CONGRATULATIONS, LA JOLLA HIGH SCHOOL CLASS OF 2017!

Students from La Jolla High School's Class of 2017 eagerly toss their caps after a sun-filled graduation ceremony on June 14. This year's dual-Valedictorian honors were bestowed upon Heloise Carion and Lorenzo Calvano, while the Salutatorian was Matt Romero.

PHOTO BY BLAKE BUNCH

SD Lifeguards, Fire-Rescue gear up for summer

Cliffs rescues remain major priority at beaches, parks

BY BLAKE BUNCH

After an April 19 incident at the cliffs overlooking Black's Beach, where a 23-year-old UC San Diego student fell to his death, and with heightened summer traffic of San Diego's cliff areas approaching, San Diego Lifeguards and Fire and Rescue personnel are gearing up for a busy summer.

The most recent cliffs rescue in La Jolla occurred on May 13.

“There was a rescue, with medical aid, and the person was so tired that they had to be carried out,” said Lt. Rich Stropky of San Diego Lifeguards. “Specific to the cliffs areas, instances where people are not paying attention (i.e. taking pictures), climbing in unstable areas, surfers who are stuck on the rocks, strolling around during night hours, or those who jump on purpose are the main reason we are called out for a rescue.”

While these idyllic aspects of this wonderful coastline are popular areas of exercise and leisure for both residents and tourists, as the most recent death and past fatalities indicate, they can prove extremely hazardous.

Although this is no major revelation, it should be noted that a “cliffs rescue”

La Jolla Parks and Beaches committee discusses Coast Walk Trail issues

BY DAVE SCHWAB

May’s meeting of La Jolla Parks and Beaches, Inc. turned into a referendum on coastal access, pitting longtime community planner Melinda Merryweather against trail users and neighbors on Coast Walk and at Black’s Beach Lookout.

Merryweather, a longtime La Jollan who’s been documenting beach accesses throughout the community for years to protect them and keep them open, has long contended changes have been made to Coast Walk rock outcroppings and vegetation, which she claims have impaired coastal views and site access.

La Jolla Coast Walk Trail runs from La Jolla Shores beach to the trailhead just north of the Cave Store at La Jolla Cove. It is a popular, scenic hiking trail along the bluffs overlooking the San Diego-La Jolla Underwater Park.

“Some of the plants put in at Coast Walk have grown more than 10-feet tall and are blocking views of the ocean,” Merryweather contended.

Brenda Fake, representing a nonprofit neighbors group known as Friends of Coast Walk, characterized claims made about Coast Walk vegetation and manipulation of landforms as “misinformation.”

Fake gave a presentation noting Friends have banded together to raise funding to do public trail and other improvements on Coast Walk.

SEE CLIFFS >> PG. 4

SEE COAST WALK >> PG. 4
Celebrate Father's Day!

Sunday, June 18

A short list of Richard’s Favorites

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Western with Cheese
Ham, onions and bell peppers

Belgian Waffles
Bacon Waffle
Crisp bacon cooked inside a golden brown waffle

From the Creperie
Fresh French Strawberry Crepes
Crepes are wrapped around fresh juicy strawberries, topped with tropical sauce

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49ers Flap Jacks
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Coast Walk.

She said her group, among other things, has cleaned out area homeless encampments.

“We offer nonprofit status allows us to clean and maintain that street (Coast Walk),” said Fade adding, “Coast Walk trail is in a state of deterioration, the bridge is damaged, and it is no longer accessible by the public. We have never ever taken anything away from anybody wanting to access that trail.”

Faded pointed out Coast Walk is “a street, not a trail, and serves as a sidewalk and its upkeep is 100 percent funded by private citizens.”

The nonprofit spokesperson said friends are “more than happy to work with other community members” to resolve issues with cliff erosion and beach access at Coast Walk.

In March, LJPB board member Patrick Ahern suggested improvements to the Block’s Beach lookout serving surfers. He advocated restoring the site’s luster with native, drought-resistant plantings and a park bench. His proposal was seconded by Merryweather, who, after visiting the lookout recently was disappointed noting, “Not only was there no bench — there was no place for a bench.”

Merryweather added one neighbor near the Black’s lookout is now opposed to placing a bench there.

“You need to talk with neighbors before anything is done,” suggested LJPB board member Dr. Jane Rel- dan.

“Who would pay for this bench, and who would be responsible for it,” asked Dyes suggesting a work-

In other action:

• Heath Fox, La Jolla Historical Society executive director, addressed the parks board defending the society’s biggest annual fundraiser, the spring Concours d’Elegance classic car show held on Scripps Park lawn.

The Concours brings economic benefit to the community for businesses, especially those in the hospitality industry by guests who patronize restaurants, and shop at other local retail businesses,” said Fox, noting society giveaway from the fundraising event are “not bribery, influence peddling or ille-

LJVMa talks website updates, social media presence

By Dave Schwab

In June, La Jolla Village Merchants Association discussed the need to improve the group’s social media networking.

In his president’s report, James Niebling noted LJVMa’s new updated website will be online likely in the next six weeks. It will be “really strong, modern and progressive and focus on the La Jolla lifestyle,” he said.

Regarding use of social media marketing, Niebling noted, “I know it’s a challenging task” adding LJVMa needs “more consistency and presence out there.”

It was suggested that the board hire an outside interest to handle social media.

“I’d like to caution you that we’re not a million-dollar account, so we’d be in the puppy mill,” said CA Marenco, immediate past LJVMa president adding that “they put you in a pile of things to do.”

“I don’t know exactly how many fatalities or total rescues have occurred during that time period, but I do know that people should not go off trail, but often, by accident, people end up in the wrong spot,” Stropky added.

“Two of our members have food allergies, and their friends are “more than happy to resolve issues with cliff ero-

Right Choice Senior Living

Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) had the desire to develop Assisted Living Care Homes and Services for seniors that are a cut above the rest at fair & competitive rates. Right Choice Senior Living has Residential Care Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area) medical facilities and the beach. Come see us today before making your final choice. Make the Right Choice Today. Formore information call (619) 246-2003 or go to the website at www.rightchoiceseniorliving.org.

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Right Choice Senior Living

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COAST WALK CONT. FROM PG. 1

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The Concours brings economic benefit to the community for businesses, especially those in the hospitality industry by guests who patronize restaurants, and shop at other local retail businesses,” said Fox, noting society giveaways from the fundraising event are “not bribery, influence peddling or illegal activities.” LJVMa is one of several groups benefiting from the society’s annual Concours fundraiser.

