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FRIDAY, SEPTEMBER 2, 2022

sdnews.com

THIS WEEK



La Jolla Country Day alumna publishes book

SEE PAGE 15



Symphony at Salk raised more than \$1.1 million

SEE PAGE 9



LA ORANA AT THE JEWEL BALL

SEE PAGE 6

Eddie Parker and Tasha Wood are ready to 'lei' floral necklaces on guests for Las Patronas' 76th annual Jewel Ball, which was themed 'The South Seas,' at La Jolla Beach and Tennis Club on Aug. 20. Guests, dressed in rich hues and florals, were greeted with 'La Orana,' the melodic Tahitian words of welcome, and then indulged in the flavors of Pacific Island cuisine and tropical cocktails at the fundraising gala for Las Patronas.

PHOTO BY MARGO SCHWAB



Wildlife photographer releasing new book

SEE PAGE 2

LA JOLLA BRIEFS

NEW VENDING ORDINANCE TO TAKE EFFECT IN BEACH AND PARK AREAS

District 2 Councilmember Dr. Jennifer Campbell said on Aug. 26 she met with the California Coastal Commission to help the sidewalk vendor ordinance move forward so it can be implemented citywide. As a result, she noted the commission has asked the City of San Diego to withdraw the pending request for review to avoid confusion on the ordinance's implementation timeline. By withdrawing the request for review, the ordinance can take effect citywide after the City Council approves the changes (later this year).

"From the start, I worked closely and negotiated the terms of the sidewalk vendor ordinance with community members, and I met

with the Coastal Commission to ensure the ordinance went through the due process," said Campbell. "I want to thank the Coastal Commission for helping the sidewalk vendor ordinance move forward so that it can be implemented citywide, including in the beach areas."

THE MARINE ROOM TO CLOSE FOR INTERIOR ENHANCEMENTS

Sunsets and high tides at The Marine Room will soon be even more memorable. Plans are in progress for the launch of a new lounge concept. The restaurant will be temporarily closed from Sept. 11-30 while interior enhancements and preparations for the October unveiling of the space and a new dining experience are underway. Guests can

expect updated interiors, enhanced ambiance, and a new area to drink, eat and take in the views. With guaranteed seating at the restaurant's most desirable tables, the exclusive lounge promises a casual, yet elevated space for bottle service, chef-driven cocktails, an expanded wine list, as well as seafood-forward small plates and one-of-a-kind dishes.

COMMUNITY ART EXPO

San Diego area artists age 2 through adult submitted paintings, drawings, sculptures, collages, jewelry, and mixed media recently representing "Lion King" themes as part of a special contest and exposition sponsored by the La Jolla Village Merchants Association.

See **BRIEFS**, Page 9

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Scripps scientist's research shows more volatile weather for Southern California

By DAVE SCHWAB

A research team led by a Scripps climate scientist has found evidence that the risk of hazardous weather is increasing throughout the Southwest and Southern California.

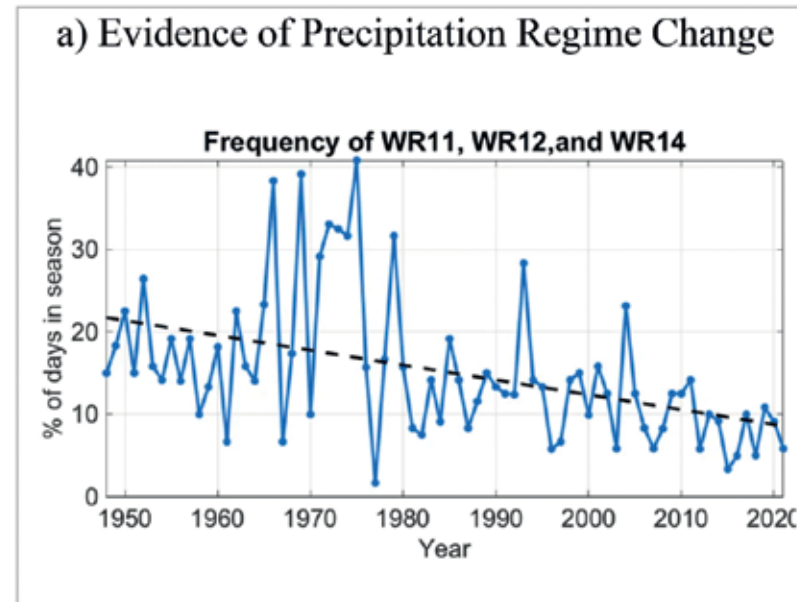
"What we were working with was 70 years of weather records that went back to 1949," said Kristen Guirguis with the Climate, Atmospheric Sciences and Physical Oceanography Department of Scripps Institution of Oceanography, University of California, San Diego.

