UC San Diego study examines cannabis effects on driving abilities

SEE PAGE 4

City Council approves short-term vacation rental regulations

La Jollans were mostly delighted — some surprised — by the City Council’s July 16 vote defeating Mayor Kevin Faulconer’s more-lenient short-term rental proposal.

A landmark counterproposal favoring stricter regulations allowing primary-residence-only rentals with a six-month maximum, was co-authored by Council members Barbara Bry of District 1 and Lorie Zapf of District 2. The coastal districts of both have the most short-term rentals in the city.

Dissenting votes were cast by council members Scott Sherman, Chris Cate and David Alvarez.

“Although the Council has spoken, vacation rentals (short term) should be forbidden,” Foster said. “Short-term rentals in our established residential neighborhoods is a corruption of zoning purpose and associated protections. The practice freely permits homeowners to become innkeepers in non-business districts. In other words, extended-stay hoteliers. This practice is no less an abuse than justifying homeowners turning their garages into mini-marts to dispense beer, milk, cigarettes, etc. because they might occasionally sell an old refrigerator or couch.”

The makers of the stricter regulations in the new ordinance were particularly pleased by the outcome.

“The primary-only solution puts San Diegans first and protects our housing stock from investors while preserving the roots of the home-sharing economy,” said Bry. “We have the obligation to preserve our housing stock prioritizing housing

BY DAVE SCHWAB| LA JOLLA VILLAGE NEWS

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Warrant issued for hit-and-run suspect that killed UC San Diego student

Dr. Neal Putnam | La Jolla Village News

A $140,000 warrant has been issued for the arrest of a hit and run driver who jumped bail after being charged with killing a UCSD student on Interstate 5.

The preliminary hearing of Corundulus Demone Toussaint, 39, had been scheduled for Friday, July 20, but Toussaint failed to show up in court in late June after being ordered to show proof of wearing a device that would show any alcohol use.

Toussaint had been free on $50,000 bond in the Feb. 24 death of Andres Perkins, 21, a pedestrian who was killed at 2:45 a.m. on I-5 near an Old Town Avenue exit.

Toussaint was jailed March 21 for not having the device, but was released on bond again after agreeing to get the device.

Deputy District Attorney Karra Reedy said Thursday Toussaint had made all his court appearances and was from Menifee, Calif. Toussaint had been scheduled for Friday, July 20, but Toussaint failed to show up in court in late June after being ordered to show proof of wearing a device that would show any alcohol use.

Toussaint was described in the warrant as a black male who is 6 feet tall, 195 pounds with brown hair, brown eyes, brown hair, with his last address in Perris, Calif., according to the sheriff’s department.

Toussaint is charged with hit and run in a traffic fatality, but is not charged with DUI or vehicular manslaughter. His blood/alcohol level could not be tested after the crash as he was not arrested until many days had passed.

Reedy cited public safety as a reason to include the devices as a bond condition.

Reedy said the 2004 Honda that Toussaint drove was found abandoned at a Shell gas station on Pacific Highway with blood on the broken windshield. The car’s license plate fell off on the freeway near Perkins’ body, she said.

The vehicle was registered to Toussaint’s girlfriend, who lives out of town, said Reedy. His attorney could not be reached for comment Thursday, but a previous attorney said Toussaint worked in San Diego. He previously pleaded not guilty.

Andres Perkins attended UCSD and was from Menifee, Calif. His blood/alcohol level could not be tested after the crash as he was not arrested until many days had passed.

Not surprisingly, local short-term rental industry members disapproved of the Council’s decision, insisting it will negatively impact San Diego tourism. They hinted at a possible, perhaps even inevitable, legal challenge.

Mechanic felt the City Council opted to “appease the emotions of constituents” on short-term rentals, rather than focus on the socio-economic impact of the new ordinance being crafted.

“Should creating policy be based on emotion or fact?” questioned Mechanic adding, “Restricting rentals to primary residences sounds good, but what does this mean?”

The City Council has yet to define what a primary residence is, claimed Mechanic adding, “We will be analyzing the current situation to determine what the next steps will be now that this unconstitutional and illegal ordinance has been passed.”

A cornerstone of mayor Faulconer’s proposal, the so-called “plus” provision allowing people to rent out their own residence, and one additional place, was also denied in the new ordinance.
La Jolla Shores: 2bd/2ba, 1,404 Sq. Ft. - $589,000  
PENDING

Pacific Beach, Duplex: 2bd/1ba - $1,399,000  
SOLD

Pacific Beach: 5bd/4ba, 3,333 Sq. Ft. - $3,100,000  
5303 Chelsea Street, La Jolla - Open House Saturday 7/28 & Sunday 7/29 from 1-4pm

La Jolla Alta: 3bd/2.5ba, 2,549 Sq. Ft. - $1,350,000 - $1,450,000  
PENDING

La Jolla Alta: 3bd/2.5ba, 2,549 Sq. Ft. - $1,350,000 - $1,450,000  
PENDING

Pacific Beach: 4bd/2ba, 1,762 Sq. Ft. - $1,250,000  
Zoned for up to 4 units

Pacific Beach: 5bd/3.5ba, 2,815 Sq. Ft. - $1,495,000  
PENDING

Pacific Beach, Duplex: 2bd/1ba - $1,399,000  
PENDING: In escrow after Day 1 on the market

La Jolla Shores: 2bd/2ba, 1,404 Sq. Ft. - $589,000  
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Billionaires Row  
LA JOLLA
UC San Diego study examines effects of cannabis on driving

Dr. Tom Marcotte observes as a subject operates the driving simulator.