In other action:

• Andy White from The Ascot Shop was appointed to the group to fill a board vacancy and took his seat during the meeting.

• Following a brief presentation by LJVMa’s executive director Sheila Fortune, the merchant group opted in favor of hosting a far less costly in-person election this fall, rather than conducting a much more expensive ballot mailer to group members. “We got back 67 of 1,300 ballots we mailed out last year, that’s a cost of about $50 a vote,” Fortune said noting, “That’s pretty ridiculous.” Fortune suggested the in-person vote the group approved be a half- or full day rather than just a couple of hours during the group’s meeting when the election is held to optimize voter turnout.

• The group announced that its fourth annual La Jolla Day at Petco Park will be Sunday, July 10 starting at 1:40 p.m. against the Pittsburgh Pirates. Tickets costing $75 are available, which includes a pre-game buffet, ballpark snacks and beverage service. For more information, email events@lajollabythesea.com or call Fortune at 858-454-5718.

In other action:

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La Jolla is home to a variety of senior living options, including Right Choice Senior Living. Established in 2008 by Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate), the company offers a range of senior care services. Right Choice Senior Living highlights its commitment to providing high-quality, affordable care by showcasing its residential care homes located in desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area), medical facilities, and near the beach. The company encourages potential residents to visit their website, www.rightchoiceseniorliving.org, for more information or to schedule a tour. In addition, Right Choice Senior Living emphasizes the importance of maintaining a social media presence, as evidenced by their mention of the LJVMa’s talks about website updates and social media presence. The article by Dave Schwab also discusses the LJVMa’s need to improve social media networking, with President James Niebling noting the group’s desire for consistency and presence in the online space. The group’s recent actions, such as hiring an outside interest to handle social media, demonstrate a commitment to enhancing their digital footprint. The article concludes with the group’s announcement of its annual La Jolla Day at Petco Park event, scheduled for July 10, which includes a pre-game buffet, ballpark snacks, and beverage service. For more information or to support the group’s efforts, interested parties are encouraged to visit their website, email events@lajollabythesea.com, or call Sheila Fortune at 858-454-5718.
Western-themed fair has unique food, something for the entire family

BY SAVANAH DUFFY

Whether you grew up on a farm and you can ride a horse like Hopalong Cassidy, or you don’t know the difference between a Clydesdale and a Shetland pony, San Diego County Fair’s “Where the West is Fun” promises a wide variety of fun and food that is guaranteed to appeal to all visitors.

Presented by Albertsons and Vons, the fair will run through July 4, with countless entertainment options, delicious and unique food creations, engaging craft areas, contests and exhibits.

For a distinctly western feel, this year’s fair will include a speakeasy decorated as an opium den. To get in, hunt down a Jade Peacock card at one of the three bars on the fairgrounds and follow instructions from there, says the speakeasy bartender Tracy Briagehous.

But anyone who has ever been to the San Diego County Fair knows that eating is just as important as drinking, if not more so.

Tasti Burgers and Tasti Chips are back with their newest burger, the Maui Cowboy: A delicious combination of all-natural beef and spam (to add a Hawaiian flair, says owner Lori Soutetherland), with vegetables, jalapeños and chipotle mayo to add an extra kick to this cowboy burger.

Reno’s Fish and Chips and Pignotti’s Pasta are trying out some new things this year as well. Both are family businesses owned by Ken McKnight, his wife Cathy and their son Taylor.

Reno’s Fish and Chips will be featuring octopus on a stick, which McKnight assures customers has been gutted and cleaned.

 McKnight credits the idea of octopus on a stick to Cathy. According to McKnight, this latest seafood addition has been receiving positive feedback.

“It looks kind of weird,” McKnight says, but adds, “it’s [about] how it tastes, and everyone seems to like it.”

In addition to octopus on a stick, Reno’s will still be serving their classic fish and chips, shark tacos and shrimp tacos.

The Pignotti’s Pasta stand is switching things up by adding fried ravioli to their menu, the first time the business has ever sold fried food. Customers can choose between cheese ravioli on a stick or buffalo chicken on a stick, with marinara, alfredo or ranch sauce.

In addition to keeping visitors well-fed, the fair’s Whole Life Festival will occur on July 1 to promote healthy lifestyles and natural living.

Included in this festival is The Expert in Life Program, which according to volunteer staff member Pam Reed, includes lessons on the art of deep meditation and self-empowerment, taught by Erhard Vogel, Ph.D., one of the most highly-acclaimed meditation teachers in the world, according to the Nataraja Meditation and Yoga Center.

Also included is the San Diego-based company Organifi, which is best known for selling their green juice made of 11 different gently dehydrated superfoods that supplies the body with a natural energy and contributes to good health all throughout the body, says Kori-ann Southerland, the owner of Nataraja Meditation and Yoga Center.

As always, the fair welcomes everyone with a natural energy and contributes to good health all throughout the body, says Kori-ann Southerland, the owner of Nataraja Meditation and Yoga Center.

The Del Mar Fair thoroughly plays to its new theme ‘How the West Was Fun’ through oddly-paired foods, a speakeasy bar designed to look like an opium den, and games and rides for San Diegans of all ages.

SeaWorld makes a splash with debut of ‘Orca Encounter’

BY SAVANAH DUFFY

SeaWorld San Diego’s new Orca Encounter show is a live documentary intended to educate and entertain visitors by incorporating facts and figures about killer whales while demonstrating their behavior with orcas acting it out in front of the audience.

The orca presentation features an infinity screen, three stories tall and long enough to span the length of the exhibit. With eye-catching, moving scenes of beaches, lakes and rippling water, audience members may feel as if they are on an island watching the orcas glide gracefully through the water.

Various aspects of the behavioral habits of orcas in the wild are examined on the high-definition video screen and then demonstrated by the killer whales in the tank throughout the show. The video uses graphics and text to help guests understand the trainers’ narration.

Communicating, hunting and playing are just a few of the activities covered by the live documentary.

A trainer introduces the whales’ communication skills by pointing out that orcas are social creatures. At a trainer’s prompting, one of the orcas demonstrates a dolphin call that she learned and, according to the trainer, had taught to some of the other orcas as well.

Visitors are taught that orcas have to work to come around and disorientate or exhaust their prey. The orcas at SeaWorld demonstrate this activity by swimming swiftly through the water, as they would if they were in the wild and trying to surround a school of fish. The aggressive swimming tactic causes gallons of water to gush over the sides and into the drains outside the tank, while slightly ominous music plays over the speakers.

