The revival of one lost signature event in La Jolla could lead to the resurrection of another. Proceeds from the La Jolla Open Water Swim, held Sept. 8 after a brief hiatus, could lead to the return of the La Jolla Concerts By The Sea summer series, discontinued in 2016 due to funding problems.

La Jolla Parks and Beaches, Inc. member Judy Halter is spearheading the comeback of both homegrown La Jolla events. Halter was successful this year in creating a new, downsized swim event modeled on the former La Jolla Rough Water Swim. That long-lived event was discontinued for a couple of years due to previous high bacteria levels in La Jolla Cove.

Then Halter got another brainstorm: Why not use proceeds from the swim to bring back Concerts By The Sea, which ran 33 consecutive years before being discontinued? That concert series ultimately succumbed to funding issues due to lack of sponsors.

“We have tentative permits from the city for a 2020 summer concert series for July 12, 19 and 26 as well Aug. 2,” said Halter. “Concerts will take place from 3:30 to 5:30 p.m. We are grateful that, due to civic engagement and support of The La Jolla Cove Swim, we will be able to fund the summer concert series.”

Halter said Andrew Johnson has volunteered his band, Full Strength Funk, to play the first concert in the new series on July 12. She added that Howard Zatkin has consented to procure News 8 traffic anchor Jenny Milkowski, and digital anchor and producer for Fox 5 Danielle Radin helped us celebrate National Taco Day by sampling some of the favorite dishes at Oscar’s Mexican Seafood.

San Diego Community Newspaper Group (SDCNG) continues its 2019 growth spurt with the addition of a new publication — the College Times Courier.

The new community newspaper will cover news from the College Area and Rolando and will publish on the third Friday of every month.

“I feel this is a good addition to our community coverage of the east side of San Diego. It bridges the gap nicely between the Mission Times Courier to the north of Interstate 8 and east with La Mesa Courier,” said SDCNG publisher Julie Main. “There are a lot of school districts and shared interests between these well-established communities.”

The College Times Courier was created in response to community members and business leaders from the College Area who approached Main about returning coverage and distribution of the Mission Times Courier to the College Area. The Mission Times Courier had previously distributed into College Area under publisher Jim Madasfer before he sold the paper to San Diego Community Newspaper Network (SDCNN) publisher David Mannis, who then consolidated coverage and distribution to the Navajo neighborhoods of Grantville, Allied Gardens, Del Cerro and San Carlos. Mission Times Courier, along with most of SDCNN’s publications, were acquired by SDCNG in March.
City to replace fallen ‘Lorax’ tree with new Monterey Cypress tree

La Jolla's 'Lorax' tree — which may or may not have inspired Ted "Dr. Seuss" Geisel's children's story of the same name — is being replaced after it toppled over from old age June 13 in Scripps Park.

"The City is planning on planting three, 36-inch box Monterey Cypress trees," said City public information officer Timothy W. Graham. "The concern is that it is harder to get trees established close to the coast. But they (crews) will start there and monitor progress. The plan is to commence planting the last week of October."

Landscape architect Jim Neri described the Monterey Cypress as "a good horticultural choice for that exact location. It's going to look great."

Monterey Cypress, or Hypericusparmarcatﳽ, is a medium-sized coniferous evergreen which can become irregular and flat-topped as a result of strong winds typical in its habitat. It grows in ideal conditions to a height of 133 feet, and its trunk diameter can reach over 8 feet. Its bright green foliage grows in dense sprays and releases a deep lemony aroma when crushed.

"They are fast-growing right on the coast in temperate parts of the world like La Jolla," Neri said of the cypress which grows along the central California coast. "They have some problems in parts of Southern California because the air isn't humid enough at times. But in beautiful La Jolla, we don't have a big problem with that."

Neri said the Monterey Cypress has "leaves that protect them from the salt that's in the air. They do like moisture. They especially love the fog."

After seeing the old Lorax tree that succumbed, Neri said, "It was pretty rotted in its trunk."

Concluded Neri, "I've very pleased they're (City's) going with the Monterey Cypress."

"We really have no idea if Ted (Dr. Seuss) based the triflulla trees on this particular tree, but regardless we are saddened to hear that this beautiful tree has fallen down, as we are when any tree that has lived for decades falls," said Susan Braund, president of Dr. Seuss Enterprises.

"That said, we are happy to hear that the park district has plans to plant a new tree and hope that this new tree has the opportunity to grow and delight park goers for years and years."

Born in 1904, Theodore Seuss Geisel was an American children's author, political cartoonist, illustrator, poet, animator, screenwriter, and filmmaker. He is known for his work writing and illustrating more than 60 books under the pen name Dr. Seuss. His work includes many of the most popular children's books of all time, selling over 600 million copies and being translated into more than 20 languages.

After World War II, Geisel and his wife Audrey moved to La Jolla. He died of cancer on Sept. 24, 1991, at his home at age 87. In 1995, four years after his death, University of California, San Diego renamed its library building the Geisel Library in honor of Ted and Audrey Geisel for their generous contributions to the library and their devotion to improving literacy.

Graham said the sections of the old Lorax tree that were removed from Scripps Park are currently being stored at a City facility. The plan is to find a way to repurpose the iconic tree's wood, but nothing has been decided.

The iconic 'Lorax' tree fell over on June 13 in Scripps Park.
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LA JOLLA Muirlands: Arguably one of the best views in La Jolla!
4bd/3.5ba. 3,401 sf. $1,950,000 - $2,100,000.

OPEN HOUSE: 1122 Akron Street Sat & Sun 1-4pm
POINT LOMA La Playa: Spectacular 180° view
3bd/3.5ba. 2,570 sf. $1,595,000.

LA JOLLA Soledad South: Optimal Feng Shui
5bd/3ba. 3,859 sf. $1,868,888 - $1,998,888.

