TRAGEDY AT GLIDERPORT

A paraglider floats above Blacks Beach in Torrey Pines.

By EMILY BLACKWOOD | LA JOLLA VILLAGE NEWS

MID-AIR COLLISION AND CRASH INTO CLIFFS KILLS TWO PARAGLIDERS

B y all accounts, it was a pretty perfect day. The air was good, and there was plenty of space to fly, according to Torrey Pines Gliderport flight director Gabriel Jebb. No one could have imagined that it would be the backdrop for the Gliderport’s first death in more than 10 years, and its first midair collision to cause multiple deaths. It was a tragedy. One that, according to Jebb, “couldn’t have happened to two better guys.”

On March 9, Glenn Johnny Peter and Sean Dressen were both killed in a midair collision near Torrey Pines Gliderport. The accident occurred just after sunset, and the paragliders were on their way back to the launch site after a successful flight. The cause of the collision is still under investigation, but eyewitnesses reported seeing the paragliders colliding in midair before they fell into the cliffs below.

“araged by the loss of two of our community’s finest,” said Gliderport flight director Gabriel Jebb. “These were two of the best pilots we’ve ever had, and they will be deeply missed by all who knew them.”

Official statements from the Gliderport are expected in the coming weeks as the investigation continues.

In March, La Jolla Village Merchants Association introduced Enjoya La Jolla, an upcoming monthly Saturday night twilight event promoting the Village.

“We’ve got a lot happening with marketing and we have done a lot of work,” said Jodi Rudick, LJVMA executive director. “We are very excited to bring Enjoya La Jolla, our sip, shop and stroll event, to the Village on the second Saturday of the month.”

Noting the event name is a “fun play on words,” Rudick pointed out research determined the new event would likely fare better if it were held earlier in the evening.

“We found that a 3 to 7 p.m. sunset theme was the best time to have it because people come to town for the sunsets, and we thought we could expand on that to bring them into the Village,” she said. “We want to develop a media plan involving public relations. This could be the magnet that gets people from outside to come out and find out what we’re all about.”

Rudick said Ace Parking has donated an entire parking structure at 888 Prospect St., to accommodate Enjoya La Jolla guests.

Sip, shop and Enjoya La Jolla Saturday nights

In March, La Jolla Village Merchants Association introduced Enjoya La Jolla, an upcoming monthly Saturday night twilight event promoting the Village.

“We’ve got a lot happening with marketing and we have done a lot of work,” said Jodi Rudick, LJVMA executive director. “We are very excited to bring Enjoya La Jolla, our sip, shop and stroll event, to the Village on the second Saturday of the month.”

Noting the event name is a “fun play on words,” Rudick pointed out research determined the new event would likely fare better if it were held earlier in the evening.

“We found that a 3 to 7 p.m. sunset theme was the best time to have it because people come to town for the sunsets, and we thought we could expand on that to bring them into the Village,” she said. “We want to develop a media plan involving public relations. This could be the magnet that gets people from outside to come out and find out what we’re all about.”

Rudick said Ace Parking has donated an entire parking structure at 888 Prospect St., to accommodate Enjoya La Jolla guests.

In March, La Jolla Village Merchants Association introduced Enjoya La Jolla, an upcoming monthly Saturday night twilight event promoting the Village.

“We’ve got a lot happening with marketing and we have done a lot of work,” said Jodi Rudick, LJVMA executive director. “We are very excited to bring Enjoya La Jolla, our sip, shop and stroll event, to the Village on the second Saturday of the month.”

Noting the event name is a “fun play on words,” Rudick pointed out research determined the new event would likely fare better if it were held earlier in the evening.

“We found that a 3 to 7 p.m. sunset theme was the best time to have it because people come to town for the sunsets, and we thought we could expand on that to bring them into the Village,” she said. “We want to develop a media plan involving public relations. This could be the magnet that gets people from outside to come out and find out what we’re all about.”

Rudick said Ace Parking has donated an entire parking structure at 888 Prospect St., to accommodate Enjoya La Jolla guests.

Sip, shop and Enjoya La Jolla Saturday nights

In March, La Jolla Village Merchants Association introduced Enjoya La Jolla, an upcoming monthly Saturday night twilight event promoting the Village.

“We’ve got a lot happening with marketing and we have done a lot of work,” said Jodi Rudick, LJVMA executive director. “We are very excited to bring Enjoya La Jolla, our sip, shop and stroll event, to the Village on the second Saturday of the month.”

Noting the event name is a “fun play on words,” Rudick pointed out research determined the new event would likely fare better if it were held earlier in the evening.

“We found that a 3 to 7 p.m. sunset theme was the best time to have it because people come to town for the sunsets, and we thought we could expand on that to bring them into the Village,” she said. “We want to develop a media plan involving public relations. This could be the magnet that gets people from outside to come out and find out what we’re all about.”

Rudick said Ace Parking has donated an entire parking structure at 888 Prospect St., to accommodate Enjoya La Jolla guests.

Sip, shop and Enjoya La Jolla Saturday nights

In March, La Jolla Village Merchants Association introduced Enjoya La Jolla, an upcoming monthly Saturday night twilight event promoting the Village.

“We’ve got a lot happening with marketing and we have done a lot of work,” said Jodi Rudick, LJVMA executive director. “We are very excited to bring Enjoya La Jolla, our sip, shop and stroll event, to the Village on the second Saturday of the month.”

Noting the event name is a “fun play on words,” Rudick pointed out research determined the new event would likely fare better if it were held earlier in the evening.

“We found that a 3 to 7 p.m. sunset theme was the best time to have it because people come to town for the sunsets, and we thought we could expand on that to bring them into the Village,” she said. “We want to develop a media plan involving public relations. This could be the magnet that gets people from outside to come out and find out what we’re all about.”

