Funds allegedly missing from La Jolla Rec. Council
Nonprofit group's president asked to resign

BY DAVE SCHWAB

An allegation has surfaced of mismanagement of a playground fund with nonprofit La Jolla Recreation Council, which recently asked its president Cindy Greatrex to step down.

An inside source requesting anonymity told La Jolla Village News that an amount of money originally estimated at $40,000—which has since nearly doubled—has been reported missing by a recreation council board member.

Mary Munk, acting recreation council president, replied “no comment” when asked about the alleged missing playground funds. Munk also did not confirm that the park advisory board has turned financial records and other materials over to the City Attorney’s office for investigation.

Contacted by La Jolla Village News the morning of April 20, Greatrex, when informed that some playground funds had been reported missing, commented, “There are no missing funds.”

SeaWorld San Diego to end nightly firework display
Theme park set to debut new shows, rides

BY DAVE SCHWAB

SeaWorld San Diego is transforming its decades-old business model.

Recently scrapping its heretofore trademark Shamu shows, the marine mammal theme park is also silencing, for now, its nightly summertime pyrotechnics. This new nighttime spectacular will have no impact on general aviation in that area, nor will it impact air traffic departing and arriving at Lindbergh Field.

The cessation of SeaWorld’s summertime pyrotechnics was hailed by long-time opponents as a major step forward.

On April 22-23, the World War II Boeing B-17 Flying Fortress, Madras Maiden, will take to the skies over San Diego. Public flights will begin in the morning with ground tours in the afternoon. Hours for available public flights will be from 10 a.m. to 5 p.m.

The Liberty Foundation’s B-17 Madras Maiden is one of only 12 B-17’s still in flight today. The B-17 dubbed the “Flying Fortress” as a result of its defensive firepower, saw action in every theater of operation during World War II.

The majority of all WWII B-17’s were operated by the 8th Airforce in Europe, and participated in countless missions from bases in England deep into enemy territory. There were 12,732 B-17’s produced between 1935 and 1945, of these, 4,735 were lost in combat.

During flight operations, there will be a designated, secure area for those who would like to watch the aircraft flights at no charge.

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Following WWII, the B-17 saw combat in three more wars, B-17’s saw service in Korea, Israel used them in the war of 1948, and they were even used during Vietnam.

The Liberty Foundation is responsible for ensuring the safety of Madras Maiden and educating the public on the history of the B-17. The B-17 flight experience takes 45 minutes with approximately half hour in flight. B-17 flights are $410 for Liberty Foundation members and $450 for non-members. Passengers can become a Liberty Foundation member for $40 and receive the member discount for family and friends.

While the cost to take a flight sounds expensive, it must be put into perspective when compared to the B-17’s operating cost. A Flying Fortress expense is more than $5,000 per flight hour. The Liberty Foundation spends more than $1.5 million annually to keep the B-17 airworthy and on tour.

“Putting our fireworks on hiatus, other than on the summertime three-day holiday weekends, and for a handful of other special events. This new nighttime spectacular will have no impact on general aviation in that area, nor will it impact air traffic departing and arriving at Lindbergh Field.”

Koontz added SeaWorld’s “Putting our fireworks on hiatus, other than on the summertime three-day holiday weekends, and for a handful of other special events. This new nighttime spectacular will have no impact on general aviation in that area, nor will it impact air traffic departing and arriving at Lindbergh Field.”

The cessation of SeaWorld’s summertime pyrotechnics was hailed by long-time opponents as a major step forward.
Martha Sullivan, spokesperson for SeaWorld fireworks opponents, who launched a successful online petition drive garnering more than 11,000 signatures against summertime displays, labelled SeaWorld’s announcement shelving them as a victory.

“It’s an evolution that we’ve been encouraging them to do,” Sullivan said. “They’re using new technologies and adjusting their business model to the current conditions of their customer base.”

Sullivan added the marine park is “realizing they need to be good neighbors.”

Asked why fireworks became an issue, Sullivan replied, “I think it was just people being really fed up with it.”

SeaWorld fireworks detractors claim research shows “noise pollution from nightly fireworks causes harm to humans and other animals. Effects of noise pollution to humans include (damage to the) physiological and psychological health of human beings: hypertension, annoyance, high stress levels, aggression, hearing loss, tinnitus, sleep disturbance, etc.”

Meanwhile, SeaWorld is transitioning from theatrical orca shows to a more educational presentation reflecting natural behaviors of the whales. The final “One Ocean Shamu” show was on Jan. 8.

The first of these live documentary-style presentations, called Orca Encounter, will debut at SeaWorld San Diego this summer with temporary seating around the orca underwater viewing area pool.

Patrons will learn how killer whales behave in the wild, how they move, hunt and navigate, what they eat and even how they communicate. Orca Encounter will also look at broader themes such as research, rescue, conservation, habitats and distribution, husbandry and care, and social structures.

“This will inspire as well as educate guests about the majesty of these complex animals and reinforce the company’s commitment to provide educational experiences with the park’s resident orcas,” Koontz said.

Other game-changing developments at SeaWorld San Diego include development of the Electric Eel, a 150-foot-high ride roller coaster debuting summer 2018, and Submarine Quest, a submarine-inspired attraction.

Both attractions are coming to SeaWorld as part of the park’s new Ocean Explorer area. Participants will experience digital technology and can interact with the ride to “save” ocean creatures.

Through Ocean Explorer, debuting later this year, guests, through an interactive mini-sub, can get up close to some of the ocean’s most fascinating creatures, then take a spin on three new family friendly rides.

With three new attractions, this is SeaWorld’s biggest roll-out in 53 years.

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Scientists, wildlife groups and fishermen discuss local Marine Protected Areas

**BY DAVE SCHWAB**

Stakeholders heard what’s going on with baseline studies of existing fish and other marine species in Marine Protected Areas along the Southern San Diego coast including La Jolla and Pacific Beach on March 20.

The public meeting at Marina Village Conference Center was held by California Department of Fish and Wildlife, Ocean Protection Council and Ocean Science Trust. It drew scientists, fishermen and other consumptive ocean users, as well as grad students eager to hear about progress being made with MPAs.

Required by the 1999 Marine Life Protection Act and in effect since Jan. 1, 2012, MPAs were created to help repopulate dwindling fish and other marine species. Known as “underwater state parks,” MPAs set aside sensitive ecosystems via creation of no-fishing zones to allow marine life and habitats an opportunity to recover and thrive.

Some fishermen and other consumptive ocean users have been critical of the MPA concept. They questioned its viability, arguing it crowded their commercial interests while threatening the local marine-oriented economy.

MPA supporters countered that they are absolutely essential to allow fish and marine species adequate time to recover from commercial fishing, as well to help restore degraded marine ecosystems.

“We’re here to provide you the key findings of the baseline monitoring work being done on our South Coast Marine region,” said Becky Ota of California Department of Fish and Wildlife. “We’re here to provide this information as a spring board into what needs to happen for further monitoring of MPAs as a whole.”

Marine ecosystems change over time, and baseline monitoring to determine existing conditions of ocean species is a critical first step in documenting the status quo of San Diego ocean conditions.

Scientific data gathered during South Coast MPA baseline monitoring will guide future ocean management practices regionally. Baseline monitoring analysis will also improve understanding of fish, lobster and other key marine species, while tracking their numbers, size and movements.

La Jolla has two adjoining MPAs at the South La Jolla State Marine Conservation Area and South La Jolla State Reserve, which together cover 7.51 square miles, stretching from Palomar Avenue to Missouri Street in Pacific Beach. They are two of 36 new Marine Protected Areas adopted by the California Department of Fish and Game Commission as part of the Marine Life Protection Act. Additionally, the historic Marine Protected Areas at La Jolla Shores, stretching to the Scripps Pier, was also retained.