LA JOLLA Village: high-rise living in The Seville
CLOSED! Ocean View. 2bd/2ba. 2,061 sf. $1,485,000.

LA JOLLA Upper Hermosa: Quaint Cottage 1st Time on Market
PENDING! 4 bd/3.5ba. 2,659 sf. $2,295,000.

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University City students take part in Global Climate Strike

By Jemma Samala / Village News

More than 350 students from University City High and Standley Middle schools walked out of class Sept. 20 to support the Global Climate Strike that had more than 150 countries participating. The student-run event included a march from UCHS to Standley Park, where SMS students met the high-schoolers. Once at Standley Park, students led a rally and spoke about the need to take action and make changes to reverse the result of climate change, including changing diets and decreasing reliance on fossil fuels.

Chants were led by Zachary Patterson, who reminded the crowd repeating "our planet, our future," "climate justice is what we need, we say no to corporate greed," and "show me what democracy looks like, this is what it looks like." Patterson also pointed out a sign reading "denial is not a policy" as one of the reasons that students need to be proactive now and not follow the indifference of political leaders.

Following is a statement by one of the student leaders Mackenzie Connor, a sophomore at UCHS, on why she participated.

"I found it important for students to participate in the climate walk-out so we could raise awareness about what’s happening to our planet and how each and every individual can make a change bringing us closer and closer to reversing the effects of climate change. I not only touched on what climate change is and how it’s affecting our planet in my speech, I also talked about how we can make changes in our everyday lives in order to stop this crisis.

"Students can now make those changes that I mentioned, as well as spread the word, do more research, inspire others, and take action, I’ve already had friends tell me that they’ve talked to their parents about what they learned at the walkout, and their parents are doing things like making more plant-based meals as well as cutting down on the amount of plastic they buy when shopping.

"Our high school has recycling bins up around school as well as vegetarian meals offered, but I think it would really be beneficial if our school could include more lessons on environmental issues in our curriculum, to truly inspire students to make that change, fight for our future, and stand up for what we stand on. I am very passionate about saving our planet and there’s nothing I want more than for others to be too, I’m a girl who’s in love with the world, and I want my kids to grow up in the same world as I did, and I want their kids to do the same. I want them to grow up in this beautiful, breathtaking, miraculous planet we call Earth and we get the privilege to call home. I have so much faith in this generation and I thought what took place at the walkout yesterday was truly beautiful."

UCHS Principal Jeff Oliviero did want to note that the school was recognized for being the second best high school in the San Diego Unified School District in recycling efforts.

More than 25 schools throughout San Diego County participated in the Global Climate Strike, and students did need to have parental permission to leave classes in order to participate in the strike. Student leaders also encouraged voter registration and forms were available to those who will be eligible to vote, including pre-registering 16- and 17-year-olds.

To learn more about the strike, visit globalclimatestrike.net. The local walkout was assisted by the group SanDiego350.org.

Man awaits sentencing for defrauding UCSD

By Neil Pinnock / Village News

Sentencing is set for Oct. 10 for a Kenya man who has pleaded guilty to stealing almost $750,000 from the University of California San Diego (UCSD) in a scheme in which a fraudulent email misdirected UCSD to send its computer payments elsewhere for five weeks in 2018.

Amil Hassan Raage, 48, was extradited from Kenya to face charges in U.S. District Court in San Diego for an elaborate scheme that redirected payments UCSD was making to Dell Marketing for computer equipment and professional services.

Raage faces up to 20 years in federal prison when Judge Gonzalo Curiel sentences him. Raage remains in the Metropolitan Correctional Center without bail.

"Modern criminals like Raage have ditched the ski mask and getaway vehicle and opted for a computer as their weapon of choice," said U.S. Attorney Robert Brewer, Jr., in a press release.

"As this defendant has learned, we are matching wits with new-age thieves and successfully tracking them down and putting an end to their high-tech deception," said Brewer.

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Read more online at sdnews.com.
Spreckels Elementary second-grade teacher publishes book of poetry

By Jemma Samala / LA JOLLA VILLAGE NEWS

Meeting in her second-grade classroom, I sat down in one of the tiny chairs feeling like a student having to show the teacher my work. But if I were to be in elementary school again, Sonia Gomez-Neri would be one of my favorite teachers.

I first met University City’s Spreckels Elementary teacher Gomez-Neri in September 2003, when she started teaching first grade there, coming over from Burbank Elementary, where she had taught for eight years. I became her first “room parent” and during the times we worked together on class projects, I remember her mentioning that one day she would like to write children’s books. Now, she’s a published writer.

Gomez-Neri’s book of poems, “One Last Chance,” was inspired by her faith and a death in her family. The book was written as a gift to family members. Besides “One Last Chance,” she’s also written “Don’t Forget About God” and a story entitled “Shivery the Skeleton,” which is a Halloween-themed story for children with messages about friendship. She’s in the process of writing more books, including family memoirs and gift books. There’s also a possibility of future collaborations with another teacher as the illustrator.

Influenced by writers like Shel Silverstein, her stories are also inspired by her work as a teacher and the experiences of what she sees students going through in their own lives. Gomez-Neri also pulls from her own childhood and the prejudices she felt growing up.

She recalls being put down due to her Mexican ethnicity, even though her neighborhood in Clairemont was diverse. But her mother always told her, “Don’t ever let anyone make you feel that you are less than what you are; you’re just as good as anyone else.” She has taken those lessons to heart, and those memories have become strong influences in her work. When asked why she loves to write, she calls writing her “soul’s release” and feels she was always meant to write and “release what’s deep about me.”

Gomez-Neri has no plans on stopping her role as a teacher, as teaching is still her calling and she enjoys the lessons she gives on reading, writing and math.