"We looked at weather changes in Southern California with a focus on precipitation in the winter-time associated with atmospheric rivers. Climate model projections for the future indicated we are likely to experience more frequent dry days, and more intense precipitation days."

Guirguis said the likely consequence of that trend is that "we will be expending more of our water resources that come from these really intense atmospheric river storms, which are becoming stronger due to climate change. The implication is that if these weather patterns occur when the vegetation is dry, the threat of wildfires will increase."

Atmospheric rivers are seasonal streams of moisture in the sky, which are prevalent in California in the winter. The state already has the most volatile water resources in the country.

Scripps scientists have discovered that the state's precipitation, as it becomes less frequent but stronger due to atmospheric



ivers, will fluctuate even more between extremes of drought and flooding, as a consequence of climate change.

The Mountain snowpack, which historically has portioned out water from melting snow in California during summer, will be less of a water resource in the future because of atmospheric rivers.

Atmospheric rivers are warm storms with high snow levels. They are becoming wetter as they warm, causing even more precipitation to fall as rain and less as snow. It will fall in progressively less frequent – but more extreme – bursts requiring more adaptive reservoir management based on better atmospheric rivers forecasting.

The Scripps study also revealed the prospect of worsening droughts.

"This study suggests that weather patterns are changing

in a way that enhances hot, dry Santa Ana winds while reducing precipitation frequency in the Southwest," said Guirguis. "These changes in atmospheric circulation are raising the risk of wildfires during California winters."

The study, "Winter wet—dry weather patterns driving atmospheric rivers and Santa Ana winds provide evidence for increasing wildfire hazard in California," was published in the journal *Climate Dynamics* on July 17, 2022.

The research team identified 16 recurring weather patterns that are created daily with the interaction of the dominant atmospheric circulation patterns over the Pacific Ocean, and how they interact with each other. One product of the work was a summary of California weather patterns from 1949 to 2017.

The study revealed the patterns

associated with the formation of dry gusty Santa Ana winds that often stoke Southern California fires are becoming more frequent. Meanwhile, patterns associated with what might be considered "normal" rainfall are decreasing in the Southwest, thus promoting drought.

However, patterns associated with extreme precipitation and strong atmospheric river episodes have remained steady over the study period. The researchers noted that while the patterns associated with heavy precipitation and strong atmospheric rivers have not changed in frequency, a warmer atmosphere is capable of holding more water. So these storms are becoming more damaging.

Guirguis said the results of their climate study are "more evidence of increasing volatility in California's climate," while adding "there has been other research

showing this to be the case."

The climate scientist warned of the growing threat of a combination of weather disasters.

"In any given winter, the potential for wildfires and floods to occur back-to-back just seems to be something that is increasing in likelihood," she said. "That presents the possibility that if you have a fire, followed by an atmospheric river, then you can create the possibility of a mudslide – which can be quite devastating."

Concerning climate change, Guirguis characterized the evidence as being "overwhelming." She noted it is important for the government to "take dramatic steps to reduce greenhouse gas emissions," as well as to "think about adapting and preparing for the types of extreme weather that we are going to be experiencing. We should just take action now while we can."