Rudick said Ace Parking has donated an entire parking structure at 888 Prospect St., to accommodate Enjoya La Jolla guests.

Sip, shop and Enjoya La Jolla Saturday nights

In March, La Jolla Village Merchants Association introduced Enjoya La Jolla, an upcoming monthly Saturday night twilight event promoting the Village.

“We’ve got a lot happening with marketing and we have done a lot of work,” said Jodi Rudick, LJVMA executive director. “We are very excited to bring Enjoya La Jolla, our sip, shop and stroll event, to the Village on the second Saturday of the month.”

Noting the event name is a “fun play on words,” Rudick pointed out research determined the new event would likely fare better if it were held earlier in the evening.

“We found that a 3 to 7 p.m. sunset theme was the best time to have it because people come to town for the sunsets, and we thought we could expand on that to bring them into the Village,” she said. “We want to develop a media plan involving public relations. This could be the magnet that gets people from outside to come out and find out what we’re all about.”

Rudick said Ace Parking has donated an entire parking structure at 888 Prospect St., to accommodate Enjoya La Jolla guests.
La Jolla Shores Association comes out against allowing vehicle habitation

By DAVE SCHWAB | LA JOLLA VILLAGE NEWS

L a Jolla Shores Association approved writing a letter to the city in March protesting neighborhood vehicle habitation.

San Diego City Council recently repealed a 1983 ordinance prohibiting residents from living in a vehicle on streets within city limits. That decision followed U.S. District Judge Anthony J. Battaglia’s ruling in August 2018 that the ordinance was both vague on its face and being arbitrarily and discriminatorily applied.

SDPD community relations officer Larry Hesselgesser noted the vehicle habitation ordinance is no longer being enforced.

“We’re still enforcing the Over-size Vehicle Ordinance for RVs 17-feet wide by 27-feet long,” he said adding, “Police could contact them (vehicle sleepers) with probable cause to check and see if they had criminal backgrounds or warrants. We don’t have that tool anymore.”

“Write your legislators,” answered Hesselgesser. “Ask them to reword the ordinance to give us the tools back we need to be able to contact people.”

LJSA board member John Sheridan moved that the group draft a letter to the city relating that, “This is an item of concern to us.”

Added board member Dave Gordon, “The letter should include that we need to find a solution to where homeless people can go and sleep in their cars safely, as opposed to just doing away with all the current laws.”

“We need to offer them (homeless) an alternative,” agreed Sheridan.

“There will be a ripple effect from people sleeping in cars, and it’s going to be huge,” noted Emerson. Lorraine Schmalenberger, president of La Jolla Shores Surfing Association, pitched LJSA on creating a beach subcommittee.

“We’re one of the biggest, most visited beaches and a tourist destination accessible to the whole county,” she said. “With all these different users, there are a lot of issues that come forward affecting us all. ... We should have a beach committee where we could air complaints or tackle issues. ... It would be nice to have a committee where we could bring stuff forward that was actionable.”

Emerson suggested Schmalenberger put her request in an email adding, “Then we can put it in front of the board and see what we might be able to do.”

“They (surf association) have a lot of issues that don’t come before any city organization,” said board member Dede Donovan. “We’re the logical city organization for them to deal with with their issues.”

In other action

• Elected to the LJSA board in March were: Sharon Luscomb, co-owner of La Jolla Kayak; Coco Tihanyi, Surf Diva co-owner; chair Lorraine Emerson, an area resident since 1961; Ross Rudolph, M.D., a 30-year Shores resident; SIO researcher Dr. M.O. Andi Andreue; and Pam Boynton, a retired teacher and 44-year Shores resident. Three write-in candidates — Bob and Kim Whitney and Mike McCormack, were declared ineligible because they were not registered group members.

READ MORE ONLINE AT sdnews.com

EXPRIENCE THE WONDERS OF THE WORLD THROUGH THE PHOTOGRAPHY OF IAN ELY A very special unveiling event.

IAN ELY GALLERY • LA JOLLA • and Ian Ely invite you to a very special unveiling on Saturday, March 23rd from 6:00 to 10:00 PM.

Enjoy an evening of fine art photography, live music from Emanuela Bellezza, drinks, hors d’oeuvres, special giveaways, and a special meet and greet with world renowned photographer Ian Ely. We look forward to seeing you there and sharing this exciting unveiling with you.

IAN ELY GALLERY • LA JOLLA •
1141 Prospect Street
La Jolla, California 92037
(858) 291 - 8804 • ianeley.com

TRAGEDY CONT. FROM PG. 1

Bengtsson, 43, of Carlsbad, and Raul Gonzalez Valerio, 61, of Laguna Hills, died after they crashed into each other and fell into a cliff. Both Bengtsson and Valerio were certified pilots who were well aware of rules regarding the distance to keep between each other.

Valerio had fallen in love with paragliding after he retired and learned a couple of his buddies were doing it. He finished up his training at Torrey Pines a year ago, where he met Jebb.

“He had this incredible dynam- ic personality,” Jebb said. “The first day you met him, you liked him.”

Valerio was known for being friends with everyone and could be found at Gliderport flying or even just hanging out with the pilots at least four days a week.

Bengtsson worked as a commercial pilot and was passionate about “aviation in any form.” Jebb met him back in January.

“His feeling was that once you started paragliding, flying is like flying a car with more rules,” Jebb said. “Paragliding is about as close to being a bird as you can be.”

The San Diego Police, the San Diego Fire-Rescue Department, and the Medical Examiner’s Office are still investigating.

READ MORE ONLINE AT sdnews.com

LA JOLLA Upper Hermosa: Panoramic Ocean View. 4bd+bonus/4.5ba. 4,620 sf. $3,348,000.