“Teaching children the core subjects is making a good impact with kids,” she says. “It’s a challenge but a joy as well.”

There have been changes Gomez-Neri has seen while teaching the elementary grades, primarily that the curriculum has become more rigorous. And of course, technology has played a big part. At one point, everything was getting bigger, and now it’s getting smaller. Students are more tech-savvy, and she does have some who bring mobile phones that need to be checked in to the phone box. But overall, she is happy with Spreckels and the direction that leadership is taking the school.

While teaching at Spreckels, Gomez-Neri had the rare opportunity to teach her own children, which she really enjoyed. She also enjoyed living in the community, being close by, and having her kids attending the same school. You could also find her and her husband Raul watching their kids play at local soccer, football, baseball, and softball games, where they also volunteered. Many of her family members attended too, cheering on their grandchildren, nieces and nephews.

Gomez-Neri was able to publish her book after attending the annual La Jolla Writers Conference. The next event is Oct. 25-27 at the Hyatt Regency La Jolla. It offers more than 60 intimate classes to foster personalized attention taught by New York Times best-selling authors, literary agents, and industry experts. While attendees come from all over the United States and multiple countries to attend the annual event, the LJWC takes pride in advancing the careers of local writers and supporting local teachers and schools.

In 2016, the LJWC started the Blakey Scholarship to provide full scholarships to teachers in area schools and local active/retired members of the military. Since then, they have provided more than a dozen full scholarships to those in the community. To apply for a Blakey Scholarship or attend the conference, visit lajollawritersconference.com.

During those times I was her room parent, I also remember conversations with Gomez-Neri where she spoke of wanting four children. Back then she had two, and now she has four kids. She doesn’t claim to remember that, but it shows that this teacher knows how to make her dreams a reality.

“One Last Chance” is available for purchase on Amazon.

LA JOLLA WRITERS CONFERENCE

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Spreckels Elementary second-grade teacher publishes book of poetry

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

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For a limited time, readers of this paper will receive a special discount on our full chimney cleaning and safety inspection package with special attention to chimney water intrusion points in preparation for the rainy season.
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.

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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.

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Homeowners are always on the lookout for ways to save money, and the monthly gas/electric bill can be a sore spot. Start saving with window treatments that keep your home well insulated. Drapery is great at controlling the amount of light that enters a room. During the summer, light entering a home will heat the interior and cause the energy costs to rise. Closing drapes during the day can reduce those costs because drapery acts as an additional layer of insulation. Drapery also acts as a barrier from the outside temperature during the cold winter months. No matter the season, drapery is the perfect way to help keep you comfortable inside, regardless of what the weather is doing outside.

Privacy

Sometimes, privacy can be an afterthought until you look out your window and see someone else looking back 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.

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La Jolla’s Redwood Hollow Cottages, a place where time stands still

By Jill Dumas | La Jolla Village News

In between newer and more modern buildings and structures in La Jolla, there’s still a bit of charm and whimsy to be found at 256 Prospect St.

Located here and within the village on this lush property is Redwood Hollow Cottages aka Prospect View. These quaint dwellings have been part of the local scenery for decades and continue to intrigue visitors from far and wide with their rich history.

Redwood Hollow’s site was first developed by Walter Scott Lieber circa 1915 and was named Prospect View. At the time there were “wide ocean views from this area since all the surrounding lots were vacant,” the property website states.

At one point, Lieber had a number of these cottage courts around La Jolla used for daily, weekly, and monthly rentals. However, in later years, they were all demolished for large-scale condominiums except for Redwood Hollow. The property now consists of two contiguous parcels linked together in 1998, and again according to the property’s website, “Redwood Hollow is about 400 yards from Whispering Sands Beach.”

Although nestled in a serene residential neighborhood, the property is only about 4 miles from shops, parks, art galleries, and restaurants.

Today the cottages serve as vacation rentals and some are private residences; some of the cottages include a full kitchen, queen-sized or king-sized bed in the bedroom(s) and a sleep sofa in the living or sitting area. The 12 units range from studios to three-bedroom, two-bath cottages. Some units have fireplaces, and others are lined with red-wood or cedar.

The architecture is considered a Craftsman and mountain-style cottage, which was popular at South-ern California beach resorts early in the 20th century. Since 2013, the property has been managed by Capital Asset Management Co., which in recent years conducted various renovations including new restrooms, floors, ceilings, and walls.

LANDMARK

Redwood Hollow Cottages is not only a popular place to vacation. It was registered as San Diego Historic Site No. 147 in 1997. Below is an excerpt from the historical nomination report written and prepared by historical consultant Alexander D. Bevil in 1997.

“This is a cluster of five small, rustic, 1 to 2-story Craftsman and Ranch style bungalow cottages. Arranged around a central garden court, they are linked physically and visually by a meandering red brick walkway. Several of the bungalow cottages share common garden and patio areas, which adds to the property’s communal sense of place.”

Bevil added in the historical analysis of the property: Although built between 1915 and 1951, and even though they went through many remodels over the years, “they still share similar form, type, style, materials, methods of construction, and use.”

Some of the remodels at the time of his report included: “the use of similar roof styles and shingles, exterior split-redwood shingle, board-and-batten, and clapboard wall cladding, and recessed porch and multi-light window treatments.” Additionally, he wrote: “The buildings’ uniform scale and layout, plus the use of red brick planters and mature plant material, link the entire site together into a unified whole.

The report further confirms the cottages were associated with “noted La Jolla real estate developer and philanthropist Walter R. Lieber, and it is one of at least 30 similar bungalow cottage rentals he developed between 1904 and 1945.”