Wildlife photographer Tom Mangelsen releasing new book

By DAVE SCHWAB

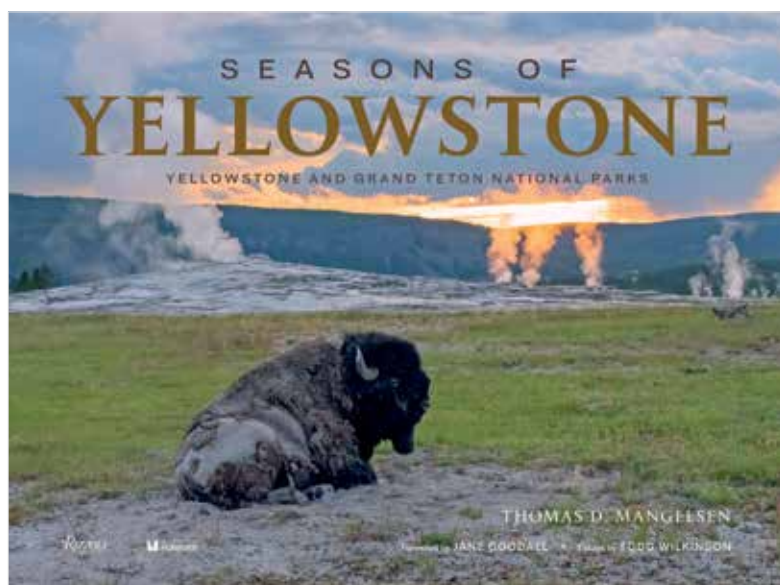
Renowned wildlife photographer Tom Mangelsen, who has a La Jolla gallery, is coming out with his eighth coffee table book in early October titled "Seasons of Yellowstone and Grand Teton National Parks."

Mangelsen, whose Images of Nature Gallery is at 7916 Girard Ave., is also working on a new coffee table book, due out next spring, which is a sequel to "Grizzlies of Pilgrim Creek," about the life of a grizzly bear mom dubbed 399 and her cubs in Yellowstone.

Both national parks are virtually in the backyard of the 76-year-old wildlife photographer, who lives on the edge of Grand Teton National Park, surrounded by it on three sides.

Mangelsen has traversed the globe shooting wildlife in their natural habitats: polar bears in Alaska, tigers in Asia, breathtaking landscapes in Antarctica, and waterfowl in his native Nebraska. He and his work were profiled in 2018 in an episode of "60 Minutes" by Anderson Cooper.

Of his latest wildlife



photography book, Mangelsen noted it is about the seasons and the ecosystems of Yellowstone and Grand Teton National Parks, focusing on their well-known native wildlife.

"You find the same species, like the bison, in all four seasons with their young in the spring all the way through the winter standing in 3 or 4 feet of blowing snow, with the animals repeated in the different seasons with their babies and then juveniles," he said.

Discussing how his latest book

came about, Mangelsen said: "Yellowstone was the first real natural park in the world, created in 1872, and this year is its 150th anniversary. My publisher called me and asked me about doing another book for the park's 150th anniversary. We actually set aside this next bear book to do that."

Having photographed the world's remaining wildest places for half a century, Mangelsen commented: "Unfortunately, our forefathers who set aside

Yellowstone and Grand Teton, never imagined there would be 4 or 5 million people visiting Yellowstone in 2022. If they'd known, they'd have set aside more land, because we could certainly use more parks, which are all getting overcrowded, and somewhat loved-to-death in a way."

Concerning his origins as a wildlife photographer, Mangelsen, was the second of four sons born to the owner of a five-and-dime store in Nebraska. His father was an avid bird hunter and fisherman. "I was probably the closest son that loved all that – so it's all his fault," he joked.

Mangelsen worked at the family business, along with his brothers, early on, but sought a career path far less well-traveled after being exposed by his dad and others to the natural world of waterfowl on the Platte River in Nebraska.

"I hunt with a camera today, I don't need to go fishing or hunting anymore," noted the wildlife photographer, who is a staunch conservationist who spends much of his time still out in the field. "Last year, I was out 150 days looking for (grizzly) 399 and her offspring and their families," he

said. "This year, I spent 84 days in the field after 399 had her four cubs, which is rare, and all of them survived."

