Numerous deficiencies have closed the La Jolla Children's Pool Lifeguard Tower such as sewage backups, pest-control issues and alleged construction flaws have residents and public officials asking, What happened?

“The Children's Pool tower was closed in 2007 due to health concerns,” said Chester Mordasini, president of Teamsters Local 911. “The lifeguards have been working out of temporary facilities ever since.”

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New Children's Pool Lifeguard Tower in rehab

By DAVE SCHWAB

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Pillage The Village set for Halloween in La Jolla

By DAVE SCHWAB

It's that time of year again where folks need to be wary of what's scary. Neighbors and business owners alike are hoarding candy in the hopes of having enough to satisfy the growing demand as La Jolla's reputation as a favored Halloween haunt continues to grow each fall.

Once again this year, the La Jolla Village Merchant's Association will be hosting Pillage The Village, its annual Halloween bash for kids. School

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Pete Knows La Jolla

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La Jolla High School Cheers for Homecoming

PHOTO BY ED PIPER Jr.
Legendary WindanSea Surf Club’s Menehune and Junior Surf Contest set for Oct. 29

By JENNY WERTH

A world champion female surfer named Margot Godfrey (Oberg) won the WindanSea Menehune contest over 50 years ago when she was still a young girl and far before any world championships were yet on her horizon. Considered the Granddaddy of all junior surf competitions, the contest found a young Margot riding a wave into the sunset of many successes. It was the year of 1963 when a group of surfers paddling out in search of the perfect wave formed the world renowned WindanSea Surf Club; among the formative group was La Jollan Chip Hasley’s father, Chuck Hasley. “My father, Chuck Hasley was one of the founders of the club back in 1963, so you could say I’ve been ‘involved’ since the WindanSea Surf Club started. I got involved with the contest in the mid 2000s because I enjoyed seeing how stoked the kids are to surf in a contest environment,” Chip Hasley explained.

And today half a century later, the club is still going strong with legendary members such as Skip Frye, Pipeline surfer Butch Van Artsdalen and two-time world longboard champion Jen Smith. This is a surf club with members who have had their photos splashed across every kind of media available in today’s world. It’s also an accomplished group of surfers who are proud to know the best surf spots in La Jolla and perhaps even motivated The Beach Boy’s to include La Jolla as one of their pioneering surf spots in their 1963 hit song “Surfin’ USA.”

The accolades of this group are as wide and vast as the ocean is deep and blue. It is a non-profit with active members from every generation who maintain a positive public image of surfing along with support for ecological and beach-access issues.

This tradition of stellar surfers includes the 2014 and 2015 first-place winner in both longboard and shortboard divisions, 14-year-old Emma Lhuillier. Emma has been riding the waves of La Jolla and beyond since she was four years old. The enthusiastic La Jolla High School freshman can’t wait to compete in the Menehune Surf Contest again. “I have been participating in the WindanSea Menehune contest for as long as I can remember, first as a super Menehune contestant (when I was around four years old), with the help of my dad, and on my own shortly after. This year, again, I will be defending my title in short and longboard. I am really excited about it,” Emma shared.

Her father, Jeff Lhuillier, is equally excited. “She has been surfing with me since she could walk. Of course, a life jacket and tiny waves were necessities the first few years. She is now “hooked” and does not miss any opportunity to go surfing. And we still surf together.”

Both Emma and her father are proud official members of what he calls “a mighty club.” Surely, this ‘might’ is felt around the world as numerous legends who have been associated with the club attest. “I

To sign up for the contest and for more information visit windanseasurfclub.org

SEE SURF >> PG. 14

Grunow Construction

Grunow Construction is a residential firm that has served the La Jolla area for 30 years. Their work includes: custom home remodels, new construction, property improvements and a full range of home and commercial repair services. Whether it’s new construction or a home improvement project, Grunow’s mission is to provide their clients with a consistently high standard of craftsmanship and service built on trust and performance. Grunow Construction’s premier service provides detailed bidding, cost analysis, quality project management and consistent communication which ensures a long lasting relationship with all their clients.
An Architectural Masterpiece
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4BR 1 Optional/2.5 BA  1,993 Sq. Ft  $1,699,000 PENDING

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5BR/3BA  2,384 Sq. Ft.  $1,250,000 - $1,399,000 PENDING

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1BR/1BA Condo  916 Sq. Ft.  $490,000 - $519,000 PENDING

(858) 456-3282
Gregg@GreggWhitney.com
www.BillionairesRowLaJolla.com
New trial date for Marine accused of second-degree murder

By NEAL PUTMAN

A new trial date of Feb. 14, 2017 was set Sept. 28 for Jason Riley King, who is accused of two counts of second-degree murder in the deaths of two UCSD students while allegedly driving drunk in a head-on crash.

Jason Riley King, 23, appeared before San Diego Superior Court Judge Joan Weber on Wednesday and waived his right again to have a speedy trial.

Anne Buldock, 24, of La Jolla, and Madison Cornwell, 23, of Mission Viejo, were both killed May 15, 2015 following the 1:40 a.m. collision on state Route 163 when King drove his truck the wrong way and struck the car driven by Cornwell.

The next hearing will be on Nov. 17 when his lawyers will seek to dismiss the murder charges in a motion hearing before Weber.

King is also charged with two counts of gross vehicular manslaughter while intoxicated, and jurors will be presented with a choice of convicting him of murder, manslaughter, both, or neither. He is also charged with causing great bodily injury to three other injured students.

The prosecutor said King was partying that night with other Marines at a hotel in Mission Beach. She said his friends tried repeatedly to stop him from driving. King, who was a U.S. Marine at the time, was seriously injured in the crash himself.

King has pleaded not guilty and remains in jail on $3 million bail. If he’s convicted of two murder counts, he faces a sentence of 30 years to life in prison.

PILLAGE

CONT. FROM PG. 1

kids, mostly from the La Jolla cluster, are treated to goodies of all kinds and even an age-specific costume contest at the La Jolla Real Estate Brokers Association (REBA) at 908 Kline St. Trick or treating hours on Monday, Oct. 31, Halloween, are 3 to 6 p.m.

For more information about Pil-lage The Village, visit lajollabythesea.com/calendar and scroll down.

The Bird Rock neighborhood of La Jolla has become an increasingly popular Halloween “hang out” over the years, so much so that previously unexpected high numbers of somewhat older trick or treaters were presenting vandalism and other crime problems.

But no longer. Thanks to a beefed-up police presence on Halloween night, the community reports that, in most respects, Halloween night in Bird Rock has become almost frighteningly calm and relatively uneventful.

“The problems of the past with teenagers being out of control with the support of SDPD has all but been eliminated,” said Andrew Ward, president of Bird Rock Community Council (BRCC). “We hope for another fun and safe halloween in Bird Rock.”

“We will be doing trick or treat- ing hours from 5 to 8 p.m.,” said Ward. “The San Diego Police Department (SDPD) will be out in force again this year. We will also have armed security as well.”

Bird Rock residents are being urged to “turn off your front porch light at 9 p.m. and bring in your pumpkins. And don’t forget to turn your light back on before going to bed.”

The BRCC also notes it’s impor-tant for parents and their children to have an arranged meeting point should they get separated, which happens not infrequently amid the fun and excitement of the spooktacular event.

The SDPD has sent out a reminder that it will be enforcing numerous laws including the Social Host Ordi-nance, which holds adults responsible for hosting gatherings of three or more people where even one minor consumes alcohol. Alcohol is also not permitted on public streets.

Citations for vandalism, including defacing property and damaging decorations and pumpkins, will also be strictly enforced by police.