While first developed by Lieber ca. 1915 as Prospect View, subsequent owners continued to develop it into a bungalow cottage garden court by retaining the use of similar style, type, and building materials. Grouped as parts of a whole, each building contributes to the property’s overall sense of scale, feeling, and place.” Bevil wrote.

The feeling can apparently still be felt as well. “People from all over the world come and stay at Redwood; they’re all different themes, and the interior design is the creative genius of Mariela DeStout, operations director for CAM. Popularity varies and there isn’t one that is more popular than the others,” according to Sheridan Cucurullo, property manager at Redwood Hollow Cottages.

And even though improvements have been made “aesthetically and mechanically, it is still the same in most ways,” she added. “The property is whimsical, magical and peaceful; one of the most beautiful places to come and rest and relax.”

Throughout the years, Redwood Hollow Cottages has not only been a place for vacationers but also a location visited by famous surfers, artisans, writers, and other professionals.

It looks like time continues to stand still at 256 Prospect St., La Jolla—much to many people’s delight.
The importance of belonging: helping newcomers fit into the group

By Natasha Josefowitz, Ph.D.

Most of us want to belong—to be a part of a group. We need to be accepted. We want to be liked, respected, paid attention to, even loved. We want to be heard as well as seen, and we want to fit in.

Humans are social animals. Our language expresses our deep concerns with fitting in. We attach a value to belonging. We talk about group spirit, team dynamics, being “in or out.” We describe the process of belonging in phrases such as “rites of passage,” “learning the ropes,” “paying your dues,” “passing muster,” and “earning your stripes.”

Fitting in is knowing what to do, first impressions can linger on for years. Fitting in becomes even more of an issue when joining the workforce. Acceptance or non-acceptance may make the difference between being able to accomplish one’s task well or not. Each job change, each transfer, each promotion requires that we know what to expect from others, how to integrate, knowing the rules of the organization, its history, its purpose, what behaviors are rewarded, and which ones are viewed negatively. Are new ideas endorsed or is the status quo preferred? Do you join in on meetings, events, and help them to integrate into the community.

In the retirement community where I live, residents volunteer to mentor newcomers. This mentor sees to it that the newcomers know about meetings, events, and helps them to integrate into the community. The mentor stays in touch with the new residents, shepherding them until they assimilate on their own.

Fitting in is knowing what to do, first impressions can linger on for years. Fitting in is a universal issue. It starts early in our lives with becoming a member of the family. Some children tend to fit in better than others even within their own families. It continues with school, where those who belong to the popular groups are often viewed with envy by those who do not.

Fitting in becomes even more of an issue when joining the workforce. Acceptance or non-acceptance may make the difference between being able to accomplish one’s task well or not. Each job change, each transfer, each promotion requires that we find a new way to fit in. Every time a new project gets started which involves new members (who may, or may not, have worked together previously) the group must deal with issues of membership.

As critical as it is to fit in, there are few if any guidelines on how to do it. It is usually very difficult, often quite painful. Do you remember your first day on your first job? Or perhaps when you relocated and became the new kid on the block? Whatever the situation, there was a moment in time when you didn’t know the rules, the people, or the appropriate behaviors. Nor did you know what to expect from others, even worse, what they expected of you. That moment of fear or confusion can make a lasting impression on you while you were making that all-important first impression on others.

The memories of some of our own first days at work or in other new situations are often quite negative. We may have felt isolated, not understanding the norms, not knowing what questions to ask. Anxiety and frustration are not uncommon feelings as we experienced our own newness in a variety of situations.

A lot more happens the first day than appears on the surface. Some people will engage actively in a conversation, others observe silently from a distance. How will each be to work with? Will there be collaboration or competition? Can you be open or should you be guarded? All unanswered questions. How do you find out? Whom do you ask? How do you become familiar with the unfamiliar? How will you integrate into your new environment?

First impressions can linger on for much longer than we would expect; they influence the way people feel about their colleagues and the organization for months. The key to fitting in is knowing what to do, when to do it, and with whom. All of this is equally true of any organization which deals with newcomers. It can be a club, a committee, a retirement or religious community, anywhere people gather. The questions revolve around possible friendships, knowing the rules of the organization, its history, its purpose, what behaviors are rewarded, and which ones are viewed negatively. Are new ideas endorsed or is the status quo preferred? So any new person must first observe in order to understand expectations. People in charge should be responsible for, or assign the responsibility of, integrating and orienting all newcomers. Every person, no matter what their position, should help the “new kid on the block” fit in.
San Diego International Film Festival to explore the power of perspective

By Samantha Webster

This October, the San Diego International Film Festival (SDIFF) will premiere approximately 100 films from various different styles and genres from filmmakers around the world.

San Diego has hosted a film festival since 2001; but in 2012, a team, including Kevin Leap, Pati Judd, Dale Strack, and Tonya Mantooth, took over the festival and rebuilt it. Since then, the team has focused on building SDIFF’s reputation in the international film world.

“This year, we’ve had about 3,000 films submitted to us from almost 70 countries,” says Mantooth, the festival’s CEO and artistic director. Mantooth says this high number of varying submissions “put San Diego and San Diego International Film Festival on an international map.”

The SDIFF offers events such as film screenings, where guests can watch premieres and hear panels with filmmakers; a Night of the Stars, where new filmmakers are celebrated and recognized for their achievements; and a Night of the Stars, where new filmmakers are celebrated and recognized for their achievements.

This year, the SDIFF has partnered with ArcLight Cinemas in Westfield UTC to host several of the festival’s events. “We’re really building out the experience at ArcLight,” says Mantooth.

Starting on Thursday night, Oct. 17, ArcLight hosts a studio film premiere. The theater features screenings on Friday and Saturday. And on Sunday, Oct. 20, the festivities at ArcLight conclude with Culinary Cinema. In this event, guests can watch a film and enjoy film-specific dishes prepared by local, celebrated chefs. Other festival events are scheduled to be held at the Theatre Box San Diego, Balboa Theatre, and Pendry San Diego.