Concerning global warming, Mangelsen's experienced it firsthand. "There is so much evidence all around, the massive fires in California and floods in Kentucky," he pointed out. "I've given up trying to convince people if they're so hard-headed that they can't see what is obvious to so many people. I've seen glaciers in Antarctica 15 years ago, when I went back five years ago, the glaciers were all gone; they had melted. With all the climate change I've seen, anybody in their right mind would not doubt, not believe."

Looking ahead, Mangelsen, whose favorite place to film in North America is Alaska and hasn't been there since 2020, is anxious to return there. But right now, he's content to be working on his next book, and a potential documentary, on 399, who is getting older, and her most recent batch of cubs. "I'd like to go back to India and photograph tigers," Mangelsen said adding, "I've been all over the world the last 50 years."

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Phyllis Maxine LaFon Strand Obituary



After many years struggling with the effects of dementia, Phyllis Maxine LaFon Strand passed away quietly in her sleep in La Jolla, California on January 9, 2022.

She is remembered as a brilliant woman of energy. She loved life and grasped it in both hands with enthusiasm.

A long time resident of Pacific Beach, she was a faithful and steady member of the local Kiwanis' Service Club. She participated in fund raisers, organized speakers, presented scholarships to young adults, and was past president of the club. She is remembered there with fondness. She was an usher at La Jolla Presbyterian Church for many years. She enjoyed meeting her friends for coffee after the service, singing hymns, listening to a good sermon, participating in events, and was active in her church's senior ministries.

As a native of Southern California, the ocean was very important to her. She was most comfortable when she lived within a short walk from the beach. She could often be heard encouraging others to walk along the coast, breathing in the negative ions and inhaling the healthy sea air.

She held herself to high standards and passed that trait along to her children, encouraging them to always do their best. To her, there was always someone interesting to meet and some new place to explore.

Her children are grateful to her for the abundance of life skills she taught them. She gave them an appreciation of art, music, cooking, traveling, sewing, crafting, architecture, brisk walking, entertaining, laughter and a keen interest in learning new things.

She is survived by her five children, eight grandchildren, and eleven great-grandchildren all of whom miss her in their lives.

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In-person at Vision: 3780 Mission Gorge Place, Suite H or on Zoom: must register on website. This is a hybrid event. Those attending by Zoom must register at:

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How does the new CalSavers retirement plan work?

CalSavers is a law that took effect June 30 mandating all California business owners with five or more employees to provide a retirement plan to their employees or be subject to fines of up to \$750 per eligible employee.

CalSavers was created to address retirement insecurity for all workers, as more than half of private-sector workers lack access to a retirement plan at work. It is designed to make it easier to save for retirement. CalSavers has a simple, understandable menu of investment options, portable accounts, and an accessible, multilingual client services team.

The non-compliance penalties of \$250 per employee will be levied on employers by the CalSavers Retirement Savings Board in partnership with the Franchise Tax Board, following dozens of notifications sent by letter and email from the program since it launched three years ago.

Non-compliant employers will be penalized \$250 per employee upon the first penalty notice and, if noncompliance persists another 90 days, an additional \$500 per employee, for a total of \$750 per employee for sustained non-compliance.

In 2012, California was the first state in the nation to pass legislation establishing an automatic enrollment retirement policy for private-sector workers who lack access to work-based retirement plans. CalSavers seeks to facilitate the largest expansion of retirement security since the advent of Social Security in the 1930s and is already a model for a growing number of states seeking to establish a similar program. To register, or learn more, visit calsavers.com.

(Q&A with Arthur Q. Johnson, CFA, president/CIO of Mundoval Capital Management in La Jolla. A member of the CFA Institute and the CFA Society of San Diego, he founded Mundoval in 2002 to assist family, friends, and clients in managing their wealth.)