LA JOLLA LOOKING TO WASH WILDLIFE FROM COVE

Town Council wants to develop action plan to remove pinnipeds

By DAVE SCHWAB

Referring to the California sea lion infestation at La Jolla Cove as an “occupation,” a coalition of civic leaders under La Jolla Town Coun-cil’s guidance has developed a plan for dealing with the worsening sit-uation many are calling a “crisis.”

A plea to Mayor Kevin Faulconer to “invoke his legal right to move and exclude sea lions from specific areas where they are causing a public health and safety problem,” tops the list of proposed action items La Jollans would like to see, which includes:

1. The mayor and City Council designating La Jolla Town Council (LJTC) as the contracting entity to develop a short-term action plan to move and exclude the sea lions from La Jolla beaches.
2. The mayor and City Council giving authority for LJTC to execute a contract to implement a sea lion action plan.
3. LJTC proposing/executing a city-funded contract to plan the seal
tion project in detail and implement it, as well as develop cost estimates for the plan.
4. La Jolla Community Task Force on sea lions includes: Ann Kerr Bache, chair LJTC; Dan Simonelli, president of San Diego Swim Club; Nick LeBeouf, president La Jolla Shores Association; attorney Steve Hawkins, chair of LJTC Coastal Committee; Doug Burleigh, vp of San Diego Swim Club; David Valentine, marine mammal expert; CA Marengo, president of LJVMA; Debbie Beacham, liaison for LJ Parks and Beaches; Joel Tracy, pres-ident of SD Council of Divers; Angie Preisderfer, president of La Jolla Shores Business Association; Phyl- lis Admick, chair of Coastal Walk Pro-ject; Elisabeth King, La Jolla Gallery; and Mary Coudley, La Jolla Shores Association.
5. “What the La Jolla community wants (speaking through the task force) is prompt and effective action to move and exclude sea lions from areas where their presence creates severe public health and safety problems,” said LJTC in a letter to Faulconer.
6. This is a long-term problem, and it will require a long-term effort,” continue’s LJTC’s letter to the mayor, which adds, “The Task Force recommendations under-stand that achieving this objective (harmlessly displacing sea lions) will require resources (funding, expertise and manpower). The La Jolla community very much wants this problem to be solved. It wants to be involved, and it can provide substantial resources to support and enhance the city effort.”

To reduce the impact on city resources, the Task Force recom-mends dealing with sea lions in two phases. The first is developing and executing a community-based action plan, as well as creating and managing a team of professionals to implement non-harmful sea lion deterrence methods. The second phase of the LJTC-sponsored plan calls for doing what is required to implement the plan to deter sea lions from La Jolla beaches.

“The La Jolla community is very rich in volunteer resources, so the LJTC could organize and manage this part of the effort,” LJTC’s letter to the mayor concludes. “Finally, given a city commitment to solve this problem in a sustained way, LJTC is confident that it can raise substantial amounts of donated money to offset or reduce the need-ed input of taxpayer funding.”

Also in its mayoral letter, LJTC enumerated examples illustrating the human impact of the sea lions problem on La Jolla including:

- Numerous instances in which a sea lions threatened humans that came too close.
- Pinnipeds dying in Cove waters adding to increasing pollution from sea lion’s waste.
- The 100th annual Rough Water Swim in September had to be canceled this year due to Cove contamination by sea lion’s waste.
- An off-duty lifeguard contracted a staph infection requiring days of hospitalization due to exposure to contaminated waters.

PHOTO BY THOMAS MELVILLE

Pinnipeds on the rocks by the La Jolla Cove get splashed by a huge wave during the summer.
Shelter to Soldier gives shelter dogs a second chance as companions for veterans

By JENNY WERTH

Through the valiant efforts of Shelter to Soldier’s mission of “Saving Lives. Two at a Time,” many dogs are rescued from being euthanized in order to aid fellow veterans suffering from devastating ailments related to post traumatic stress disorder (PTSD). Through the efforts of Shelter to Soldier, rescued dogs are trained to be psychiatric service dogs for a veteran which creates a beautiful combination that oftentimes literally saves the life of both parties. La Jolla is a key training area for these dogs as they are conditioned to be comfortable and focused in crowded village areas. The non-profit was created in 2012 by long-time dog trainer and military advocate, Graham Bloem. Graham stepped down from his position of general manager and senior dog trainer at Snug Pet Resort & Absolute K9 Training team to once again pursue his passion of dog training, specializing in behavior cases and service dogs. Truly, Graham is dog’s best friend. His history with animal training includes graduating with honors as an Animal Behavior College Certified Dog Trainer (ABCDT). Graham specializes in behavior modification and has helped to save the lives of thousands of dogs from an uncertain future.

Many La Jollans love their dogs as evidenced by the generous donations from La Jolla businesses including La Jolla Bella Salon, La Jolla Kayak, Piatti La Jolla and Everyday Wohhle Juice Box who made contributions for the 4th annual Shelter to Soldier Fundraising event taking place in Del Mar Friday evening, Oct. 21st along with the Charity Woof Cup on Saturday. Additionaly, Andrew Dale, founder and CEO of UNITE, whose professional hair care products are sold in various La Jolla salons, is sponsoring the La Jolla event, evening. “We’re honored to be the sponsor of the Shelter to Soldier dog agility, horses/riders Grand Prix team this year at the Charity Woof Cup. Anything that supports this worthy nonprofit organization is great. The event draws people in that love horses and dogs and helps keep the momentum going for Shelter to Soldier. In addition, we just launched an ultra-gentle new dog shampoo named Doggy Poo with a significant percentage of proceeds being donated back to Shelter to Soldier to help advance their mission.” Naturally, every cent counts for this event.

Shelter to Soldier is to train psychiatric service dogs for post 9/11 combat veterans battling post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), and/or other psychological or physical ailments from their service in Iraq, Afghanistan or other active areas. In addition, this program changes the lives of many dogs, rescuing them from their uncertain lives in shelters and instilling in them the meaningful opportunity to become lifetime companions for our struggling service men and women, shared Graham. “I have seen the most incredible, unbreakable bonds created between veteran handler and service dog. These dogs watch their handler’s every move, they are dedicated…they’re a non-judgmental best friend that’s there unconditionally. It is beautiful.”

According to most recent statistics, every day on average, 20 U.S. veterans and one active duty service member commit suicide (Department of Veteran Affairs) and every day, 1,200 dogs are euthanized in the U.S. Studies estimate that one in every five military personnel returning from Iraq and Afghanistan is suffering from PTSD. The services Shelter to Soldier provides is free for veterans and their companion animals to adopt rescue dogs fulfills their mission. For Graham, it’s personal. “I have been a professional dog trainer in San Diego for 15 years now and for over a decade, I have trained service dogs. The outpouring of my passion for training dogs, the amazing abilities they have, helping a U.S. Marine, Lt. Col Brian Dennis and his famous pup Nubs, losing a close friend to suicide and the staggering statistics of veteran suicide made me want to do all that I could to help. Creating Shelter to Soldier made sense and it was the right thing to do,” Graham said.

Graham has worked with many veterans from many veterans who have received services from Shelter to Soldier prove this point. “Shelter to Soldier service dogs in training are required to be exposed to many different environments to prepare them for life as a service dog. Our team of trainers love utilizing downtown La Jolla, specifically Prospect St. and surrounding streets because of the heavy amount of foot traffic, businesses, other dogs and distractions in general. Our teams also practice ‘restaurant manners’ in local establishments when possible. It is almost surreal when we train our service dogs in La Jolla…we often pinch ourselves to make sure it isn’t a dream because we get to follow our passion in life as dog trainers while being seaside,” Graham added.

