Healthy Start Times coming for La Jolla High, Muirlands Middle schools

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Reacting to the City Council’s recent unanimous decision favoring new regulations for electric scooters and other shared-mobility devices, most La Jollans surveyed feel the new rules don’t go far enough.

“They need to be banned from ‘all’ sidewalks and no one under 18 ever, and helmets required at all times.” argued La Jolla Shores Association president Janie Emerson, speaking for herself. “They can only be left in designated parking areas, otherwise they should be ticketed or impounded within six hours.”

“You cannot put the genie back into the bottle, or the ship back into the lamp, or the ship back into the bottle,” lamented community parks planner Sally Miller about scooters adding, “I have been helping La Jolla to fight clutter and vendors on our streets, on our sidewalks and in our parks for more than 30 years. Each one of these bikes and scooters ‘is’ clutter and ‘are’ vendors.”

Regulations the City Council approved April 23 decrease the allowable speed of dockless scooters from 15 to 8 mph in high-traffic areas, while banning them from pedestrian areas with geofencing technology, while requiring helmets. “All these new companies could care less … all they want is the money in ‘their’ pockets. … there is ‘not’ one new regulation that can stop them from ending a ride in specific areas and driving off.” contended La Jollan Nancy Linck. “Can they be enforced? We have too many laws that are not enforced. … Another concern I have is cost. What will SD taxpayers have to pay to enforce the regs, if anything? Will the $150/year/scooter fee pay for them? Will the fee force the operators out of business before they make sufficient money to finance their business and pay such fees?”

In excerpts from a statement she released following the April 23 scooter regulation vote, District 1 Councilmember and President Pro Tem Barbara Bry said: “Since public safety is the number one responsibility of local government, our community expects us to pass responsible regulations. … I share the frustrations of residents. It should not have taken us a year to pass an ordinance that still needs work. … I had supported an emergency ban of electric scooters on our boardwalks. … I had supported a one-year ban on dockless parking corrals throughout downtown.”

What will SD taxpayers have to do? “The operators will slow scooters to 3 mph with a push message notifying riders to wake up?”

Greg Block of the mayor’s office testified scooters and similar devices are to be regulated in six ways: by being permitted, limiting their speeds, paying fees, parking in designated “corrals,” indemnifying the City against liability and sharing data. Emerson added license fees for scooter companies “should be equal to or more than Requests For Proposals (RFPs) for bike and kayak companies.”

Miller decried the continuing proliferation of scooters. “All these new companies could care less … all they want is the money in ‘their’ pockets. … there is ‘not’ one new regulation that can or will be enforced … the bikes, scooters and Segways are now illegally on the Fay Avenue extension [bike path]. … The only way to protect the PB boardwalk is a total ban. … Do we have to wait for more deaths to wake up?”

“Good start,” was the reaction from a statement she released following the April 23 scooter regulation vote, District 1 Councilmember and President Pro Tem Barbara Bry said: “Since public safety is the number one responsibility of local government, our community expects us to pass responsible regulations. … I share the frustrations of residents. It should not have taken us a year to pass an ordinance that still needs work. … I had supported an emergency ban of electric scooters on our local boardwalks. … Since then, the situation has gotten even more chaotic and unsafe. … I remain committed to a ban. … In the meantime, we asked that boardwalks be included on the 3 mph geofencing list. … This was an overdue step in the right direction. … It was, however, only the first step.”

KEY COMPONENTS OF NEW SCOOTER RULES

- **Speed limits:** In specific geofenced areas, operators will slow scooters to 8 mph. Three of the those areas are pedestrian-only and operators will slow scooters to 3 mph with a push message notifying riders to leave that area.

- **Geofencing:** Will be in effect for beach-area boardwalks, Balboa Park, NTC Park, Mission Bay Park, Petco Park and the pedestrian-only locations, including North/South Embankments, MLA, J. Pram- enade, and La Piazza della Famiglia.

- **Staging:** Operators will no longer be able to stage scooters and e-bikes on side-walks in downtown. The City has identified – and is currently installing – 330 on-street dockless parking corrals throughout downtown where staging is allowed.

- **In the beach areas, operators are only permitted to stage in groups of up to four, with 40 feet between each group.** The City will identify corral locations in the beach areas and, once installed, will require their use. The City also will conduct an evaluation of locations throughout San Diego where designated parking corrals would be beneficial and, working with the City Council and communities, install more.

- **Rider parking:** Operators will prohibit riders from ending a ride in specific geofenced areas, including beach area boardwalks.

- **Education:** Consistent messages about local and state laws in smartphone applications will be required. As will on-device labeling about age requirements and how riding on the sidewalk is illegal.

- **Per device fee:** A per device fee of $150 annually will be assessed.

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LA JOLLA Village: Detached Townhome w/18-ft vaulted ceilings.
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LA JOLLA Birdrock: Top Floor unit w/sweeping ocean views.
2bd/2ba. 1,435 sf. $1,359,000.

NEW LISTING! CARMEL VALLEY: No Mello Roos Fees.
Agent: Lenna Doyle. 5bd/3ba. 2,804 sf. $1,320,000 - $1,349,500.
A retrial was set for Corndolus Toussaint, rather face a second trial. A May 29 rejected a plea deal, saying he would the death of a UC San Diego student

Judge denies mental health diversion for La Jolla teacher accused of having sex with student

A judge has denied a mental health diversion for a former teacher at La Jolla Country Day School, who is accused of having sex with a 17-year-old student.

Attorney Eugene Iredale presented testimony of several doctors familiar with the 2015 bicycle accident that Jonathan Sammartino had in which he suffered head injuries a year before he allegedly had sex with a female student.

Sammartino, 35, a teacher now on leave from a private school in San Jose, suffered head injuries in three places while he was on his bicycle on March 21, 2015, and fell after he struck a pothole on Torrey Pines Road, according to court records. Sammartino filed a lawsuit against the City of San Diego, and the San Diego Reader published a story about it.

Several neurologists performed MRI and other brain scans of Sammartino, and told San Diego Superior Court Judge Charles Rogers about the brain injuries, tests, and diagnosis. More than 20 people wrote letters to Rogers saying the accident changed Sammartino, who taught at La Jolla Country Day School from 2012 to 2016. 

Gov. Jerry Brown signed a state traffic fatality is six years. The driver accused of hit-and-run in the death of UC San Diego student was set for two days.

La Jolla Parks and Beaches discuss seals rope, park space

In April, La Jolla Parks and Beaches, Inc. tangled with the City of San Diego, and the City has every right to press for creation of new La Jolla park space.

“I found some park space that needs to be cleaned up in Pottery Canyon,” noted Merryweather.

The City has confirmed that La Jolla is under parked in terms of the citywide standard, which is that communities should provide 2.8 acres of usable parkland per 1,000 residents. In 2106, La Jolla was determined to be 10.51 acres in deficit of usable parkland, and projections are the community will be 37.66 acres short in 2035. The San Diego La Jolla Underwater Park is counted toward the City’s overall park acreage, but not towards La Jolla’s population-based park needs. The underwater park is considered more as a regional park, because it attracts people from all over, not primarily La Jolla.