To imitate what it would look like for the orca to be hunting a seal in the wild, the orca pushes herself out of the water and onto the slippery surface, center-stage, and shakes her head back and forth, mouth open as if she was holding a seal.

Playful behavior is also demonstrated, which is the crowd’s favorite. The orcas swim the tank’s length, splashing gallons of water over the “wet zone” with their powerful flukes. Some guests leap to their feet and race up the stairs, while others laugh and embrace their soggy fate.

In order to purchase tickets, or for more information on SeaWorld San Diego’s ongoing attractions, visit www.seaworld.com/san-diego.

The new addition to the Asian Festival is an Asian art exhibit at 17 Hands Restaurant and Bar, along with Sake flights at the Paddock Tavern.

New rides have been added to the San Diego Fair as it continues to appeal to all visitors.

The Del Mar Fair thoroughly plays to its new theme ‘How the West Was Fun’ through oddly-paired foods, a speakeasy bar designed to look like an opium den, and games and rides for San Diegans of all ages.

NEW SEAWORLD RIDES

Submarine Quest – Voyagers can travel to get up close to remarkable underwater animals.

Tentacle Twist – Take to the skies in this jellyfish-themed swing ride.

Octarock – Swing high and reach for the sky as the swing rocks back and forth.

Aqua Scout – Six mini submarines spin, bump, and bounce you around.

SeaWorld makes a splash with debut of ‘Orca Encounter’
Jim Xu, A University City High School badminton star

BY ED PIPER, JR.

Jim Xu (pronounced “shoo”) is stocky, standing 5-foot-seven-inches tall and about 180 pounds. Not the build you might expect out of a badminton champion if you weren’t familiar with the competitive version of the sport.

“Not in China, it is too stressful, way too competitive.” What he began playing himself. He explains why the family wanted to position him in the center of his father, John, sits quietly nearby, gives a mini-clinic on what he says are the “building blocks” to badminton: footwork and hitting form.

“In China, it is too stressful, way too competitive.” What he began playing himself. He explains why the family wanted to position him in the center of his father, John, sits quietly nearby, gives a mini-clinic on what he says are the “building blocks” to badminton: footwork and hitting form.

“When you hit the birdie solid, you can tell the moment you hit it,” he says. “It makes a certain sound. If you don’t hit it squarely, it makes a sound kind of like hitting metal, because you probably hit it on the racquet frame” (which is made out of a composite graphite material for strength while being lightweight),

Not modestly, he reveals that he has his two playing racquets, which go for a couple of hundred dollars each, strung tighter than the average player.

“One thinks of Muhammad Ali’s self-description, “Float like a butterfly, sting like a bee.” Xu wants to sting the birdie as he returns it over the net, while remaining mobile on his feet.

One of his practical jokes is, in announcing the UC team’s lineup before a match, much in the way high school tennis teams have a captain announce the lineup, declaring, “In women’s singles, Candace Foo,” pronouncing his teammate’s last name incorrectly on purpose. “She doesn’t expect it, I do it a lot, it’s really funny.” And she doesn’t seem to get irritated.

“Badminton is a social game, and the Centurion team, according to Xu, is a “really close” group of individuals that “goes out to eat after many away matches.” “It depends on where we play, but almost everyone on the team loves Korean barbecue. We go to Convoy Street.”

He first saw his mother Amy play badminton when he was a small child. Then, when he was in the eighth grade, they went to Doyle Recreation Center in University City where he began playing himself.

He explains why the family wanted to position him in the educational program here.

“In China, it is too stressful, way too competitive.” What he means is the number of places in universities is dwarfed by the population of students in the huge country.

“When I jump smash (the birdie), it’s a feeling like I get from nothing else,” he enthuses.

How does he achieve his high level of effectiveness of hitting?

“You look for exactly where the birdie is, then you jump and release all the energy you have to smash the birdie.”

It sounds very satisfying: kinesthetic (a physical sensation), visual (looking for the location of the birdie), aural (hearing the contact on the sweet spot of the racquet).

Seven years of racing: How to be a part of the San Diego Triathlon

Since it was first organized in 2009, San Diego has seen 6,500 participants take part in the Triathlon Classic, an annual event that takes in some of the most scenic areas of the city.

The race takes place every September, with the start/finish line and transition area at Liberty Station. There are many ways to join in with this notable part of San Diego’s calendar - here’s what you need to know.

There are four ways to get involved, whether you consider yourself a couch potato, or if you’re a local business: volunteering, sponsoring, spectating, and joining the team challenge.

Volunteering

There’s a huge variety of roles you can fill to support the athletes, from helping at the pre-race expo on the Friday, manning aid stations along the route, through to all kinds of post-race activities. Everyone volunteer gets an official T-shirt and goodie bag, and it’s easy to sign up online.

Sponsoring

If you have a product or service that you want to get some promotion for, the organizers offer a wide range of placement opportunities, from posters, T-shirts, and banners, to race packet inserts and mentions on their website.

Spectating

The race happens very cleverly laid out so that athletes return to the same spot in Liberty Station for transitions, giving the audience plenty of chance to see and cheer on the triathletes. Of course, there are plenty of spots along the route, too: along the canal for the swimming leg, the streets of Point Loma for the cycling, and the rest of Liberty Station to cheer the runners.

Team Challenge

Whether you’re new to triathlons or want to lower your race time, you can join a twice-weekly training program to help you get over the finish line. Participants in the scheme also raise money for the Crohn’s and Collitis Foundation of America.

There are two levels to race to race if you’re competing (in the team challenge or otherwise). Both take the same course – a swim in the calm waters of the Bay, a cycle leg through the Naval Base at Point Loma and Cabrillo National Monument, and ending with a run through the beautiful NTC Park at Liberty Station.

The difference is the distance: 750m/22k/5k at Sprint distance vs. 1500m/40k/10k at an Olympic distance, with the option of individual or relay. All finishers get a commemorative medal, which doubles as a bottle opener! This triathlon classic tradition will come in handy at the post-race event, where there’s local craft beer.

To register, the website, sdtri.series.com, has a straightforward process for all competitors. Early registration gets a discount, as does volunteering at the pre-race expo. If you are not a member of USA Triathlon, you can buy a one-day membership at this point ready for the race – pre-race bike checks are available, as well. You’ll need your T-shirt size, as one is included for taking part.

Now you know what you have to do, there’s no excuse for anyone not to take part in San Diego’s iconic triathlon.
Postmodern PrepKitchen would have done ancient Greece proud

BY MARTIN JONES WESTLIN

Ancient Greek playwright Euripides, who wrote about the gods, the wrong side of the bed and the common folks’ fates amid both, could've moonlighted as a restaurant critic. His declarations on food and drink were as universal as his relationships with his characters. In either case, human happiness trumped human circumstance as the formula that paves the road to success.