With the Jan. 1 legalization of marijuana in California, cannabis users rejoiced in a final halting of past persecution. Although the state has been at the forefront of the legal cannabis movement, often making pro-medical marijuana decisions, such as passing the Compassionate Care Act in 1996 (SB95), federally, the drug is still considered a Schedule I narcotic. That places it in the same class as heroin, LSD, ecstasy, methaqualone and peyote.

Now, users can simply go to a storefront dispensary, have their products delivered from a dispensary and even order off of the Internet.

This easy access has made determining cannabis inebriation a major concern of law enforcement and health officials throughout the state, however.

Unlike alcohol, researchers are yet to define marijuana intoxica- tion quantitatively. For this reason, researchers at the University of California San Diego’s Center for Medical Cannabis Research (CMCR) are looking to answer two questions: “How does a particular dose of cannabis affect a driver?” and “What would that effect be several hours later?”

CMCR has been operational in Hillcrest since early 2000, one of the earliest federal research facilities of medical marijuana in the state and country.

Their study, titled “Impact of Repeated Cannabis Treatments on Driving Abilities,” has sought out the aid of 180 volunteers to participate in their one-day observations. Currently, CMCR has 100 participants involved in the study. They need 50 more to meet the predetermined participants required.

“Basically, we’re looking for healthy adults with cannabis exposure,” said Marcotte. “So far, we have got a nice age range. After legalization, dispensaries had voiced a resounding surprise at the number of senior citizens treating ailments. That’s what led us to think, ‘Well, could we find out how this medication affects their driv- ing abilities?’”

In March of 2017, sdnews.com ran a story about San Diego Police Department’s mobile, saliva-screening device, Drager 5000, which tested for illicit drugs including cocaine, marijuana, amphetamines and prescription narcotics. Then-police chief Shelley Zimmerman said the two Dragon mobile drug testers, which cost about $6,000 apiece, will be used mostly at DUI checkpoints initially.

With a cost like that, it would make it quite difficult to provide every officer in the field with one. Also, according to Marcotte, “What’s contaminated in your mouth does not come from your body. Ten to 20 hours later, it (THC) can still be there.”

That rules out being able the 100 percent probability of direct inebriation.

The study commences with selected participants arriving to CMCR’s facility in Hillcrest for blood tests, vitals, an interview and familiarization with the driving simulator. During their next session, they smoke a pre-rolled joint (grown at a NIDA facility) of either low-THC content cannabis flower (3 percent) or higher potency (16 to 20 percent and higher). Their blood and saliva are tested, and a consulting law enforcement officer conducts a typical field sobriety test.

On the road again

During the driving simulator, participants are subjected to typical judgment-based traffic scenarios, like turning left into oncoming traffic. As one could expect, typical reaction times are slowed, even with subjects that have “cannabis exposure.”

“In nearly all simulator sessions, it can be noted that people tend to brake much later and become much more distracted of a driver,” Marcotte said. “While smoking a joint can affect a driver nearly instantly, lasting for an hour or 1.5 hours, investing edibles can take up to two hours to take effect, and last a few hours. Perhaps one frustrating aspect of the study, however, is that it is a traditional double-blind study. The only person who knows what the subject received (either a placebo low potency or high) is the pharmacist. So, it can be difficult to determine uniform indicators of intoxication.”

“The harsh reality is that mari- juana affects everyone differently. And with a vast array of tinctures, edibles, concentrates, etc. available to users, it makes it increasingly dif- ficult to determine whether or not someone is high. Since THC is stored in fat cells, frequent users can have it present in their bloodstream from a time period lasting between 20 hours to more than a month,” Marcotte says that, among their other studies, they hope to study the effects of combining alcohol and marijuana.

He added that “Combining some- thing like marijuana, which slows down your reaction time, with alco- hol (which also does) that increases one’s risk-taking behavior, is of great concern for public health and safety in legalized states.”

They are also looking into the cumulative effects on older drivers as well.

Anyone over the age of 21, who has had some experience with cannabis and would like to be a paid participant in the study, visit jobs.ucsd.edu.

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.

Janelle Ayres receives $1M from W. M. Keck Foundation

A Salk scientist who studies infectious diseases received a grant to investigate new approaches to tackle deadly bacterial and viral infections.

Associate professor Janelle Ayres is the recipient of a $1 million grant from the W. M. Keck Foundation to study new ways to treat deadly infections including sepsis and the flu, both of which require novel therapies beyond antibiotics and antivirals to effectively combat the disease.

"Humanity is engaged in an escalating arms race with super-bugs," says Salk president Rusty Gage. "With antimicrobial resis- tance on the rise, Janelle’s ground- breaking work offers a shining ray of hope that effective new solu- tions for fighting infectious dis- eases are on the horizon."

As a member of Salk’s NOMIS Center for Immunobiology and Microbial Pathogenesis, Ayres works at the intersection of immunology, metabolism and microbiology, studying how our bodies stay healthy during infec- tions.
Residents concerned with side effects of La Jolla Country Club and Pump Station Project

La Jollans are concerned about truck traffic, noise, dirt and potential loss of native habitat and open space from work recently begun on three reservoirs connected with La Jolla Heights Natural Park near La Jolla Country Club.