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Changing of the guard at San Diego Lifeguard Union

By DAVE SCHWAB | LA JOLLA VILLAGE NEWS

There’s been a change at the top in San Diego Life-
guard Union Teamsters 911 with Chris Vanos replacing
Ed Harris as head steward.

“After 10 years I have passed the
torch in preparation for my retire-
ment in 14 months,” said Harris.
“Chris Vanos is a talented Life-
guard II who will serve the life-
guards well.”

Last year, the lifeguard’s union
voted 76 in favor, 18 opposed, to
leave the San Diego Fire Rescue
Department. A turf battle has ensued over how duties are being apportioned among lifeguards and firefighters, with some life-
guards claiming that rerouting communication calls through fire
has slowed emergency response.

Vanos noted there’s subse-
quently been fallout from the pro-
posed separation of the two
departments. “It was seen that if
you supported the lifeguard union
you were on a ‘black list’ for pro-
motional opportunities,” he said.

Vanos said personnel shortages
are among guard’s most pressing
needs, which he said includes fill-
ing positions for the BSU/Mission
Bay harbor patrol, and at Chil-
ing positions for the BSU/Mission
needs, which he said includes fill-
motional opportunities,” he said.

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posed separation of the two
departments. “It was seen that if
you supported the lifeguard union
you were on a ‘black list’ for pro-
motional opportunities,” he said.

What are the issues in improving
the lifeguard department?

“One of the largest issues is that
we have one of the best swift water
rescue teams in the nation, why
send a firefighter instead of a
water specialist?”

“What are the challenges con-
fronting today’s lifeguards?”

“The current challenges we
have are similar to the issues of
SDPD and SDFD,” replied Vanos.

“The city is in a wave of retire-
ment. The institutional knowledge
is being lost as some of our most
senior guards are walking out the
doors. The front-line lifeguards
and firefighter’s who work hand-in-
hand on calls have no issues. The
issues arise in upper management
because the lifeguard chief
answers to the fire chief, which
creates road blocks.”

“Discussing his tenure as union
steward, Harris noted: “We suc-
cessfully got state law changed to
cover permanent guards for work-
related injury and diseases.”

READ MORE ONLINE AT sdnews.com

SDPD increases recruiting efforts by training with UC San Diego athletes

By EMILY BLACKWOOD | LA JOLLA VILLAGE NEWS

The San Diego Police
Department recently tried
a new approach to find
candidates to join the force: chal-
lenge them to a workout.

Six police officers from various
SDPD fields teamed up with six stu-
dents from UC San Diego Athletics
for a two-day “Next Level” training
challenge. On April 10, the students
visited the NTC Police and Fire
Training Facility to participate in
behind-the-scenes training scenar-
ion like a physical agility test, driving
a police car and SWAT target-shoot-
ing. Then on April 17, the police
officers went to the UC San Diego
Spanos Performance Center to com-
pete with the students in a Cross-
Fit-style workout complete with
rope pulls, slack-line squats, and
backward bear crawls up the stadi-
um’s steps.

“This is who we want to target to
try to come on the San Diego Police
Department. We want student-ath-
letes,” said Lt. Shawn Takeuchi. “So
we wanted to kind of give them an
opportunity to think of what else we can do
for a two-day ‘Next Level’ training
challenge. On April 10, the students
visited the NTC Police and Fire
Training Facility to participate in
behind-the-scenes training scenar-
ion like a physical agility test, driving
a police car and SWAT target-shoot-
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“This is who we want to target to
try to come on the San Diego Police
Department. We want student-ath-
letes,” said Lt. Shawn Takeuchi. “So
we wanted to kind of give them an
eye opener, and in turn, UC San
Diego wanted to show off their nice
training facility because they’re
going to become a Division 1 school in
2020.”

According to Takeuchi, the num-
ber of SBDP applicants has gone
down over the past couple of years,
due to various factors like low
unemployment rates and negative
perceptions of police officers. A
2018 report from the Bureau of
Justice Statistics found that there
were 23,000 fewer officers in the
US, than there were in 2013.

“The San Diego PD along with all
the other agencies have the same
hurdles to jump over as far as
recruiting efforts. So we’re just try-
ing to think of what else we can do
to branch out about getting the
word out that this is a great job.
We’re always trying to think of
ways to let people know that we are
hiring at the San Diego Police
Department.”

And it looks like it worked for
least one of the students. Kiefer
Cooksey, a senior and player for the
men’s soccer team, plans to look
into police recruitment after he
graduates.

“Everything they do, it takes a toll
on you,” he said. “We take them for
granted when they’re out there risk-
ing their lives for us every day.
And it’s better than working an office job
because you get to get out there and
do new stuff every day.”

Anyone interested in finding
more information about recruiting
with the San Diego Police Depart-
ment can visit sandiego.gov/job
san-diego-police-department.
UC San Diego students host clean car show to promote use of zero-emission vehicles

By Emily Blackwood | Village News

University of California, San Diego had an unusual sight on its typically pedestrian-graced Warren Mall. Three environmentally friendly cars were parked outside of the Geisel Library for students to learn about and take photos with to advocate for clean energy.

One Tesla and two BMWs were parked on campus on April 26 by the California Student Public Interest Research Group (CALPIRG) Students to advocate for two clean transportation bills that are currently in the California Legislature. Bill AB40, proposed by Assemblymember Phil Ting (D-San Francisco) in December 2018, would require the California Air Resources Board to develop a strategy to reach complete electrification of the transportation sector by the year 2040.

The other bill proposed by Assembly Member David Chiu (D-San Francisco), AB1418, would set a framework for California school districts to build fleets of zero-emission school buses to eliminate the use of diesel school buses.

Lofty goals, but ones that are currently in the California Legislature. Bill AB40, proposed by Assemblymember Phil Ting (D-San Francisco), would require the California Air Resources Board to develop a strategy to reach complete electrification of the transportation sector by the year 2040.

The other bill proposed by Assembly Member David Chiu (D-San Francisco), AB1418, would set a framework for California school districts to build fleets of zero-emission school buses to eliminate the use of diesel school buses.

CALPIRG Students Chapter Chair Sophie Haddad (in the sun costume) poses with a UC San Diego student at the organization's Clean Car Show on April 26.

CALPIRG Students Chapter Chair Sophie Haddad believes are worth fighting for.

“We know, especially as students, that climate change is one of the most pressing issues affecting our generation,” said Haddad, who also serves on the CALPIRG Students statewide board. “We want to stop the dependence on fossil fuels and transition to a 100 percent clean energy future.”

In order to work towards that clean energy future, CALPIRG Students hosted a clean car show to demonstrate how electric cars could help turn that vision into a reality. With the cars lined up on Warren Mall, students stopped by to learn how to take action against the impacts of climate change and how to support the two current clean energy bills. Representatives from Teslar and BMW were also there to answer any questions about the cars and other sustainability practices.