“When a man’s working with a full belly,” he’d assert in his fifth-century B.C. Athens, “it doesn’t matter if he’s rich or poor.”

A sign with words to that effect sits along the patio of PrepKitchen La Jolla as the eatery’s coastal-lifestyle clientele gathers for hours. Newly-minted blue-bistro chairs and breezy striped beach umbrellas, newly-established hours of service (everything’s pretty much available all day now, including the sandwich), and old-hand staff working the crowd at an original casual-concept seaside eatery mark the next chapter in the staple’s existence.

PrepKitchen has become a standard from the Whisknladle Hospitality peeps since its opening in 2009, playing off patrons’ tastes for favorites like garlic prawns, roasted cauliflower and chicken chilaquiles underneath the clearest blue skies you and your parakeet have ever seen (a fun girl brought one in the other day).

And don’t forget the fish tacos, so common in San Diego that they’re almost the city’s unofficial currency. At PrepKitchen, they’re also the size of Mike Tyson’s gloves, just like every other selection here, that Euripedean full belly was moments away as I placed my order, curious as to what the sriracha (a Thai hot sauce made from chili peppers and garlic) might do to the mahi inside the shell, itself the expance of a manhole cover.

Alone, sriracha is a lethal weapon. On my order, it morphed into the tastiest condiment this side of Bangkok. Every bite was a banquet fit for an Athenian god, who somehow managed to contain himself at the prospect of revisionist taco history. His Holiness wasn’t about to stop at the entree, dessert eventually beckoned in the form of something called malted chocolate cake, washed down with the reddest wine on the menu.

Any Malbec, especially from Argentina, is pretty much a sure bet, but this cake and its 214 layers boost the experience about eight levels.

“Red wine and chocolate,” my waiter beamed, “that’s what I’m talking about.”

Glad she said something, because the cavalcade of flavors had literally stunned me into speechlessness.

You’d expect somebody like her to work at PrepKitchen; she’s breezy and friendly, like the venue and its seaside setting. In fact, the whole experience bore absolutely no resemblance to anybody’s perception of ancient Greece, unless you count the Ripmeister’s astute observation on food and relative worth. You may spend like a pauper the other day, but a meal at PrepKitchen will have you feeling like a million bucks.

Contact: 888-768-7770

Avoid losing thousands when selling your home

SAN DIEGO, A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home. A 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today’s market. The fact of the matter is that fully three quarters of homeellers don’t get what they want for their homes.

As this report uncovers, most homeowners make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. I answer to this issue, industry insiders have prepared for a free special report entitled “The 9 step System to Get Your Home Sold Fast and For Top Dollar.”

To order a FREE special report, call toll-free 1-800-276-0763 and enter 1000. You can call any time. 24 hours a day, 7 days a week. Get your special report NOW to find out how you can get the most money for your home.

Weber & O’Neill

Ask The Trust & Estate Attorneys

Question: When do I discuss with my parent the assets of their estate, the existence of their estate plan and when to assist them?

Answer: The time to discuss your parents’ financial situation with them is now, if they will let you do so. Our parents are an independent and secretive bunch and do not like to be told what to do. One must tread lightly, however, the time to step in and help them is when you notice a little bit or their confusion over what bills they have. Other warning signs are: if their grocery habits change, if they are not interested in the same or any activities, have had a car accident or if someone is moving into their world and trying to keep them out. You can give them information and discuss with them the fact that an attorney can provide the tools to help them and their children pay their bills and stay in their own home. These documents include: wills, living trusts, power of attorneys and health care directives. If your parents no longer have the capacity or the ability to know what they own or who their heirs are, and they do not have any estate planning documents, we may need to do a conservatorship.

San Diego Mac Repair could be your device saver

BY ROSE WILSON

Have you ever experienced that moment of terror after dropping your iPhone in the toilet, falling on your iPad with your car? Well fear no more, San Diego Mac Repair, an Apple-certified shop with more than 10,000 repaired devices to date, is here to help.

SD Mac Repair started as the brainchild of Victor Carillo in 2009 after working at Apple as an Apple Genius for two years. Carillo has an extensive background in the industry of electronic repairs with more than nine years of iPhone, iPad, and Mac repair experience and 15 years of PC repair experience.

“I started upgrading and building computers in 2002 with the Windows 98 and XP,” says Carillo. “This turned into a personal passion for computers and helping people take advantage of what they have. I broke my iPhone 3G in college, in 2008, and found a niche for iPhone screen repairs.

I started a business with $200 in parts and word-of-mouth marketing. This grew into a larger business with more than four shops and 10 employees. You will get the best customer service in the industry with us.”

Whether your device is cracked, scratched, or non-functional, you can contact SD Mac Repair to fix your device.

Don’t waste your money on a brand-new device, bring it to San Diego Mac Repair to have any Apple product fully restored. PHOTO CONTRIBUTED.

For more information, follow SD Mac Repair on Instagram @sandiegomacrepair or visit www.sandiegomacrepairs.com.

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If your parents no longer have the capacity or the ability to know what they own or who their heirs are, and they do not have any estate planning documents, we may need to do a conservatorship.

Any Malbec, especially from Argentina, is pretty much a sure bet, but this cake and its 214 layers boost the experience about eight levels.

“Red wine and chocolate,” my waiter beamed, “that’s what I’m talking about.”

Glad she said something, because the cavalcade of flavors had literally stunned me into speechlessness.

You’d expect somebody like her to work at PrepKitchen; she’s breezy and friendly, like the venue and its seaside setting. In fact, the whole experience bore absolutely no resemblance to anybody’s perception of ancient Greece, unless you count the Ripmeister’s astute observation on food and relative worth. You may spend like a pauper the other day, but a meal at PrepKitchen will have you feeling like a million bucks.
The MED at La Valencia steps it up with ‘Summer Series’

BY BLAKE BUNCH

It has been a big year for La Valencia. Celebrating its 90th birthday recently as a destination hotel and local landmark, its historic atmosphere, and breathtaking views, will keep visitors coming back for years to come. In keeping with the times—both past and present—La Valencia is kicking off a “Summer Series” in their signature restaurant, The MED.

Executive chef Alex Emery, 32, is a native San Diegan with a passion for creative, natural dishes. Now infamous for their Saturday and Sunday brunches, which includes one of the finest views in San Diego, Emery is looking to bring something special to any given day of the week. With an innovative, young kitchen crew, The MED’s menu under Emery brings fresh, affordable, upscale fare.