LA JOLLA: 4bd+den/2.5ba. 3,097 sf. $2,250,000.

PENDING: LA JOLLA Upper Hermosa 1st Time on Market! 4bd/3ba. 2,700 sf., 11,400 sf. lot $1,799,000.

PENDING: BAY PARK: 3bd/2.5ba. 2,046 sf. $1,795,000. OPEN HOUSE: 7614 Eads Ave LA JOLLA. Sunday 1-4pm

LA JOLLA Village: 3bd/2.5ba. 2,046 sf. $1,795,000. OPEN HOUSE: 7614 Eads Ave LA JOLLA. Sunday 1-4pm

OPEN HOUSE: 1671 Paseo Bonita, LA JOLLA. Sunday 1-4pm

LA JOLLA Bird Rock - Top floor unit, sweeping ocean views. 2bd/2ba. 1,435 sf. $1,395,000.

OPEN HOUSE

LA JOLLA Village: 3bd/2.5ba. 2,046 sf. $1,795,000.

OPEN HOUSE: 7614 Eads Ave LA JOLLA. Sunday 1-4pm

PENDING: BAY PARK: 3bd/2.5ba. 1,473 sf. $769,000.
Councilmember Bry will not support removing parking requirements for housing

‘There is no such thing as affordable housing. There is only subsidized housing.’ —DAVE LITTLE, LA JOLLA RESIDENT

The trade-off in reducing parking requirements to make it cheaper to build affordable housing isn’t being endorsed by La Jollans surveyed. Recently, the City Council voted 8-1, with District 2 Councilmember Dr. Jen Campbell dissenting, to reduce parking requirements to a zero minimum at new multifamily residential developments within Transit Priority Areas (TPAs). A TPA is defined as any area sitting within a half-mile of one or more planned or existing transit stops.

Since the first reading of the proposed parking regulatory reform, Councilmember Barbara Bry of District 1 including La Jolla has changed her position. “This proposed ordinance is a meat-axe approach to an issue that requires sensitivity to the unique characteristics of each impacted neighborhood,” said Bry. “I will be voting no on Item 51: Proposed Parking Requirement Regulatory Reform for Multifamily Residential Development in TPAs.”

Added Bry, “Whatever the outcome of this vote, I will work with community groups to monitor impacts and to propose modifications to protect neighborhoods while moving toward the goals of reduced housing costs and reduced dependency on cars.”

Said Mayor Kevin Faulconer of this parking reform he first proposed last November, “We need to get government out of the way so constructing homes becomes easier, less expensive and faster. One of the ways we do that is by getting rid of outdated parking mandates that add significant costs to new housing.”

Here’s what La Jollans surveyed said about relaxing parking requirements in TPAs: “There is no such thing as ‘affordable housing.’ There is only subsidized housing. The City is subsidizing housing in this case by allowing developers to build more units and have people park on the streets. Efforts like this simply lower the standard of living for all. We have an over-population problem, not an ‘affordable housing’ problem.” — Dave Little

“I don’t support the reduction in required parking anywhere including along transit lines. I don’t think the way to increase housing is best done by degrading the living standards not only for residents, but also the areas surrounding the new developments. People will want the freedom of owning and using cars for a long time to come … Until transit catches up to the need, people will want their cars, and for good reason.” — Ken Hunrichs

“Another extremely stupid decision by our city government. Where will all the cars go? I hope in their backyards. We do not have enough street parking to take the influx of more cars.” — Sally Miller

“Neither legislators nor community activists understand what’s happening now or how it will impact life in the future. If dense new development without parking occurs, it will not be different from the present impossible parking situation. We’ll just have to use one of the scooters cluttering up our sidewalks, while waving hi to the homeless guy living in his car parked down the block.” — Fran Zimmerman

“My thought is units not requiring parking will not cause people with cars to abandon them, but attract a greater density of residents without cars. Automobiles are lifestyle accoutrements for many So. Cal. citizens. These folks will be pushed to living units with on-site parking accommodations. The populations will be segregated accordingly.” — Lincoln Foster

Councilmember Campbell said, “Putting in zero parking while adding density without the infrastructure of mass transit already present will lead to decreased quality of life and frustration for our citizens.”

READ MORE ONLINE AT sdnews.com
Peninsula Hearing Center Provides State of the Art Services

A child’s whisper, a subtle melody, a gentle laugh... These are some of the gifts of good hearing. We rely on our hearing not only for our daily living and safety, but our emotional well-being, too. At Peninsula Hearing Center, we know that when you hear well, you live well. Peninsula Hearing Center provides state-of-the-art, professional hearing services to individuals of all ages. We promote and encourage healthy hearing and educate patients and community members about hearing loss and hearing instrument care. We are 100% dedicated to our patients’ success and will work hard to exceed their expectations. Our mission is to protect and preserve your hearing. Dr. Dena Riso, Au.D. is your audiologist partner in education, diagnosis and care. We promise to work closely with you to discover where you have the most difficulties communicating and to determine the best solution for your hearing needs. If that solution includes hearing aids, we are committed to recommending technology that: Works best for your level of hearing loss. Complements your lifestyle. Fits within your budget.

Honest Discounts RX Discount Cards

The rising cost of healthcare is a major concern for many Americans. For millions of people, and their families, getting prescription medication can be a challenge. Honest Discounts helps people find affordable prescription healthcare at the lowest possible cost. By negotiating prices on behalf of their customers, Honest Discounts supports efforts that better the lives of Americans and help each community get access to practical, affordable healthcare solutions. Honest Discounts Prescription Discount Cards are accepted nationwide in over 60,000 pharmacies. Simply go to www.honestdiscounts.com, and print the RX Prescription Discount Card, bring it to your local pharmacy, and save money. Retail prices may be lower than the prices negotiated by Honest Discounts if so, pay the lower of the two prices. If you are struggling and need prescription assistance for your family, Honest Discounts can help you get the medicine you need. Honest Discounts is not an insurance, Discounts only.