Scripps Institution of Oceanography marine ecologist Ed Parnell and diver Danielle Muller of Southern California Coastal Ocean Observing System, gave slide presentations.

The goal of MPA monitoring, noted Muller, is for biologists to know “how many plants and animals there are, and where they’re at.” She added ocean conditions — winds, waves and currents — as well as topographical features on ocean bottoms, help guide researchers’ studies. She added the location and movements of many ocean species are “driven by the temperature and salinity of the water.”

In his talk, Parnell detailed his studies on the local spiny lobster, a species important to the local commercial fishing industry, located in and around La Jolla MPAs.

“We wanted to study the lobster populations, comparing their numbers in protected MPA areas versus unprotected areas outside MPAs,” said Parnell noting lobsters were caught, tagged, released and recaptured in metal commercial traps. Parnell said studies thus far have shown that lobsters tend to be larger, and grow faster, as you head north up the coast from San Diego.

Parnell suggested the north-south size differential of lobsters might be attributed to fishing outside MPAs, which depletes the number of larger-sized lobsters allowed to be legally taken by commercial anglers.

To learn more about South Coast MPA baseline monitoring, and to access data, visit oceanspaces.org/essaot.

Del Mar Racetrack undergoing modifications prior to opening day, Breeders’ Cup

Under the direction of its new director of track maintenance, Dennis Moore, Del Mar has begun a process designed to modify its main track with an end result of having it replicate the banking and grading of its sister track to the north, Santa Anita Park.

Crews have been working on the track on Wednesday, March 29, and the stripping and grading activity is expected to take several weeks. The plan is to adjust the seaside oval’s main track banking to 5 percent (from 4 percent) on the straightaways, as is the case currently with Santa Anita — well in advance of the opening of Del Mar’s 78th summer season on Wednesday, July 19.

“Our priority, of course, is safety,” said Joe Harper, Del Mar Thoroughbred Club’s president and CEO. “One of the key elements in safety is consistency and this adjustment will give our horses and horsemen that consistency when it comes to the two main racing surfaces on our circuit. Once again we salute the folks at Santa Anita for working with us on this.”

Moore, who is considered one of the top track surface experts in the world and is presently the track superintendent at Santa Anita, took on his additional role at Del Mar earlier this year.

“We’ve got the same El Segundo sand from the same batch at both Santa Anita and Del Mar,” Moore noted. “That’s a good step on the road to consistency. Then we’re adding another by bringing the banking at Del Mar right in line with what already exists at Santa Anita, therefore giving our horses the same experience on both tracks, which has to prop up their confidence and make for an easier transition between the two. This change isn’t a drastic one, but it’s the little things that can make for big differences.”

Del Mar has put in place a series of adjustments for its 2017 meetings that are aimed at increasing safety for horses and riders at the popular shore track. Among the changes for the summer season is a return to a seven-week season (instead of eight) with a later start, thus allowing horses and horsemen more time to get acclimated to new surroundings.

The revised calendar also allows for incremental days to prepare the track in advance of racing and training. Additionally, there will be fewer horses (by approximately 10 percent) allowed to stable on the grounds, therefore reducing the traffic issues during morning workout times. Further, adjustments of the track flow during the morning work period were experimented with last year and found to be very effective. That rule will be employed throughout 2017.

Del Mar continues to work with the California Horse Racing Board and, in particular, its executive director, Rick Baedecker, as it ensures that all avenues are explored in its search for more and more safety. Additionally, it employs and calls upon one of the industry’s premier track experts, Dr. Mick Peterson, for advice and counsel in its various projects.

“I am pleased to see that there is a coordinated effort with Del Mar and other industry stakeholders to create consistent track surfaces in Southern California on a year-round basis,” said Peterson. “I look forward to continuing to collect and analyze all pertinent data with the goal of creating the safest possible environment for horses and riders.”

“When the horses shift between races after Los Angeles, some then race at Los Alamitos in Orange County, but some shift directly to Del Mar,” said Mac Macbride, director of media for the Del Mar Thoroughbred Club. “Consistency is a big deal for these animals.”

Following the track’s 36-day summer meet, it will hold its fourth fall meeting, a 16-day run between Nov. 1 and Nov. 26. Highlighting that gathering will be the presentation of the 34th edition of the Breeders’ Cup on Friday, Nov. 3 and Saturday, Nov. 4 – the first time the sport’s championship events have come to the iconic racing grounds alongside the blue Pacific.

“So much is ongoing, we are making major headway,” said Macbride. “Initially, we were talking about a six-week process. Currently, we are estimated to finish in early May.”

The Del Mar Racetrack’s upgrades will be completed before opening day. PHOTO CONTRIBUTED

More updates

The Breeders’ Cup also announced its Challenge series schedule on April 12. This series will consist of 81 automatic qualifying stakes races into corresponding races of the Breeders’ Cup World Championships. This year’s series, which includes 62 Grade/Groupe 1 events, will have 49 Challenge races held in the U.S. and Canada, and 3.2 races to be run outside of North America.

Horses from around the globe will be qualifying for the 34th Breeders’ Cup World Championships, which will be held, for the first time, at the Del Mar race track, on Nov. 3 and 4, and televised live by NBC Sports.

For more information, visit www.dmrc.com.
Wetlands could buffer sea level rise

BY DAVE SCHWAB

Climate change and sea level rise are going to bring changes to the coastline and San Diegans are going to have to deal with that in the near future.

To show what coastal sea level rise will do to San Diego’s coastline over time, San Diego Audubon Society recently showcased the role wetlands play as a natural buffer for coastal communities threatened by rising sea level.

That was done during a recent Mission Bay tour to view “king tides” (also known as super high tides), higher-than-normal, high-tide events during a spring tide full moon.

As high tides swept San Diego’s shores, media were invited to join San Diego Audubon’s walking tour of Mission Bay to understand the crucial role wetlands play in protecting coastal communities from sea level rise.

King tides show what the new normal of San Diego’s shorelines will look like 20 to 50 years from now due to sea level rise, said Rebecca Schwartz Lesberg, San Diego Audubon director of conservation.

“Climate change is already happening, we’re seeing its affects, including in Mission Bay,” Schwartz Lesberg said noting coastal wetlands protect against sea level rise by “acting like a sponge, absorbing floodwaters as a buffer to take in sediment and protect surrounding areas from flooding and erosion.”

The Audubon spokes person added, “It’s our responsibility to protect and restore wetlands, so that they can protect our communities from the impacts that we know are coming.”

San Diego Audubon leads ReWild Mission Bay. In partnership with the CA State Coastal Conservancy and U.S. Fish and Wildlife Service Coastal Program, ReWild aims to enhance and restore up to 170 acres of wetlands in the northeastern corner of Mission Bay.

Noting the ReWild project restoration site is on a 50-year lease, Schwartz Lesberg said, “This is our first chance in half a century to make a better decision on how to use land use in Mission Bay—and also our last chance to do so before we start experiencing the most devastating impacts of climate change.”

Currently, California has lost 90 percent of its wetlands to development. Now that the City of San Diego is in the planning phase of restoring the northeast corner of Mission Bay, San Diego Audubon urges a commitment to the restoration of wetlands to protect against sea level rise, erosion and habitat loss, while meeting the requirements of the City’s Mission Bay Park Master Plan.