Hosted from 5:30 to 9 p.m., the summer series runs nightly, excluding Friday.

The MED ‘Summer Series’

On Monday evenings, The MED follows its Iberian focus by serving up paella ($19) and sangria ($10), with a Flamenco guitarist at hand on the patio. The paella is not to be trifled with. Replete with scallops, mussels, octopus, fish, clams, chorizo, a head-on tiger prawn and a squid ink aioli (curiously delicious), Emery and crew present the dish so “it looks like it’s coming right out of the dish.”

“I grew up in San Diego, and we’re really spoiled to have access to such quality seafood,” Emery said. “We truly aim to reflect that in our full menu, but as you can see with the paella, we want the dish to be as esthetically appealing as possible while getting people to try new things.”

Keeping with a long-honored San Diego tradition, they will offer a Baja night on Tuesday nights. Since The MED prides themselves on purveying sustainable seafoods (with a similar mindset in regard to protein and produce), one can expect phenomenal seasonally-caught fish taco ($3) and margaritas ($10).

They have also partnered up with neighbor Lululemon to host sunset yoga on Tuesday afternoons as well. Sunset yoga will last from 6:30 to 7:30 p.m., followed by a happy hour at Café la Rue.

The middle/end of the week places an emphasis on some of the finer things. “Shucks + Champs Wednesdays” will be backed by live jazz on the patio, with oysters priced $1-3, as well as select champagne specials.

In playing off the Gatsby Gala held in December, The MED also has a play on throwback Thursday. Their “Supper Club Thursdays,” from 6 to 9 p.m. includes a $39 per-person intimate dining with $10 Ketel One or Nolet Gin martinis. Think beef Wellington carving stations and classy buffet-style dining, reflecting on the hotel’s rich cultural past.

It also goes without saying, but must be mentioned, that Saturday and Sunday brunch, served from 10:30 a.m. to 2:30 p.m. still runs every weekend without fail. Emery says they do “about 300” people typically on most weekends, which is quite impressive for any restaurant. But with a keen attention to detail without sacrificing wait timeliness, the chefs at The MED have dialed in their menu.
Recently, ArcLight Cinemas announced a new unique program called “ArcLight on Tap.” This is the first time an event like this has occurred and will be perfect for any moviegoers who enjoy or are familiar with the experience ArcLight Cinema provides. This summer series will take place on the last Saturday of every month from 3 to 6 p.m. at the ArcLight patio in Westfield UTC.

ArcLight on Tap will feature a beer garden with local craft beers, food tasting, and giveaways. Participants can also buy tickets to see anticipated films like “Transformers: The Last Knight” and “Atomic Blonde.” Also, the ArcLight Cinema’s Cafe will be serving food samples, with items like popcorn chicken, sliders, and poke.

“We’re always trying to find new ways to connect film and community,” said Ana Mejia, general manager of ArcLight La Jolla. “We felt like ArcLight on Tap was the perfect way to partner with breweries in San Diego and enhance guest’s experience with a beer tasting. It’s going to be a fun afternoon for fans of ArcLight and local beer.”

ArcLight Cinemas La Jolla contains reservable seats with an abundance of space as well as an extensive amount of options for food and drink. With a strict policy against showing commercials and any activities that may disrupt viewers, watching a movie at ArcLight makes for a personal and unique experience.

ArcLight on Tap will occur on three days, June 24, July 29, and Aug. 26. Attendees must be at least 21 years old and provide valid identification. For more information, visit www.arclightcinemas.com.

ARCLIGHT ON TAP:
Where: 4425 La Jolla Village Dr.
Website: www.arclightcinemas.com
Contact: 858-768-7770

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Hurry! Deadline is July 7th!
From my garden: Hummingbirds are nature’s way of saying ‘thank you’

BY LINDA MARRONE

Since we are enjoying new Anna’s hummingbird nests in the garden, I decided to revive an old column I wrote about these amazing tiny garden jewels.

Hummingbirds are nature’s ways of saying thank you for planting flowers. Their jewel-like beauty is created by colorful iridescent feathers that have a prism-like construction that changes hue as they dart in and out of the sunlight. Hummingbirds need flowers to survive, since their quick active movements and high metabolism requires them to consume two to three times their bodyweight in flower nectar and small insects each day.

An average garden flower has about 2-4 milligrams of nectar, which means that hummingbirds must visit thousands of flowers each day to extract the 50 grams of nectar they need to survive. For protein, small insects are also on their menu, which is great for insect control.

The smallest birds on the planet, hummingbirds live between 3-5 years, fly 25 to 60 mph, their wings beat at about 80 beats per second and they have the unique ability to hover and fly backwards, but they can’t walk, only perch. Territorial and very protective of their feeding area, these tiny creatures will aggressively fight off their competition.

They do not have a sense of smell and are attracted to flowers by their color. Red is said to be their favorite.

Five species of humming birds common to our area are: Anna’s hummingbirds, which are quite common, Costa’s, Rufous, Allen’s and Black-chinned hummingbirds can also be found. Males are more colorful than females and have a magenta or red throat. They are one of the few hummingbirds that sing to attract a mate.

While a hummingbird feeder filled with sugar water will lure them, the feeder should only be viewed as a supplement to their diet, since sugar water lacks the nectar “pollen” proteins found in flowers. Pollen proteins keep the birds healthy and benefit their immune and reproductive systems. Some experts believe that hummingbirds will only occasionally feed from feeders and will rely on flowers for the mainstream of their diet. However, others believe that feeders create unhealthy and dependent “wino” birds. If you have a hummingbird feeder, do not color the sugar water with red food dye.

The best way to invite hummingbirds into your garden is with nectar-producing flowers and a water source. Flowering plants such as: alstroemeria, azalea, California fuchsia, daisies, delphinium, foxgloves, fuchsia, impatiens, jasmine, lobelia, morning glory, nasturtium, nicotiana, penstemon, petas, petunias, phlox, rosemary, sage, salvia, trumpet vine and tuberosus begonias, will all attract hummingbirds to your garden and an added treat is that these flowers attract butterflies.

With all the hummingbird nests we have had in the garden over the years, I always wonder if the babies who grew up here are the ones who come back to build their nests and visit me when I am working in the garden.

Linda is a Realtor with Coldwell Banker and she specializes in historic real estate. A historic home owner herself, you can take a tour of Linda’s garden on www.LindaMarrone.com.