The La Jolla Country Club Reservoir and Pump Station Project is part of an upgrade to the La Jolla water system allowing it to meet current City standards. It will remove an existing water storage reservoir and pump station at 7269 Encelia Drive. That will be replaced with more-modern facilities increasing reservoir storage capacity from 500,000 to 880,000 gallons.

When completed, the new station will pump up to three-million gallons of water per day.

Since mid-July, truck traffic has gone up Torrey Pines Road to Exchange Place heading upward on Country Club Drive to Romero Drive, Brodaias Way and Encelia Drive, delivering pipeline to the project site.

“The city agreed to do an EIR on the project, which they had been resisting,” said Jack McGroery, a neighbor impacted by the project and a former San Diego city manager. “We are waiting for that to be prepared, and then we can see what alternatives there are to the project and discuss the mitigation for it.”

The draft EIR for the reservoir project is expected to be released for public review and a 45-day public comment period this winter.

Dan Allen, a member of La Jolla Parks and Beaches, Inc., which makes land-use recommendations to the City on coastal parks, sent a letter as president on behalf of the group in 2016 stating, “La Jolla Parks and Beaches strongly urges the Public Utilities Department and the Parks and Recreation Department to transfer the site of the Exchange Place Reservoir, which is to be closed, to the Parks and Recreation Department for dedication as an Open Space Park.”

Allen noted the project will involve “significant excavation, meaning heavy truck traffic.” He added a temporary road is proposed through a side canyon to the excavation. “Cost of the project indicates the scale of the work — $9.7 million at last report,” Allen said.

“The proposed project would demolish and replace the existing 700,000 gallon La Jolla View Reservoir, an above-ground water storage tank in service since 1949 in La Jolla Natural Park. It would be replaced by a new 3.1 million gallon underground reservoir at a higher elevation within the park.

The project would also restore the existing reservoir site back to its original topography and condition by: installing 2,700 feet of 30-inch pipeline to connect the new reservoir to the City’s water distribution system; 780 feet of 8-inch pipeline to serve existing customers; 160 feet of 18-inch overflow pipe; and 480 feet of new 8-inch water line to supply the reservoir.

The proposed project would also demolish and remove the existing 990,000 gallon La Jolla Exchange Place Reservoir and pump station near the corner of Country Club Drive and Pepita Way. This partially above-ground reservoir was built around 1909 and went out of service in 2002. The reservoir site would be backfilled and landscaped. Its pump station and pressure-reducing station will continue operating.

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San Diego named most-scenic West Coast city in recent Expedia poll

By CYNTHIA ROBERTSON

San Diego is known as America’s Finest City, but what exactly makes it the finest?

“The climate is often the answer, which does ring true,” a poll by Expedia.com asked more than 1,000 Americans to name the most scenic West Coast cities. San Diego won the top spot.

Lily Rogers, writer of “21 of the Most Scenic West Coast Cities,” an article for the Expedia Viewfinder blog, explained that she had pulled from two questions on the survey for her article.

First, the people were asked which place they most wanted to visit. The majority chose the West Coast. Second, an opened-end question was included asking which destination on the West Coast was the finest? Rogers chose Del Mar.

Rogers’ other favorite San Diego coastal city was Coronado, sunsets at the Ocean Beach Pier, and La Jolla Shores.

“The view of the skyline and the sailboats bobbing in the water shows San Diego in its prettiest light. It’s so quintessentially San Diego – a beautiful space reaching right down to the water,” Rogers said.

Having Sunday brunch at the Bali Hai on Shelter Island is a San Diego must for Rogers. “Those views of the bay from the huge display windows are unforgettable,” she said.

Other favorite places like Del Mar.

In her article, Rogers explained that in March of this year, Family Vacation Critic named Coronado as one of the Best Beaches for Families in 2018. In October 2017, San Diego ranked No. 1 for Best Beach Destination and Year Round Perfect Weather, according to the readers of Travel + Leisure magazine’s “America’s Favorite Cities” issue.

In that same month, Conde Nast Traveler reader’s choice awards ranked San Diego in the Top 10 Best Big Cities in the US.

A month earlier, Sunset.com had listed San Diego as No. 1 in its list of 20 Best California Beach Vacation Spots.

City prevails in San Diego Police Dept. discrimination case

A Superior Court jury today found in favor of the City of San Diego in a lawsuit filed by a former San Diego Police Department probationary trainee, Matthew Francois. The jury determined that Francois’ claims of racial discrimination and retaliation were without merit, upholding SDPD’s decision to dismiss him.

Francois was seeking $200,000 from the City in lost wages, plus up to $100,000 in other damages.

Testimony and evidence showed that Francois was dismissed because he underperformed during his one-year probationary period and resisted counseling by his supervisors.

Despite receiving almost a full year of intensive training, Francois did not demonstrate an understanding of police policies and protocol and failed probation when his supervisors determined he was not “a competent, independently functioning police officer.”

Evidence showed that Francois:
• Cited and released a 15-year-old girl who had shoppedlifted vodka and a pregnancy test, and who gave him a fake name, in violation of SDPD policy designed to protect at-risk youth and potential human trafficking victims;
• Conducted an unsafe vehicle search with a passenger still in the car, putting the vehicle in danger; in violation of SDPD policy;
• Released a suspect who physically assaulted a Nordstrom employee and should have been charged with felony robbery, in violation of SDPD policy;
• Was reprimanded for calling SDPD personnel vulgar names; and
• Parked in residential neighborhoods late at night hoping to write tickets to drivers rolling through stop signs. He told another officer he preferred this activity because it would lead to court appearances and the overtime pay he needed to purchase a Mercedes-Benz.