San Diego County has roughly 70 miles of coastal shoreline, according to San Diego Coastkeeper, a nonprofit whose mission is to protect and restore fishable, swimmable and drinkable waters. Sea level rise resulting from global climate change has the potential to alter the form and function of these coastline habitats.

Gauges along the California coast have recorded an increase during most of the 20th century. By 2050, models predict sea level increases of 1.2 to 1.8 inches in San Diego. The Scripps Research Institute at City of Hope, said The Scripps Research Institute utilizes changes in the DNA in modified cells, so when they multiply, the new cells will retain the instructions to create antibodies.

A crucial difference between this method and the current practice is the need to introduce new antibodies on a daily basis. Ultimately, the biggest benefit of this therapy is that patients would only need to be treated once to gain resistance.

Unfortunately, this method cannot modify 100 percent of cells. Jia Xie, senior staff scientist at 7SR and one of the authors of the study, said in the journal, Proceedings of the National Academy of Sciences, outlines the strategy to reach full resistance.

“Treat will be two populations of cells, one with antibodies on the surface that is encoded in their gene, the other are regular cells. With the virus present in the body, the non-transformed/unprotected cells will eventually die off and the antibody-protected cells will take over the whole population, thus the patient will be resistant to HIV infection.”

The new HIV treatment is theoretically safe for patients, but the injections and drugs flood the body with antibodies, which latch onto cells through chance. Moreover, when cells asexually reproduce, those new cells will not have antibodies already latched onto them. Thus, the necessity for patients to constantly intake more antibodies.

Scientists at The Scripps Research Institute have successfully found a way to make cells HIV resistant.

This new approach genetically modifies human cells, giving them instructions to create their own antibodies, which block the HIV virus from interacting with the cells.

The current general practice of treating people stricken with HIV is to prescribe drugs that help the body to fight the virus with its own antibodies.

The injections and drugs flood the body with antibodies, which latch onto cells through chance. Moreover, when cells asexually reproduce, those new cells will not have antibodies already latched onto them. Thus, the necessity for patients to constantly intake more antibodies.

The method The Scripps Research Institute utilized changes the DNA in the modified cells, so when they multiply, the new cells will retain the instructions to create antibodies.

The boss at work self is different than the self at the dinner table at home. One is decisive and commanding, but would be inappropriate with a spouse; if we did not leave that self at work, we would be problems in the marriage.

I used to think of a situation when I was a lawyer and would have to talk to clients, or other people. I was one of whose selves who acted impulsively without prior approval of our observer/director. Part of our upbringing, as well as part of being civilized, is learning to control that self who can be not only destructive to others, but destructive to our life and relationships. One of those selves is a self who acts on emotions and not on reason; he called it the Id.

Epic Berne had a different nomenclature for the selves. He categorized people into parent, child, and adult. Carl Jung wrote about “anima,” the man inside every woman and “animus,” the woman inside every man. Erving Polster wrote a book, “A Population of Selves: A Therapeutic Exploration of Personality Diversity,” which explores our various selves with an emphasis on identification and acceptance of the various aspects of personhood that inhabit us. Some of the selves within us we like, are proud of; others may be embarrassing ourselves. Someone may even surprise us when they pop up unexpectedly, such as getting overly upset about someone’s inconsequential remark.

I like the multiple selves idea as this does not limit us to a few categories, but to an infinite number of players who change throughout our lifetime.

I like to think of aging as growing or changing on a continuum, sometimes even hourly, often on a daily basis, and certainly yearly. There is a new self emerging and acquiring new, more appropriate selves, not only appropriate to one’s age, but to the environment in which one lives.

In other words, we grow by letting go of some younger selves and acquiring new, more mature selves. I just shed my feeling-vulnerable self (when I fell recently) and replaced it with a more cautious self. I’m not yet well-acquainted with that more-aware-of-my-selves self. I don’t particularly like it because it is also a slower self, but it is a necessary new self that I need to allow in.

Some selves, of course, remain constant (for instance, a curious self), but what I find exciting is the possibility of shedding the unwanted selves and adding new ones, and thus re-inventing ourselves on a regular basis. This is learning, forever becoming more conscious, forever encouraging our inner observer/director to take better charge.

Natasha Josefowitz is the author of more than 20 books. She resides at the White Sands Retirement Community in La Jolla. Copyright © 2016, Natasha Josefowitz. All rights reserved.
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iSWEAT LODGE Brings Infrared Heat Body Wraps & Whole Body Vibration to La Jolla

Infrared Heat Body Wraps and Whole Body Vibration are not brand new – these techniques have been around for decades – but, they are new to La Jolla, specifically the neighborhood of Bird Rock.
iSWEAT LODGE recommends using infrared heat body wraps and whole body vibration as an accessory to your current lifestyle. When you book a session, you receive 10 minutes on the whole body vibration machine and 50 minutes in the infrared heat body wrap.

The best news is that Infrared heat therapy and whole body vibration is for everyone, even those who aren't in the best shape to begin with or have been struggling to get healthy. In addition to burning up to 1,600 calories per session, there are numerous health benefits:

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- Improves sleep patterns
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Cafe Milano-a taste of Northern Italy in La Jolla

Owner/chef Pasquale Cianni brought northern Italian cuisine to La Jolla 16 years ago and has been successfully pleasing both local residents and out of towners — even out-of-the-country guests — with his homemade pappardelle pasta, veal ossoobuco, lobster ravioli, chicken marsala, veal scaloppini and many other authentic Italian dishes. This is just a small sampling of their extensive menu. The kitchen at Cafe Milano uses only fresh, local and seasonal ingredients in its dishes and the full bar has a large range of Italian and Californian wines to choose from. The bread and balsamic dipping sauce is so good you need to be sure to save room for the delicious entree to come. And to finish off your dining experience, the tiramisu is simply scrumptious — one of a large variety of dessert selections. Add to this service that is fast, friendly, and attentive and it’s no wonder they are a consistent award winner for Best Italian Restaurant.

Marco Gentile, owner of Marco Polo Independent, has lived in La Jolla for 42 years where he and his wife, Janet raised their sons Bryan, Giorgio and Jeremy. In 1985, he opened Marco Polo Independent, which was the first independent BMW/MINI repair shop in town. Since then, Marco has always been committed to giving his customers the highest standard of respect and service. The shop’s 5 star Yelp reviews are indicative of the commitment, effort and concern that Marco and his team have for each customer’s full satisfaction.

Marco Polo Independent is fully equipped to handle the simplest to the most complicated issues relating to BMW/Mini at very competitive prices while so conveniently located. Stop in and you will always experience a, now too rare, piece of our Old La Jolla.
See’s ‘The Tea Girl of Hummingbird Lane’

BY LUCIA VITI

The No. 1 New York Times bestselling author Lisa See presented her latest novel “The Tea Girl of Hummingbird Lane” at Warwick’s on Wednesday, April 19 at 7:30 p.m. Rich with Chinese history and tradition, “The Tea Girl of Hummingbird Lane” mixes tea farming, harvesting and fermentation with culture, superstition and passion. See shares how harvesting tea leaves is not just a science, it’s an art seeping in custom and ritual.

In this rich narrative, See showcases the Akha people, a Chinese ethnic minority and its main female character Li-yan, one of the story’s many strong female characters. The intelligent and determined daughter of the village’s medicine woman, the young mother falls in love with San-pa who sadly becomes addicted to opium. Forced to give her newborn daughter up for adoption—to save the child’s life—Li-yan embarks upon a path to set things right.