Oh say can UC: The 29th annual 4th of July celebration at Standley Park

BY JEMMA SAMALA

The event will be held on Tuesday, July 4 at Standley Park.

Festivities kick off bright and early with the pancake breakfast, run by the Knights of Columbus, starting at 7:30 a.m. by the Standley Park Rec. Center on Governor Drive in University City. The smell of pancakes and hot dogs, thanks for your support!

The UC Celebration sponsors will be offering free swim time at Swanson Pool from noon to 4 p.m. This event is open to all, so bring your swimsuits and towels.

The UC Celebration sponsors will be offering free swim time at Swanson Pool from noon to 4 p.m. This event is open to all, so bring your swimsuits and towels.

Official opening

11 a.m., the national anthem will be performed by the Standley Band with Color Guard B.S.A. Troop 11.

Opportunity drawing

Get your tickets for chances to win all types of baskets — dining, activities, services, etc.

Photo scavenger hunt

The hunt starts at 11:30 a.m. To participate, sign up at the Scavenger Hunt table in advance of the start.

Slug-a-thon

Run by the UC Little League, and held all day at Fort Field (next to Spreckels Elementary). There will be male and female categories in age groups starting at T-Ball to Senior Adult. Costs are per swins: 2/5, 5/10, $5/20. Prizes will be awarded. Go to ucl.org for more info.

Contributors and donors: Contributions towards the opportunity drawing and general donations are always appreciated. Contact jemmasamala@gmail.com or send to: Standley Park Recreation Council, 3585 Governor Drive.

The day’s schedule will look like:

7:30 a.m. — Pancake breakfast;
7:45 — 1-mile fun run;
8 — 5k run/walk, UC Invasion band;
9 — Book Barn opens, ticket sales start;
9:30 — Pancake breakfast ends;
10:30 — Bike and pet parade starts;
11 — Opening with national anthem; food, booths, activities, beer garden opens;
11:30 — Sack races, photo scavenger race;
Noon — Polynesian/Hawaiian dancers, Celebration Car Show;
1:00 — Pool opens;
2:00 — Nick Crook performs;
3:00 — Martin Coughlin performs;
5:00 — Tug-of-war games;
6:00 — Apple pie-eating contest;
7:00 — Martin Coughlin performs;
7:30 — True Stories performs;
8:00 — Nick Crook performs;
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All information subject to change without notice
La Jolla news and community briefs: Doggie surf lessons, astronauts and more

Play exhibits courage during Warsaw Uprising

As the final event of the 24th annual Lipinsky Family Jewish Arts Festival, The San Diego Center for Jewish Culture and San Diego REP have partnered to present “For Honor,” a world premiere staged reading with music.

The inventive docudrama is about the young heroes of the Warsaw Ghetto uprising. Written and directed by Lee Sankowich, esteemed producer, artistic director and owner of the Zephyr Theater in Los Angeles, the play will be produced by Todd Salovey, associate artistic director of the San Diego REP. This production will be held on Sunday, July 9, at 7 p.m. at the Lawrence Family Jewish Community Center, David and Dorothea Garfield Theatre, 4 1/2 Executive Drive.

Three-hundred heroic young men and women – many of them teenagers – lived and loved, as they fought the Nazis, in what became known as the Warsaw Ghetto Resistance and Uprising. “They were more than just warriors,” explains Sankowich.

Sakura Roberson

CIFSDS Track Athlete of the Year!

UHS student Sakura Roberson was named the CIFSDS Track Athlete of the Year. Roberson finished fifth in the state in the 800m, 13th in the state in the 4x100 relay and 13th in the state in the 800m, becoming known as the Warsaw Ghetto Resistance and Uprising.

“Pacific Hospitality Group recently announced the appointment of Mairaedd Henry to the position of general manager at Estancia La Jolla Hotel and Spa – its lifestyle Meritage Collection property located near San Diego. In her new role, Hennessy will be responsible for managing the hotel’s day-to-day operations, overseeing all aspects of the 10-acre property, including everything from sales and marketing to food and beverage, while also maximizing revenue and maintaining focus on strategic goals.

“We are excited to welcome Mairaedd as a member of our team and look forward to the continued success of Estancia La Jolla Hotel and Spa under her leadership,” said Robb Walker, vice president of operations, Meritage Collection, Pacific Hospitality Group. “Mairaedd’s extensive experience and dedication to delivering an exceptional guest experience will help position Estancia La Jolla as a leading destination for travelers.”

New NASA astronauts have La Jolla roots

Three candidates to NASA’s 2017 astronaut program have San Diego roots. Navy Lt. Cmdr. Matthew Dominick earned a bachelor of science in electrical engineering from USD and master of science degree in systems engineering from the Naval Postgraduate school. A native of Wheat Ridge, Colo. Dominick graduated from Navy Test Pilot School and currently serves with the Strike Fighter Squadron 115 aboard the aircraft carrier USS Ronald Reagan.

Dr. Jonny Kim enlisted in the Navy after high school and served on SEAL Team Three as a medic, sniper and point man on more than 100 combat operations. A Los Angeles native, Kim acquired a degree in mathematics from Harvard and a degree in mechanical engineering from the University of Denver, as well as a master’s in materials science and a doctorate in engineering from UC San Diego.

The astronaut candidates will now undergo two years of training, then will be assigned to NASA’s Astronaut Office performing “technical duties” while awaiting possible flight assignments.

Doggie surf lessons at Del Mar Beach

It’s back! On Sunday, June 18, local beach-loving pups will splash into summer with the Helen Woodward Animal Center’s Surf Dog classes at Dog Beach in Del Mar.

Calmer-sea-inclined canines won’t have to stay on the sand either with the 8:30 a.m. Paddle Paw Stand-Up Paddleboard class in the Del Mar Dog Beach Channel.

Stop by to check out the most “sand-sational” thing San Diegans can do with their pups! Classes will be scheduled at 8:30 a.m., 10 a.m., 11 a.m. and noon.

Celebrate the Summer of Love at the 38th OB Street Fair and Chili Cook-Off

Thousands of visitors are expected to flock to Ocean Beach to enjoy food, drinks, chili, live music, art and great people watching at the Ocean Beach Street Fair and Chili Cook-Off festival on June 24.

The 38th annual festival will celebrate the Summer of Love and include an oceanfront chili cook-off, vendor and food booths, Artists Alley, a beachside beer garden, live music and entertainment, family friendly activities, carnival rides and games, art, the Community Missionary and more.