Mantooth looks forward to the international aspect of the festival. “To see filmmakers fly in from everywhere from Vietnam to Brazil to Russia and have a panel discussion after their film is so special. It’s such a reminder that San Diego is an international city. San Diego International Film Festival is a way for people to come together, put down their phones, watch films, and start a conversation.”

And these conversations often transcend the film screenings and panels. In the program “FOCUS on Impact,” the SDIFF will livestream films on topics such as homelessness, the environment, or refugee immigration to schools across San Diego County.

“FOCUS on Impact’s purpose is to bring these topics to the attention of the next generation of leaders,” says Mantooth. “Our tag is ‘the power of perspective’ because with film, you can see someone else’s experience and look at the world in a new way.”

The San Diego International Film Festival begins Thursday, Oct. 15, and ends Sunday, Oct. 20. To purchase festival passes or to learn more about the festival’s events, visit sdiffilmfest.com.
Amended bylaws, class reunions and other University City news

Dr. Jemma Samala | LA JOLLA VILLAGE NEWS

At the September University City Planning Group (UCPG) meeting, two significant projects in the University City area were presented. The revised Costa Verde Revitalization project was presented by John Murphy of Regency Centers. The amount of retail space will be unchanged (rather than expanded, as in the previous plan) but completely renovated, along with the parking. A hotel is still part of the proposal. In a major change, Regency proposes to partner with Alexandria Real Estate, which will develop 400,000 square feet, R&D, and tech space on the property. A UCPG subcommittee will be formed at the October meeting to review the project in detail.

The city of San Diego’s Public Works Department presented the Coastal Rail Trail/Gilman Drive Capital Improvement project. This project consists of connecting the bike path at Gilman Drive and La Jolla Colony Drive to an improved bike path along Gilman Drive. Protected bike lanes and sidewalks are to be added to Gilman. The city will present the environmental documents to the UCPG in a few months. UCPG is expecting representatives from Caltrans to attend the meeting, as they control the intersection and on/off ramps to Interstate 5 at Gilman Drive.

The next UCPG meeting is at 6 p.m., Tuesday, Oct. 8, at 10300 Campus Point Drive.

UCPC AMENDS BYLAWS

The University City recreation councils (Doyle, Nobel, and Standley) have been taking steps to form a 501(c)(3) parks council to support all University City parks. The recreation councils engaged the services of Hoffman & Forde, Attorneys at Law, to facilitate the name change and amended bylaws for “University City Parks Council.” The Parks Council was expected to vote on the name change and amended bylaws. The Parks Council meets at 6 p.m. on the fourth Thursday of every month at Standley Recreation Center, 3585 Governor Drive. The Standley Park Recreation Advisory Group meets the same day at 7 p.m. Both meetings are open to the public and all who have interests or concerns about any University City parks are invited and encouraged to attend.

UCHS CLASS REUNIONS

Were you a member of the University City High School Class of ‘83, ’84, or ’85? Then you’ll want to attend the UC80s Bash on Saturday, Oct. 19, at Tower23 in Pacific Beach. Festivities start at 5:30 p.m., and hotel discounts are available for overnight stays. The Class of 1983 was the first to graduate at UCHS, and all three UCHS classes of 1983, ’84 and ’85 are meeting up to celebrate 35-plus years of laughter and friendship (at that time there were only three years of high school). More than 150 grads have RSVP’d so far. Classmates will enjoy an amazing culinary adventure featuring award-winning coastal cuisine. After Champagne toasts and that famous San Diego sunset, guests will dance the night away under the stars to ’80s classics. For information and tickets, go to uc80sbash.com.

SENIOR WALKING GROUP

Local seniors are invited to participate in a newly formed South University City Senior Walking Group. Starting on Wednesday, Oct. 16, seniors will meet up in front of Swanson Pool at Standley Park at 9 a.m. For each Wednesday thereafter, the walking group will walk from 30 minutes to an hour around the neighborhood. The group will start the walks on flat surfaces, and will see how it goes from there. Seniors can use the walking time as an endorphin booster and a stress reducer. There will be no walking in the rain. For questions, contact Geri at 858-558-1888. Read more online at sdnews.com.
Del Mar Fairgrounds and all-white attire featured at Le Diner en Blanc

The eighth annual Le Dîner en Blanc was on Sept. 21 this year. The fashion of the day is white and everyone is dressed in all white for this chic picnic. The location is a secret every year until they pick you up by chartered bus and take you to an undisclosed destination. There are many pickup locations around the county to accommodate the 1,700-plus people. This year, the venue was the Del Mar Fairgrounds. There is a statue there of Don Diego Alvarado, which greets people as they arrive. He is one of the most famous people in the history of San Diego. His ranch hosted many parties and the family’s agricultural land grew most of the plants for the World’s Fair in Balboa Park.

When we arrived, we were divided into two sections — the Plaza de Mexico, with its beautiful fountain, and the grassy area of the Paddock. Once we arrived, we had 15 minutes to set up an elegant place setting with white tables, chairs, and plates. It was a picture-perfect evening as we dined to the amazing jazz music of the Danny Green Duo. As the sun went down, there was an incredible sunset along the San Diego horizon among a sea of twirling napkins.

After dinner, guests strolled through the historic Del Mar landscape, looking at all the imaginative tables. Many of these artistic creations had lights, and they all had candles with lights on the table. A photo booth was set up in both the Paddock and the Plaza de Mexico for everyone’s enjoyment. DJ Taze played tunes for the guest to dance to. A huge crowd danced the cha-cha, slide and the “Cupid Shuffle” moving throughout the tables.