Regret steers Li-yan through a life simultaneously breaking and respecting traditions in cities far beyond her birth mountain village. Education, perseverance, hard work and a little bit of luck grants Li-yan once-in-a-life-time opportunities in business and romance. Li-yan never forgets her heritage and never stops searching for her daughter, not even after discovering that she had been adopted by an American couple.

And vice versa. Haley, Li-yan’s daughter, grown to be a Californian-bred scientist, never stops wondering about her cultural heritage. Fate determines the outcome of these formidable female characters.

This captivating story about a family, spanning several cultures, and continents, also exposes a world tucked in by mountains, distant from everything modern. Readers learn more than one would ever expect to know about tea, including how cultures view its medicinal and spiritual aspects. One character, Tea Master Sun, teaches Li-yan the practical and spiritual elements of tea. According to Tea Master Sun, Confucius taught his followers that tea has an educational, hard work and a little bit of luck grants Li-yan once-in-a-life-time opportunities in business and romance.

See’s accolades run the gamut. In 2000, she authored the New York Times bestselling “Snow Flower and the Secret Fan.” In 2003, she received the Chinese American Women Organization’s National Woman of the Year by the University of California Press Foundation, See endowed a Lisa See Endowment Fund in Southern California in History and Culture. In 2001, See was honored as the National Woman of the Year by the Chinese American Women Organizations. See’s accolades include all of these elements and more. See’s accolades run the gamut. In 2000, she authored the New York Times bestselling “Snow Flower and the Secret Fan.” In 2003, she received the Chinese American Women Organizations’ National Woman of the Year by the University of California Press Foundation, See endowed a Lisa See Endowment Fund in Southern California in History and Culture.

LJVMA hails Concours success

BY DAVE SCHAB

In April, La Jolla Village Merchants Association was pitched on business consulting services provided by San Diego State University Aztec Consulting Program. LJVMA president James Niebling noted the Sunday, April 9 Concours d’Elegance at Scripps Park had “record-setting attendance.”

“We had live music from 2 to 6 p.m. on Saturday and had some restaurant trays passed to heighten the energy, creating a more celebratory environment in the Village for the weekend. Niebling said, “Adding, “The Village was crowded, which sets the tone for the kinds of signature events — really getting behind them as much as possible and creating a lot of noise.”

Talena Handley from SDSSU filled merchants in on the university’s Aztec Consulting Program. “Aztec Consulting pairs business students with small-businesses to make a difference for those small businesses, and for free,” said Handley. “It provides students with an educational component, and businesses with a consulting component, our website and social media.”

Near Extinct Cult Wine Emerges in Ocean Beach

OB Winery Celebrates Release of Charbono

While on a trip sourcing grapes in El Dorado County, Ocean Beach wine maker Keith Rolle met a farmer who had two tons of Charbono for sale. “I couldn’t believe my luck in stumbling across this gem,” said the contract immediately “exclaimed Rolle. When the grapes were ripe Rolle brought them to his winery on Newport Avenue and turned them into some truly outstanding wine.

Once a darling of the Napa Valley, Charbono was the go-to wine at the venerable Inglewood from the 1940s through the 1960s. Inglewood produced Charbono from the late 1800s until the estate was sold in 1998 to Francis Ford Coppola. Today, only 17 wineries, all in California, do small productions of Charbono. Gianni Buonomo Vintners will release their 2013 Charbono and Barbera at a Gala Event on Saturday, April 29 from 6:00 PM to 9:00 at their winery at 4836 Newport Ave. The wines will be paired with locally made Italian delicacies. Tickets are for sale at the Tasting Room and online at www.GBWinners.com.
Birch Aquarium’s Springfest ‘Immersion,’ has never been heard quite like this

BY ED PIPER, JR.

Petra Eaton, one of La Jolla High’s returning 4-by-4 record-setting relay runners, knows how “it was really hard” to get the record, a sitting 3:51.03 that set the CIF San Diego Section standard.

“It’s easier to run faster when you’re running against faster people,” the 5-foot-4-inch tall sprinter says. “Early in the season (last year) we didn’t have the four permanent runners in place.” And, competition didn’t rise until partway through the spring track season, at the Arcadia Invitational and the Mt. SAC Relays.

Meanwhile, one of Eaton’s returning stalwarts, the affable Sierra Robertson, a year in school younger than Petra as a sophomore, talks about the fine-tuned psyche one must have to pursue speed on the track.

“Well, the thing is, I don’t think when I run because it would mess me up. I’d be thinking about the pace. I’ve been running since I was young, so I have the technique. I don’t want to be thinking about that. When I run, I don’t think about my issues. You have to focus on the fact you’re racing, but you don’t want to overthink it. Otherwise, your whole technique is going to be off.”

Robertson, 15, is one member of the “burn sisters,” with her older sister Sakura, a senior, also taking the baton. Along with Satori, who graduated from La Jolla High last year, the three made up 75 percent of the La Jolla High record that he’s still holding as a freshman. “I teach the new athletes. I also teach the seniors. There is no preference. It’s a team atmosphere,” he says. “There’s camaraderie. It’s supporting one another, being there to congratulate them. Growing up, Maturity.”

He acknowledges his pole vaulters bear up to the reputation vaulters have in general as independent spirits who are into taking risks. “They’re crazy guys,” he laughs. “You have the strength and the speed and the coordination. It’s a gymnastics in the air.” Anyone has who are into taking risks.

“Birch Aquarium at Scripps’ new exhibits in new ways and inspiring an appreciation of, and desire to protect our ocean planet.”

Regarding team culture and ethos, Byrne, in his third year as head coach, eighth total on the staff, which includes mentoring his pole vaulters, points a spotlight on Caitlin Scherrer, now a sophomore, who has grown up in the program. “Caitlin is a senior captain this year. She has always had leadership ability,” says Byrne, who came on as head coach three years ago to steady the ship after multiple head coaching changes. “This year as a senior Caitlin has taken over as a leader. She’s organizing the students on her own. As you know, it’s really great when you have student leaders like this.”

Byrne tries to foster a positive atmosphere of connection and team-building. “I think so,” he says in response to a reporter’s observation of the all-for-one kind of team culture that appears evident. “They’re coming out and having a good experience. Of course, there are star athletes among team members. We have the strength and the speed and the coordination. It’s gymnastics in the air.” Anyone has who are into taking risks.

“Both Jackson and Andrew are coming out and having a positive atmosphere of connection and team-building. “I think so,” he says in response to a reporter’s observation of the all-for-one kind of team culture that appears evident. “They’re coming out and having a good experience. Of course, there are star athletes among team members.”

“Birch Aquarium at Scripps’ new exhibits in new ways and inspiring an appreciation of, and desire to protect our ocean planet.”

Performances feature diverse genres of music and experimental sound and will be spaced throughout the aquarium. Guests will experience Birch Aquarium in new and engaging ways and are invited to wander from site to site, curating their own musical experiences while also enjoying exhibits, animals, and panoramic views.

Immersion performances will include:
- Voices of Our City Choir, which gained recognition for giving a voice to San Diego’s homeless, will perform in the Galleria;
- Jacob Sundstrom will perform ambient electronic music and video

Birch Aquarium’s Springfest ‘Immersion,’ has never been heard quite like this

Springfest kicks off with an evening of experimental sound featuring UCSD graduate student musicians. Each year, Birch Aquarium at Scripps and graduate students at UCSD’s Department of Music team up for Springfest, which encourages composers, performers, and sound producers to launch daring projects.

Springfest kicks off April 9 with the fifth annual “Immersion” event, where guests are invited to explore the aquarium’s galleries to enjoy musical experiences inspired by the sea and our rapidly changing earth. “Birch Aquarium at Scripps’ new direction includes exploring the exciting intersection between science, art, and technology,” said Harry Helling, the aquarium’s executive director.