Read more online at sdnews.com

Local students participate in STEAM Leadership Series

By Emily Blackwood | Village News

UC San Diego students host clean car show to promote use of zero-emission vehicles
La Jolla businesses offer fun ideas for a ‘daycation’

By EMILY BLACKWOOD | LA JOLLA VILLAGE NEWS

A group enjoys exploring La Jolla on a cart from La Jolla Golf Carts.

COURTESY PHOTO

On a recent weekend tour, native La Jolla woman and marine wildlife photographer Domenic Biagini wanted to warn boaters to keep a few things in mind when it comes to whales.

“While many people handle themselves fine around them, all it takes is someone rushing over to the whales [at] top speed, thinking they’d get a selfie and that ruins it for everybody,” he said.

“Enjoy the animals, and whale watch responsibly. Follow the Marine Mammal Protection Act and stay 100 yards away.”

Business

La Jolla wildlife drone photographer captures breaching humpback whale

Dr. Dave Schorr | LA JOLLA VILLAGE NEWS

RESPECT THE WHALES

With gray whale spotting season in full swing through early May, wildlife photographer Domenic Biagini wanted to warn boaters to keep a few things in mind when it comes to whales.

“While many people handle themselves fine around them, all it takes is someone rushing over to the whales [at] top speed, thinking they’d get a selfie and that ruins it for everybody,” he said.

“Enjoy the animals, and whale watch responsibly. Follow the Marine Mammal Protection Act and stay 100 yards away.”

Whales swimming off the coast of La Jolla. DOMENIC BIAGINI | VILLAGE NEWS

While Domenic Biagini is used to being in the company of whales, a lone humpback he photographed on April 25 was one of the greatest things he’s ever captured on film.

Biagini, a La Jolla resident and marine wildlife drone photographer for San Diego Whale Watch, filmed a young humpback whale breaching off of La Jolla Shores.

What was unusual about this whale’s display was not only that he breached, but that he continued to jump and frolic throughout the entire day.

“We had a report of a whale near La Jolla Shores and we found this little humpback just breaching its heart out,” Biagini told FTW Outdoors. “It had to have breached at least 100 times. From 11:30 to noon it breached 20 times. When we got back out [on our second trip] at about 2 it was still breaching – and in between I was getting reports from lifeguards that it was still breaching.”

Since early 2017, Biagini has been using his drone to take photos that otherwise wouldn’t be possible. Images of gray whales gliding alongside rainbow reflections and videos of orca pods breaching next to a boat of whale watchers are just a few of the marine life snippets that he shares on his Instagram account @dolphinsdnenose.

While some critics have accused him of harassing the whales with his remote-controlled camera, Biagini said that couldn’t be further from the truth.

“I would say 85 percent of media coverage of hobby drones is negative, so people are naturally wary of them,” he said. “But the great thing about the drone is I don’t have to get that close. I can pull up half a mile short and fly my drone over to the whales and observe whatever behavior is going on.”

“So as any negative impact, there just isn’t any. It’s really the most non-invasive way to get this kind of photography.”

And the positive impacts, Biagini hopes, will be greater than the sum of his almost 12,000 Instagram followers. In addition to all the gray whales, killer whales, pilot whales, fin whales, humpback whales, blue whales, Bruias whales, and dolphins he sees out on his excursions, Biagini also finds a lot of trash. Plastic, fishing gear, and Mylar balloons are the three most common offenders.

“It’s pretty disheartening,” he said. “On any given trip out there we’ll see 10 to 15 Mylar balloons floating around. And the reason that’s so bad is because Mylar does not biodegrade, so when the paint on the balloons chips away, what’s left looks like jellyfish to animals that eat jellyfish.”

While Biagini credits places like SeaWorld for initially making whales more accessible to the public, he believes drone photography and social media could be the next push to get people to care about the environments that inhabit their favorite underwater mammals.

By sharing photos and videos of these sea creatures, he hopes that more people think twice about releasing a balloon into the air or leaving a plastic bottle of soda on the beach.

For more information, visit sdwhalewatch.com to book a whale watching tour.
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Mother’s Day is a celebration of women who devote so much of their effort and energy to their families. Here are a few tips for finding mom the perfect gift from local businesses she’ll treasure!

Crisp linens, fabulous finds for a fresh look
Fades Anewing carries a fresh assortment of clothing, jewelry, scarves, purses and home accessories that have been carefully selected for today’s woman. The friendly staff can help you select the perfect gift.

For the book worm
Surveys have found that women read more than men. Visit the wonderful local bookstores to find Mom’s favorite books that she might not find elsewhere. I can think of a couple great book stores in La Jolla well worth the visit.

Chocolate—Simple indulgence
Who doesn’t love chocolate! Let’s face it, 90 percent of the population are chocoholics. Teuscher Chocolates of Switzerland has a wonderful assortment of Mother’s Day gift packages to make shopping a no-brainer.

Pampered and delicious
Some mothers may want to simply unwind with a relaxing morning at the spa on Mother’s Day. A manicure and pedicure at Nancy’s Nails will let mom know she’s special. This is a nice way to begin the day before a brunch or dinner at Donovan’s of La Jolla!

For the crafty
You’ll find the perfect jewelry for mom at Beads of La Jolla. Beautiful pieces ready to be worn. Or make mom’s own favorites using the amazing selections of beads and findings.

Letting off steam
Maybe the woman in your life would like to let off some steam! Kick boxing classes is a nice way to begin the day before a brunch or dinner at Donovan’s of La Jolla!

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Jeanne Jones co-chairs annual Stars and Stripes Gala in memory of late husband

Gary Rectenwald: executive director of the Catholic Community Foundation of San Diego

The United Service Organization is close to Jeanne Jones’ heart, for more reasons than one.
A long-time La Jolla resident, philanthropist, and author, Jones first got involved with USO San Diego five years ago with her late husband, Don Breitenberg. They co-chaired the annual Stars and Stripes gala for three years together – the kind of charitable role they were known for playing in the community.

This will be Jones’ fourth year co-chairing the event, and her first year doing it without Breitenberg by her side. He died of a cardiac arrest on Nov, 24, 2018, at the age of 93. His name will still be listed next to Jones’ as a co-chair on the event’s brochure:

“He had a real feeling for veterans coming back,” she said. “I don’t think many people understand the work the USO does. They’re unbelievable for the families that are left behind.”

Breitenberg served as a paratrooper in the Army during World War II. During his time in the service, he received two purple hearts, the World War II Victory Medal, and the European-African-Middle Eastern Campaign Medal with two Bronze Battle Stars, according to his obituary in The San Diego Union-Tribune. In 2015, he was also one of 14 San Diego World War II veterans who were given the Legion of Honor medal. He was only 17 years old when he decided to enlist. “His mother had to sign for him to join. But at that time in our history, all the young men at that age group wanted to go to war.”

Even though active-duty soldiers are always on her mind, Jones said that she and Breitenberg supported the USO for so many years because of “all of the things they would do to keep a family going,” while their loved one was away on active duty.

“Those are the people I worry about,” she said. “To be home and worried about what’s going on all the time is a very stressful position to be in.”