The fashions were amazing this year. The guests seem to be more creative each year with elaborate headaddresses and some even added lights to their attire. Prizes are given out for the best-dressed man, best-dressed woman, the best table setting, and the best member-captured photo. Guests are currently submitting their photos to quality with prizes awarded two weeks after the event.

Le Dîner en Blanc is an international outdoor dinner and asked a handful of his friends to an elegant outdoor dinner and asked them to all wear white. The rest is history and the event takes place in more than 90 cities around the world such as Sydney, New York, and Montreal. If you would like to be put on the waiting list for this memorable event, visit sandiego.dinerenblanc.com.

UPCOMING EVENTS

Monday, Oct. 14 — Zandra Rhodes: 50 Fabulous Years in Fashion at 7:30 p.m. at Warwick’s, 7812 Girard Ave. Book signing to celebrate Rhodes, one of Britain’s most recognized designers, and her 50 years in fashion. The designs are from 1969 to present. For more information, visit warwicks.com.

Thursday, Oct. 17 — Feast on Fashion at 6 p.m. in the courtyard at Prada & Louis Vuitton Fashion Valley, 7007 Friars Road. Guests will enjoy high fashion, culinary bites, signature cocktails and luxury enhancements. Must be 21 or older. For tickets, visit bit.ly/2ncZ0mk.

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

Guitarist Mark Goffeney to perform at Athenaeum’s Acoustic Evenings series

The Athenaeum is perhaps best known for its classical and jazz offerings, but since 2008 it’s also been home of one the area’s top music series, Acoustic Evenings. Hosted and curated by Jefferson Jay, the showcase features a wide variety of San Diego-based performers from across genres. The 2019 edition kicks off Oct. 11 with performances from guitarists Israel Maldonado and Mark Goffeney, as well as bluegrass quintet The Cedar Shakers. All are gifted performers but Goffeney, who was born without arms, is in a league of his own. Playing loud, rhythm or bass with his feet, he’s been featured on several TV programs and is a veteran of sold-out arena shows as a guest of the rock band Mana, earning standing ovations each night. Anyone who enjoys the diversity of San Diego’s music community will want to check out all three evenings of this series.

Acoustic Evenings: Friday, Oct. 11, at The Athenaeum Music & Arts Library, 1008 Wall St., 7:30 p.m. All ages. $12 members and $17 nonmembers. Visit ljathenaeum.org for more information.
BEING SUED BY PLAINTIFF: (LO ESTÁ DEMANDANDO EL DEMANDANTE)

IS A CORPORATION. This business was conducted by: A CORPORATION. The first day of business was: 9/17/19. Registrant Name: PAULA GORDON. Title of Officer, if Limited Liability Company/Corporation, Title of Signor CEO/PRESIDENT. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 11, 2019. ISSUE DATES: SEPTEMBER 27, OCTOBER 04, 11, 18, 25, 2019.

Leeks can be an overlooked vegetable to grow in the garden, as well as using in cooking. With a mild onion-like flavor, leeks are full of antioxidants, fiber, vitamin B6, magnesium, and they also have liver-protecting properties.

Leeks (Allium ampeloprasum) are members of the Allium family that also includes, onions, shallots, chives, scallions, and garlic. As the weather starts to cool from November through January, it is time to plant early varieties of leeks by seed. Early varieties prefer temperatures no higher than the low 70s and no lower than 55 degrees. Leeks grow faster. These early varieties will take about 10-14 days.

As the seedlings grow, thin them out and plant the healthy strongest ones about 1 inch apart in the trench. As they shoot up, fill in the trench around the leek stalk with soil to keep it covered and out of the sunlight. If exposed to sunlight, the entire leek will turn green. The greener parts of the leek are much stronger in flavor and keeping the lower part of the plant covered with soil (also known as, blanching), keeps it light in color and gives the leek the distinct mild oniony flavor it is known for. As they mature, water your plants as the surface of the soil begins to dry.

When harvesting leeks, do not cut off their root ends. Clean the loose soil off, dry them well and store in plastic bags in the refrigerator, with the root end intact. Leeks love. Dig a trench about 4-6 inches in your prepared soil, sprinkle in the seeds and cover with about 1/4 to 1/2 inch of lightly packed soil. Keep the soil moist while you wait for the seeds to germinate, which will take about 10-14 days.

When growing leeks, the light colored portion at the bottom of the leek is achieved by covering it with soil while it grows. This rich soup is creamy without using cream.

**Potato Leek Soup**

- 3 cups cleaned, chopped leeks (about 3 large leeks)
- 2 tablespoons unsalted butter
- 4 cups chicken or veggie broth
- 2 lbs russet potatoes, peeled and diced
- Sea salt, to taste
- 2 sprigs fresh thyme
- 1 bay leaf
- 1/2 cup flat-leaf parsley, chopped
- Freshly ground pepper and a pinch of nutmeg, if you like onion flavor, use some of the green portion of the leeks too. Heat the butter in a Dutch oven, add the leeks and sauté them for about 3-4 minutes with a pinch of salt. Stir in the broth, potatoes, a pinch more salt, thyme, bay leaf, marjoram, parsley, pepper, and cayenne. Bring to a slow simmer and cook for about 20 minutes, or until potatoes are tender. Remove the thyme sprigs and bay leaf and puree the soup with an emersion blender or carefully in a blender. Taste and adjust the seasoning. Serve the soup hot garnished with some chopped scallions.

Five Ways to Fall Asleep Fast!

1. **Lower the Thermostat:** Cooler is better. 60-67 “F is best.
2. **Turn Off All Electronics:** Bodies sense more than just visible radiation!
3. **Set a Regular Routine:** Simply observe every other living creature.
4. **Exercise Daily:** Boost serotonin, Decrease cortisol.
5. **Count Sheep:** Use your Left Brain and reduce stress.

