pines Beach Bird Rock Coffee Roasters location.

The newly remodeled 1,100-square-foot cafe in Pacific Beach features an outdoor patio with the signature Bird Rock Coffee Roasters garage door window openings allowing the nearby sea breezes to flow through the entire cafe.

The location offers specialty seasonal coffees sourced at origin by staff and utilizes the Slayer SteamX espresso machine and the Pour Steady pour-over system.

The cafe introduces Justin Gaspar and Sean Le, pastry chefs both trained at the International Culinary Center in Northern California. The pastry chefs are providing homemade breads, yogurt and granola, a toast menu, and other select-ed grab and go items. This is the first location in the company to have chefs on site with a developed food menu.

“We are growing rapidly throughout San Diego, expanding our coastal brand, and we are thrilled to be part of yet another outstanding community of merchants in Pacific Beach,” said Jeff Taylor, co-owner of Bird Rock Coffee Roasters.

“We are excited to launch our expanded food menu with our new chefs, and are proud that in the midst of planning for a major opening, we were honored recently with more than a dozen national coffee roasting awards. It is essential that as we grow we achieve our vision to provide San Diego with the world’s best coffee,” Taylor said.

Bird Rock Coffee Roasters was the first to introduce direct trade and origin-sourced coffees to the San Diego community and debuted their flagship location in San Diego in 2006 — directly across the street from a Starbucks.

Since then, the roaster has received numerous accolades for their coffee, including 16 roasting awards at the 2018 national Golden Bean competition, the national Good Food Awards in 2016 and 2017, best coffee in San Diego from multiple national and local outlets, and the national “Micro Roaster of the Year” award in 2012.

For more information, visit birdrockcoffee.com.

Almond granola with Strawberry Crisppearls and fresh fruit as well as a choice of milk, cold or steamed.
La Jolla live music calendar: Acts around town Nov. 16-21

Friday, Nov. 16
Ben Benavente, singer-songwriter. 6 p.m. UTC Palms
Ken Yarbo, singer songwriter. 4 p.m. Duke’s
Johnny Martin, blues to soul. 5 p.m. Alexandria
Drift, acoustic covers. 5 p.m. La Jolla Cove
Christine Parker, singer-songwriter. 5 p.m. Herringbone
Los Reyes, Latin sounds. 6 p.m. La Valencia
Cynthia, singer-songwriter. 6 p.m. Drift
Mario Marauka, flamenco guitar. 6 p.m. The Turquoise
tba, blues 6:45 p.m. La Jolla Community Center
Kirse & Repiej, indie rock. 7 p.m. Che Cafe, UCSD
Marcel East Trio, piano jazz. 7 p.m. Eddie V’s
Quatuor Mogiliani, chamber music. 8 p.m. Reid Preby Concert Hall, UCSD
Victoria Martino and Lent, classical. 7:30 p.m. Athenaeum
Tba, singer-songwriter. 7:45 p.m. Smokeys
Gene-O Cole, standards. 8 p.m. Covo Lounge
Tad Sisler, vocals, piano, keyboards. 8 p.m. In the lounge, The Manhattan
Slower, classic covers. 9 p.m. Beaumont’s

One of San Diego’s most beloved events, the Athenaeum Mini Concert Series, wraps up the 2018 season with a performance from Quartet Nouveau on Nov. 19. Taking the stage at noon, Quartet Nouveau was formed in 2013 as a way to help promote chamber music to new audiences, performing free concerts throughout San Diego.


Saturday, Nov. 17
Sam & Lauren, singer-songwriter. noon. UTC Palm Plaza
Roman Palacios, Rat Pack covers. 6 p.m. La Valencia
Mario Marauka, jazz. 6 p.m. The Turquoise
Peter Marin, standards. 8 p.m. Covo Lounge
Craig Dawson Trio, piano jazz. 7 p.m. Indulge
Nick Crook, singer-songwriter. 7 p.m. Indulge
Vietnamese Hardcore, indie rock. 7 p.m. Che Cafe, UCSD
Victor Herring Quintet, jazz. 7:30 p.m. Athenaeum

Tidi, singer-songwriter. 8 p.m. In the Lounge, The Manhattan
Hall Pass, rock covers. 9 p.m. Beaumont’s
Anu даль, jazz. 9 p.m. The Turquoise

Sunday, Nov. 18
Rheanna Downey, singer-songwriter. noon. UTC Palm Plaza

La Jolla live music calendar: Acts around town Nov. 16-21

Five Reasons to be Thankful! (If you need more one!)
1) Reading This: At least your primary education was successful!
2) Surviving Childhood: Not as common in your grandparents’ generation!
3) A roof overhead: Over 500,000 Americans lack basic need.
4) Family: Whether you now share opinions or DNA.
5) This Moment: Life is a “Success of Novos”. Don’t miss any!

Make your “News” more meaningful by living your life how and where you choose. Be additionally thankful that home ownership options do exist.

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Monstrous fun at Barnard’s ‘Night of the Living Read’ writers night

Barnard Mandarin Magnet Elementary School’s annual Writers Night, held on Oct. 26, was a spell-binding success.

This year’s theme, “Night of the Living Read,” engaged students to read and write in creative ways. More than 300 students, parents, teachers, and volunteers were dying to get into this award-winning event, which aims to show children how reading and writing can be fun.

Each of 30 stations challenged participants with a different Halloween-themed literacy or writing activity. Students created recipes for candies, wrote epitaphs on tombstones, made up their own creature combination characters, and used literary clues to evacuate an escape room.

Some of the stations, like Salty Mandarin in which students used their fingers to write Chinese characters in a pan filled with salt, concentrated on activities in Chinese—a nod to the school’s immersion program.

Additionally, Barnard was pleased to host Lori Mitchell, the author of the acclaimed book Different Just Like Me that was featured on Oprah and the Today Show. Her “Exquisite Corpse Poetry” station challenged students to collaboratively build a poem without knowing what the others were writing. The resulting compositions were absurd yet beautiful.

“The art of creative writing is becoming lost among the technology available to kids these days,” Barnard parent and Writers Night coordinator Sunny Kim said. “Imagination comes naturally to children. We just need to find the right sparks for our students and then they can express themselves in wondrous ways.”

For information on Barnard Mandarin Magnet Elementary School, visit sandiegounified.org/barnard. The Choice application window for the 2019-2020 school year is open until Nov. 13.
Here are Some of the Million Reasons to Call My Dad

8356 Sugarman Drive
Offered at $2,000,000 to $2,250,000

Me and my Dad enjoying Windansea Beach

5408 Moonlight Lane
Offered at $1,450,000 to $1,695,000

2315 Avenida de la Playa
Offered at $3,500,000

7435 Draper Avenue
Offered at $2,500,000

Some Of My Dad’s Sales
In The Last 12 Months

Your Home Here
Sold At Full Price

He knows everything about homes in La Jolla, especially “The Muirlands”

6411 Avenida Mañana
Offered at $2,200,000 to $2,250,000

6443 Muirlands Drive
Now offered between $2M & $2.3M

6483 Avenida Mañana
Sold by David’s Team • Offered at $1,775,000

6571 Avenida Wilfredo
Offered at $2,000,000

6411 Avenida Mañana
Offered at $2,000,000

1161 Via Angelina
Offered at $2,200,000

My Dad Knows La Jolla! Does Your Agent?