“Frivolous lawsuits like this one drain precious taxpayer resources from things that are important to our residents, like parks, streets, and public safety,” City Attorney Mara W. Elliott said. “I am pleased that the jury held the plaintiff accountable for his own conduct.”

In his complaint, Francois alleged he was dismissed in retaliation for his speaking out against department discrimination and assisting Sgt. Arthur Scott in his unsuccessful discrimination lawsuit against the SDPD. “On the witness stand, however, Francois acknowledged under oath that he had never complained to his supervisors about discrimination, and that he did not assist Scott in preparing his lawsuit,” City Attorney Mara W. Elliott said.

Francois and Scott did exchange text messages in the months before Francois’ dismissal. In one, prior to his having any performance issues, Francois implied he would sue the SDPD for discrimination. Later, after his suit was filed, he texted a friend saying he hoped to win enough money to purchase a home in Coronado.

In the Scott lawsuit, a jury found no fault with SDPD. The trial court awarded more than $51,000 in costs to the City.

The City was defended by Deputy City Attorney Laura DePoyster, assisted by second-deputy City Attorney Erin Kilcoyne and investigator Jeffrey Dean.

Man prosecuted for poaching lobsters

A serial lobster poacher is headed to jail after pleading guilty to charges that he violated a court order by unlawfully removing 12 spiny lobsters from the South La Jolla State Marine Reserve.

Hoang is set to his July 11 arrest near Moes Lane in Bird Rock on the latest charges, Xuan Lam Hoang had been cited four times by the California Department of Fish and Wildlife for taking lobsters from any state reserve for three years.

“I am proud of the role the City Attorney’s Office is playing in preserving our City’s coastal environment,” San Diego City Attorney Mara Elliott said. “We will continue to work with the California Department of Fish and Wildlife to protect precious marine resources so that they are available for future generations.”

Under the plea agreement reached with prosecutors in the City Attorney’s Nuisance Abatement Unit, Hoang was ordered to serve 45 days in custody.

He was also placed on three years of probation, subject to a waiver of his Fourth Amendment rights against warrantless searches and seizures.

He was ordered to pay a $1,000 fine and to forfeit all the fishing gear and spiny lobsters that were seized by the Fish and Wildlife game wardens.

The court further ordered Hoang to stay at least 100 yards away from the South La Jolla State Marine Reserve and prohibited him from receiving any state, federal, or private licenses or sources from any state reserve for three years.

Anyone who believes they are a witness to unlawful hunting, fishing, or pollution is encouraged to call CalTIP, California Department of Fish and Wildlife’s (CDFW) confidential secret witness program, at 888-334-2258. Anyone with a cell phone may send a tip to CDFW by texting “CALTIP” followed by a space and the message, to 847411 (tip411). Callers may remain anonymous and a reward may result from successful capture and prosecution.

The City Attorney’s Nuisance Abatement Unit, previously titled the Code Enforcement Unit, was established in 1984 to address nuisance properties and blight throughout the City of San Diego.

This unit also works with the CDFW to protect the marine environment from fishing in protected areas and to protect endangered species from wildlife trafficking, such as the illegal sale of ivory.

The unit prosecutes the illegal transport, storage, and disposal of hazardous waste; leaking underground storage tanks; oil spills; lead paint; the destruction of historical and archeological resources; illegal grading and dumping; and the destruction of environmentally-sensitive land.

Community members can report health and safety and environmental violations to the City Attorney’s Nuisance Abatement Unit at 619-533-5655.

Man prosecutes poaching lobsters

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He was also placed on three years of probation, subject to a waiver of his Fourth Amendment rights against warrantless searches and seizures.

Hoang’s case then spilled over to the City Attorney’s Nuisance Abatement Unit. He was ordered to pay a $1,000 fine and to forfeit all the fishing gear and spiny lobsters that were seized by the Fish and Wildlife game wardens.

The court further ordered Hoang to stay at least 100 yards away from the South La Jolla State Marine Reserve and prohibited him from receiving any state, federal, or private licenses or sources from any state reserve for three years.

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Community members can report health and safety and environmental violations to the City Attorney’s Nuisance Abatement Unit at 619-533-5655.
Top women surfers ready to compete at Supergirl Pro

ASA Entertainment recently announced that the World Surf League (WSL) 6-Star Paul Mitchell Supergirl Pro will celebrate its 12th year at the Oceanside Pier in Oceanside, July 27-29. The nationally televised event is one of the world-class surf contests in the world, with more than 100 of the planet’s top pros expected to compete. Admission to the event is free.

The Paul Mitchell Supergirl Pro will serve as the lone women’s WSL qualifying event scheduled in the U.S. for the 2018 season and plays a critical role for surfers looking to solidify their position for next year’s WCT. The event will run daily from Friday, July 27 through Sunday, July 29, from 8 a.m. to 6 p.m. Access to the surfing, concerts, esports, classes and all event elements is free to attend.

“As with the Paul Mitchell Supergirl Pro currently representing the only major all-women’s qualifying event in the U.S., this contest is extremely important in the girls’ qualification process for next year’s WCT,” said Jessi Miley-Dyer, WSL women’s tour manager. “The event is an amazing combination of the best surfers on the planet with many of the newer faces just beginning their pro journey. That’s just one of the things that makes this all-women’s contest so unique and competitive.”