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When growing leeks, the light colored portion at the bottom of the leek is achieved by covering it with soil while it grows. This rich soup is creamy without using cream.
Upcoming San Diego Green Homes Tour to feature two homes in La Jolla

By SAMANTHA WEBSTER

This year’s San Diego Green Homes Tour will educate San Diegans interested in green home practices on Saturday, Oct. 19, and Sunday, Oct. 20. The tour will showcase two La Jolla Shoreline homes: the La Jolla Modern Beach Home and the Murph Zero Project.

Over the past 10 years, the San Diego Green Building Council (SDGBC) has hosted the San Diego Green Homes Tour, celebrating the most sustainable houses throughout San Diego County.

“Our main goal for everyone who comes to the tour is to learn things but also take something away,” says member of the SDGBC and realtor at 73 Degrees Realty, Adam Pascoe. “Whether it’s as simple as changing some old light-bulbs out with LED, getting an Energy Star-rated appliance, or implementing something much bigger.”

The two La Jolla homes on the tour have certainly implemented big environmental changes. The La Jolla Modern Beach Home uses LED lighting and fans instead of air conditioning, is furnished with energy-efficient appliances, and uses solar panels that provide the home’s electricity.

These sustainable choices give the beach home its LEED platinum certification, which is the U.S. Green Building Council’s highest rating for Leadership in Energy and Environmental Design (LEED).

The second, sustainable La Jolla home on the tour is the Murph Zero Project. Just finished this month, the Murph Zero Project is a single-family home that is achieving LEED certification. The total electric building is so-called because it produces more energy than it consumes. Additionally, the home operates with a greywater irrigation system and is grid agnostic.

“We are very excited to showcase some of the systems, whether it’s the energy system, the water system, or the building home monitoring system,” says John Ambert, the architect of the Murph Zero Project. “We’re looking forward to educating the community as well as learning and improving on the project.”

The two sustainable homes will be open to the public from 10 a.m. to 4 p.m. on the second day of the tour (Sunday, Oct. 20). On that day, guests can choose to visit the two homes in addition to the tour’s other North County homes. At each home will be professionals and homeowners ready to give impromptu tours and have conversations with San Diegans interested in green home practices. To learn more about the tour and to purchase tickets for the event, visit sdgreenhomestour.org.
Celebrate National Taco Day with grilled octopus, cauliflower and fried cheese

**Dining**

By Thomas Melville and Samantha Waterstreet | La Jolla Village News

Growing up in the suburbs of a Northeastern city in the 1980s meant tacos came out of a box shielded in the “international” aisle at a grocery store. One day a week – usually Wednesdays – we were exposed to “tacos” with greasy ground beef, shredded iceberg lettuce and mounds of mozzarella stuffed into delicate hard shells.

It was a fun mess and about as close to Mexican food as we got. But, like tacos, we evolved.

Just last weekend we were ordering al pastor tacos in the busiest, noisiest, and probably best taco spot in Tijuana. Tacos El Franc is a must-visit for any fan of the authentic street taco – the ambiance, the smells, and the flavors can’t be beat.

But up here in the beach communities of San Diego, National Taco Day (Oct. 4) is celebrated a little differently as local restaurants think out of the box. There are cauliflower tacos, vampire tacos and even poke tacos – and we tasted them all.

Our testers, known for their taco infatuations, were Danielle Radin, digital anchor, and producer for Fox 5, and Jenny Milkowski, traffic anchor at CBS News 8. They tried and rated (on a scale of 0-5 tacos) a variety of tacos at Oscar’s Mexican Seaford, Backyard Kitchen & Tap, El Prez, and Duck Dive.

“I think I’ve tried every kind of taco — from tongue to stomach, to head tacos. I’ll taste anything at least once,” Jenny said.

“You had me at tacos,” Danielle said. “If we’re tasting tacos, I’m always ready to eat.”

Their conclusions, along with a summary of some of the best taco spots from La Jolla to Point Loma, are below.

**Oscar’s Mexican Seaford,** 701 Turquoise St.

Oscar’s specializes in seafood tacos such as battered fish or shrimp tacos, smoked fish tacos, or grilled octopus tacos. Oscar’s also offers specialty tacos like tacos al pastor, shrimp, and chorizo tacos, and even shrimp and bacon tacos.

Vegetarians can enjoy veggie tacos and soyrito tacos.

At Oscar’s, Jenny tried the smoked fish and Danielle had the grilled octopus.

“First bite. I was like, yum,” Jenny said. “But I wish there was more fish and it had a smoky flavor. It was good. I rate it 3 tacos out of 5.”

“This was really good, zesty with a good texture, which is hard to do with octopus,” Dan said. “I liked it and I recommend it. I rate it 4.8 tacos out of 5.”

**Backyard Kitchen & Tap,** 832 Garnet Ave.

This American gastropub serves some of Pacific Beach’s best tacos. Choose from Backyard’s fun taco plates such as the Garibaldi Fish taco, which is slow-roasted pork carnitas, pico de gallo, and cotija on a cheddar crusted corn tortilla, and the Gringo, which is chipotle chicken, cabbage, and jalapeño cream on a crispy corn hard shell.

At Backyard, Jenny and Danielle tried both the Gringo and Garibaldi Fish tacos.

“The Gringo taco has a hard shell with a lot of chipotle-flavored chicken and it was OK,” Jenny said. “The Vampiro taco was juicy and filled with delicious pork. You’re not going to walk away hungry after one, but who am I kidding, I would eat two. I rate it 1.5 tacos.

“Vampire one was filled with a lot of pork and authentic flavors,” Dan said. “It’s huge, so one will get you full. Going from the pork to the Gringo taco was like night and day. I like the crunch of the hard shell and it had a good sauce. I rate them 3 out of 5 tacos.”