Guests are invited to attend the Shelter to Soldier 4th Annual Benefit and enjoy exquisite small plates from Toast Catering, crepes by Isabelle Briens French Pastry Café, gourmet cheeses from Venissimo Cheese and delectable cupcakes from Cupcakes Squared, all while enjoying beautiful views from the rooftop patio. For the following evening, the Del Mar International Horse Show Charity Class. Participants will be treated to live 1920’s jazz music by Alli & the Cats, as well as an exciting silent and live auction, including items from Shelter to Soldier. The event will be held at the Del Mar Fairgrounds from 5 to 9 p.m. Costumes are strongly encouraged, and Nine10 Photo booth will be there to capture great photos of guests in their Roaring 20’s attire! Tickets for this 1920’s themed benefit are available through the link below. If purchasing tickets for a group, please use code “GroupTickets” to receive 15 percent off general admission tickets. Visit www.sheltertosoldier.org/event/shelter-to-soldier-4th-annual-benefit/.

In addition, the Charity Woof Cup presented by The San Diego Union-Tribune will be back again on the following day, Saturday, Oct. 22, during the International Horse Show at the Del Mar Fairgrounds beginning at 6:45 pm. This event supports multiple charities, including Shelter to Soldier (sponsored by Unite-Professional Salon System), in their effort to raise money for their respective charities by matching a Grand Prix Rider and their mount with a handler and their agility dog to compete in a relay race, racing against the clock to win the charity event. The Longines FEI World Cup™ Jumping Del Mar is one of only seven World Cup Qualifiers on the West Coast.

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TOWER » CONT. FROM PG. 1

The new $4.7 million Children’s Pool Lifeguard Tower was opened June 27, only to be plagued almost immediately by its public restrooms backing up and leaking into lifeguard showers and locker rooms temporarily closing public toilets and forcing lifeguards to retreat into a temporary trailer. Addressing ongoing infrastructure issues at Children’s Pool Lifeguard Tower, city PIO Monica Munoz said “this lifeguard station design conformed to distinct site conditions and addressed engineering challenges (to CP Tower). However, even with all the planning and numerous measures taken to deliver the project on time and on budget, unique unacceptable impacts occurred.”

Recapping the Children’s Pool Lifeguard Tower project, Munoz noted design work started in January 2013, with a July 2013 construction start and ending in June 2016. The Children’s Pool Lifeguard Tower project was unique in a number of respects.

“The aim of Shelter to Soldier is to train psychiatric service dogs for post 9/11 combat veterans battling post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), and/or other psychological or physical ailments from their service in Iraq, Afghanistan or other active areas. In addition, this program changes the lives of many dogs, rescuing them from their uncertain lives in shelters and instilling in them the meaningful opportunity to become lifetime companions for our struggling service men and women, shared Graham. “I have seen the most incredible, unbreakable bonds created between veteran handler and service dog. These dogs watch their handler’s every move, they are dedicated…they’re a non-judgmental best friend that’s there unconditionally. It is beautiful.”

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La Jolla Symphony & Chorus and the White Sands help celebrate the Rancho Santa Fe Foundation’s 35th anniversary with major milestones

By Jenny Werth

The nonprofit Rancho Santa Fe Foundation celebrated its 35th anniversary last week at the Rancho Santa Fe Golf Club. This community foundation makes an impact at a local and global level by connecting donors with region- al and global needs to maximize philanthropy and partnering with nonprofits. In its impactful 35 years, the RSFF has partnered with numerous programs throughout San Diego including the La Jolla Symphony & Chorus, which has two funds with RSFF: non-endowed and endowed, and the White Sands endowed scholar- ship fund established by resi- dents of the White Sands who want scholarship awards to employees who are pursuing their education while working at the White Sands. La Jolla residents Victoria Haxion and Paul Thiel are RSFF directors while Dick Woltman is a director emeritus. It has also hit some impressive mile- stones including having $100 mil- lion in assets under management and has given over 6,000 grants and dedicated $52 million in funds to nearly 600 nonprofits. Additionally, it has partnered with local and national organizations to put on programs like the NCSC Thyme Together Food Truck. All these accomplish- ments make the RSFF a founda- tion which serves as an example of what hard work and dedication can accomplish.

Executive director of the La Jolla Symphony & Chorus, Diane Salisbury shared her thoughts, saying, “Reaching the $1 million milestone on our endowment cam- paign this past summer was excit- ing. We are two-thirds of the way to our $1.5 million dollar goal, which we hope to accomplish by June 2017. When La Jolla Sym-phony & Chorus (LJSc) started a $1.5 million endowment cam- paign four years ago, two things were of the utmost importance to us: we wanted to place our funds with a foundation that had an investment strategy that would responsibly grow our money, and we wanted a partner that could help us navigate our first-time endowment effort. At RSFF we’ve had access to key people in the foundation from the start.” Brad & Rhoda Green of the White Sands said, “The RSFF manages the funds that provide scholarships to White Sands La Jolla qualified employees through the Resident Cooperative Scholarship Fund (RCSF). For the RCSF committee, every time a qualified employee comes to us for a scholarship it is a milestone. Thanks to the guid- ance, help, professionalism and friendship of the RSFF, we can help each scholarship recipient to be functional and successful in today’s world through financial aid, granting scholarships, and raising funds.”

And executive director Christy Wilson said, “The theme of our 35th Anniversary Celebration was Come Give with Us. In the spirit of 35 years of philanthropic work in the community, we accomplished our two major milestones this year; attaining more than $100 million in assets over 35 years and exceeding $60 million in total grants made in the same time period.

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On becoming ninety

I often still feel like a spring chicken, but when something reminds me, I’m really just an old hen. So this column is to prepare all of my readers who, if they are lucky enough, also reach 90.

What is reassuring is that it is too late for me to die young. I sometimes wonder which of my friends will be the first. I’m on the alert; so far there are no signs.

These are some of the things that are beginning to happen to me with more frequency: immediately forget- ting the name of the person I just met, constantly misplacing my iPhone (having to call from my land- line to find it), not remembering the name of the movie I saw last night (but then neither does the friend I was with), needing to look at my calendar several times a day and still mixing up dates and times, losing track of con- versations (because of diminished hearing) and therefore simply nod- ding and smiling when others do so, walking with my eyes focused on the ground rather than the scenery around because I’m afraid of tripping.

Two things seem to happen as people age: the first is that paranoia sets in: Whenever I lose an object in my apartment, I have a knee-jerk reac- tion that someone took it: I always find it later in an odd place. The other is losing one’s filters: I say things I had not meant to say; they come out of my mouth before I can stop myself.

What do I do differently now than when I was much younger—like when I was eighty? When I drive, I plot my turns more carefully than I used to, I take a limp to far away or unknown destinations instead of driving. I look at the back of my hair in the mirror to cover any pink skin that might be showing. I stand on one leg when I brush my teeth to practice good balance. I don’t order dessert, but take a spoonful from my dining partner’s—remembering from Weight Watchers that the second bite is thing: thick, healthy human hair!

Thick, healthy hair is never out of style. It is the most requested service of all clients.

For hairloss in women and hair exten- sions.

Judy Judy Judy wins Silver and Gold in RCA

Judy Judy Judy hair salon won first place for best stylist and second place for the year in this year’s annual La Jolla Village News’s Readers Choice awards.

Her salon specializes in treatment for hairloss in women and hair exten-
sions.