Gary Rectenwald has been the executive director of the Catholic Community Foundation of San Diego since February 2016.
Prior to that, Rectenwald worked in executive management for IBM for 20 years. After starting some high-tech companies of his own, and then selling them, he decided to retire. “He wasn’t in retirement for long, however, as he was asked to sit on the board at his parish. All Hal lows Catholic Church in La Jolla, because he was active within the church.

“I just thought this would be great to learn about something that would be new,” he said.

“Serving the Catholic community in San Diego,” said Rectenwald. “The more I got involved with it, the more interested I got in it.”

He was asked to put his name in the hat for the executive director position opening, which he was then awarded. “I was happy to do it,” said Rectenwald. “This is the only position that I would have come out of retirement to do, frankly.”

The Catholic Community Foundation supports various Catholic schools and parishes around San Diego, and also helps more than 150 charities. They are also one of 28 Catholic Community Foundations in the United States, according to the Catholic Community Foundation of San Diego website. The Foundation is separate from the Diocese of San Diego.

As executive director, Rectenwald has brought about a culture where the focus of their mission is “the need to give rather than giving to a need.”

“Catholic stewards truly have a need to give, and to give back to God in ways that are very spiritual,” said Rectenwald. “Essentially, we are an organization which helps facilitate their need to give.”

Within Rectenwald’s first two years of being executive director, the foundation was able to raise $50 million, where 99 percent of it was sent off to various charities that they support.

Something that Rectenwald does frequently throughout the week as executive director is meet with various donors. From individuals, to families, to other organizations, he talks to the people who put on outreach programs and are looking for other foundations to support them. If he’s not busy doing that, he’s sitting in financial meetings, making sure the foundations’ finances are being used properly and that they support Catholic values.

The Catholic Community Foundation also partners with other parishes to put on Catholic Estate and Planned Giving seminars, where they work with large organizations of partitioners.

“We remind them of what’s it’s like to be Catholic and we instruct them about their financial power of attorney’s,” said Rectenwald. “We teach them about those things, and then we let them know about all these wonderful Catholic ministries that we have here in San Diego. We hope that they would consider adding something Catholic to their estate plan as a part of their legacy.”

For more about the Catholic Community Foundation of San Diego, visit ccfusd.org.
often can’t fall asleep until 11 p.m., and thus have a harder time wak- 
ing up early for school. This reduc- 
tion in sleep often leads to a lot of 
issues with behavior, paying atten- 
tion and depression. 
“We find that a lot of kids will 
achieve better,” Turas said. “They 
will drive safer if they’re learning to 
drive. And they will be safer in the 
sports they participate in.” 
Sun Diego Unified plans to 
implement these new start times 
district-wide by the fall of 2020, 
but La Jolla High and Muirlands Middle, 
along with the School of 
Creative and Performing Arts, are 
starting a year earlier. According to 
La Jolla High principal Dr. 
Chuck Podhorsky, next year, 
school days will begin at 8:35 a.m. 
and end at 3:16 p.m. 
During the press conference, 
concerns were raised regarding transportation, sports practices, 
and school schedules. 
“There are no school days that 
sync with the parents’ work 
schedules,” Teems said. “Right now 
some parents are really comfort- 
able dropping off their kids at 7:30 
a.m. and some are inconve-
nient, and the opposite is going to 
happen when we change it. 
There will be some inconvenience 
to adults, but we’re focusing on the 
well-being of the students.” 
Podhorsky said that while noth-
ing has been decided, students have 
in the past worked with the 
Parent Teacher Association to 
start a school-wide carpool for 
boys & girls ages 9-18 of all ability 
levels, and a special High School pro-
gram during the last week, there is a 
camp option for everyone! High-
lights include: 5-6 hours of daily 
on- 
court instruction in a Nike Tennis 
Camp T-shirt, and fun evening activi-
ties for overnight campers. 
Camps run throughout 
June and July, reg-
istration is currently open. See 
you on the courts this summer! Nike Tennis 
Camps at University of San Diego 
1-800-645-3226, www.USS- 
portsCamps.com/tennis
YMCA Overnight Camps
Are you ready for positive, life-
changing experiences in the out-
doors? Look no further than YMCA Overnight Camps. We combine the 
fun your children want with the 
growth experiences they 
need. YMCA Camp Marston has 
been a San Diego favorite for thou-
sands of children and families. 
Camp Marston offers you adventure, 
fun, friendships, and great staff—all on a spectacular 236-acre site—with 
activities including archery, swim-
ming, climbing, crafts, canoeing, 
and traditional camp activities. Our 
small camp dedicated to 
western horseback riding, Thirty-
eight horses, multiple instructional 
arenas, and miles of trails all pro-
vide an excellent learning environ-
ment. YMCA Camp Surf! is a spec-
tacular, ocean-front camp just south 
of San Diego. This 45-acre camp 
offers one and two-week sessions 
filled with surfing, bodyboarding, 
and traditional camp activities. Our 
camps add laughter, leadership, 
and lifelong memories and activities. 
ymca.org/camp
Summer Ceramics and Art 
Camp for Kids. (July & August ) 
Morning Art at Studio 6A 
Enjoy a two part class with 2 career 
artists each week. Each week is dif-
ferent! Laugh, sculpt clay, 
make animal mugs, finger puppets, 
dragons and garden gnomes. 
Learn glazing. Try the potter's wheel. 
Explore water color, mono prints, 
mixed media monster sculptures. 
Choose your one week sessions (Mon Fri) July 8th through August 23rd 
Classes are for grades 1-8, Fee: $175. Register at ewoolrychpottery.com 
For more information: Elizabeth Woolrych (Studio 6) 
619-236-8997 
German Language Camp
Does your child speak German? 
How about a German language 
camp at German Pacific School San 
Diego? GPSSD 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) and “Artists work-
shop” and “European Children's 
Book Characters.” (See detailed plan 
on website.) GPSSD, a nonprofit 
school with four locations in La 
Jolla, Clairemont, Carmel Valley, and 
Poway, also offers classes on Sat- 
urdays 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 GPSSD students take differ-
tent 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 profi-
cency for students applying at Ger-
mans universities. Registration for 
Summer camps is now open! Call 
858-461-9118 gpssd.org or ger-
nanpacificschool@gmail.com.
Jewish Federation honors Holocaust Remembrance Day with Righteous Among the Nations award at LFJCC

This year, the San Diego Jewish Federation commemorated Holocaust Remembrance Day, or Yom HaShoah, on April 28 at the Lawrence Family Jewish Community Center in La Jolla with a once-in-a-lifetime opportunity: to witness the reception of the annual Righteous Among the Nations awards.

Given to non-Jews who risked their lives to save Jews during the Holocaust, this award has historically only been presented in Israel at Yad Vashem, the World Holocaust Remembrance Center. But because its honorary recipient was unable to travel, a special exception was made. Darren Schwartz, chief program officer of the Jewish Federation of San Diego County, said the award has never been presented in San Diego, and it will never be presented here again.