FirstLight Home Care of San Diego

Regardless of age, background or location, most people today have something in common: They want independence and quality of life. FirstLight Home Care of San Diego is designed to help adults achieve just that. FirstLight provides exceptional non-medical home care not just for older adults who are aging in place, but for those who need assistance with activities of daily living. We are a lifeline for seniors; people with disabilities; those recovering from surgery, illness or injury; veterans; and new mothers. Our services are customized to best serve any adult who needs extra help in the place they call home. FirstLight offers a variety of Personal and Companion Care services. Our professionals provide care at private residences, independent and assisted living communities and other healthcare facility settings. Our goal is always to provide exceptional care so that we may enrich the lives of all those we serve while providing peace of mind.

Honest Discounts RX Discount Cards

The rising cost of healthcare is a major concern for many Americans. For millions of people, and their families, getting prescription medication can be a challenge. Honest Discounts helps people find affordable prescription healthcare at the lowest possible cost. By negotiating prices on behalf of their customers, Honest Discounts supports efforts that better the lives of Americans and help each community get access to practical, affordable healthcare solutions. Honest Discounts Prescription Discount Cards are accepted nationwide in over 60,000 pharmacies. Simply go to www.honestdiscounts.com, and print the RX Prescription Discount Card, bring it to your local pharmacy, and save money. Retail prices may be lower than the prices negotiated by Honest Discounts if so, pay the lower of the two prices. If you are struggling and need prescription assistance for your family, Honest Discounts can help you get the medicine you need. Honest Discounts is not an insurance, Discounts only.

FirstLight Home Care of San Diego

Regardless of age, background or location, most people today have something in common: They want independence and quality of life. FirstLight Home Care of San Diego is designed to help adults achieve just that. FirstLight provides exceptional non-medical home care not just for older adults who are aging in place, but for those who need assistance with activities of daily living. We are a lifeline for seniors; people with disabilities; those recovering from surgery, illness or injury; veterans; and new mothers. Our services are customized to best serve any adult who needs extra help in the place they call home. FirstLight offers a variety of Personal and Companion Care services. Our professionals provide care at private residences, independent and assisted living communities and other healthcare facility settings. Our goal is always to provide exceptional care so that we may enrich the lives of all those we serve while providing peace of mind.

Peninsula Hearing Center

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 (Mt. Street Area) medical facilities and the beach. Come see us today before making your final choice. Make the Right Choice Today. For more info call (619) 246-2003 or go to the website,

Right Choice Senior Living (619) 246-2003 rightchoiceseniorliving.org

Improve Your Mental Strength

You have to delay gratification. There was a famous Stanford experiment in which an administrator left a child in a room with a marshmallow for 15 minutes. Before leaving, the experimenter told the child that she was welcome to eat it, but if she waited until he returned without eating it, she would get a second marshmallow. The children that were able to wait until the experimenter returned experienced better outcomes in life, including higher SAT scores, greater career success, and even lower body mass indexes. The point is that delay of gratification and patience are essential to success. People with mental strength know that results only materialize when you put in the time and forego instant gratification. Negative emotions challenge your mental strength every step of the way. While it’s impossible not to feel your emotions, it’s completely under your power to manage them effectively and to keep yourself in control of them. When you let your emotions overtake your ability to think clearly, it’s easy to lose your resolve. A bad mood can make you lash out or stray from your chosen direction just as easily as a good mood can make you overconfident and impulsive. You have to lead when no one else follows. It’s easy to set a direction and to believe in yourself when you have support, but the true test of strength is how well you maintain your resolve when nobody else believes in what you’re doing. You have to focus on the details even when it makes your mind numb. Nothing tests your mental strength like mind-numbing details, especially when you’re tired. The more people with mental strength are challenged, the more they dig in and welcome that challenge, and numbers and details are no exception to this. You have to be kind to people who are rude to you. When people treat you poorly, it’s tempting to stoop to their level and return the favor. People with mental strength don’t allow others to walk all over them, but that doesn’t mean they don’t care about each other; they don’t allow another person’s negativity to bring them down. You have to be accountable for your actions, no matter what. People are far more likely to remember how you dealt with a problem than they are to recall how you created it in the first place. By holding yourself accountable, even when making excuses is an option, you show that you care about results more than your image or ego.
The Conrad Prebys Performing Arts Center will be opening its doors to a brand new, state-of-the-art facility and home of the La Jolla Music Society just in time for its 50th anniversary present to itself and the community — a performance by Seal.

On April 5, 6, and 7, LJMS will host three inaugural gala concerts to celebrate The Conrad’s $82 million, 49,000-square-foot renovation, which includes two new, cutting-edge performance spaces: the Baker-Baum 513-seat concert hall and 2,000-square-foot multiple purpose performance space. The JAL Leah Rosenthal, the LJMS director of programming, said the new performance spaces open up more opportunities for the society to pursue.

“La Jolla Music Society has a long-standing tradition of presenting world-class musicians,” Rosenthal said. “Our commitment in that area won’t shift, but now with The Conrad, we will have a home to explore new avenues of excellence from family programming to a lecture series and various musical styles that we didn’t have the opportunity to program before.”

An example of those unexplored avenues being their upcoming Coming Home Festival, which will feature a range of musical talents — many from San Diego — like star virtuoso Anoushka Shankar, daughter of the legendary Ravi Shankar, and mandolin marvel Chris Thile.