“With several exciting projects on the horizon, the ‘Immersion’ music event with UCSD’s Department of Music, opening of the new ‘Infinity Cube: Language of Light installation, and Video Triptych’ in the ‘Expeditions at Sea: R/V Sally Ride Gallery,’” we are engaging audiences in new ways and inspiring an appreciation of, and desire to protect, our ocean planet.”

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Red O restaurant to open in UTC

BY BLAKE BUNCH

University City will be able to claim some new high-end, fresh and franchise-proven cuisine at Red O’s new location starting May 5. The popular Southern California-Mexican restaurant, with sister locations in Newport, Santa Monica, Melrose and now San Diego, will be bringing their take on regional dishes to the table.

Corporate chef Marc Johnson has been splitting his time between all Red O locations, but is eager to get the doors opened for the UTC location.

“We are shooting for May 5, because, in reality, when would be a better date to open than that close to Cinco de Mayo?” Johnson said.

While all Red O restaurants do maintain the same food and drink items, some locations, such as the Melrose Red O, do not serve lunch. Not only will Red O La Jolla serve lunch and their already extremely popular menu, but Johnson says they are looking forward to hosting five-course prix fixe wine dinners.

“They are looking forward to hosting lunch and their already extremely successful in Southern California,” Johnson said. “So successful in Southern California, they decided to expand to San Diego.”

Not only will Red O La Jolla serve lunch, but they are also looking forward to hosting “five-course prix fixe wine dinners.”

“As a chef, I absolutely love doing those dinners,” Johnson said. “It’s a lot of fun, and it gives us the opportunity to really highlight our chefs and feature some of our best items. Some locations, like Melrose, don’t have lunch, so this will be a great opportunity for us.”

While all Red O restaurants do maintain the same food and drink items, some locations, such as the Melrose Red O, do not serve lunch. Not only will Red O La Jolla serve lunch and their already extremely popular menu, but Johnson says they are looking forward to hosting five-course prix fixe wine dinners.

“The May 3 invite-only opening will be held from 6 to 10 p.m., during which guests will be able to sample complimentary house beers, wines and signature margaritas. They will also try executive chef Seth Vider and Johnson’s passed bites to mark the occasion.

An interactive tequila experience will be included as well, and an added touch of glitz and glam with a luxury vehicle activation in partnership with O’Gara Coach La Jolla.

To make the evening even sweeter, Red O will be partnering with a local non-profit, Voices for Children, which advocates for the rights and well-being of children that pass through foster care in San Diego and Riverside counties, to donate proceeds from the night’s non-hosted beverage sales to the organization.

RED O RESTAURANT

When: Wednesday, May 3 (invite-only event); Friday, May 5 (grand opening).

Where: 4340 La Jolla Village Drive.


Infinity Cube sheds light on microscopic marine life

The Birch Aquarium at Scripps has opened the Infinity Cube, an exhibit that combines glowing organisms, technology, and sound.

Artist Iyvone Khoo and Scripps Institution of Oceanography scientist Michael Latz collaborated for three months to learn more about bioluminescent organisms, which emit their own light. This included more than six hours of footage of single-celled organisms reacting to a variety of stimuli.

The Infinity Cube, generously funded by Rick and Patty Elkus, takes that footage, enlarges it, and projects it around the interior of the eight-foot cube with musical accompaniment. Additional support was provided by the National Science Foundation. Visitors have the opportunity to learn about bioluminescence and how marine life uses it for camouflage, protection, and communication.

“Through this project, I hope to raise public awareness of how we as a species relate and communicate with our natural world,” said Khoo. “There are energy, vibration, and songs in everything, one just has to find them, even at a microscopic level.”

“I am pleased that my successful collaboration with artist Iyvone Khoo has led to this art installation, using art to communicate my science in an aesthetically pleasing way without the jargon and technical details,” said Latz.

The Infinity Cube is a temporary exhibit included in Birch Aquarium admission, which is $18.50 for adults and $14 for children ages three to 17.

For more information or to purchase tickets, visit aquarium.ucsd.edu. Proceeds support exhibits and educational programming at Birch Aquarium at Scripps.

IMMERSION CONT. FROM PG. 8

that changes in harmony with the sunset on Tidepool Plaza;

- Lyndsay Bloom’s triptych film, “AXALAPZACOS,” features 16 mm footage of rapidly evaporating volcanic crater lakes in Central Mexico in the Expedition at Sea: R/V Sally Ride Gallery;

- Barbara Byers will lead a choir of Ukrainian folk songs in the Gallery;

- Double bassist and singer-songwriter Jordon Morton will sing folksy, resonant songs with her bass at the Giant Kelp Tank;

- Daniel Fishkin and guest instrument-builder Pete Blasser will lead a choir of handheld tocante “touch-synthesizers”;

- Madison Greenstone, Sean Dowgray, and James Beaumont will play the ethereal music of Morton Feldman, Jürg Frey, and Martin Rane Bausch creating a transcendent and meditative experience in front of a forest of swaying kelp at the Giant Kelp Tank;

- Cellist Jen Bewerse will perform with a special curved bowed “Tide” by James Weeks;

- Bassist Kyle Mott will improvise with jellies and wolf cels in the Hall of Fishes;

- Michael Matsuo and Matt Kline host the “sea symphony” instrument building workshop and performance specifically for children.

Springfest: Immersion is $12 for the public and $9 for Birch Aquarium members and UCSD students and faculty (with ID). Splash Café by The French Gourmet will be open and snacks or a light dinner will be available for purchase. More information, and Springfest: Immersion tickets are available online at www.aquarium.ucsd.edu. Pre-purchase is recommended for this event.

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Seacrest at Home, a not for profit 501(c)(3) home care agency located in Encinitas, has received multiple community recognitions as a premier home care agency. They provide non-medical assistance to residents of San Diego County. In addition to providing assistance with personal care, meal prep, light housekeeping, errands and companionship, they also offer two new RN managed programs. The Care Management program can help coordinate your loved one’s appointments, social activities and assist with community outreach. Their new C.A.R.E. program can provide hospital ER companionship within 1 hour, thereby providing peace of mind to family members that their loved one is not alone.

Kelli Denton R.N., is the director and has more than 35 years of nursing experience that includes oncology, infusion therapy, home health and home care. Denton explains that all caregivers are live-scanned fingerprinted, have extensive background checks through the CA. DOJ (Dept. of Justice) and FBI on a national level. All employees are also bonded and covered with worker’s comp. Effective 6.1.16, all home care agencies were required to be licensed with Ca’s Dept. of Social Services. Community Care Licensing Division and are subject to un-announced state surveys, which Denton welcomes. “Licensing keeps us on top of our game and will weed out those agencies that are not compliant with regulations.”

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Touting a impressive collection of colorful abstracts, sketches, drawings, paintings and doodles, Sorokin described her foray into life as an artist as a “default” that began in 1990 by virtue of a piece of remakable clothing.” Sorokin repaired a pair of Levi jeans “full of cuts and tears” by decorating them with swatches of colors and fabrics. A designer friend noticed the rogue apparel and suggested that she replicate samples as one-of-a-kind items to sell at a local LA outdoor market. The remixes became an instant success. Within two weeks Sorokin received a call from New York’s Bergdorf Goodman soliciting to sell her jeans. “I had never heard of Bergdorf Goodman,” said the South African native. “I was in America for barely two years and now they wanted to sell my clothing. So, my first ever artist began by remaking jeans.”