Women with hair loss can have thick and healthy hair volume at the most requested service of all clients. Thick, healthy hair is never out of style! Even with all the excellent pro-
fessional volumizing products avail- able, nothing compares with the real thing: thick, healthy human hair. The unique patented process used also wiser; I figure out problems and find solutions faster. It is rewarding to still be able to be helpful and avail- able to others.

My bucket list is empty. I have been fortunate to do all the things I’ve always wanted to do (having worked as a lecturer on many world cruises). I am happy to stay put in my retirement community surrounded by caring friends.

I remember many joyful times in bed with the collection of cats, having chil- dren at home, having no children at home, traveling with my husband, being in the trenches as an early fem- inist, teaching, and finally being here today. Even though I lost a husband, a brother, and a son, I am grateful for the palm tree and the ocean outside my window and even more so for my daughter, four grandchildren and two great-grandchildren who will come visit to celebrate my ninetieth birthday.

So now you all know what to expect when you arrive to your tenth decade but that may not be the end of the story, as there are more cente- narians now than ever before. Ten years from now expect a column on turning one hundred.

Natasha Josefowitz taught the first course in the United States on women in management and is the author of more than 20 books. She lives at the White Sands in La Jolla. Copyright © 2016. Natasha Josefowitz. All rights reserved.

Judy Judy Judy

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 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, but once this application process has been applied, you will be amazed at the transformation that occurs, not only in your hair, but also in your outlook!

Call today for a free consultation and receive $200 off your first full head of hair extensions!

Judy Judy Judy Hair Salon is located in downtown La Jolla
7734 Herschel Ave. Suite P • www.hairextensionsoflajolla.com

Right Choice Senior Living

Established in early 2008, Jean Brooks (Air Force Veteran, 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 cut above the rest in the area. By keeping competitive rates and in-depth knowledge of the needs of seniors, 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. Contact us today before making your final choice. Make the Right Choice Today. Formore information call (619) 246-2003 or go to the website at rightchoiceseniorliving.org.
Former Village News editor cites medical miracle that, with AC/DC's help, makes all the difference

By MARTIN JONES WESTLIN

(Editors note: Martin Jones Westlin is in self-induced cardiac rehabilitation following an emergency heart event last July. He outlines his procedure here as a source of community education, urging that everyone maintain the best health through diet, exercise, regular medical advice and other factors within one's control, including the suspension of denial and fear.)

My first mistake was driving myself to emergency care at Sharp Grossmont Hospital against all advice. I cannot say enough about the absolutely superior treatment I received at the facility's ICU on the afternoon of July 14, when my heart was spilling onto the floor — but if the hospital had had such a witness, it would have urged me to call the paramedics instead.

Grossmont is only 1.5 minutes from my house. Problem is, it takes your heart a lot less than that to decide your fate without any help from the first responders.

Screw-up No. 2 was inadvertent. In most ways, I'm an impossibly healthy 66, with no history of chronic illness or, until now, prescription meds. I could have died of a heart attack. So I fired, having succumbed to a rollicking case of the flu only once in the last 40 years (I've also never had a flu shot).

I don't always eat very smart, but I eat quite well, ignorant of the plaque buildup that eventually compromised blood flow to the left side of my chest, shooting me out of bed the morning of the 14th with a mild heart attack.

To everyone who's experienced childhood firsthand, my habit of self-medicating with coffee, I now have at least an idea of the excruciating pain involved, and if it were me, I'd probably stop at one kid.

Some years ago, one way around my difficulties was to own all the different coronary bypass, with the docs cracking me and rerouting the affected arteries — recovery would have taken four to 1.2 weeks, and my legs would likely have heart more than my chest in the event of an acute heart attack.

AC/DC was the name of a plated band formed by the acclaimed Henschel Karatz Chamber Music Series Oct. 11 in The New York Times, writer Erik Piepenburg called the upcoming La Jolla Playhouse (LJP) musical, "Miss You Like Hell" (opening in preview Oct. 22), "one of the most anticipated new musicals of the season to not have its premiere in New York."

The Times interviewed lead player Daphne Rubin-Vega ("Rent") about the piece, which concerns deportation and a mother/daughter road trip, with book by Quirai Alegria Hudes (Pulitzer Prize for "Water by the Spoonful") and music and lyrics by songwriter/folksinger Erin McKeown.

Area theater lovers proudly tick off many Broadway hits that originated at the Playhouse and the Old Globe, most recent from LJP ("Come From Away" (directed by Christopher Ashley), which soon ends a run at Ford's Theatre in Washington, D.C., and is set to open on the Great White Way in February.

"Boy Who Danced on Air" for off-Broadway

San Diego magic extends to "The Boy Who Danced on Air," which had its premiere at San Diego's Diversionary Theatre and is set for an April-May run at the Abingdon Theatre off-Broadway.

Three new operas at UCSD

Last weekend at the Conrad Prebys Music Center Experimental Theatre, UCSD and Stanford University presented two performances of a collective work titled "The Voice Machine."

The 135-minute work comprises three brief operas, Constantin Bascia's "Knot an Operal," Jessie Martin's "Experiments in Opera II," and Caroline Miller's "How to Survive a 100-Hour Workweek."

They are the result of a two-year collaboration between composers and performers at the two universities. Performers were members of UCSD's kallistos ensemble (soprano Hillary Jean Young, Ashley Cutright and Kirsten Wiest; baritone Jonathan Nussman; and pianist Kyle Adam Blair). The ensemble was established at UCSD in 2009 by soprano Susan Narecki.

The purpose of the endeavor was noble enough — "to unite cutting edge technology and the expressive power of the human voice."

"Really? The result was heavy on technology (and libretto); light on voice and what is commonly known as music, especially as sung by the "expressive voice" mentioned in the endeavor's purpose."

I went expecting dissonance and instead endured two hours plus of something that called itself opera yet avoided being opera even in its latest, most unconventional iteration. The singers sang wondrously when given the chance.

"Cinderella" at Civic Theatre

San Diego Opera opens Gioachino Rossini's "La Cenerentola (Cinderella)" at 7 p.m. Oct. 22 at the Civic Theatre. Subsequent performances take place at 7 p.m. Oct. 25 and 28 and 2 p.m. Oct. 30. San Diego Opera is proud to offer a "Cinderella" family package for families of any size. You may choose the exact seats you want to sit in. Tickets begin at $47 and with this offer children under 18 get 50 percent off.

Chamber Music at Athenaeum

La Jolla's Athenaeum Music & Arts Library (1008 Wall St.) begins its excellent Barbara and William Karatz Chamber Music Series Oct. 26 with two Brahms Sextets performed by the acclaimed Henschel Quartett [sic] and guest artists Lynn Harrell (cello) and Andrew Picken (viola). Doors open at 7 p.m. with concert at 7:30. Do not think of going without a reservation. $40, 858-454-5872 or www.lajathenaeum.org/chorner-concert-series.

MCASD anniversary

The Museum of Contemporary Art San Diego (MCASD La Jolla) celebrates its 75th anniversary October 22 with a full day (11 a.m. to 5 p.m.) of free community events for the entire family. For details go to Facebook.

READ MORE ONLINE AT sdnnews.com

Paul Tierstein (left), medical director of La Jolla's Prebys Cardiovascular Institute, says stenting has reduced bypass surgeries in the United States by about half. Sharp Grossmont Hospital cardiologist Bryant Nguyen knew precisely what to do -- hence, Marty's now is free to fuel his own obsession with all things Napoleon.

LJ Playhouse priming new musical 'Miss You Like Hell'

By CHARLENE BALDRIDGE

Oct. 11 in The New York Times, writer Erik Piepenburg called the upcoming La Jolla Playhouse (LJP) musical, "Miss You Like Hell" (opening in preview Oct. 22), "one of the most anticipated new musicals of the season to not have its premiere in New York."