Some of the world-class surfers registered to compete include six-time world champion Stephanie Gilmore (Kingscliff, Australia) making her Supergirl debut, three-time world champion Carissa Moore (Oahu), No. 1 ranked Lakey Peterson (Santa Barbara), No. 3 ranked Tatiana Weston-Webb (Kauai), No. 5 ranked Johanne Defay (Reunion Island, France), Malia Manuel (Kauai), Sage Erickson (Ojai), rookie sensation Caroline Marks (Melbourne Beach, Fla.), three-time Supergirl Pro champion Coco Ho (Oahu) and defending champion Courtney Conlogue (Santa Ana).

“I can’t begin to explain how excited all of the women are about this event,” said Erickson, one of the world’s top surfers and a two-time Supergirl Pro champion. “It’s so awesome to have a contest like this in the U.S. that focuses entire-ly on women’s surfing.”

“The whole festival around the event gets bigger each year, and the crowds are huge. It’s amazing to see how many incredible things are going on at the event beyond women’s surfing that all speak to the female empowerment theme. Winning the iconic Supergirl Cape is one of the highlights of my career and something that every pro wants to achieve. It’s my favorite event of the year!”

In addition to the best surfing talent in the world, the Paul Mitchell Supergirl Pro features an action-packed Festival Village with 20 live concerts from some of today’s top young artists, the only female-driven multi-title esports tournament in the U.S., an all-female DJ contest, a women’s skateboarding competition, female comedians, fitness classes, dance classes, art, yoga, seminars, autographs from the pros, hair styling by Paul Mitchell, an international food court and beverage garden, a Celebrity Surf Invitational to raise money and awareness for event charities, giveaways, more than 40 vendor booths, and many other activities.

“We are really pleased about the expansion of the Paul Mitchell Supergirl Pro in 2018, both in and out of the water,” said Rick Bratman, CEO of ASA Entertainment, the event’s management company and one of the leading producers of action sports event and television programming in the U.S. “Each year we look to add elements that will not only be additive to the entire event experience, but will also further the event’s mission of providing opportunities for young women in areas where they are traditionally under-represented.”

“Paul Mitchell is honored to be involved with this powerful group of women again, and we are thrilled to have the largest field of talent in women’s surfing competing at this event,” said Julie Solis, world vice president of Lifestyle Sports at John Paul Mitchell Systems. “These athletes epitomize style, grace, elegance and strength both on and off their boards, and we are excited to support an event that showcases their incredible skill and gives their sport the exposure that is long overdue.”

For more detailed information on the Paul Mitchell Supergirl Pro and to learn how to sign up for the female DJ competition and the esports tournament, please visit SupergirlPro.com.

Gabe (left) and Diego Solis are both working to bulk up for their upcoming football and basketball seasons. ED PIPER/VILLAGE NEWS

Solis brothers look forward to another dual-sport season at La Jolla High

A 10 a.m. stop by a bagel shop in Bird Rock was a respite for brothers Gabe and Diego Solis between an early-morning offseason basketball team workout and a player-led football team practice later in the morn-ing at La Jolla High School.

“We eat a lot,” says older brother Gabe Solis, a senior who takes the lead in the conversation. Diego Solis, seated next to him, is a sophomore. A man of select words, he nods in agreement.

While Gabe can eat cereal “three meals a day,” that won’t speed him in bulking up as he works on enlarging his 5-feet-10-inches tall frame, weighing in at last count at 160 pounds. Diego, at 5-feet-9-inches tall, is still filling out. What does help both expand includes “lots of protein shakes, a lot of eggs, burritos, stir fry, and pasta.” “I can’t cook, so my girl friend fixes me some food,” allows Gabe, including scrambled eggs. Diego is more adept at the stove.

These are good times for the Viking pair. At this writing, both multiple-sport student athletes are healthy, and they are enjoying what they have wanted to do for some time—play together on the same teams for La Jolla High.

Gabe, Coach Tyler Roach’s leading receiver with 1,081 yards on 66 receptions and 10 touchdowns as a junior on a squad that went 3-1 in the City League, 6-6 overall last year, participated in football camps at Yale and Columbia earlier this year.

“I can’t begin to explain how_cells our team was this past season with Diego,” says Roach. “He’s electric with the ball in his hands and brings a bit of swagger. Diego is dynamic. He can do so many different things on the football field. We are excited to move him around this year and let him make plays for us.”

As a freshman last year, Diego played a significant role on Coach Paul Baranowski’s varsity basketball team. Gabe was also a member of the varsity, but he was held back by a back injury from football. So the two are finally playing as a real tandem in high school sports this year, both as receivers in football and guards in roundball.

Early in the summer, the two participated with their Viking teammates in a whirlwind of games in their two favorite sports over a period of four days: on Thursday, both made patented leaping catches of passes from Viking quarterback Carsten Phelan in a 7-on-7 round-robin at La Jolla High. Then, early Friday evening, the Viking basketball team smoked an undermanned Olympian squad 82-44 in a Grossmont High summer league game.

On Saturday, Roach’s gridders played host to their first 7-on-7 tournament at Edwards Stadium. La Jolla made it to the semifinals. Finally, the brother duo returned to the basketball court Sunday, shuck- lacing poor Olympian at Grossmont High again, this time 64-44.