“The performances during our Coming Home Festival provide a glimpse of what’s to come as we launch into the next 50 years,” she said. The 16-concert festival will kick off during The Conrad’s opening weekend with superstar violinist Hilary Hahn, ukulele virtuoso Jake Shimabukuro, jookin sensation Lil Buck and multi-Grammy winning singer/songwriter Seal.

And of course, Rosenthal said it doesn’t hurt LJMS to have two venues to work with.

“We’ve already begun working on more cross-collaborative projects, which have taken center stage in the industry in recent years, intertwining multiple arts disciplines, including multimedia elements, to enhance the experience for patrons,” she said. “Going forward, we’ll be offering new programming like folk and roots, film, bluegrass, family concerts, and a lecture series, as well as more in-depth artist residencies that utilize the venue for extended periods.”

“Regardless of the genre, the beauty of the surroundings and the impeccable acoustics will elevate the concert-going experience.”

A rendering of the new Conrad Prebys Performing Arts Center, which will open in April.
Prominent La Jolla family involved in national college admissions scandal

BY EMILY BLACKWOOD | LA JOLLA VILLAGE NEWS

Elisabeth Kimmel paid $475,000 in bribes to get their daughter into Georgetown University and their son into the University of Southern California. She had her children named as athletic recruits for sports they didn’t actually play.

In 2012, she is accused of working with the mastermind behind the scheme, Rick Singer, and George-town’s tennis coach, Gordie Ernst, on her daughter’s application process. However, her daughter plays field hockey, not tennis.

When her daughter was accepted, Kimmel told him: “Thank you, again, for making Georgetown possible for (my daughter).” Her daughter later graduated in 2017 and did not play for the tennis team.

As for her son, Kimmel worked with USC women’s soccer coach Laura Janke to create an athletic profile to make him look like a track and field star. Instead of using a photo of her son, they used one of Jancen Power, a Texas high-schooler and pole vaulter who competed in a state championship in Austin. He did not participate in the sport in high school.

He was accepted but almost caught wind of the lie on his application during a meeting with his advisor.

“So (my son) and I just got back from (U)SC orientation. It went great.” Greg Kimmel said in a wire-tapped recording of a conversation he had with Singer. “The only kind of glitch was, and I – he didn’t – (my son) didn’t tell me this at the time – but yesterday when he went to meet with his adviser, he stayed after a little bit, and the – apparently the adviser said something to the effect of, ‘Oh, so you’re a track athlete?’ And (my son) said, ‘No.’ ‘Cause, so (my son) has no idea, and that’s what – the way we want to keep it.”

Singer told him not to worry about it, and Kimmel later told him that her son was “still in the dark.” Kimmel’s husband, Greg, allegedly signed a $50,000 donation check and participated in a recorded phone call about the scam. Elisabeth Kimmel has been charged, but he has not. Neither of their children are named in the complaint.

Elisabeth Kimmel once owned KFMB stations in San Diego. Her husband is the CEO of Wireless Telematics and was formerly a prosecutor with the District Attorney’s Office. Her attorney, Gregory Vega, declined to comment on the allegations. She is due in Boston federal court to face charges of conspiracy to commit mail fraud and honest services mail fraud later this month.
La Jolla • Bird Rock

THINK LOCAL. SHOP LOCAL. BUY LOCAL

America's Best
DONOVAN’S
STEAK & CHOP HOUSE
877-698-6666
6th & K - Gaslamp
La Jolla
Phoenix
DONOVANSTEAKHOUSE.COM
Open 4:00PM, Dinner 5:00PM.
Reservations recommended.
Business casual, valet parking available.

Encourage your Neighbors to
SHOP LA JOLLA
SHOP LOCAL - SPEND LOCAL
If you are a La Jolla Business
and would like to advertise
on this page call
(858) 270-3103 x117
or x105
Ask for Mike Fahey
or Paul Welsh

SPRING TIME
FRESH

Spring CP Shades
Now at the Faded Awning!

FREE TRUFFLE OF THE DAY
1 truffle per coupon/per customer, while supplies last. Exp. 4/22/19
“Teuscher Champagne Truffles,
one very sweet dream!”
- Oprah Magazine
858.230.6337 teuschersandiego.com
We deliver in San Diego and ship within the USA

“Teuscher Chocolates of Switzerland
7863 Girard Ave. Suite 204
La Jolla, CA 92037 (Next to Beaming)
#teuschersandiego

MAILBOXES
FOR HOME.
FOR OFFICE.
OR YOUR
HOME-BASED OFFICE.

Celebrating 7 years!
Thank You La Jolla!
Melvin

3 MONTHS FREE
MAILBOX RENTAL
with 1 year paid rental
Ask for details

PAK MAIL LA JOLLA
7486 La Jolla Blvd. 858.456.8573
pakmailalajolla.com

PACK IT • SHIP IT • CRATE IT • FREIGHT IT!

LOWEST MAILBOX PRICES IN TOWN!

Facials/Peels Eyelash Extensions Bikini/Brazilian Wax

SECRET Spa & Salon
$10 OFF
ANY SERVICE
$50 OR MORE
$20 OFF
ANY SERVICE
$85 OR MORE
1035 Silverado Street | 858.888.6694 | secretspalajolla.com secretspalajolla

Make up Henna Threading

Celebrating 7 years!
Thank You La Jolla!
Melvin

FREE TRUFFLE OF THE DAY
1 truffle per coupon/per customer, while supplies last. Exp. 4/22/19
“Teuscher Champagne Truffles,
one very sweet dream!”
- Oprah Magazine
858.230.6337 teuschersandiego.com
We deliver in San Diego and ship within the USA

“Teuscher Chocolates of Switzerland
7863 Girard Ave. Suite 204
La Jolla, CA 92037 (Next to Beaming)
#teuschersandiego

MAILBOXES
FOR HOME.
FOR OFFICE.
OR YOUR
HOME-BASED OFFICE.