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La Jolla cheerleaders add performance team for competitions

By ED PIPER Jr.

The big news in La Jolla High cheer this school year is that Cindee Russell’s squad, in addition to pumping up the spirit at football and basketball games, as well as at other events, is going to field a performance team for the first time to vie in United Spirit Association (USA) competitions.

“Our first date is Dec. 4 for the USA Classic,” said Russell, in the midst of running her select group within the so-called full-squad “game time” cheerleaders putting them through their paces on a recent afternoon on the new artificial turf in front of the visitor’s concession stand. It is there where members of Russell’s varsity and junior varsity work during football games as a fundraiser for the program.

Dates to follow include the USA Regionals, Jan. 7 in Fontana, and the SoCal Winter Classic Jan. 15 at SDSU.

Asked how she was going to have her performance team ready for the regionals five days after students return to class after the New Year, taking winter break off, the second-year advisor said, “We’re working now. We’ll be ready.”

Senior Sally Chen and juniors Sabrina (Bibi) Gutierrez and Julia Munson, representing among them 10 years of experience on LJHS varsity cheer, were controlled but getting the spirit up during a break from practicing stunts for competition.

“Whereas football players lift a two-pound ball and throw it, then try to catch it,” said Munson, blond hair cut short for the new school year, “cheerleaders lift a 100-pound girl and throw her, and we catch her!” She was being a little mischievous, as the discussion turned to how students and others outside cheer dismiss cheer as a sport and disregard participants’ athleticism. She pointed out the football team, which they love dearly: “We love/We love our varsity,” goes the chant at the end of games, and they have “football buddies” they give treats and Gatorade to – sometimes is prone to dropping the ball on the field.

The daunting assignment of getting the home crowd into the game when things are not going well for the team on the field came up. Said Bibi, with Chen a co-captain under head captain Diana Dominguez: “Sometimes we have our parents pass the word to other parents during the chants, to get them going. Another thing we do is during breaks tell students in the stands to help us out.” By any means necessary.

Something the general public doesn’t realize is that competitive cheer has one of the highest, if not the highest, rate of injuries compared to other sports. “Cheerleading today is completely separate from the way cheerleading used to be,” Russell said.

The San Diego Premier November 4-12
Tickets at cytsandiego.org

Enjoy the Beauty of Old Town

FALL ACTIVITIES KICK OFF WITH ANNUAL FALL FESTIVAL IN OLD TOWN

Old Town San Diego State Historic Park is kicking off the fall season October 8 with its annual Fall Festival. The museums and merchants in the state park will be richly decorated and will host family-friendly games, activities and entertainment reminiscent of an old-fashioned harvest celebration.

A pumpkin-carving demonstration will take place from noon to 4 p.m. under a large shade tree in the center of the town plaza. Musical entertainment and face painting will also take place in the central plaza.

Free craft activities will include pumpkin painting, corn shucking, environmentally friendly bird feeders and corn husk dolls in a specially decorated Harvest Home. Participating merchants in the state park will also have craft activities inside their stores.

“Fall Festival is a great tradition that celebrates the turning of the seasons and the bounty of the harvest,” said Antionette Fischer of Rust General Store and Bistro who is heading up the event this year. “We want people to come experience an old-fashioned, family-oriented fall celebration in the fantastic historic setting of the state park.”

The activities start at noon and go until 4 p.m. Free parking is available throughout Old Town with extra parking available across Taylor Street in the Caltrans parking lot.

Fall Festival in Old Town San Diego State Historic Park is sponsored by the merchants in the park. For information, call (619) 297-3100 or visit www.parks.ca.gov/oldtown-sandiego.

Cosmo for Couples $39.95
2 Glasses of Wine, 2 Entrees, 1 Dessert. Sundays and Mondays 6pm to close.
Vikings win Homecoming and unveil new athletic facilities

By ED PIPER Jr.

The shrink wrap came off the new-and-improved sports facilities at La Jolla High as quarterback Cole Dimich ran for three touchdowns and passed for another to lead a 32-0 league demolishing of Serra at Homecoming on Oct. 14.

Dimich, a 6-foot, 180-pound senior, rushed for 145 yards, leading a ground attack that yielded a total of 326 yards, split among big gainers Daniel McColl with 86 yards and Alex Dockery with 57 yards and a TD.

The Viking offense had, by far, its best productivity of the season with 490 yards combined, including 164 yards in the air by Dimich on 10 for 17 passing, as Coach Matt Morrison’s squad evened its City League record at 1-1 and improved to 3-5 on the season.

The explosive victory played in well with the theme of the night, which was star digs populated by star coaches of the present and past who were recognized on the newly-etched Wall of Honor inside Edwards Stadium.

In addition, an upbeat ceremony inaugurating the new tennis pavilion just off the new football field turf and track had its poignant moments, with Russell Lanthorne III recalling his father, Russell J. Lanthorne, who piloted Mulkins’ teams won 17 CIF team championships and 22 Western League titles in her years as head coach from 1975-1985 and 1995-2010, earning her a spot in the San Diego Coaches Hall of Fame.

Lori Emerson, former LJHS girls basketball coach, a Wall of Honor inductee, with her husband Gary (below). Senior quarterback Cole Dimich (top left), who ran and passed for four TDs against Serra, also handled kicking duties as he boomed this kick after a score. Viking running back Alex Dockery cuts loose for a 27-yard punt return in the second quarter to set up his TD for a 20-0 halftime lead (top, right).

Michael Fiedler is band instructor. Photos by ED PIPER Jr.
Welcome To Mr. Jack O’ Lanterns Pumpkin Patch!

As the old saying goes, when life gives you lemons, make lemonade. Well, when two young entrepreneurs and best friends opened Mr. Jingles Christmas Trees, they quickly realized their passion for spreading joy and selling trees during the most wonderful time of the year. After five successful years, they have decided it is time to expand their seasonal business to Halloween, a time for fun, fright, and cool fall nights! Mr. Jingles’ brother is now making an appearance, because as the new saying goes, when life hands you pumpkins, make a Pumpkin Patch!

Our goal at Mr. Jack O’ Lanterns Pumpkin patch is to create an unparalleled family experience when visiting any one of our locations. We have premium pumpkins, games, activities, and attractions, all of which will not break the bank! Swing by on a weekend and you might catch live music or a food truck. Each of our friendly and knowledgeable staff members will assist you with identifying, selecting, and purchasing your desired pumpkin, along with assisting in games, attractions, and fun activities at our patch! Items such as spider webs, halloween decorations, pumpkin carving sets, novelties, and more are also available to make your one-stop Pumpkin Patch shopping experience easy, convenient, and affordable! Come visit our family owned pumpkin patch and let us show you Halloween at its’ best!

LOCATED AT: 6710 La Jolla Blvd.
Popular brands nationwide go pink this month to support Breast Cancer Awareness Month

By JENNY WERTH

Here’s the history of the world’s most powerful pink ribbon. In 1992, Mrs. Evelyn H. Lauder partnered with then SELF magazine’s Editor-in-Chief, Alexandra Penney, to create a symbol for breast cancer awareness: the Pink Ribbon. And The Estée Lauder Companies’ Breast Cancer Awareness (BCA) Campaign launched in October. Then in 1993, Evelyn Lauder and Alexandra Penney deliver Pink Ribbon petitions to First Lady Hillary Rodham Clinton at The White House. President Clinton signs a proclamation naming October 19th National Mammography Day.