“Gabe brings athleticism to the (football) team,” says Roach. “He’s electric with the ball in his hands and brings a bit of swagger. Diego is dynamic. He can do so many different things on the football field. We are excited to move him around this year and let him make plays for us.”
Fashion files: Hats contest still cool as ever at Del Mar Racetrack

The 81st Opening Day at the Del Mar Thoroughbred Club geared up on July 18 to a crowd of 33,112. Racegoers arrived for hats and horses on this picture-perfect day. Fashionistas were decked-out for this, perhaps the biggest fashion event of the year, to see and be seen. Attendees came wearing hats from an array of hat designers. Many were wearing black and white, which seemed to be the trend. Polka Dots were in fashion and were another crowd favorite. The big race of the day was the Oceanside Stakes, which was won by Restrainedvengeance, ridden by jockey Evin Roman.

There were more than 300 contestants for this year’s 24th annual Opening Day Hats Contest. This year there was more than $6,000 in cash and prizes up for grabs. Leslie Monroy took home the grand prize, a one-night stay at the Fairmont Grand Del Mar and dinner for two at Addison Restaurant, featuring chef William Bradley’s multi-course tasting menu with wine pairings. A value of more than $1,000, plus a $100 cash prize, a $500 Kendra Scott Color Bar Gift Card and Studio Savvy Salon Gift Basket of $500, for a grand total of more than $2,000 in prizes were also thrown into the mix. Monroy made an oversized hat with large handmade lace horse heads in a floral bouquet.

Julia Moehrke of Carlsbad won the category for best flowers, with a coordinating red dress and floral arrangement. Aubrey Fohli of Dana Point won the category of best fascinator, with a black spiked feather fascinator. Sara Holbrook of San Diego won the category of most glamorous with a cream-colored outfit and matching hat with feathers and flowers. Lori Shelton of San Diego won the category of best racing theme with a Triple Crown trophy. This race hat had red flowers for the Kentucky Derby, Black Eyed Peas for the Preakness, and White Carnations for the Belmont.

The Summer Meet runs through Sep. 3 and is dark on Mondays and Tuesdays (except Labor Day). Look for Bing Crosby Season (Part Two) opening on Nov. 9 and running through Dec. 2. There will be a contest with prizes so stay tuned. For more information, visit dmtc.com.

Upcoming events
Saturday, Aug. 4: 41st Haute with Heart Fashion Show at the Hilton San Diego Bayfront presented by St. Madeleine’s Sophie. The event begins at 10 a.m. and proceeds go to programs for adults with developmental disabilities. For tickets email: jrasch@stmsc.org.

Thursday, Aug. 16: Celebrating Couture 2018 presented by the Globe Guilders at the Omni La Costa Resort and Spa at 10 a.m. Dedicate in loving memory to Peggy Matthews. For tickets, contact Joydelee Mawrow at 858-382-1672.
At some point in every adult’s life, they will come to experience some idiosyncratic form of aches, pains, fatigue and, the silent killers – anxiety and stress. Luckily for those who experience that unpleasantness often, or even at all, there are a wide range of non-addictive products and homeopathic treatments that provide relief from everyday struggles.

Around mid-February, Pure Spectrum CBD, a purveyor of all things cannabidiol (CBD) opened their doors at 7863 Girard Ave. For those unfamiliar with CBD, it is the non-intoxicating compound found present in the cannabis plant. It can be used to treat a manner of ailments, but has perhaps garnered the most attention as being administered to those with epilepsy.

George Atwell, director of marketing for Pure Spectrum CBD, whose flagship is in Evergreen, Colo., says that they offer “whole plant honey oil products,” which is a concentrated liquid form of the compound. This honey oil is then sold in tinctures, isolates, cartridges, lotions and even pet products.

“There is often a misconception, while understandable, that CBD produces a ‘high,’ similar to what one would experience with THC, the psychoactive ingredient in cannabis,” said Atwell. “Although our CBD products are designed to assuage sleeplessness, anxiety, migraines, etc., some THC can be found in some of our items (less than .03 percent).”

So where is the cannabis sourced from?

“All of our plants are grown at a partner farm in Eaton, Colo.,” said Atwell. “This way, we can ensure that no pesticides or other harmful chemicals had no contact with them.”

Atwell adds that Pure Spectrum CBD is the only business of its kind located in La Jolla and that citizens have been rather welcoming. Not only is CBD at the forefront in La Jolla, providing a needed good in an almost non-existent market, but they are also breaking strides in the medical realm as well.

In the past, associates of Pure Spectrum have worked with Dr. Ben Omalu, the groundbreaking NFL doctor who exposed the world to his findings about chronic traumatic encephalopathy (CTE), made famous in the movie “Concussion.”

“It was really amazing to hear him propose using CBD as a preventative measure,” said Atwell. “If CBD has preventative properties, athletes at risk of chronic head trauma could start taking it as early as high school.”

As aforementioned, Pure Spectrum also offers pet products as well. Since CBD is non-psychoactive, it is often recommended by veterinarians to alleviate anxiety or hyperactivity in animals.

So next time your feeling those knees ache, or are having difficulty sleeping, stop in and let a knowledgeable Pure Spectrum CBD employee know what’s going on. They will point you in the right direction on where to begin.
La Jolla Mailbox Rentals offers customers 24-hour access to mail and postal deliveries. When you have a mailbox at our convenient location, you receive not only a private mailing address, access to delivery of large packages and 24-hour access to your mailbox, and peace of mind. 5666 La Jolla Blvd. (858) 456-2216

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Reader’s Choice winners were selected by the readers of the La Jolla Village News by a ballot in the paper and online over a 3 month period.
White Sands La Jolla sets the standard for dining excellence

Fresh salmon, asparagus and summer melons are on the menu at White Sands La Jolla senior living community.