Celebrating 7 years!
Thank You La Jolla!
Melvin

3 MONTHS FREE
MAILBOX RENTAL
with 1 year paid rental
Ask for details

PAK MAIL LA JOLLA
7486 La Jolla Blvd. 858.456.8573
pakmailalajolla.com

PACK IT • SHIP IT • CRATE IT • FREIGHT IT!

LOWEST MAILBOX PRICES IN TOWN!
Eat healthy with new meal prep business

Peak Fitness Meals is a new food delivery service located on Prospect Street in La Jolla Cove. Started by Brendan and Abby Cleary, the business started in Denver before branching out to San Diego.

“We first started meal prepping just for neighbors in the apartment community,” said Abby Cleary. “We were cooking out of our small studio apartment kitchen, and within just a week we started getting orders from all these random people around Denver, so we very quickly moved into a big commercial kitchen.”

There are three kinds of meal plans to choose from, based on the customers’ different kinds of lifestyles: Classic, Paleo, and Keto. The Classic meal plan is designed for those who would like to “maintain their current weight.” The Paleo meal plan is designed to “help you lose body fat and tone up.” The Keto meal plan is designed to “induce a state of ketosis, ideal for reaching weight loss goals.”

Each meal plan ranges between $10 and $14, and you have options to choose between one meal a day, two meals, or three meals.

While the Clearys have always been physically active throughout their lives, healthy eating and being fit isn’t their primary motivation behind this business. “We’re mainly passionate about helping people,” said Abby Cleary. “Our services help so many people save time, save money, and lose weight. Meal prepping also saves food from going to waste.”

With more than 100 clients, as well as a kitchen staff to manage, they are a busy couple. They have a kitchen team who works overnight on Saturdays who prep the meals for Mondays, Tuesdays, and Wednesdays. They then work again overnight on Wednesdays to prep the meals for Thursday and Friday. All to be sent out for delivery to clients. They deliver twice a week locally in San Diego.

Peak Fitness prides itself on a few factors in regards to other meal prep companies. “One of the things that makes us stand out compared to others is that we actually don’t have any freezer storage,” said Cleary. “We really pride ourselves on freshness. All of our produce and protein is delivered to our kitchen the day that it gets prepped and cooked.”

For more information, visit peakfitnessmealssandiego.com.

Bodhi Tree hosts La Jolla concert to benefit Guitars in the Classroom

Two local guitarists are teaming up with Bodhi Tree Concerts to host a concert in La Jolla to benefit Guitars in the Classroom, a nonprofit education organization that provides musical access for children and expands the role of music in public education. While some see music as entertainment, for George Svoboda, it gave him a necessary direction in his youth. “I was a little wild in my teens,” said Svoboda, who start playing electric guitar when he was 14. “[Music] focused me into a direction that I needed to go. I just wanted to learn music. Everything else was kind of secondary after that.”

Growing up in Czechoslovakia, Svoboda moved to the United States to attend San Diego State University where he received his master’s degree. He “immersed” himself into the lifestyle of a musician and began performing, recording and even teaching. It wasn’t long until he met the other half of the now locally known duo, Fred Benedetti.

They’ve been playing together for more than 30 years and share a love of not only playing music, but making sure it has a place in education as well. “Kids who are musical will gravitate towards acquiring instruments when given an opportunity,” Benedetti said. “This is usually through parents and (it used to be) school. I have experienced first hand the change in attitude of when a younger person plays ‘music’ as loops on a computer to when they experience making music with their own hands. There is an appreciation and satisfaction from making a real instrument come alive.”

Without music, Benedetti – who started playing music when he was 8 – would have focused on his other two passions, surfing and baseball, but he says that those hobbies “would have never turned into a profession.”

For more information visit bodhitreeconcerts.org.

Two local guitarists are teaming up with Bodhi Tree Concerts to host a concert in La Jolla to benefit Guitars in the Classroom.
The importance of identifying our values to live in accordance with them

When I come across an article which I find interesting, I want to share it with my readers. This column is based on the article “Ten Signs You Know What Matters” by Steven C. Hayes, Ph.D. (Psychology Today, September/October 2018); it was helpful to me and probably will be to others, too. I both paraphrase, take direct quotes from it, and also want to share it with my readers. This column is part of a series on values.

Values set the direction of our life path. Values are a choice we need to keep implementing. It is easy to stray, to forget; we need to stay focused on the kind of life we want to lead, as well as to connect to meaning and purpose in our every day actions.

Not only do we need to identify our values; we must take a look at how closely our daily lives represent what values we believe in. It is not only what we say we are, it is what we do. This is where “actions speak louder than words” becomes the mantra of our values system.

All of our functioning, our decision-making, and how we lead our lives are based on what we care about, on what we value. Our value system directs our priorities and motivates us. However, when asked, many people hesitate in describing exactly what values direct their lives. And yet if your behavior does not match your values, you can feel dissatisfied. When your values and behaviors match, you are most likely to find fulfillment.

Studies have shown that writing about their values boost people’s ability to succeed. “Writing for just 20 minutes two or three times” about what they care about in their education improved students’ school performance for several years. I am suggesting my readers take the time to write about what is important to them. To facilitate this process, here are several guidelines:

1. “What do you have enough of? People who compare themselves to what others have more or less of are not as content because wanting more is often a bottomless pit.
2. Whom do you admire, and what are the qualities these people have? This will help you understand what you aspire to.
3. Think about your happiest times: what were the values that were important to you at that time?
4. What was your greatest pain? We hurt where we care. Why it hurts tells you what you value. For instance, if you have been rejected by a group, you may value belonging and inclusion. If you were lied to,...you care about honesty.
5. What is the next chapter of your life? The way you plan it will tell you what you find valuable.
6. What would you do if no one was looking? So much of what we do is for self-aggrandizing....Look at me; I’m so helpful/ clever/self-less/talented.