Chili tastings will begin at 11 a.m. and end when contestants run out of samples. Tastings can be purchased for $2 per chili entry, or attendees can buy a master ticket for $20 to try every recipe and vote for the best. There will be five stages of nonstop music throughout the day. Music genres include acoustic, rock, blues, alternative, Americana and more.

The street fair will take place from 10 a.m. to 8 p.m. in the 4800 – 5000 blocks of Newport Avenue, along the waterfront and in the pier parking lot, and along the cross streets of Newport Ave. at Bacon Street and Cable Street. Free trolley services will run for vehicles parking near Robb Field (every 30 minutes) and on SeaWorld Drive at Pacific Coast Highway (every hour) from 9:30 a.m. to 9 p.m.

Stop by to check out the most “sand-sational” thing San Diegans can do with their pups! Classes will be scheduled at 8:30 a.m., 10 a.m., 11 a.m. and noon.

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‘Escape to Margaritaville,’ LJ Playhouse’s tribute to an American icon

BY LUCIA VITI

Calling all Jimmy Buffett Parrot Heads! Grab your straw hats, suntan lotion, flip-flops, Bermuda shorts and flowered shirts and “Escape to Margaritaville,” right here in La Jolla.

The highly-successful, world premiere musical, now showing through July 9 at the La Jolla Playhouse, is truly a delightful dance and song tribute to Jimmy Buffett, one of America’s iconic singer-songwriters.

Decades in the making (Buffett’s career spans 50-years), “Escape to Margaritaville” weaves classic Buffett sing-a-longs through a tapestry of lovable characters searching for companionship. And to no one’s surprise, a cast of characters weaving classic Buffett sing-a-longs through a tapestry of lovable characters searching for companionship.

The main cast of characters include Paul Alexander Nolan as Tully, Alison Luff as Rachel, Lisa Howard as Tammy, Charlie Pollock as Brick, Don Sparks as JD, Andy Ward as Jamal, and Rema Webb as Marley.

According to Ashley, cast and crew members worked diligently to “capture the essence of the music” to ensure that avid concert goers who tailgated throughout the years were standing up, hearts pounding, sweat running down their backs, while Jimmy Buffett himself played guitar on stage.

The cast of “Escape to Margaritaville” does justice to Jimmy Buffett tunes in the La Jolla Playhouse production.

PHOTO CONTRIBUTED

When I was in college, Aimee Semple McPherson was at the height of her popularity. She was an evangelist at the Foursquare Church in Los Angeles and had thousands of followers. Three of us nice freshman girls decided to go hear and see this phenomenon, ready to suppress the inevitableiggles.

We sat way up in the balcony of the enormous church with loud music reverberating against the walls. After a while, a white-clad figure in flowing robes appeared and started to name in rapid succession what the time was all 48 states. This seemed to please the congregation, who applauded vigorously. We were not impressed. As the evangelist enthralled her flock to repent and let the music grew louder, people started to rise up from their chairs and shout. Sister Aimee was screaming that Jesus was coming and that people can receive him. The shouting increased with people waving their arms and Sister Aimee yelling, “He’s coming! He’s coming! He’s coming!”

I was in awe, not of the proceedings, but of my body’s involuntary reaction. The three of us were standing up, hearts pounding, sweating, electrified by the hysterical atmosphere.

The coming of Jesus was not exactly a plausible idea that we could accept, but anything else remotely resembling a call to arms for some cause more or less noble would have had us shouting and waving right alongside the others.

This was a major lesson learned early in my adult life. As a child, I had heard Hitler and Mussolini screaming on the radio; it scared me. However, when De Gaulle shouted “Vive La France,” I was ready to go and fight for my then country even though I was only 12. Since then, I have heard Perons and Stallius, Castro and Ayatollahs—all whirring up their followers with frenzied messages, not so much for some cause, but rather against specific people, be they blacks, whites, capitalists, immigrants, rulers, reformers, or peacekeepers.

It feels good to be standing in a crowd and have permission to let out the pent-up rages of our childhoods, the injustices of our work lives, the frustration of our family situations—stand with others in mutual anger, shouting, and voicing to take action. There is a special feeling about being in a crowd yelling slogans and waving arms. One somehow feels larger than oneself, promoting a cause or fighting against it, or just being there enjoying the music at a concert; one begins to march to someone else’s drumbeat. As we know too well, a crowd will engage in behaviors an individual would never do on his or her own. For most, it ends there, at the rally, at the meeting, but for some, spurred to action, they go on to kill.

I have felt anger at various newspaper stories of child abuse, unfair practices, and meaningless or destructive behaviors. However, between feeling the anger and acting upon it is an abyss I cannot cross. Not so for too many people with weak control, poor reality testing, fragile egos, and a disconnection in their brains between feelings and actions. They cannot feel shame, regret, or remorse for any action they have committed that has hurt or taken the life of another.

If rhetoric vindicates murder, we must stop the rhetoric. Those who shout messages of hate into microphones are indeed accessories to the crimes perpetuated by their listeners. People have hated Christians and thrown them to the lions, hated Jews, Romans, the Tutsis of Rwanda, and Bosnian Muslims and committed genocide against them, hated Protestants or Catholics depending on which county in Ireland they lived and set off bombs in the streets, hated the Japanese and placed them in detention camps. Now we are directed towards Muslims, illegal immigrants, transgender people, Democrats, or Republicans.

We are becoming more polarized as a nation as is the rest of the world as more extremist factions rise to power. We can be stirred by a speech, an ad, a movie, or a book. We are not educated about how our own primitive impulses can be influenced by a savvy media that knows how to motivate us to action or to buy a product or follow the dictates of a leader.

So I have become conscious of my own sometimes outright reactions in a crowd at a football stadium, a revivialis church, a political rally, or even singing the national anthem in unison, especially in times of crisis. It is important that we become aware of our own runaway emotions at such times and exercise control as needed to not do anything we might regret later.

“Sticks and stones may break my bones, but words can never hurt me.”

Natalia Josefovitz is the author of more than 20 books. She currently resides at White Sands Retirement Community in La Jolla.
Possible Fiesta Island dog park development draws varying opinions

BY DAVE SCHWAB

The less redevelopment the better.
That was the takeaway from dog owners who picked a scoping session last week at Mission Bay High School to bond the city about what they’d like — and not like — to see with long-range master planning on Fiesta Island.

Fiesta is a huge peninsular manmade island on Mission Bay with fire pits, dog parks, endan-
gered bird sanctuaries, youth camps, various water sports and 27 miles of beach including a 90-
acre off-leash dog area.