This year, the Righteous Among the Nations award was given to the late Wilhelmina and Cornelis de Ru. It was accepted by their last remaining and youngest child, Herman de Ru, who is 80 years old and lives in Fallbrook. His granddaughter, Elena de Ru, traveled overseas from Holland to attend the award ceremony and help fill in the pieces of her family’s history that her grandmother (who has a mild cognitive impairment) could not provide.

“But I did all the research myself,” she said. “It’s the highest honor one could get. And they got it because they, especially my grandmother, were always thinking about someone else.”

That generosity turned into heroism when Wilhelmina and Cornelis de Ru risked their lives to hide a Jewish teenager named Mauritis Kopuit in their southern Holland home. Neither he – nor his mother or father who were also hidden on a farm close by – were ever discovered by the Nazi soldiers, though they came close. But luckily, Wilhelmina de Ru had taught the Jews she was harboring (there were many more than just Kopuit) how to hide themselves in under two minutes.

“The neighborhoods always said that [the de Ru’s] were hiding Jews, so one night [Nazi soldiers] came and they were so mad they couldn’t find anybody that they took my grandfather,” Elena de Ru said.

“They took him to the headquarters and told him that they were going to kill him.”

The Nazi soldiers kept him for two days, and Cornelis de Ru continued to deny he had been hiding Jews.

“My name was your grandfather’s name!” he said. “I’m ready to die and meet the Lord, are you?” She said. “[The soldiers] walked away but deep down they knew they were doing something wrong, and the next day they let him go.”

Because of Wilhelmina and Cornelis de Ru, many Jewish lives were spared, including that of Kopuit who went on to become a famous journalist in Holland. He died when he was 62, and his son was able to verify to the Yad Vashem that his father was in fact saved by the de Ru family.

“I heard a story about an 11-year-old kid that was killed in Sri Lanka. American kid who was out there, and he was going to be a neuroscientist. This is the flip side of that. This is somebody that was saved who then made tremendous contributions because they were saved.”

For more information about the award and Yom Hashoah, visit jewishinsandiego.org/yomhashoah.

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Have the Best Summer Ever at YMCA Summer Camp

The YMCA is again hosting a summer filled with fun day camps for kids ages 5-17 starting June 12. Whether your child loves sports, the arts, animals, science or even Legos – The YMCA has a camp for that. All dancers, ages 5-17 can come advance their skills 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.

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Experience the wonderful world of Performing Arts!

Campers will participate in acting, dance, singing and specialty classes during week-long sessions all summer long. Advanced Musical Theatre and Advanced Acting camps are also available. To register, camp dates, descriptions & pricing visit juniortheatre.com. Register early as our camps fill quickly. (619) 239-1311.

For more information on advertising in this Camp Ssection call Mike Fahey (858-270-3103 x117)

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**Menéhune Surf Camp**

**Opt outside! Menéhune Surf Camp, celebrating 19 years in business, invites you to come surf with us at La Jolla Shores and Del Mar. We help kids unplug and unshackle from their devices, and generate authentic smiles and confidence with every wave and awesome wipeout.**

Surf Camp is led by highly experienced instructors, most are school teachers and coaches. Our surfers receive personalized attention, feel comfortable in the water while learning valuable ocean skills. Menéhune offers full and half day camp options for spring break and all summer long during the week for kids ages 5 to 17. The camp focuses on surfing and learning about the ocean currents, history of surfing, surfboard design and making new friends. On weekends we offer private lessons in surf and stand up paddle boarding.

Ocean Adventure camp offers a taste of surfing, paddle boarding, kayaking, snorkeling, body boarding and hand-plane body surfing. Menéhune also offers adult clinics daily with the Aloha Party Wave Class, and private lessons for adults and families who want to learn to surf together. Dr. Fahey at our camps fill quickly. Visit www.menehunesurf.com for more info. See you in the surf!
Most homeowners are looking for ways to upgrade their home décor quickly and dramatically. One of the most overlooked pieces of home décor are the window treatments, which can alter your interior design more than you may realize. Take a look at these tips to see how you can update your home without compromising your style.

A Stylish Upgrade

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

Energy Efficiency

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

Drapery brings a variety of visual aspects to the space.

Privacy

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

Because of the variety of fabrics available, drapery is a stylish way to keep your home to your eyes only.

3 Day Blinds has hundreds of drapery options to choose from. 3 Day Blinds also offers a wide variety of blinds, shades and shutters and all of the window treatments are 100% custom so you get the look and feel you want. If you or someone you know is looking for the home upgrades new window treatments can give you, call (858)875-5969 or visit www.3dayoffer262.com to schedule your free in-home design consultation.
Hats Off to our Heroes fashion show

W ith more than 50 restaurants, wine tasting, lawn games and an award-winning chef in attendance, Mama’s Kitchen’s annual Mama’s Day is known as the original San Diego tasting event for a good reason.

Held from 5:30 to 9:30 p.m. on May 10 at the Hyatt Regency La Jolla at Aventine, 3777 La Jolla Village Drive, the event includes executive chefs from restaurants including Nason’s Beer Hall, Fort Oak, Wrench and Rodent Seabastrophob, Nobu San Diego and more. Those 21 and over can sample wine and beer from local companies like Rough Draft Brewing Co. and Vester Vineyards, while all attendees can look forward to live music, entertainment, poolside lawn games like ping pong and corn hole, and a silent auction. All while raising funds to help Mama’s Kitchen’s core mission.

The money raised helps Mama’s Kitchen deliver medically-tailored nutritional meals free of charge to local women, men and children in San Diego who are vulnerable to hunger due to issues like HIV, cancer, heart failure, and diabetes. The goal for this year’s Mama’s Day is to raise $220,000—which will provide exactly 75,442 meals—after being able to raise $2,096,000 last year.

“We’re going to be raising funds for our new cooler, which will be really important,” said Silvia Dominguez, the marketing and events coordinator for Mama’s Kitchen. “It’s [proceeds are] generally for operating needs for Mama’s Kitchen to help continue offering our services to all of our clients here in San Diego as we expand.”

And if you still need a reason to attend, special guest Sam “The Cooking Guy” Zien will be putting on a special cooking presentation for VIP guests. He has won 15 Emmy Awards for his television show, “Sam The Cooking Guy.” VIP guests will also have access to the Pavilion, where they will get a first look at featured restaurants, as well as seeing a special presentation put on by a Mama’s Kitchen client.

A sample of some of the food from last year’s Mama’s Kitchen’s annual Mama’s Day.

COURTESY PHOTO
Globe-circling tandem bikers stop in La Jolla

A tandem bike might be a rare sight on San Diego’s busiest streets on any given day, but a tandem bike loaded with a year’s worth of supplies and carrying the dirt of roads from Australia, Morocco and Miami would be extraordinary.

On April 7-8, that is exactly what happened.

British doctors Lloyd Collier and Louis Snellgrove could be spotted in downtown on their shared bicycle as they headed north to UC San Diego. Their pitstop here happened as they attempted to break the world record for circumnavigating the globe on a tandem bicycle after setting off from Adelaide, Australia in August 2018.