As chic remake jeans soared, Sorokin decided that she needed better drawing skills to sketch designs for pattern makers. “I wasn’t happy with what I was putting on paper,” she said, “so I went to an art teacher to become more proficient at sketching clothing designs. While sketching, she also encouraged me to start painting oil pastels. I started with doodles because I had never painted anything before.”

Sorokin’s doodles became the cornerstone of her art. She continued to study with “amazing” teachers who elevated her artistry while stroking her new-found passion. Inspired by “so many things - nature, people, travels, stories, even gardening,” Sorokin painted daily, testing a variety of artistic mediums without duplicating a single image. “To this day, I’ve never used ink to replicate a painting,” she said. “I don’t believe anything should be replicated. I look at things to paint but I never paint what I see. I simply paint or draw whatever comes to mind: the way I see it.”

The self-described dreamer is never without a reason to remain artistic. “I’m a dreamer who doesn’t like to do the same thing twice,” she continued. “I like to diversify. I like to be un-identifiable. I draw, sketch or paint whatever I’m drawn to at that moment. I turn my daydreams into art.”

Sorokin attributes her warm and loving spirit – exemplified in all of her work – to her pastoral South African childhood. “I grew up on a remote farm in the deepest, darkest part of South Africa,” she said. “We – my two older sisters and younger brother – had to use our imagination because we never had TV. We used coal stoves – electricity came later – and dealt with the cruelty of what happens in such a rustic countryside. Real life happens in ways that one wouldn’t normally experience in this country. Although I don’t miss the lifestyle, I have wonderful memories and visit often.”

The artist spoke lovingly about her mother, “a unique woman who believed in love and kindness,” who “elevated her artistry while her two older sisters and younger brother – had to use our imagination – my two older sisters and younger brother – had to use our imagination because we never had TV. We used coal stoves – electricity came later – and dealt with the cruelty of what happens in such a rustic countryside. Real life happens in ways that one wouldn’t normally experience in this country. Although I don’t miss the lifestyle, I have wonderful memories and visit often.”

Sorokin described ArtWalk as a “lifestyle, I have won-derful memories and visit often.”

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Sorokin described ArtWalk as a “huge fine art show with “lots of exhibits that’s a great way to see if people like or don’t like my work.” Chosen as a first-time participant, she welcomes feedback. “I love to go out to the world and test my art,” she said. “Although I was chosen because of my art, art is subjective. Every artist has insecurities and quite honestly mine are just the same as every other artist.”

Sorokin’s future aspirations include painting stories on canvas. Distressed that society isn’t learning from historical mistakes, she’s collecting pictures of Native Americans and victims of slavery, the Holocaust and Aleppo, to paint a series of current and past events. Art shows knock on her door – much to her surprise. “I don’t care about showing my work as much as I care about doing it,” she concluded. “Shows come to me more than I go to them. Success is being able to tell my story by paint-ing pieces of what’s inside of me.”

Mission Federal ArtWalk attracts more than 100,000 art collectors and visitors from all over the country to peruse and purchase art from established and emerging artists. Located between Ash and Grape streets, Mission Federal ArtWalk will run from 11 a.m. to 6 p.m. on both days.

“At a time of triathlons and tequila, De Soto answered, “At the end of triathlons or marathons, others would be drinking beer — but I would be drinking tequila.”

De Soto said, “I started making it in the kitchen,” confided De Soto of his homespun tequila.

First and foremost a healthy lifestyle advocate, De Soto’s proud that his tequila products are 100 percent natural and gluten free, with no preservatives, artificial colors or flavorings.

“I would not make something if I did not believe it was great, innova-tive, unique, and that others would enjoy as well,” he said. “Dos Almas products are made entirely of certified organic ingredients. We have created very unique tastes by altering the typical process of tequila production. It is very high quality, we are meticulous about the process we use, and are particular about the ingredients we choose. We are doing things in a way that coincides with the soulful lifestyle we live here at the beach in San Diego.”

Before making his own tequilas, De Soto traveled repeatedly to Jalisco, Mexico to learn the intricacies of tequila making and the complexities of the amazing agave plant used in producing it. He returned with what he learned south of the border to do his own home brew.

He discussed the process. “You’re actually baking the agave plants pulled out of the ground dur-ing the harvest,” De Soto said noting the plant is actually not a cactus but in the lily family. “The core of the plant, like an artichoke heart, is quartered then baked in brick-and-stone ovens smelling sweet like sugar cane. The juices are then fer-mented and distilled with a filtration process. There’s no waste in this at all.”

Producing samples of his new tequila line with his trademark two-faced labels, one half conquistador, the other Aztec warrior, De Soto pours some into a brundy snifter for a smell and taste test. The subtly scented (cinnamon) rolls onto the palate bringing a welcoming response.

“We only made 1,300 of them,” De Soto said about his limited-run product. “There’s only 1,300 of these in the world.”

His new home-brewed tequila lines are De Soto’s answer to people asking him, “Why don’t you make a ‘real tequila?’”

“What I’ve created is basically South African-born La Jolla artist, Ruth Sorokin, stirs emotions at Mission Art Walk

Former triathlete ventures into liquor business with Dos Almas tequila

Former professional triathlete and La Jolla entrepreneur Emilio De Soto knows active sports. He also knows tequila. Which is why he’s launched two distinct products on the opposite ends of the tequila spectrum.

His line of alcoholic beverages named Dos Almas 55 Plata translates as “two souls” in Spanish. Dos Almas 55 Plata is a super-premium, 110-proof brand made of 100 percent organic Blue Weber Agave.

De Soto is a mission to offer San Diegans his unique varieties of homegrown tequila.

The owner of a nearly 30-year-old triathlon sportswear and wetsuit company, De Soto Sport – The Triathlon Gear Company at 7584 Trade St., De Soto describes the business as “everything you would need to wear, train or race in a triathlon.”
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LJ Crafted Wines is changing the San Diego wine scene, one growler at a time

BY BLAKE BUNCH

Four-and-a-half years ago, Lowell Jooste uprooted his family from their home in Capetown, South Africa, for the quiet coastal community of Bird Rock. He opened the now-neighborhood staple LJ Crafted Wines in 2012, utilizing a lifetime's supply of knowledge and connections.

Growing up a fourth-generation South African in the wine industry, Jooste first visited California as a visiting scholar at the Viticulture and Enology department at UC Davis in 1986. This would ultimately cement a position working at the Robert Mondavi Winery in Napa the following year. After returning to work on his family’s vineyard and winery in South Africa for quite some time, Lowell relocated to Bird Rock in August of 2012.

Although the sheer size of LJ Crafted Wines would lead one to believe that their could not be enough room to store large wine barrels, Jooste and his team utilize the space to the utmost degree. Perhaps one of the key features of the tasting counter is his innovative, patent-pending wine-serving apparatus named the “Wine Steward.” This adaption allows wine to be served from the barrel it is aging in, also maintaining its integrity.

The key to their business, like basic division of wines by region, is where they purchase their grapes.

“We buy our grapes in the Sonoma or Napa valleys,” said Jooste. “It’s all about the main ingredient, which is the grape. Also, we’re only going to be working with top-quality wine. All of our production occurs in Northern California, and then is shipped to us in barrels.”

Another large facet of their business is the “to go wine club,” which now boasts 550 members. In this respect, Jooste borrowed an idea from the already-robust craft beer market.