Estée Lauder, Clinique, Prescriptives and Origins offer a pink enamel pin in exchange for a minimum $10 donation “pledge,” raising almost $100,000 for The Breast Cancer Research Foundation® (BCRF) “It really is something that can never be done by any one person; it has to be done by a group,” said Evelyn H. Lauder.

“The Estée Lauder Companies’ BCA Campaign was founded in 1992 by the late Mrs. Evelyn H. Lauder with the launch of the Pink Ribbon, the universal symbol for breast health. Over the past 24 years, The BCA Campaign has brought together women, men and families in every corner of the globe to enhance awareness, raise funds and inspire meaningful action in the fight against breast cancer. Together, we’ve sparked a global movement, enhancing awareness and raising more than $65 million to support global research, education and medical services. "The 2016 BCA Campaign invites you to join us in celebrating the power of global solidarity in the fight against breast cancer as we encourage people around the world to take action together to defeat breast cancer," the Breast Cancer Awareness Campaign website states. Since then, the pink ribbon has taken on a life of its own and has saved the lives of countless women through the fundraising associated with this simple, yet arguably most powerful ribbon in history. Today, the pink ribbon has exploded into pink-everything from shampoo to jerseys exploded into pink-everything from shampoo to jerseys.

Drybar Detox Dry Shampoo

A limited-edition pink, mini dry shampoo in support of Breast Cancer Awareness, that absorbs oils and impurities for hair that’s fresh and clean. Drybar is dedicated to retail price to the Breast Cancer Research Foundation® estee-lauder.com.

Bobbi Brown Art Stick Duo

Think pink and help make a difference while you shop with Bobb’s limited-edition Art Stick Duo. Features two best-selling shades of pink that flatter all skin tones: Dusty Pink and Electric Pink. For every set purchased, $10 will be donated to the Breast Cancer Research Foundation. bobbibrown.com

Angela Roi - ‘Sunday Mini in Pink’ bag

To show allegiance, to bring awareness and very importantly, to raise funds for women who need our help, we introduce to you our most exclusive ‘Sunday Mini in Pink’. We are proud to announce that 50 percent of the sales from each bag will proceed as donations to our partner charity organization Living Beyond Breast Cancer”. www.angelaroii.com/pages/october-breast-cancer-awareness.

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Lands’ End Elbow Sleeve Dress

Lands’ End will donate 25 percent of the net purchase price from the sale of various styles directly to Breast Cancer Research Fund. “The Pink Thread Project is a deeply meaningful way to show you support breast cancer research. You will directly affect the lives of millions of women and men impacted by this disease,” said Myra J. Bibowit, President & CEO of BCRF http://www.landsend.com/pink-thread/.

Gap gFast reflective stripe leggings

Gap will donate 15% of the purchase price of selected products to BCRF on items purchased throughout October. Gap has guaranteed BCRF a total minimum donation of $10,000 www.gap.com

TODAY

Navy Fighter jet painted pink for Breast Cancer Awareness Month

Cnn.com revealed a Navy fighter jet painted pretty in pink for October! “The flight against breast cancer picked up a powerful new ally—a retired US Navy fighter jet. And of course, it’s pink.” A Grumman F9F-8 Cougar, painted a vivid shade of pink called “Heli-cornia,” has been unveiled on the flight deck of the World War II aircraft carrier USS Lexington, anchored at Corpus Christi, Texas. In support of Breast Cancer Awareness Month, the Cougar will be on the deck through Oct. 31,” stated Cnn.com.

THE ESTEE LAUDER COMPANIES

BCA Campaign Global Ambassador, Elizabeth Hurley

“Through my travels as The BCA Campaign’s Global Ambassador, I’ve met thousands of people touched by breast cancer and numerous experts who play a role in advancing breast cancer education and medical research. I truly believe there’s strength in numbers and strength in unity. Together, we can take action to defeat this terrible disease that touches so many of us,” Elizabeth Hurley said on the BCA site.
Studio Barre Bird Rock supports Susan G. Komen walk by raising awareness during Strength Defined Month

By JENNY WERTH

With the Susan G. Komen 3-day walk coming up on Nov. 18-20, Bird Rock’s Studio Barre owners and sisters, Jennifer Cosco and Lindsay Holt, wanted to contribute to October’s National Breast Cancer Awareness month through what’s known as the studio’s ‘Strength Defined Month.’ Accordingly, they created events throughout October to do just that. The sister-team said they have always been extremely close and had wanted to own a business together, so when Studio Barre became a franchise, they went for it and haven’t looked back.

In fact, this January marks their two-year anniversary. “Lindsay found Studio Barre and watched it transformed her body. She made me (Jennifer) start going and I noticed the change as well. Not only to our bodies, but how we benefited also in our other activities such as running, yoga and surfing. And when Shannon Higgins (founder of Studio Barre) decided to franchise, we just had to be a part of it and share our passion for Studio Barre with others.” When asked why they decided to help contribute to the awareness of breast cancer awareness month, they said, “Our family has personally been affected by breast cancer and we’ve seen women close in our lives have to go through that battle. On the positive side, we’ve seen how strong women around us truly are and this is a month to help others we don’t know demonstrating unbelievable courage in a tough time.”

It was an ideal opportunity to help contribute to the cause, especially since Studio Barre’s founder, Shannon Higgins, is a breast cancer survivor as well. After Higgins created the company’s tagline “Strength Defined,” she never imagined the message would take on new meaning after her own diagnosis of breast cancer just one year after forming Studio Barre. Now cancer free, Higgins has been humbled by the community of Studio Barre franchise owners and clients in six states across the U.S. who have continued to step-up and take action. The Studio Barre brand is best known for its warm staff, stellar fitness results and sassy style, and now it’s also becoming known for its dedication to awareness.

The sister-team said they have always been extremely close and had wanted to own a business together, so when Studio Barre became a franchise, they went for it and haven’t looked back. In fact, this January marks their two-year anniversary. “Lindsay found Studio Barre and watched it transformed her body. She made me (Jennifer) start going and I noticed the change as well. Not only to our bodies, but how we benefited also in our other activities such as running, yoga and surfing. And when Shannon Higgins (founder of Studio Barre) decided to franchise, we just had to be a part of it and share our passion for Studio Barre with others.” When asked why they decided to help contribute to the awareness of breast cancer awareness month, they said, “Our family has personally been affected by breast cancer and we’ve seen women close in our lives have to go through that battle. On the positive side, we’ve seen how strong women around us truly are and this is a month to help others we don’t know demonstrating unbelievable courage in a tough time.”

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The La Jolla community is encouraged to participate together this month to make a big impact.

On Saturday, the 22nd at 9:15 a.m. there’s a donation class where attendees can enjoy a one-hour barre class followed by healthy treats. Resources will be given out to all attendees including a resourceful tool on how to properly conduct a breast cancer self-exam. Attendees are also invited to share what “I am strength defined” means to them through what’s being called “breast wishes.” Contributors can write their thoughts down on art-inspired pieces at their neighborhood studio or on social media. Every “breast wish” hopes to be inspirational for those battling cancer, survivors or family impacted by cancer. For social, the campaign will be using the hashtag, #Iamstrengthdefined and welcome participants to tag the brand @studiarrebtrestrengthdefined. Then on Nov. 6, look for the founder of the Studio Barre franchise along with local owners and ‘barre-tenders’ as they’ll be leading the warm-up stretch for the annual Susan G. Komen Race for the Cure. To register as part of the Strength Defined team or donate, visit bit.ly/2e9ukrw. “I was inspired to spread Shannon’s message of health and a happy spirit when I opened Studio Barre in Bird Rock,” said Cosco. “Being part of this special campaign and giving recognition to our founder’s journey means a lot to every one of us.” They also added, “Of course bringing more awareness to the cause and seriousness of early detection (is essential). If we can shed any positivity on the bravery of those who have come through on the other side, it’s a win.”