They are riding through 23 countries and covering 16,000 miles in their efforts to break the record and in the hopes of raising $50,000 for the charities Spinal Research and the Brain Foundation.

Their efforts to fund research are what brought them to the spinal cord injury labs at UC San Diego, where they met with professors Mark Tuszynski and Binhai Zheng, who have previously been supported by Spinal Research.

Collier and Snellgrove worked in emergency rooms for years, where they saw the devastation a spinal cord or brain injury can cause.

“If it wasn’t for these [UC San Diego researchers], then we can’t provide any treatments. Spinal cord injuries and brain injuries are so limited at the moment.

“There’s lots of high-tech treatment for cancers and all sorts of heart problems, but traumatic brain and spine injuries, once you’ve got them, there’s very limited amount that you can do so you really need more money, more research into these conditions to help find cures in the future,” Snellgrove said.

[Tuszynski and Zheng] are really passionate about what they do. It reinforces and justifies our decision to give up so much of our time to try and raise money for them too,” Collier said.

The two men took a year-long break from their careers and have self-funded the trip. All money raised goes directly into the two charities.

“We are extremely grateful to Lloyd and Louis for undertaking this monumental challenge in aid of Spinal Research. The awareness they will raise, and the much-needed funds will go a long way to changing the future of spinal cord injury,” said Dr. Mark Bacon, executive and scientific director of Spinal Research.

For Collier, this trip has been a long-time dream as a way to support his Uncle Alan, who was confined to a wheelchair after a spinal injury at work when he was 29 years old – the same age Collier is now. His external male role model died in March 2018, and his death was one of the main catalysts for leaving.

“I’ve always wanted to do it; I just never had the balls to do it. I always wanted to do it for him, for spinal research because I loved him so much,” Collier said.

While love for his uncle was Collier’s inspiration, Snellgrove has always been inspired by early explorers and seeing patients’ lives cut short made him realize life is too short not to make the most of opportunities. When Collier asked friends and fellow doctors to join him on the journey, Snellgrove jumped on the possibility.

“My inspirations growing up were the olden-day explorers who would go off to Antarctica, the North Pole, or sail the seven seas and discover worlds people didn’t really know about. These days everything’s really been discovered,” he said. “You can’t really have adventures like they used to do, but to bike around the world is the next best thing.”

READ MORE ONLINE AT sdnews.com

Make the Right Choice Senior Living in SD

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 (Mt. 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.

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100% Grass Fed 100% Pasture Raised 100% Free Range

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Read the New York Times bestseller thread of the century... Thread of the Century - The Silkysilk Phenomenon

丝丽思被称为‘21世纪的丝绸’，是美瑞森家族第三代的结晶。

学界研究报道：...研究显示，食用这种丝丽思蛋白很有可能预防和治疗各种疾病，比如癌症、中风、帕金森症、糖尿病，甚至是精神疾病。

学界权威的治未病是通过分子生物治疗，丝丽思是基因工程的产物，能修复被破坏的细胞，防止细胞死亡，抑制疾病的发生和发展。

近期的美国医学杂志，发现食用含有丝丽思的蛋白，有防止糖尿病、肾脏疾病和心脏病的神奇效果。这可能是一种‘神奇的治病‘。……

丝丽思产品有二：一个是丝丽思蛋白粉，另一个是丝丽思蛋白胶原粉。

学界研究显示，食用这种丝丽思蛋白每日可以抑制癌症、中风、帕金森症、糖尿病和精神疾病的发病率，甚至 Enhance the natural beauty of skin and hair

丝丽思蛋白粉是分子生物学的成果，能修复被破坏的细胞，防止细胞死亡，抑制疾病的发生和发展。它能降低各种疾病的发病率，包括癌症、中风、帕金森症、糖尿病和精神疾病。此外，它还能改善皮肤和头发的健康，使他们有光泽，有弹性。

丝丽思蛋白胶原粉是分子生物学的成果，能修复被破坏的细胞，防止细胞死亡，抑制疾病的发生和发展。它能降低各种疾病的发病率，包括癌症、中风、帕金森症、糖尿病和精神疾病。此外，它还能改善皮肤和头发的健康，使他们有光泽，有弹性。

丝丽思蛋白粉和丝丽思蛋白胶原粉是分子生物学的成果，能修复被破坏的细胞，防止细胞死亡，抑制疾病的发生和发展。它能降低各种疾病的发病率，包括癌症、中风、帕金森症、糖尿病和精神疾病。此外，它还能改善皮肤和头发的健康，使他们有光泽，有弹性。

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Music for Winds Ensemble will play at University City United Church on Sunday, May 12 at 7 p.m.

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

Volume is the most requested service all of clients. Thick, healthy hair is easier to 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. Once this application process has been applied, you will be amazed at the transformation that occurs, not only in your hair, but also in your outlook!

How do you match to a client’s existing color?

If you are blending colors, choose extensions that are the same level of color as the client’s own hair. If you are changing the level of the client’s hair, choose a shade that works well with the skin tone.

What type of hair extensions do you use?

Judy uses Great Lengths® all-natural hair extensions and prefers these extensions because they are created from 100% human hair and use a unique, application process that attaches a bond of protein to the same molecular structure as your hair. This is an extremely high-tech method of bonding the hair strand to your own hair. Whether creating a new look, following fashion or with a special occasion on the horizon, Judy’s hair extensions have over 55 colors to choose from and blend with your own hair for perfect color matches.

Can hair extensions damage my hair?

No, they will not. Actually, even very fine and damaged hair can become healthier if you’re wearing hair extensions because they will protect your hair from things that could damage it like cutting, blow drying, styling heat and environmental damage. Because of the unique application bonding system, the extensions can be easily removed.

How do I maintain my extensions?

Judy will recommend hair care products, brushes, combs and appliances for at home. Judy will recommend hair care products, brushes, combs and appliances for at home.

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Judy Judy Judy Hair Salon
7734 Herschel Suite #B, La Jolla
hairextensions@jollalife.com
858-456-2344

Call today to receive $200 off on your first full head of hair replacements!

Advertiser Testimonials

My business Judy Judy Judy has been advertising with La Jolla Village News for over 15 years. There are many reasons I continue to advertise. Most importantly for exposure to our La Jolla community and to support a locally operated and owned newspaper.

The owner, Julie Main goes out of her way to be helpful to her customers and clients. My advertising rep, Heather is absolutely incredible at helping come up with ideas and solutions to get the best ad for my business. Most of the same staff has been with La Jolla Village News for decades, when you call or need help it is with a familiar and friendly voice that you recognize year after year.

- Judy Judy Judy - Hair Extension of La Jolla

Call today to receive $200 off on your first full head of hair replacements!

Judy Judy Judy Hair Salon
7734 Herschel Ave Suite F • www.hairextensions@jollalife.com


Music for Winds at University City United Church. The public is invited to University City United Church on Sunday, May 12 at 7 p.m. for a performance in their sanctuary of music by Beethoven and Mozart, written for an ensemble of eight wind players.