“I noticed that over the years, so much goes into the production of making these glass bottles, which in turn are thrown away or recycled,” he said. “We noticed that no one else was really utilizing growlers for craft wine, so decided to create a wine growler program for club members. Typically, we have about 10 to 12 wines on tap at all times. Hygiene is also very important to us, so when someone brings in a growler to be refilled, we provide them with an entirely sanitized one.”

Since their inception, LJ Crafted Wines have sold more than 12,000 growlers of wine. This breaks down to roughly 40 barrels total, as there are 300 bottles of wine per barrel. Jooste feels that this reduces their carbon footprint tremendously, simply in eliminating the processes to make all of these bottles, as well recycling the used glass itself. Another facet of the way they serve wine is that typically, during the last stage of wine production the wine is filtered, pumped and preservatives are added.

While this can expedite the time between production and consumption, Jooste believes that this cuts back on the quality of the overall finished product.

Wines at LJ Crafted Wines alter every month. Jooste says that this month, they will see a total of “eight new barrels enter their tasting room. Next month, it might be two or three.”

It should be known that not only do LJ Crafted Wines carry a vast assortment of their own domestic wines, but also offers a small menu of charcuterie boards (highly recommended) as well as other small plates, that pair tremendously with a wine recommendation from sommelier, Derek Bacciocco. Bacciocco is extremely knowledgeable in his field, and is a self-assessed “wine dork.”

“I am truly passionate about wine,” said Bacciocco. “Initially, during a tasting people are reserved, a bit intimidated. Towards the end, however, they are asking pointed questions and begin to pick up on the subtleties of each wine. It is important to mention that we do not serve blends here.”

An ever-important key to their success, as mentioned previously, is their to-go wine club. Entry to this club allot members 20 percent off any growler refill, with stipulation that they purchase at least one bottle a month. Sometimes customers come in, turn in their growler, exchange niceties, then return home. Other times, they may wind the day down with a friend, often times Jooste and Bacciocco. Regardless, there is no incorrect way to stock up on one’s favorite wine.

The recent recipients of a double gold award for their 2013 Patient Terrier Vineyard Pinot Noir, LJ Crafted Wines were presented with this honor at the Finger Lakes International Wine Competition, that took place March 24-26 in Rochester.
BY CHARLENE BALDRIDGE

“The Geeze and Me.,” the splendidly titled, talent-rife, La Jolla Spring musical, creates a new genre: the helper musical. Without flinching, it seeks to persuade us that none of us are going to get out of life alive, so we might as well spend what’s left joyously, despite our physical infirmities, and in the company of contemporaries, some of them decidedly cantankerous.

The “Geeze” creators are a La Jolla married couple, Hedges Capers (music and lyrics) and Nancy Locke Capers (book and staging). The sold-out opening night, March 31, was well-received. The audience was understandably filled with fans, friends and associates of the Capers, who in seeking to create something helpful without preaching or condescending, have enlisted the advice of experts in the field of gerontology.

Filled with newly-minted axioms like “Reach for the sweetener but don’t bury the sorrow” and “Happy hour for geezers is nap-time,” the 26-song musical is too long by a third, but rife with talent, and short on plot. It is performed by 14 enormously talented actors/singers, some old-timers and some (including Hedges Capers) new to this reviewer. Despite its length and its tendency to be a musical revue instead of a book musical, the piece amazes with the breadth of its riches.

Most of the characters are residents of Pleasant Pastures, a retirement home wealthy enough to have amenities that include exercise, entertainment, and a group therapy session, during which much of the wisdom is dispensed. This is where we become acquainted with various residents as they tell stories both common and unusual among those who live long enough and are asked.

These residents include Bob (longtime San Diego performer and playwright Kent Brisby), who plays guitar, dispenses wisdom with a Gaelic twist, enjoys a wild and wooly funeral, then returns all clad in white to lend his guitar to remaining scenes; Kay (the fabulous vocalist Devlin, whose recent credits include ion theatre’s award-winning “Sunday in the Park With George”); David (long-time professional entertainer Hedges Capers); Sherry (Gabriella Nelson, who dances a bit; Jesse (ardent singer/actor Jesse MacKinnon); Helen (wondrous singer Lorraine Devon Wilke, whose “Myself” is one of the show’s most effective numbers); and Howard (well-known San Diego theater personality Byron LaDue).

Susan Bennington scores as Miranda, the pro that leads the group therapy, and Lolly Boroff scores as the clueless stranger who delivers someone else’s eulogy at Bob’s casket. Others in the show are Erin Vanderhyde, Kiara Mersky, Lauren Preski, Scotty Billon and Susie Singer Carter.

The music is mostly soft rock, doo-wop and country, with sound by Joe Huppert, who is also responsible for the projections. There are some zinger lyrics. Songs are accompanied by recorded music of a smoothly coordinated eight-member band.

Obviously, the target audience comprises the aging among us. The piece is well-intentioned, honest without being grim, and wise. It tells it like it is with honesty and affection and a great dollop of humor. One hopes the creators keep defining and refining.

Hedges Capers in ‘The Geeze and Me.’ Hedges and his wife, Nancy Locke Capers, have been producing the ‘helper’ musical since March 31, and runs through April 29. PHOTO CONTRIBUTED

University City updates: Chalk art, trolley construction and Little League

BY JEMMA SAMALA

Chalk Art

University City High School art students participated in a Chalk Art project during the week of April 10.

Gimi McCarthy said that the art teachers were asked by principal Jeff Olivero “to give our students different opportunities and memories that will create for them a lasting memory as part of their high school experience, and to give them the chance to experience the powerful effect that art can bring out in each student.”

The students created a piece of art that they didn’t think was possible to achieve, and they were excited to share the result with the student body and staff.

The chalk artists were participants from Delia Martin’s drawing and painting classes, Georgia Fousek’s Art 1-2 class, and Gimi McCarthy’s Arts Tech sophomore class.

Each student or group of students chose their own subject and used chalk in the traditional style of the Italian “Madonnari,” the street painters that were named after the most common subject of their chalk paintings, the Madonna.

Sights and Sounds Showcase

The third annual UCHS Sights and Sounds Showcase was a huge success. Held at the Lawrence Family Jewish Community Center, the showcase, presented by the Centurion Foundation/Music Boosters, featured extraordinary musicians from the University City High School music community, including the Philip Marcus Trio (Standley Middle School music director), talented students, alumni and teachers, and Rumba y Soul with

Arille Powell and Thomas Reasoner perform a duet at the UCHS Sights and Sounds Showcase. The third annual event was well-attended.
We’re on Apple News! Search for “sde news” and add it to your favorites!
SeaWorld mourns the loss of Szenja the polar bear

SeaWorld San Diego is saddened by the passing on April 18 of Szenja, a 21-year-old female polar bear. Szenja (pronounced Sin-jah) had been part of the SeaWorld family for nearly 20 years. Born at the Wuppertal Zoo in Germany in October 1995, Szenja came to SeaWorld when the park opened the Wild Arctic exhibit in 1997.

A necropsy will be performed on Szenja to help determine the cause of death. It will be several weeks before all the results of the necropsy are received. Over the last week, Szenja’s caregivers and veterinary staff noticed a loss of appetite and energy, and had been monitoring her condition, however, her passing was unexpected.

“Szenja was a beloved member of our animal family, so this is a very difficult day for all of us,” said Al Garver, SeaWorld San Diego’s vice president of zoological operations. “Szenja not only touched the hearts of those who have cared for her over the last two decades, but also the millions of guests who had the chance to see her in person. We’re proud to have been a part of her life and to know that she inspired people from around the world to want to protect polar bears in the wild.”