READ MORE ONLINE AT sdnews.com
Robin Williams’ kids to present grants at LJ Cove during the SD Triathlon Challenge

Robin Williams’ three kids, Zak, Zelda and Cody are scheduled to attend the Aspen Medical Products San Diego Triathlon Challenge at the La Jolla Cove at 7 a.m. to present a grant to three challenged athletes. Zak Williams will present a rugby wheelchair to Patrick Ivison, Zelda Williams will present a running leg to Emma Bennett and Cody Williams will present a basketball chair to Danny Smalls. In fact, Robin Williams’ family launched an auction this month featuring a vast collection of 87 bicycles owned and ridden by the late actor to benefit two nonprofits dedicated to serving individuals living with physical challenges: the Challenged Athletes Foundation (CAF) and the Christopher & Dana Reeve Foundation. Williams’ children donated the bikes; proceeds from the online auction will honor their father’s advocacy of individuals living with disabilities. The auction is being hosted on Paddle8.com/RobinWilliams, the premier online collecting destination through Oct. 25.

An avid cyclist, Williams was beloved by the cycling community and collected a number of high-end custom bicycles. As well-known for his philanthropy as he was for his acting, Williams was devoted to a number of charitable causes and served as an ambassador to CAF and the Reeve Foundation to raise awareness for the millions of Americans living with disabilities. As a result of his fierce dedication, both organizations have recognized him in 2007 for his encouragement with riders at CAF’s signature event, the San Diego Triathlon Challenge (SDTC). Robin was an 11-time participant at the SDTC, where able-bodied individuals and challenged athletes compete side-by-side to display the power of the human spirit. At the triathlon, Robin participated as the cyclist on Team Braveheart. His teammates included Scott Tinley, two-time Ironman World Champion and Hall of Fame Inductee, and Rudy Garcia-Tolson, a double amputee and two-time Paralympic gold medalist swimmer. In addition, Robin was an enthusiastic participant in the CAF 3-day NorCal Back to Back Cycling Challenge and came out annually to share words of encouragement with riders at CAF’s Million Dollar Challenge, a weekend-long 620-mile bike ride from San Francisco to San Diego.

In March 2015, the organization hosted A Celebration of Will, a CAF gala to honor the legacy of Robin Williams that raised over $2 million for the Challenged Athletes Foundation Endowment in Memory of Robin Williams.

When Robin participated at events for the Challenged Athletes Foundation, he would always say, “It’s like coming back to family,” said Jefrey Essakow, Chairman of the Board, Challenged Athletes Foundation. “Robin was family and served as a beacon of hope for athletes with physical challenges. He showed the world that the power of humor and kindness can make a tangible difference. We are honored to join the Reeve Foundation and recognize Robin through this auction.”

More on Robin’s relationship with the Christopher and Dana Reeve Foundation

Robin Williams was equally as influential in advancing the Reeve Foundation mission to cure spinal cord injury and improve the quality of life for all individuals living with paralysis. With the Williams family’s steadfast support, the Reeve Foundation has invested over $122 million to speed the development of treatments for spinal cord injury and realize Christopher Reeve’s dream of a world without wheelchairs. Williams also championed Dana Reeve’s vision to enhance quality of life through the Reeve Foundation’s Paralysis Resource Center, a constellation of services to serve families impacted by paralysis.

Christopher Reeve and Robin Williams met in 1973 as roommates at the Julliard School and became lifelong friends. After Reeve sustained a spinal cord injury, Robin joined the Reeve Foundation Board of Directors and continued to support the organization following Reeve’s passing in 2004. The Reeve Foundation honored Williams in 1998 with the inaugural “Human Spirit Award” and recognized him again in 2007 for his tremendous impact. His family continues to remain active and involved by participating in events, including the Foundation’s gala, A Magical Evening.

“Like Christopher Reeve, Robin Williams was an unmovable force. To have them in the same room, let alone fighting for the same cause, was extraordinary,” said Peter Wilderotter, President and CEO, Christopher & Dana Reeve Foundation.

According to Robin Williams’ Children

Robin Williams owned 87 bicycles which are being donated, Williams’ with Christopher Reeve and Susan Sarandon and Williams’ riding in a charity event. "The sport of biking and the people Dad helped through his love of it will always hold a special place in the hearts of our family. Causes like the Reeve Foundation, championed by his longtime friends Chris and Dana Reeve, and the Challenged Athletes Foundation, in whose triathlons he often biked, were both deeply important to him and we’re honored to be able to continue to support them both in Dad’s name.'
have been involved with the WindanSea Surf Club since I came to California in 1991. Some call it the best surf club in the world, and I could not agree more, so taking Emma along into my surfing routine was a must!,” exclaimed Jeff Lhuillier.

Truly, the pure beauty of this contest can be both observed and felt by spectators and surfers alike as they ride translucent waves and experience the freedom that only can be found on a surfboard. As Chip explained, “For me, riding waves in the ocean is challenging and a great stress reliever as it requires your undivided attention. It revives and refreshes the mind and spirit. Surfing is a sport you can enjoy for your entire life, and it will keep you young and fit. It will also foster lifelong friendships in and out of the water.”

Plus, the contest attracts young competitive surfers and their families from throughout the West Coast, Hawaii and Baja California. A number of divisions are contested for boys and girls 16-years-old and under, including the popular and very entertaining Super Menehunes for surfers under six-years-old. An event Emma knows about first hand. And surfing has hit new heights in the world of professional sports. “It’s a fun event and wonderful opportunity for young people to meet other surfers and experience a competitive surfing environment.”

SURF  
CONT. FROM PG. 2

Meet The Artist
Saturday, Oct. 22 • 4–7pm 
Sunday, Oct. 23 • 1–4pm

MONARCH
ARREDON CONTEMPORARY ART 
7629 Girard Avenue, La Jolla 
RSVP required:
858-454-1231 or info@monarchfineart.com
Art previews begin Saturday October 15. Recent works available for acquisition. Presented by Road Show Company

ENTRY FORM

Name
Age
Parent’s Name
Address
City State Zip
Phone

Hey Kids!
Use your imagination and have fun coloring this piece of Peter Max art!
Age categories:
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From My Garden: Plan ahead for pumpkins next fall harvest

By LINDA MARRONE

When October arrives, bright orange pumpkins begin to appear in stores and at farmer’s markets and suddenly its fall in San Diego! While fall is not the time to start growing pumpkins, it is a good time to think about planting them for next year’s fall harvest.

Pumpkins (Cucurbita pepo – from the Greek Pepo, meaning “large melon”) are native to Americá and the fruit is the largest in the vegetable kingdom. About 90 percent of the pumpkins grown in the United States are for the Halloween market and although they make great decorations, pumpkins are also a great source of nutrition and are low in calories, high in fiber, rich in potassium and vitamins A and B.

Jeff, my gardener, grows pumpkins and here is what I learned from him. When choosing which variety to plant, you need to decide how you want to use your pumpkins. Traditional Jack O’ Lantern pumpkins are varieties known as Connecticut Field or Howden. These vivid orange, picture book specimens can grow anywhere from 10 to 50 pounds and are the most common pumpkin available in stores and farm stands in the fall.

While they make perfect Jack O’ Lanterns, they are bland tasting and have a watery consistency that is not suitable for pies or cooking. If you want pumpkins to use for cooking, choose varieties, such as: New England Pie, Triple Treat, Lady Godiva and Trick-or-Treat, Sugar Pie, Small Sugar, Sweet Sugar and the heirloom variety Winter Luxury.