The Beethoven “Octet” was written in 1792, when Beethoven was 22 years old, and only 10 years after the Mozart “Serenade in C minor.” Beethoven’s piece was strongly influenced by the Mozart Serenades; however, his writing, especially for the French horn, is significantly more challenging.

University City United Church is at 2877 Governor Drive.
It is only when you're over the hill that you can start to pick up speed

By Natasha Josefowitcz, Ph.D.

Y
ou who are still reasonably young, how do you picture yourself in old age, like in your 80s, 90s, or even at 100? Do you see yourself as a tottering old person, disabled and dependent on others, or do you picture yourself as dispensing sought-after wisdom, adventurous, full of stories, creative, or irrelevant.

This attitude makes it more difficult for older people to maintain a positive self-perception; this is important because the way older people view themselves correlates with health and longevity. A positive self-perception is associated with both well-being and lower mortality—hence facelifts, Botox injections, hair dyes, obsessive work-outs, and buying all the anti-aging products advertised on TV. Part of this is due to the American culture having a negative perception of aging while glorifying youth. Say- ing “she is old” is viewed as derogatory instead of “Wow, she must be very wise and have seen and lived through a lot in her lifetime.”

Our culture defines successful aging as acting young. But truly successful aging is adapting well to one’s age, being resilient, living on a learning curve, embracing what life remains with honesty and courage, contributing, and making the most of relationships with adult children and grandchildren. I admit to being guilty of propagating the idea that young is better than old by showing off going down stairs without holding the banister and racing my grandchildren down the hall. I am trying to act young, shouting with glee. “I am twenty. Nothing hurts.”

After a recent bout with a fractured sacrum, I have changed my tune to honor cautiousness, a slower step, and holding on to the banister. When people compliment me for acting young, I respond with “This is what 92 looks like.”

Yes, hearing and sight are diminished, but can be aided with glasses and hearing aids. “Reaction time may slow with age, while knowledge of world events and wisdom may expand.” (Wikipedia) We see the big picture better than our younger friends. Our bodies may be weaker and our memories fading, but we have increased self-confidence, say what we think, and speak the truth with the voice of authority. We have learned to cope with adversity, accept uncertainty; see contradictions and both sides of an argument.

So instead of stereotyping us and making us invisible, probe our wisdom, profundity, and introspection. Let us change our culture to encourage valuing old age for its wisdom, profundity, and introspection. We still have a lot to offer. Our culture defines successful aging as acting young. But truly successful aging is adapting well to one’s age, being resilient, living on a learning curve, embracing what life remains with honesty and courage, contributing, and making the most of relationships with adult children and grandchildren. I admit to being guilty of propagating the idea that young is better than old by showing off going down stairs without holding the banister and racing my grandchildren down the hall. I am trying to act young, shouting with glee. “I am twenty. Nothing hurts.”

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SAN DIEGO NAMED AMERICA’S LAZIEST DATING CITY

It’s official. San Diego is terrible at dating. “The Great Love Debate,” a nationally-touring series of five Town Hall-style theatrical events, recently dubbed San Diego as “America’s Laziest Dating City” for 2019. The winner of this coveted title was determined using a formula that considered the opinions and demographic data from over 92,000 singles who have attended the tour’s shows over the last five years, and the millions who have listened to the top-rated “Great Love Debate” with Brian Howie Podcast.

According to those findings, San Diego singles “earned low marks across the board for their lack of communication, chronic inaction, and stubbornness in their search for love.”

“The men and women in San Diego will drive 12 miles for a deal on a desk at IKEA, yet won’t go from Mission Valley to Carlsbad to meet someone new,” he said in a press release. “The abundance of sunshine has created a lack of urgency, a sense of malaise, and a dearth of dates throughout San Diego County.” For more information, visit greatlovedebate.com.

ARTPOWER PRESENTS ETM: DOUBLE DOWN

ArtPower’s dance series will present an ETM (electronic tap music) show at 8 p.m. on May 15 at the Mandell Weiss Theatre at UC San Diego. “ETM: Double Down” showcases traditional tap dance with a modern twist by using electronic trigger boards that turn the entire dance floor into an instrument. Tickets start at $30 and can be purchased online at acsboxoffice.com.

LJ COMMUNITY CENTER HOSTS HEALTH FAIR

The La Jolla Community Center will host an art exhibit for the Allied Artists Association of San Diego from 5 to 7 p.m. on May 11. The center will also host a health fair from 10 a.m. to 2 p.m. on May 31. The fair will include over 20 conven- tional and natural medicine health experts and free class demos for Zumba, jazz dance, yoga and more. Both events will be held at the center, 6811 La Jolla Blvd. For more information, visit ljcommunitycenter.org.

AMERICAN CETACEAN SOCIETY PRESENTS TALK ON LEOPARD SEALS

The San Diego Chapter of the American Cetacean Society will present a talk on leopard seals at 7 p.m. on May 8 at the Summer Auditorium, 8556 La Jolla Shores Dr. The presentation, given by Douglas Krause, Ph.D., a research biologist with NOAA, will highlight on understanding how Antarctic fur and ice seal populations are responding to a rapidly warming climate in the Antarctic Peninsula. For more information, visit acsccd.org.

KAABOO DEL MAR ADDS BRYAN ADAMS

Bryan Adams will join headliners Kings of Leon, Dave Matthews Band, Mumford & Sons, and Duran Duran at the fifth annual KAABOO Del mar festival, happening Sept. 13-15. The announcement comes on the heels of the Grammy-winning rock icon’s stand-out set at the inaugu-
The new building features a glass retractable-roof system promoting natural air circulation.

within a 20-mile radius.

The 2017 groundbreaking event for the Plunge's restoration included a plaque unveiling dedicated to Mission Beach educator Marietta Gardner, who was tragically killed in 2016 by an intoxicated driver while paint- ing out graffiti near the Mission Beach pier.

Bertilroots and its iconic Plunge pool’s history date back to the 1920s and wealthy sugar magnate John D. Spreckels, who was pioneering San Diego’s development.

To stimulate real estate sales and promote his electric railway, Spreckel’s built the Mission Beach Amuse- ment Park, center now, in 1925.

In 1940, the salt water of the Plunge began to damage its filtration system and fresh water was brought in. The Plunge then became “the largest indoor heated pool in South- ern California,” at 12,000 square feet. After acquiring the lease to Bel- mont Park in 2012, Pacifica Enter- tainment Company of San Diego negotiated a new lease in 2015 and entered into a partnership.

Boasting a predominantly glass roof, the new building rests atop a red- ed exterior light with interior coastal textures.

The new building features a glass roof that allows natural air circulation and prevent- ing some of the deterioration issues that previously plagued the old build- ing from moisture and salinity.

The new building features a glass retractable roof system promoting natural air circulation.

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Mystery is the perfect month to start a summer herb garden with basil, oregano, cilantro, chives, mint, dill and tarragon. Choose a sunny location and water your plants when the soil dries out. You can plant herbs in the garden or they do very well in containers, even on a sunny kitchen windowsill. As you snap your herbs, the plants will reward you with new flavorful growth.