The luxurious beachfront community has partnered with foodservice organizations Morrison Community Living and Bon Appetit Management Company to redesign the dining experience for residents. Upgrades in the menu emphasize fresh, local and sustainable meats and produce.

“Residents want healthy choices and fresh, locally sourced foods,” said White Sands La Jolla Executive Director Gary Boriero. “As we see more and more Baby Boomers moving into White Sands La Jolla, we are hearing they want fewer processed food choices and more organic farm-to-table variety. They are better educated about the food they are eating and more committed to supporting local farmers.”

The dining upgrades to the recently renovated community will change the way food is prepared and how it’s acquired. The menu will change every day as fresh and locally grown produce is selected and brought into Water’s Edge Dining Room at White Sands.

“The community will also redefine the dining experience to feature more buffets and a fast-casual atmosphere with more fresh selection on the menus, including introducing more vegan and vegetarian selections. Eventually touch-screen kiosks will be setup to display the selections each day for residents.”

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The dining experience is changing in venues across the country, and that includes those in senior living,” explained Mary Platt, regional vice president of Morrison Community Living. “We’re excited to elevate senior living dining through practices such as farm-to-table menus that highlight local farmers and artisan peak-of-season products, use of antibiotic-free protein sources, fresh stocks and scratch cooking, as well as working toward reduced food waste and conservation of water.”

HumanGood, White Sands La Jolla parent company, plans to introduce new dining experiences in all its senior living communities, which reflect the organization’s belief in simplicity, innovation and sustainability.

Morrison Community Living specializes in dining for senior living communities across the country and Bon Appetit Management Company has a deep background in taking a local, sustainable approach to dining.

This was the impetus for HumanGood, White Sands La Jolla parent company, which plans to eventually launch the same dining experience in all its senior living communities.
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University City updates: Bananas, Genesee construction and more

Good deeds: 
Backpacks for Kids 
Coldwell Banker University City will be collecting backpacks and school supplies on Sunday, Aug. 5 from 3 to 6 p.m. at Standley Park. The supplies will be provided to homeless and foster children covered under the Office for Children and Youth in Transition.

Come enjoy live music and help a child start the new school year in good form. And thank you Coldwell Banker University City for organizing.

UCSD Foundation trustees bridge campus, community 
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The Mid-Coast Trolley construction along Genesee Avenue, a SANDAG project, continues throughout the summer. Drilling and column work along Genesee Avenue is expected to be completed late July.

For the next phase of work in this area, the construction team will install girders from August to October. This construction will require closures of east and westbound traffic at six intersections, starting at Regents Road and moving south to Eastgate Mall, Executive Drive, La Jolla Village Drive, Esplanade Court, and the UTC Transit Center.

Work has also begun on the station foundations, including the station at Executive Drive. Regular nightly closures along Genesee Avenue should be less frequent in the time between the completion of column work and beginning of the girder installation.

Because construction schedules and road closures are subject to change, residents are encouraged to contact Shift at info@Shift-SanDiego.com or 1-844-SHIFTSD for traffic plans and detours.

For more information, visit KeepSanDiegoMoving.com/MidCoast.

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The 2018 Concert Series at Standley Park features bands from a variety of musical styles, including many professional bands with local University City residents.

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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 transformation that occurs, in your hair and in your outlook!

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

Use an extension with a smaller attachment and a single strand application so the hair is not damaged and can hold the weight of the extension. This will give natural looking volume and length to thinning hair.

Hair styling 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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It’s the tribal thing: Family gatherings to share celebrations

By Natasha Josefowitz, Ph.D.

I just returned from my youngest grandson’s wedding, the one who is not yet 30 and has an M.D. at the end of his name. Yes, I cried.

They love each other and have everything in common to live happily forever after. She is lovely, smart, and kind, and not only do we all approve of his choice, we approve of her family, too.

What an extra gift it is when each family accepts a new member as its own. In his speech, my grandson talked about how well-integrated and loved he feels with her parents, siblings, and grandparents, while my daughter has welcomed another daughter.

There was a dinner the day before the wedding and a brunch the day after, this gave everyone a chance to spend time together; weddings are such a wonderful opportunity for families to gather and reconnect. People came from all over the country and many came with the children we had not met as yet.

Besides the bride’s and groom’s families meeting and getting to know each other, there were countless aunts and uncles, cousins, and old family friends who have lost touch with each other due to distances and the busyness of life—all embraced each other and marveled at the growing children.

I laughed remembering my nephew as a cute 4-year-old boy and then seeing him again with a graying beard.

Seeing the children of my first husband’s nieces and nephews gave me the kind of pleasure I don’t get from even the kids of good friends. It was actually a thrill to see them, talk to them, and feel this strange, familiar connection as if we have always known each other even though we had just met.

There is some sort of primitive bond, an evolutionary recognition that we will stick together and protect each other. A few millennia ago it was protection from lions; today’s family offers moral support—if needed, advice—even if not needed, and refuge against life’s unpredictable down turns. It’s the tribal thing!

What makes these kind of celebrations even more memorable are the grandparents.

There is an unspoken knowledge that every such occasion may well be the last one for these grandparents. It is a privilege to have multiple generations attend. The younger generation can tap into the wisdom and life experiences of their older relatives, who serve as role models.