While planting time varies depending on the variety you choose, the best time to plant most pumpkins for a Halloween harvest is from the end of May through July. Pumpkin vines are vigorous growers and take approximately 90 to 120 days from the time they germinate to reach maturity.

Space requirements need to be considered before you decide to plant, since the Howden, or Jack O’ Lantern varieties require a lot of space and their vines can grow up to 30-feet in length. Many of the new hybrid varieties have a more compact, bush-like growing habit that takes a lot less space, which makes them suitable for smaller gardens.

Choose a sunny spot in your garden and amend your soil with good organic compost, since pumpkins like a rich soil base. Pumpkins also love sun and the more the better, or at least 6 hours of direct sunlight a day. Before planting, soak the seeds in water overnight to soften the hull and help them sprout faster. Typically, the seeds are planted on their side with the narrow edge facing skyward. Cover the seeds with about an inch of loosely packed soil, keeping the soil moist, but not too wet during the early stages of growth.

Seeds will begin to germinate in about 7 to 14 days. Thin small plants, choosing the strongest and largest ones and space them according to the seed packet instructions. Once the plants begin to develop, water and fertilize regularly. Pumpkins are approximately 80 to 90 percent water and need to be watered frequently. Mineral rich organic “Fish emulsion” is a good way to keep pumpkins healthy – approximately ¼ cup to 1 gallon of water every 3-4 weeks.

As the vine matures it will flower and when the flower fades, a tiny pumpkin will begin to develop in its place. As the pumpkins grow, remove the smallest ones and leave about two or three pumpkins per vine. Pinch off the tip of the main vine to stop it from growing longer.

These techniques will encourage the remaining pumpkins to grow larger. When they turn brilliant orange and their skin becomes very hard, it is time to harvest. Cut the pumpkins from their vine and leave 3 to 5 inches of vine attached to them, since the stem end will help to keep the pumpkin from drying out.

Remember to save the seeds to plant the following year and to make into a protein-rich snack.

The following recipe can be used:

Sweet and Spicy Roasted Pumpkin Seeds

PHOTO BY LINDA MARRONE

**Sweet and spicy pumpkin seeds.**

By JENNY WERTH

Dedicated guests of the annual Celebrate the Craft event at The Lodge at Torrey Pines are counting down the days until the festive feast arrives. In its 14th year, this annual event is the premier food festival created to highlight the finest chefs, food artisans, produce, wine and craft beer in Southern California in the luxury hotel’s Arroyo Terrace.

The setting can’t be beat as the terrace overlooks the world-renowned Torrey Pines Golf Course and Pacific Ocean.

“We are limited as to how many guests can attend due to space constraints, so many of our guests have been attendance for 14 years. This has created a unique community of like-minded individuals that share a day once a year to celebrate the good fortune of our environment,” The Lodge at Torrey Pines’ executive chef Jeff Jackson shared. Plus the notable event donates a portion of the proceeds to the non-profit organization, Slow Food Urban San Diego. The slow food movement raises public awareness about food policy and production to encourage enjoyment of, and increased access to, foods that are local, seasonal and sustainable. “I’ve been a member of Slow Food since I moved here 15 years ago and believe strongly in their message,” Jackson said. Naturally, the contribution is an enhanced benefit which heightens public interest in a cause that profits numerous San Diegos. Another added advantage for San Diego are the farmers and wineries who participate with the chefs. “Each chef partners with a farmer, rancher or fisherman, then creates a dish utilizing whatever the producer has to offer. Each partnership is also paired with a winery or local brewery. This year there are 17 wineries and three breweries,” Jackson added.

San Diego’s thriving craft beer scene will be represented by Societe Brewing Company and AleSmith Brewing Company this year. And executive chef Jeff Jackson will be joined by an impressive lineup of some of San Diego’s top chefs including Paul Arias of The Fishery; Pete Balistreri of Tender Greens, Matt Gordon of Urban Solace, Timothy Kolanko of Blue Bridge Hospitality, Jason Knibb and Jose Alonzo of Nine-Ten and more. At the end of the day, Celebrate the Craft will be another in a long delicious line of scrumptious foods that keep guest’s tastebuds on heightened alert throughout the day. And no detail goes unnoticed as the staff begins preparing for this special day months in advance.

Chef Jackson explained that “A couple of months before the event I reach out to the farmers to inquire about their availability for the event. This information is then sent to the chefs to choose their partner and start developing a dish. Once this is done, we match the menus to wineries and breweries. Any needs the chefs might have regarding cooking equipment are then taken care of and finally we map out the event. The evening of the event is dedicated to the producers and the chefs. We create a family style table and my staff prepares a meal to celebrate those who provide the foodstuffs that make our day-to-day lives more meaningful.”

For a complete list of participating chefs, producers, vintners and breweries, and for tickets to Celebrate the Craft (priced at $135 per person) visit celebratethecraft.com.
La Jolla Art & Wine Festival was a family-affair with extraordinary art and delicious wines

By JENNY WERTH

Sherry Ahern, event coordinator for the festival, is still feeling the love after last weekend’s successful festival. She said she was thrilled with this year’s turnout. “The 8th year of the La Jolla Art & Wine festival brought in thousands of people from not just La Jolla, but all over San Diego. It was the best year ever!” In fact, Ahern concluded that around 50 percent of attendees were from San Diego, 40 percent were from La Jolla and the other ten percent were made up of tourists. President of Volubilis Imports, Inc., Youssef Benjelloun said, “Sherry does such a great job along with the volunteers who help her. I’ve lived in La Jolla for 32 years, so I love it here and I admire what Sherry does for the community.” Indeed, the community came together in a massive way. Around 400 volunteers were on hand to pour wine, help direct attendees, discuss art works and much more. Ahern said the festival is a joint effort and that without the volunteers it wouldn’t be possible.
New Reports Show Healthy Real Estate Market in San Diego

Times of San Diego

Despite recent concerns about the San Diego real estate market peaking, a new pair of reports shows sales and price appreciation remain healthy.

Recently the California Association of Realtors reported that pending home sales in San Diego rose 7.5 percent year-over-year in July, well above the statewide average of 3.5 percent.

Then, the online real estate site Zillow reported that the median value of a home in San Diego was $513,600 in July, a 5.4 percent increase from the same month a year ago.

That was slightly higher than the nationwide increase of 5.1 percent, but below the double-digit growth rates in Denver, Portland, Seattle and Dallas-Ft. Worth. Although the new reports showed a healthy local real estate market, experts still cautioned there are signs of problems ahead.

“The Bay Area and Southern California are still growing at a faster pace than the nation as a whole, but growth rates have come back to earth a bit after several years of rapid growth,” noted Zillow Chief Economist Dr. Svenja Gudelj.

“While still in positive territory, Realtors’ optimism of market conditions over the next year has been waning over the past few months,” the California Association of Realtors said, noting that fewer buyers were overbidding on homes.

San Diego Apartment Rents Keep Rising For Eight Straight Month

Average San Diego apartment rents increased in September for the eighth straight month, and the rate of rent growth is still among the highest in the nation despite some moderation, according to Axiomatics, the leader in apartment and student housing market intelligence.

“Job growth continued to decline in August, so the demand for apartments is lower,” said Stephanie McCluskey, vice president of research for Axiomatics.

“But job growth was so strong earlier in the year that apartments are being absorbed and rent growth remains above 5 percent.” The average September 2016 rent in San Diego was $1,516 higher than the September 2015 average, and was the eighth highest rate in the nation among major markets.

[Real estate listings and details]
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