We like to share what we value with others. Most people care about love, belonging, contributing to the well-being of others. Ninety-nine percent of values are societal; one can also care about the future of the planet. Sharing values makes you feel more connected.

On a personal level, one of my values is to be of service, but I have to be careful not to expect appreciation. I value sharing what I learn with others, which I do by writing this column, but I must be attentive to not seek compliments. I also value honesty and directness in relationships which has gotten me into trouble on occasion. Given our need to belong, we sometimes forgo our own values in order to espouse the group’s values.

There are values that remain constant throughout our lifetime. It is important for us to be aware of how some values change as we age. As adolescents we value time with friends more than with family; as we grow older, the value of family increases. Health is taken for granted in youth; we start valuing it more as we age. We value independence over our lifetimes; however, losing it through illness or old age may be very painful.

What societies value also changes over time. When I was growing up in France, polite children who did not speak until spoken to and sat quietly at the dinner table were valued. Today we want children to partake in the conversation around mealtimes.

Values set the direction of our life path. Values are a choice we need to keep implementing. It is easy to stray, to forget; we need to stay focused on the kind of life we want to lead, as well as to connect to meaning and purpose in our every day actions.

Natasha Josefowitz is the author of more than 20 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2019, Natasha Josefowitz. All rights reserved.
Live Your Dream awards at fashion show

The Soroptimist International of San Diego presented Together We Can on March 9 at the Sheraton Harbor Island. This luncheon fashion show was in the Harbor Island Hotel Bay Tower and began with a wonderful boutique featuring terrific gift items and perfect treasures for your closet such as apparel, handbags, jewelry, and candles. The chair for the event was Margie McNeil. The emcees were NBC 7’s Rory Devine and TV personality Geni Cavitt.

The program began by awarding Live Your Dream awards to women who are the financial support for their dependents. Cash prizes were awarded along with laptop computers that were provided by Futures Foundation. Recipients were: Sonia Camargo, Diana Gonzalez-Soto, Uhumbaya Laury, Karen Lopez-Arquelles, Claudia Montano, Hiba Nisan, and Esperanna Rosas. This award will help improve their education and employment prospects in order for them to Live Your Dream. Jaime Quient was awarded the 2019 Woman of Accomplishment Honoree for her work with human trafficking survivors. She founded the Lawyers Club of San Diego Human Trafficking Collaborative and also founded Free To Thrive, which provides legal services to the survivors.

Gretchen Productions coordinated the fashion show. This entertaining show delighted the audience with singing and dancing in each one of the segments. A variety of fashions were highlighted on the catwalk. Some of the styles seen on the runway were from Glamour Girlz, moda Lucido, Satori Designs, fashion forward clothes from Shanel Boutique, and children’s, men’s, and women’s fashion from Macy's Fashion Valley. The finale concluded with a number of glamorous gowns provided by Macy’s.

The Soroptimist International of San Diego provides programs to improve the lives of women and girls. These women have overcome incredible challenges including poverty, domestic and sexual violence, and addiction. Soroptimist works towards giving social and economic empowerment to help them live their dreams. For more information about this nonprofit organization, visit sisandiego.org.

Upcoming events
Saturday, March 23 – The ABC of San Diego presents A Salute to The Jewels of San Diego at the Speakeasy Gala beginning at 5:30 p.m. at the US Grant Hotel. Entertainment will be from Leonard Simpson from Fashion Forward. For more information, visit arc-sd.com. Friday, May 24 – Cocktails & Couture featuring a fashion show with Lizz Russell designs at the Westgate Hotel beginning at 6:30 p.m. Proceeds go to GBS/CIDP San Diego Chapter Awareness Fundraiser. For more information, visit westgatehotel.com.

Diana Cavagnaro is an internationally renowned Couture Milliner based in the Historic Casden Lamp Quarter. Learn more about our hat designer, teacher and blogger at DianaCavagnaro.com.
Women with hair loss can have thick and healthy hair.

The unique patented process used at Judy’s salon allows us to provide women with a small section of your own hair. The bonds are so direct you can style your hair anyway you choose. Once this application, along with your choice of hair products, is applied, you will have maximum hair loss coverage, a look and feel so natural no one can tell you are not in your own hair but also in your outlook. You’ll be amazed!

How do you match a clients existing color? If you are blending colors choose extensions that are the same level of color as the clients own hair if it is not dark. If your client chooses to have a shade that works well with the skin tone.

What type of hair extensions do you use? Judy’s hair extensions are 100% human hair extensions and prefers these extensions because they are created from 100% human hair and use a unique, proprietary formula that fuses the same molecular structure as your hair. This is an extremely high tech method of bonding the hair extension to your own hair.

Call today to receive $200 off your first full head of replacement hair!
Everyone wants to be Leah’s partner,” laughs Lynne Galli, third-year coach of La Jolla Country Day women’s sand volleyball, of setter Leah Tauber. “Setters in indoor volleyball have to move all over the court, so they’re fast. Setters can also make something good out of a bad pass.”

Tauber and partner Anna Shaul have played as one of the Torreys’ “A” (top) combinations this spring season. She was rehabbing a knee from an injury last year, so the sky’s the limit from here on.

“You have to communicate when you’re hitting about what part of the court you’re going to cover defensively,” says Leah, a junior. Galli cites communication as one of her three teaching emphases, along with strategy and fundamentals.