“Vampire one had a good texture, the sauce is really good and the pork went well with it all,” Dan said. “It is something new and different. I liked it. I rate it 3 out of 5 tacos.”

**El Prez,** 4190 Mission Blvd.

El Prez throws a taco-filled fiesta every day. Guests can choose from more than 13 different types of tacos served in freshly-made tortillas. Favorite El Prez tacos include seared ahi tacos, cauliflower tacos, and filet mignon tacos.

Jenny tried the cauliflower tacos and Danielle had the chicken tinga tacos.

“It was pretty good, but I didn’t like that the cauliflower was fried because I like to feel that I’m being healthy,” Jenny said. “It had good spice and the crema was tasty — I liked it. I rate it 3 out of 5 tacos.”

**Duck Dive,** 4650 Mission Blvd.

Duck Dive and its ambiance is an ode to the rich surf and beach culture that resides just steps away from the Pacific Ocean. Their menu takes on classic American dishes as well as coastal favorites. They serve the usual fish and carne asada tacos but offer a twist with the poke taco with a wonton shell.

Jenny and Danielle both tried the poke tacos. “I got super excited to try these because I love ahi tuna,” Jenny said. “The wonton shell is big and the lettuce is not necessary. It’s a fun new taco and I liked it. I rate it 3 out of 5 tacos.”

“The wonton had a good texture, the sauce is really good and the pork went well with it all,” Dan said. “It is something new and different. I liked it. I rate it 3 out of 5 tacos.”

**Vallarta Express,** 1375 Garnet Ave.

With Vallarta Express’ 24/7 service, guests can order tacos at any time of the day. Guests can also order tacos through the drive-thru. Some of Vallarta’s many taco options include favorites like shrimp or carne asada tacos and more adventurous choices like the Philly Taco, which includes a choice of steak or chicken with melted cheese, mushrooms, peppers, bacon, and salsa; or the Buffalo Taco, which includes lightly breaded chicken, buffalo sauce, romaine lettuce, ranch dressing, and salsa Fresca.

**Fat Fish Cantina Grill,** 4474 Mission Blvd.

Fat Fish Cantina Grill mixes Southern California tacos with flavors from south of the border. Choose from a variety of taco plates such as surf and turf tacos, shrimp tacos, carne asada tacos, and more. On Tuesdays, Fat Fish celebrates Taco Tuesday with $1.25 street tacos and $2 shrimp tacos. Fat Fish also observes Taco Thursday with fish tacos for only $1.50.

**Tacos Mimi,** 4508 Cass St.

Tacos Mimi specializes in authentic Mexican tacos. Meat lovers can choose between a variety of classic street tacos such as carne asada, al pastor, pollo asada, and birria. Champiñones, avocado, and papa tacos are all suited for vegetarians. Additionally, Tacos Mimi also offers a selection of seafood tacos.

**Paciﬁc Fish Grill,** 2015 Garnet Ave.

Pacific Fresh Grill is a new taco shop in Pacific Beach. The shop has a Taco Tuesday deal where guests can order a taco sampler of three tacos and a drink for $10. Their motto is “Live every day like it’s Taco Tuesday.” At Pacific Fresh Grill, choose from tacos al pastor, cochinita pibil (pulled pork), carnitas, fish, and more.

**Taco Surf,** 4657 Mission Blvd.

Known for their carne asada tacos, Taco Surf has both Taco Tuesday and Taco Thursday specials. The eatery offers crispy beef, chicken, pork, and turkey crispy tacos and a variety of soft tacos like carne asada, carnita, and pollo asada.

**Pueblo,** 877 Hornblend St.

Pueblo is a modern, baja, and coastal flavors to make an excellent beachy, culinary experience. Pueblo uses fresh, local ingredients to make their tacos. Choose from seafood tacos like the smoked tuna taco plate, the shrimp taco plate, or the jicama tortilla salmon taco plate.

**La Playa Taco Shop,** 3973 Mission Blvd.

La Playa Taco Shop is a small hole-in-the-wall taco joint that offers tacos classics such as carne asada, carnitas, fish, beef, chicken, al pastor, and shrimp. Stop by for good prices and great Mexican flavors.

**Fat Fish,** 461 Pearl St.

With the tagline “Hecho a mano,” Taco Stand aims to recreate an authentic Tijuana taco stand experience. Taco Stand offers hummus-made corn tortillas, grade meats, and fresh ingredients. Their guacamole and salsas are all made from scratch. Don’t forget to ask for one of Taco Stand’s homemade churros.

**Puesto La Jolla,** 1026 Wall St.

Puesto La Jolla celebrates the flavors and culture of Mexico. This award-winning Mexican artisan kitchen and bar has a great selection of tacos, but it is most highly acclaimed for its Mexico City-style crispy melted cheese tacos.

**Don Carlos Taco Shop,** 737 Pearl St.

Don Carlos is a hole-in-the-wall taco shop on Pearl Street. They offer a variety of soft tacos, crispy tacos, and rolled tacos. Don Carlos also offers a host of vegan and vegetarian options and has something for everyone.

**Galaxy Taco,** 2259 Avenida De La Playa

Based on the tagline “Comer Awesome,” this La Jolla Shores restaurant celebrates Mexican food and culture. For lunch, this casual restaurant interprets Mexican street food. For dinner, Galaxy Taco recreates the Mexican family-style experience. Galaxy Taco uses the freshest ingredients and offers both meat and vegetarian options.

**Don Bravo,** 5504 La Jolla Blvd.

This Bird Rock restaurant serves a variety of tacos tradicionales. Meat lovers will love Don Bravo’s street tacos and guests can choose from different types of steak and soft tacos. The eatery serves great tacos for a great price.

*Read more online at dnews.com.*