Basil – Use sweet basil to complement summer tomato dishes or add it to fresh corn sautéed with just a touch of butter. Tear the leaves of lemon basil and mix with olive oil, garlic, cucpers, sea salt and freshly ground pepper for a simple marinara or sauce to use with grilled fish or chicken. Tearing basil instead of using a knife to cut will prevent the bright green leaves from darkening.

Oregano – There are two main varieties of oregano, and Mexican, Mediterranean oregano is in the mint family and it goes well with Mediterranean dishes, just like basil. Mexican oregano is in the lemon verbena family and it has a citrus-like flavor that complements the flavor of chilies and the spice cumin.

Cilantro – Cilantro is used in many Mexican and Asian dishes. Stir fresh chopped cilantro into mashed avocado with chopped Roma tomatoes, onions, fresh jalapeno, a squeeze of lime juice and a few pinches of sea salt and pepper for a delicious guacamole and have a Happy Cinco de Mayo!

Chives – With a mild onion flavor, add chives to lemon vinaigrette and toss with cooked baby potatoes that have been cut in half. Add chopped celery and dill for a light version of potato salad. Snipping chives with scissors is the best way to cut them into pieces. The plants pink blossoms make a beautiful garnish.

Mint – Muddle mint leaves to make a Mojito or Mint Juleps. Mint will take over your garden, so plant it in a container by itself where you can control its growth. Chop mint leaves and scallions and add them to Greek yogurt with some garlic, salt and pepper. Serve the yogurt sauce with grilled lamb.

Dill – Marinate salmon filets for about an hour before grilling in a wet rub made from lots of chopped dill, garlic, lemon zest, sea salt and extra virgin olive oil. I've found that dill needs a lot of sun and does better planted in large containers or in the garden.

Tarragon – Tarragon has a mild kola-like flavor that goes very well with chicken, fish, or eggs. Chop French tarragon leaves and add them to devilled eggs or make the classic French butter sauce, beurre blanc and add some chopped tarragon. Serve the beurre blanc with grilled halibut, sea bass or artichokes.

Iced Tea Mint Juleps

Lighter than a traditional julep, serve this refreshing drink on warm summer days or put on a hat and enjoy one this Saturday while watching the Kentucky Derby.

4 fresh mint leaves
1/4 cup superfine sugar, more or less to taste
1 cup good quality bourbon
3 cups peeled tea (use Tea Java)
1 lemon, sliced
A few mint sprigs
Ice cubes, mint sprigs and lemon slices for serving

Place 8 mint leaves and sugar in a pitcher and muddle them with the back of a wood spoon. Add the bourbon, tea, lemon slices and mint sprigs. Chill until ready to serve. Serve the drinks in glasses over ice, garnished with mint sprigs and lemon slices.

FROM MY GARDEN – Spice up summer with herbs and mint juleps

LINDA MARRONE / VILLAGE NEWS

Event raises money to support foster youth

EMILY BLACKWOOD / LA JOLLA VILLAGE NEWS

Junior League’s Food and Wine Festival in La Jolla set for May 11

The Food and Wine Festival is held every year at Ellen Browning Scrpps Park.

COURTESY PHOTO

FOOD AND WINE FESTIVAL

Where: 2-5 p.m. on May 11.
Where: Ellen Browning Scripps Park with an afterparty held at La Valencia from 4 to 8 p.m.
Info: Tickets and VIP tickets can be purchased at jlsd.org/food-and-wine.

Flaherty said that even though transition age youth (or TAY) have some help through public assistance, they don’t have all the resources they need in one place. So the JLSD put together a number of direct services – like the TAY Mentorship Program and the Brand of Brothers resource fair – to empower foster youth and provide them with the skills they need to live independently.

That’s why Flaherty encourages people to attend events like the Food and Wine Festival. The JLSD hopes to raise $120,000 this year so they can continue supporting TAY and the community – like it’s done for 90 years.

“We are very lucky to have a wonderful history in San Diego,” she said. “We are well supported by our community and our community partners, and we’re excited to showcase the great work we’re doing in our 90th year.”
Zay Pena

“I wear number 19 for Tony Gwynn because I would love to play at San Diego State,” said Pena. “I went to one of his camps at Padres Park when I was little, and he’s just always inspired me.”

He also works with a few other baseball coaches, who give him pieces of advice to help his game. His dad also helps him with grounding on the weekends, so that he becomes strong defensive-ly in the field.

“I feel like when I go and hit it, I’m ready, which is why college base-ball has potential for 2019 MLB draft.
Abdul Buzeriba: The student who would be an FBI agent

Abdul Buzeriba, a fun-loving senior who is a leader on the University City High boys tennis team, is popular among his teammates. But beneath the surface, behind the smiling visage, lies a serious-minded individual who wants to be an FBI agent so that he can lock up the bad guys.

“I feel like every time I (would) put away one of those people (criminals), I’m saving someone who could be murdered,” says the 13-year-old doubles player, who has been greatly impacted by study in criminology under teacher Lisa Perry.

Buzeriba, whose father Salem owns a Greek restaurant serving up “Libyan, but it’s similar food” — wants to study in criminology under teacher Lisa Perry.

Meanwhile, fifth-year coach Joey Briese comes by. “Oh, I thought it was a probation officer,” Briese jokes upon learning a local sports reporter is interviewing his captain, giving Abdul some of his own medicine. “I call him my captain, because he announces our players at the start of matches. He's good at the draw and aggressive mentality,” her senior, Abdul Buzeriba, whose father Salem owns a Greek restaurant serving up “Libyan, but it’s similar food” — wants to study in criminology under teacher Lisa Perry.

Abdul Buzeriba, UCHS boys tennis captain.
Spacious home on an oversized 13,100 sq. ft. lot! Relax like you’re on vacation in your large, southwest-facing backyard with a sizable pool, covered patio, palm trees, waterfall and pond. Take in the gorgeous sunset while entertaining on your covered patio or gaze at the sweeping ocean and bay views from your backyard and master bedroom. Enjoy a remodeled kitchen, 2-car garage and tons of extra parking space for all your toys! Call NOW for more information and to schedule a private tour!

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One of a Kind Estate with Ocean View Vacant Lot & Fabulous Mid-Century Modern Residence

This Estate consists of two legal lots. Watch the waves with dramatic and expansive straight-on ocean views from a new residence on the 11,000 sf lot perched high above the existing mid-century modern home, both of which are included in this Estate. House and lot are part of a 26,000 sf plot of land, over 5 times the typical parcel walking distance to La Jolla Shores and the Village of La Jolla.

NO PUBLIC HEARINGS REQUIRED TO BUILD ON THE LOT! Permit for a 6,000+ sf home is vested, never to expire. Due to the lot’s frontage, virtually all the rooms in the new home will enjoy spectacular ocean views including the Cove.

The mid century modern residence was recently remodeled including a new 10-zone HVAC system. This ocean view home has been a vacation rental with terrific income. MILLS ACT REAL ESTATE TAX SAVINGS.

Entire Estate is offered between $3,600,000 & $4,200,000

RARE OPPORTUNITY!

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