Kiki Gestring-Smith, a junior who pairs with senior Faith Fayman, “is also an ‘A’ teamer because she’s dynamic,” says her coach, “explosive in the sand. She gets to a lot of balls, and makes a lot of game-changing plays. Kiki has an understanding of the two-person (sand) game.”

Gestring-Smith, who plans to be a marine biologist (“I’ve always liked the ocean,” she says) “I like sand volleyball because of the grit you put into it. If you want to be good, you have to go for it.”

Galli on Shaul: “Anna’s a great leader. She’s very calm on the court. She has a lot of experience playing club sand volleyball. As one of our two lefties, she creates a great shot. It goes into the wind (and is harder to receive).”

Fayman: “Faith is just a great athlete. She has good overall skill on both offense and on defense. She shows a lot of passion. She dives for a lot of balls, which I really appreciate.”

Senior Madi Twomney: “This is Madi’s third year playing sand. She’s a hard worker. She has good energy on the court, and she’s very versatile. She’s played with many players, older, younger.”

Senior Darya Daneshmand: “She’s another third-year player (all three of Galli’s years coaching LJCD). Darya’s a hustler. She works hard in practice. She’s a shorter player, and she specializes in defense. She gets a lot of points off her serve.”

Junior Ali Nunez-Beringer: “She’s a very enthusiastic player, always smiling through the good and the bad. Ali’s our other lefty, so she has really good angles on her shots and her serve. She’s one of the few still playing indoor as well, so she’s aggressive.”

Submit a ballot for a chance to Win Dinner for Two ($100 value) at one of the La Jolla’s fine restaurants.

ENTRY RULES: You choose your favorite! Tell us who the best of the best is and you’ll be entered into our free drawing.

Vote online at www.sdnews.com

One ballot per person.

Ballots must be submitted online by March 27, 2019

Vote online at lajollavillagenews.com

Elegant Penthouse

464 Prospect St PH 7  • 2BR/2.5BA  • 2,173 sq ft  • $2,248,000

Secluded single story corner penthouse in elegant 464 Prospect with wrap around large windows, featuring high ceilings, crown moldings, spectacular great room with wet bar and open floor plan. Floor to ceiling stone clad fireplace is the centerpiece! Master bath features a soaking tub and a separate steam shower. Dual sinks. The renowned common areas and amenities, include: valet parking, onsite management, gym, pool, sauna, magnificent roof deck and party room. Mills Act for property tax relief may apply.
The Long and short of it — I love San Diego and I love what I do!

Born and raised in San Diego, I love the sun and beach — I would not trade being here for anything. I have worked at newspapers for over 24 years starting in the accounting department and then due to downsizing I was offered a sales job, and I have never looked back.

In 1998 while selling for another local publication, everyone I spoke to told me that if they ever ran ads it would be with the Beach & Bay Press. So I picked up a copy, sent in my resume, and I have been happily selling here for over 21 years! I now have clients in all three areas out of our communities that our newspapers (La Jolla Village News, Beach & Bay Press, and Peninsula Beacon) cover. Combined with local news and direct delivery, my clients are quite happy with the results they get through advertising. I feel good about helping their business grow.

Even though I specialize in real estate marketing, I enjoy meeting and helping all types of businesses. I have a strong passion for animals. My husband, Mike, and I take in animals that are up for adoption. My husband, Mike, and I take in animals that are up for adoption. Our favorite rescue is my rescue dog Penelope. Next time you see us out walking or jogging be sure to say “hi” or give me a call!

* Baby Time*  
A New Year has started and we at Klatt Realty have our track shoes on and are looking forward to a strong Real Estate market in 2019! If you are considering buying or selling Real Estate or you need a Property Manager, call Klatt Realty and speak with us before making your final decisions.

Klatt Realty has been serving La Jolla and surrounding areas since 1972!

JOSEPH DEAN KLATT PDL & ENYA  
LIST WHERE THE REAL ESTATE ACTION IS  
KLATT REALTY INC.  
La Jolla Office  
(858) 454-9672  
1124 Wall St., La Jolla  
DrJosephKlatt@msn.com  
www.klattrealty.com  

COLEMAN MOVING SYSTEMS INC.  
Office/Residential  | Free Wardrobe Use | Piano Moving  
Last Minute Moves | Packing/Unpacking  
Discount Packing Materials | Moving all over Southern CA.  
7 DAYS A WEEK | FREE ESTIMATES FAMILY OWNED SINCE 1979  
619.223.2255  
STU AND MATT COLEMAN  
BBB MEMBER | INSURED LIC #CAL T-189466  

COMING SOON LB PBs:
1) 2BR/2BA townhouse  
2) 4BR/3BA single-family home  
3) Duplex with two 3 bedroom units  
Scott Booth - Kathy Evans  
isel1beach.com 858-775-0280 isell92109.com  

FRIDAY · MARCH 22, 2019  
LA JOLLA VILLAGE NEWS
8690 Robinhood Lane
Open this Sunday 1-4pm

Located on a very quiet cul-de-sac without a neighbor in sight - boasting horizon, sunset & peak ocean views - this wonderful 5BR/3BA, 3,576sf, family home hasn’t been on the market for 50 years! Featuring a massive south-west facing sun-drenched yard it is easily one of the largest & most private in all of the La Jolla Heights area. Your very own “Secret Garden.” Huge bonus room, 3-car garage & even a semi-circular drive. This Coveted North La Jolla neighborhood is walking distance to UCSD, Allen Field, Torrey Pines Elementary & the newly expanded and renovated YMCA. Easy access to the freeway or just roll down the hill to the beach or the fantastic restaurants of La Jolla Shores, Piatti’s, Barbarella & Galaxy Taco just to name a few.

Come see this Diamond in the Rough...
Make it yours and add your own Sparkle!

Call David
Offered between

$1,995,000 & $2,200,000