I still have fond memories of my grandparents. I have remained close to the cousins who used to visit us as children in Beverly Hills, who now come to visit me in La Jolla. One of these cousins’ children also came to visit me with their children. They love hearing the stories about their grandmother again. You would not be surprised to know that he is the most adorable little boy in the whole world!

What memories did we provide the younger generation at that recent wedding? We will never know, but they will be there for years to come.

Then there is another occurrence which makes these events extraordinary: the presence of a 15-month-old baby, crawling around between the legs of the guests, happily gurgling at all the attention. We witnessed a reenactment of the miracle of our species coming down from the tree tops to stand erect as that baby grasped the edges of the coffee table and started walking around it, holding on for dear life. His pride at this accomplishment was shared by all onlookers. This little boy made my grandson a daughter a mother, my daughter a grandmother, and me a great-grandmother again. You would not be surprised to know that he is the most adorable little boy in the whole world!

The real purpose of these family gatherings is not only to give the newlyweds the blessings of the tribe, but to give each other the reassurance that we are indeed a family, a family we can count on, there for each other through thick and thin. Meeting a previously unknown cousin happily enlarges our tribe.

I am in my 90s and danced the hora at my grandson’s wedding; I had no aches and pains the next day. And so, I urge my readers to celebrate special events like birthdays and anniversaries, baby namings, bar/bat mitzvahs, communal and weddings, funerals and memorial services.

Be sure to invite all the far-flung family. When the older generation is gone, their children will know they have family members who are there for them.

When all else fails and life throws you an unexpected curve ball, there is a relative somewhere with whom you will find shelter because it is a tribal thing!

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.
Global sensation Susie Grafte opens Ooh La La Dance Academy in PB

World-renowned dancer Susie Grafte has traveled to more than 65 countries because of dance. As a first generation Vietnamese American, Grafte appreciates the diversity in cultures reflected through different dances.

“One of our goals is to share more different cultures from all over the world and bring them to PB,” said Grafte, founder, director, and producer of Ooh La La Dance Academy and Ooh La La Revue (her adult Latin cabaret performance troupe).

Grafte quit her six-figure corporate sales job at 29 when she competed at the ESPN world casting championship and placed 15th in the cabaret salsa division.

“One of my biggest accomplishments has been being a first generation artist and believing my dream as a dancer despite starting later in life and not having technical training,” Grafte said.

After diving into the professional dance world, she combined her dance expertise with her business degree from SDSU to open Ooh La La’s first location in La Jolla in 2011.

For the last six years, the studio has been the talk of La Jolla. She is thrilled to open a second location on Garnet Avenue.

“I found a perfect spot next to Pacific Beach Middle School where the kids can walk to dance class after school. Teacher Joe’s is also new so parents can drop off and easily run errands,” Grafte said.

The new studio can expect to compete in local competitions and participate in annual winter productions. However, she is hoping to reach the adult population of PB as well.

“We just celebrated our 10-year anniversary of Ooh La La Revue and I’d like to continue the legacy even after I’m gone. There’s a lot of young people who we can teach and train to perform and tour,” Grafte said.

Ooh La La Revue has been featured on “America’s Got Talent,” and is similar to Moulin Rouge where the performers dance, sing, and entertain guests through cabaret burlesque shows at Tango Del Rey.

The Pacific Beach location will offer unique classes such as a Monday night salsa social with a live DJ, and a late night Milonga Tango party every third and fifth Wednesday of each month.

Grafte is excited to share her passion for performing arts with PB.

“It allowed me to live my best life possible. It turned me into a shy timid wallflower to now a social butterfly. I’d like to share the blessings with others which I had the opportunity to enjoy,” Grafte said.

Ooh La La’s grand opening will take place 6 to 8 p.m. Aug. 3. Attendees may enjoy the traditional ribbon cutting ceremony and complimentary champagne, cider and cookies.

The new studio will offer classes for all ages and levels 2-plus. Ooh La La is offering a week of free classes for kids and adults to enjoy from Aug. 6-11. Walk-ins are accepted, or locals can register at ollda.com.

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La Jolla Village News

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Friday - July 27, 2018

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La Jolla International Fashion Film Festival continues to soar

The ninth annual La Jolla International Fashion Film Festival, which took place July 19 to 21, was once again an impressive spectacle. This awe-inspiring event was held at University of California San Diego’s Price Center, with a sold-out crowd. Producer Fred Sweet and director Linda Conner were on hand to greet the filmmakers who came from all around the world.

A lovely reception was held during the first night of the festival, with an art installation at The Lot in La Jolla.

The second evening showcased screenings of fashion films, with the addition of a world premier fashion musical, “Max Vogue.” This new work was produced by Antonio Aviance Contreras, and included an encore performance.

“Max Vogue” was a huge hit, with musical numbers composed by the amazing Lava Rodriguez and with the incredible voice of Carmelia Bell. I was asked to make the hats for this impressive musical, which was such an honor. "Max Vogue" the musical highlights the question of whether fashion is dead or not.

The third day entailed more screenings at The Lot, as well as seminars and afternoon screenings at the Price Center. The evening concluded with the red carpet event and the International Fashion Film Awards. Lorelei Shellist hosted the Red Carpet Live.

Emcees for the evening were Fox 5’s Tabitha Lipkin and Sebastian Sauve was awarded best actor, and Olga Navrotska won best costume design for “Inseparable.”


Stay tuned for updates all year long at ljiff.com

Saam McBride and Lorelei Shellist on the red carpet at LJIFF.

DIANA CAVAGNARO/VILLAGE NEWS

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