As an ambassador for arctic animals, Szenja not only enhanced the awareness of polar bears for the nearly 50 million guests that have visited Wild Arctic, she also provided great knowledge and insight through her participation in various research studies related to polar bear hearing sensitivity, social habits, reproductive hormones and seasonal behavior patterns.

Many of these studies provided critical baseline data that has significantly helped scientists with field studies of polar bears in the wild. Szenja will be greatly missed not only by the zoological staff at Wild Arctic, but by all SeaWorld team members.

According to Polar Bears International, polar bears live between 15-18 years in the wild. Some can live to 30 years, but only a small percentage lives past 15 to 18 years.

Conservation groups and scientists see many threats to the wild population of polar bears, including climate change, poaching, pollution and a rapid loss of sea ice.

In January, the SeaWorld & Busch Gardens Conservation Fund awarded $15,000 to Polar Bears International to support research to collect baseline information for long-term polar bear population monitoring.

Trolley Construction Update

Construction activities for the Mid-Coast trolley extension continue in the University City area, along Genesee Avenue and at UCSD. Crews have recently demolished and permanently removed the pedestrian bridge at Executive Drive Station, which will also serve as a pedestrian crossing. Advanced work will continue for the Gilman Drive bridge and there will be ongoing, intermittent closures of on- and off-ramps and lanes at the La Jolla Village Drive exit on I-5. For more information, visit www.KeepSanDiegoMoving.com/MidCoast.
Red Bull Air Race returns to SD after eight-year hiatus, wows spectators

One upset followed another at the second stop of the 2017 Red Bull Air Race World Championship in San Diego on Sunday. Yoshihide (Yoshi) Muroya of Japan was the only pilot with the consistency to reach the top of the podium, dazing a crowd of more than 40,000 fans lining Embarcadero Marina Park South across the race weekend, with a time of 58.529.

Peter Podlunšek from Slovenia stunned the field in capturing second place in his first-ever Final 4, two seconds behind Muroya at 1:00.454. Reigning world champion Matthias Dolderer was third after a pylon hit, and American Kirby Chambliss finished fourth.

Earning 15 World Championship points with the victory, Muroya jumped up 10 places in the overall standings, to third behind Martin Šonka of the Czech Republic (21 points) and Dolderer (16). The result was especially meaningful because the next stop of the season is in Muroya’s home skies of Chiba, Japan – where he earned his first Red Bull Air Race win in 2016.

“I’m quite happy. We had a very hard time at the season opener in Abu Dhabi, and we’ve been working really hard for months,” said Muroya, who had an over-G penalty at the 2017 kickoff.

In the day’s earlier action, 2016 Challenger Cup winner Florian Bergér (Germany) earned his first Challenger Class win of the season. For full results and more information, visit www.redbullairrace.com.

Kirby Chambliss (USA) flies through the course on Sunday. Chambliss finished fourth. Reigning world champion Matthias Dolderer (below) finished third after clipping a pylon during his first run on Sunday. PHOTO BY THOMAS MELVILLE

Man dies after falling at Black’s

On Wednesday, April 19, a 23-year-old man died as a result of falling from the cliffs at Black’s Beach.

Lifeguards, firefighters, a helicopter crew and police were sent to an area below the Torrey Pines Gliderport on Torrey Pines Scenic Drive after the fall was reported around 11:45 p.m. Wednesday, according to fire officials.

Firefighters located the man and a female companion by tracking the location off the cellphone she had used to call 911.

The woman was rescued from an area about 50 to 75 feet below the top of the cliff, but the victim, who had fallen 50 to 60 feet, died at the scene, according San Diego Fire-Rescue Department battalion chief DavidConnor.

Both were believed to be UCSD students.

This tragic death follows the April 15 rescue of a woman. The medical aid call was dispatched at 2:20 p.m. to the Box Canyon area, where a woman in her 20s was injured and stuck on a cliff.

The stranded hiker was airlifted to a local hospital.

The 23-year-old man has been identified, but that information is yet to be released. His death followed an April 15 rescue of a woman in her 20s. She had fallen from the cliff at Black’s Beach as well. PHOTO CONTRIBUTED
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**Pricing in San Diego Senior Living Communities**

If you think “the talk” refers to a chat with a child about puberty, think again. More and more children are having “the talk” with their parents – but this time about where the parents will live in their retirement and older years.

“Family talk” is becoming more widespread but for many families it is inevitable. Learning about admissions requirements and wait lists, having additional conversations with siblings, spouses, other loved ones – or your accountant – are necessary steps in the process. If you’ve spent any time researching the options for yourself or your parents, you already know the sticker shock adds an additional layer of complexity to what is often already a difficult situation.

Zillow reports that the median home price in San Diego County is currently over half a million dollars. The year started off with rents holding steady (one bedroom around $1,700 and 2-bedroom units around $1,900) but the current trends do not bode well. While it’s relatively easy to compare price per square foot in the real estate market, apples-to-apples comparison shopping isn’t always so straightforward. The main fees will be the monthly rent (based on the type of community selected), any entrance fee commonly referred to as “Community Fee”, and additional costs depending on individual preferences. We’ve highlighted some of these often cover different services or amenities, and come with different conditions.

Out of the dozens of San Diego communities we’ve visited, only 3 companies charge non-refundable fees of $1,000 or less. More often, this one-time, usually non-refundable fee starts around two or three thousand dollars and can range to double that.

When comparing monthly rents, be sure to keep careful separate, Independent Living rents are almost always less than Assisted Living. We’ve seen Independent Living monthly rents as low as $1,700, though most start closer to $2,000. Assisted Living usually starts a couple thousand above that, though this varies tremendously depending on the additional individual needs.

San Diego offers a full range of retirement options. From luxury-style communities to cozier communities that don’t look like resort, there is an array of choices. So how do you pick the right one?

CurrentAge, age, and medical needs are the first cut. The California Department of Social Services provides information about senior communities on their website, including citations, reports and complaints (secure.dss.ca.gov/CareFacilitySearch). Free reviews sites (like Yelp or AssistedLivingReviews.com) allow shoppers to get a more personal understanding of specific communities.

The best advice though is often the one least heeded. Don’t wait until a health crisis to talk about your or your parents’ wishes and finances. The emotional turmoil of a health problem is like wearing warped lenses, you can’t always trust what you see.
Large sewage spill at Windansea beach leads to closure

On Thursday, April 20, authorities closed a stretch of Windansea Beach in La Jolla due to a 1,000-gallon sewage spill.

The closure was issued at 1 p.m. from Marine Street to Nautilus Street.

The spill was near Vista de la Playa at the Fern Glen Pump Station.

Sewage contamination signs have been posted and samples were being collected to determine water quality impacts.

Beachgoers are advised to avoid water contact in the area.

If you see any further water contamination issues, contact the city public health department at 858-694-3900.

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ALMAS »
CONT. FROM PG. 10

pure, raw and artisinal-type of tequila, the type the conquistadors and Aztecs made,” he said.

Dos Almas is presently available locally in Pacific Beach at Crest Liquor at 3787 Ingraham St., and in La Jolla at Dick’s Liquor at 737 Pearl St. #101.

Noting tequila has been the fastest-growing hard liquor in the marketplace the past five years, De Soto added, “Southern California is the largest tequila market in the world. It even exceeds all of Mexico.”

A successful entrepreneur, De Soto said his tequila line taking off would just be topping off.

“If the company fails, I’ll have tequila to drink for the rest of my life,” he quipped. “If it succeeds, I’ll have very expensive tequila to sell to collectors.”

CONT. FROM PG. 10

Large sewage spill at Windansea beach leads to closure
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