The city is kicking off its long-delayed public process for plan-
ning the future of Fiesta Island, defining two options, A and B, in its recent public notice on resum-
ing the Fiesta Island planning process.

“Option A” would divide the area with a road and reduce access for off-leash users.

“Option B” would keep the area intact and increase the fenced, off-leash area.

Prior to the May 23 pooch pow-
wow, Debra Madden of Fiesta Island Dog Owners, a communi-
ty-based nonprofit with more than 14,000 members dedicated to preserving Fiesta Island’s

leash-free recreational area, weighed in on the city’s reboot of long-term planning for the popu-
lar recreational island.

“We don’t want an amphithe-
ter,” said Madden, FIDO spokesperson.

Madden noted the Fiesta “expe-
tience” is “unlike other parks where you just stand around or sit” in a park setting, but rather is an active park where people walk, jog, run or cycle alongside their pets.

“You can’t be out there looking at the dogs, the ocean and the clouds without feeling refreshed,”

confided Madden.

FIDO was created in 2008 as a response to a massive develop-
ment plan unveiled then by the city, which originally proposed removing or moving the leash-
free area. Fiesta Island went off-leash after the city in 1997 passed an ordinance “prohibiting dogs on all of its beaches in San Diego County, with the exception of OB Dog Park and Fiesta.”

City and park planners on May 23 said the scoping meeting was being held to receive public input on what Island Fido users want-

ed in terms of possible improve-
ments, as a prelude to the environ-
mental impact review process the city is conducting.

The end result of that process is to amend the Mission Bay Park Master Plan to incorporate any publicly

desired Fiesta Island improvements.

One city official noted Fiesta Island has been divided into quadrants.
to call an attorney referral service. If you cannot
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Joseph Deán Klatt PhD & Enya
LIST WHERE THE REAL ESTATE ACT IS AT
MUSIC

BY BART MENDOZA

Musical theme week’s returns to Eddie V’s this month. Featuring a different pianist each night, from June 19 – 25 will be devoted to “Martini Swing” music of the 1950s and 1960s, while from June 26 to July 2 the spotlight will be on “Soulful Fusion,” featuring Rhythm and Blues classics of the 1970s and 1980s. With music starting at 6 p.m. and top notch performers including Shelly Taylor (Sundays), Mikan Zlatkovich (Tuesdays) and Chris Cerna (Thursdays) on the roster; this is a great way to start off an evening, perfect for either a classy date night or a fun, relaxing get together.

Martini Swing Week. From June 19 to 25 at 6 p.m. For more information, visit www.eddiev.com.

Mikan Zlatkovich will be performing on Tuesdays at Eddie V’s throughout the month of June, and into July.

Friday, June 23

Alaina Blair, singer-songwriter, noon. UTC Palm Plaza;
Ke’Ahi, singer-songwriter, 4 p.m. Duke’s;
Jonny Tarr, acoustic covers, 5 p.m. Farmer & The Seahorse;
McConigle & Gladstone, standards, 6 p.m. La Valencia;
Andrew Parker Davis, acoustic music, 6 p.m. The Turquoise;
K. Emeline, songwriter.

Saturday, June 24

Robin Henkel, acoustic blues, 10 a.m. Birdrock Coffee Roasters;
Marcela Mendez, singer-songwriter, noon. UTC Palm Plaza;
TBA, 6 p.m. La Valencia;
Doug Hartley Trio, jazz, 7 p.m. The Turquoise;
Fredziel A Dream Trio, piano jazz, 7 p.m. Eddie V’s;
Tad Sisler, piano standards, 8 p.m. In the lounge, The Manhattan;
tba, classic covers. 9 p.m. Beamon’s;

Sunday, June 25

Sam & Stacy, singer-songwriter, noon. UTC Palm Plaza;
TBA, singer-songwriter, 9 p.m. The Manhattan;
Keni Yarbro, pop and jazz writer. 5 p.m. Farmer & The Seahorse;
Rayme Sciaroni, standards. 5:30 p.m. The Turquoise;

Monday, June 26

Shelly Taylor Trio, piano jazz, 6 p.m. Eddie V’s;
Javid & Naoko, Flamenco guitar. 6 p.m. La Valencia;

Tuesday, June 27

Mikan Zlatkovich Trio, piano jazz, 6 p.m. Eddie V’s;
Bill Fleming, solo guitar. 6 p.m. La Valencia;
Manoche Five, gypsy jazz. 7 p.m. The Turquoise;

Wednesday, June 28

Jasmine Commerce, singer-songwriter, noon. UTC Palm Plaza;
Veracruz Blues, Latin sounds. 9 p.m. The Turquoise;

Thursday, June 29

Matt Commerce, singer-songwriter, noon. UTC Palm Plaza;
Whitney Shay & Robin Henkel, singer songwriter. 5 p.m. Farmer & The Seahorse;
Robin Henkel, singer-songwriter. 5 p.m. Farmer & The Seahorse;
Blue Jean Simmons, standards. 5:30 p.m. The Turquoise;
Rayme Sciaroni, classic rock. 6 p.m. La Valencia;
Chris Cerna Trio, piano jazz. 6 p.m. Eddie V’s;
Fred Hardy Straight Ahead Jazz. jazz. 7 p.m. The Turquoise;
Linda May Han Oh Quartet, jazz. 7:30 p.m. Athenaeum;
Funk Shui Planet, covers. 7:30 p.m. Beamon’s.

As part of the Green Flash Concert series, Cracker will be playing at the Birch Aquarium on June 21 from 6-9 p.m.

Cracker has been described as a lot of things over the years: alt-rock, Americana, insurgent-country, and have even had the terms punk and classic-rock thrown at them. But more than anything, Cracker are survivors. Co-founders Lowery and Hickman have been at it for a quarter of a century – amassing ten studio albums, multiple gold records, thousands of live performances, hit songs that are still in current radio rotation around the globe (“Low,” “Get Off This” and “Turn On, Tune In, Drop Out With Me” to name just a few), and a worldwide fan base – that despite the major sea-changes within the music industry – continues to grow each year.

For tickets or more information, visit aquarium.ucsd.edu/events /2017/june-cracker.
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The owner of a historic La Jolla home and garden, Linda’s specialty is selling historic homes. Her experience as both a historic homeowner as well as her years of involvement in the historic preservation community will make selling your historic or potentially historic home a pleasure. In recent months she has sold homes designed by Thomas Shepherd (c. 1950), Florence Palmer (c. 1928) and Harold Abrams (c. 1935), as well as the historically designated California Bungalow (c. 1905) pictured above.

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