Q. HOW DOES THE CALSAVERS PLAN WORK?

A. The CalSavers plan is a payroll-deducted Roth IRA that is run by the state of California. If an employer adopts the CalSavers plan, all of their W-2 employees are eligible to participate (including part-time workers). The program is auto-enrolled at 5%, which means that unless employees proactively opt out they will be automatically enrolled to contribute 5% of



Arthur Q. Johnson, CFA, president/CIO of Mundoval Capital Management

after-tax income to the plan.

Q. WHAT FEATURES ARE INCLUDED IN THE CALSAVERS PLAN?

A. The CalSavers plan includes the following features: Auto-enrollment at 5% (i.e. employees will be automatically enrolled to contribute 5% in the plan unless they proactively opt out annually); Auto-escalation (i.e. employee contributions will be automatically increased by 1% annually (up to 8%) unless they proactively opt out annually); Annual contribution maximum of \$6,000; Roth only contributions (no pre-tax option); Does not allow loans; Does not allow employer contributions; Limited to employees with annual income < \$135,000

Q. WHO CAN PARTICIPATE IN THE CALSAVERS PLAN?

A. Because the CalSavers plan is a Roth IRA, there is an income cap for participation — only employees who make less than \$135,000 per year are able to participate. This means any employee (including the owner(s) who make more than \$135,000 per year can't contribute to the CalSavers plan at all. A 401(k) plan has no income cap for participation, so employees and owners can all participate, regardless of income.

Q. DO EMPLOYERS HAVE TO OFFER THE CALSAVERS PLAN?

A. California business owners do have to offer a retirement plan, but it doesn't have to be the CalSavers Plan. Business owners who offer a 401(k) (or other qualified retirement plans) are exempt from the mandate. Other qualified retirement plans could include 403(b), SEP IRA, and SIMPLE IRA.

Q. HOW DOES CALSAVERS COMPARE TO OTHER PLAN OPTIONS?

A. A 401(k) plan allows

employees and the business owner(s) to save significantly more than the CalSavers plan. A 401(k) also includes a profit sharing option and allows for combined employee and employer contributions up to \$57,000 a year or \$63,500 if age 50 or older. Meanwhile, the CalSavers plan only allows participants to save up to \$6,000 (\$7,000 if age 50 or older) per year. This may not be enough to help you and your employees achieve your retirement goals. Furthermore, a 401(k) can have more plan types added on to help you save more when your business is ready.

Q. DOES CALSAVERS APPLY TO ALL BUSINESSES?

A. CalSavers applies to any employer who has 5 or more W-2 employees in California.

This includes non-profits, as well as out-of-state businesses with employees who reside in California.

Q. DO EMPLOYEES HAVE ANY COMPLIANCE RULES TO MANAGE WITH CALSAVERS?

A. Employees themselves may deal with compliance issues with the CalSavers plan. It is up to the individual participant to determine if they make too much to contribute. This means if a participant contributes to their retirement account and then finds out they make too much money to be eligible, they could be subject to penalties and fees.

Q. HOW MUCH DOES CALSAVERS COST?

A. The CalSavers plan cost ranges from 82% to 95% of assets; this fee is deducted from each employee's account balance. For example, if an employee has \$100K in the retirement plan, \$820-\$950 a year will automatically be deducted out of their balance. There is no direct cost to the employer, but there are many ongoing tasks the employer must perform in order to administer the CalSavers plan.

Q. CAN PARTICIPANTS TAKE A LOAN FROM THEIR CALSAVERS ACCOUNT?

A. The CalSavers plan doesn't allow loans. When life happens, sometimes it can make sense for a participant to borrow against their retirement savings. If you, the employer, choose, a 401(k) plan can offer a safety net to participants, including owners who participate in the plan, in the form of 401(k) loans. These loans can be used to finance a new business venture, or even provide short-term relief when the unexpected occurs—like the COVID-19 pandemic.

DISCOVER PB MEETINGS

Discover PB Committee meetings are currently being held over Zoom. This month's board meeting will be held at the Discover PB office 1503 Garnet Ave. and will be available via Zoom as well. Find the Zoom link for a meeting within the agenda at pacificbeach.org. Meeting schedule: Discover PB Board of Directors, first Tuesday of the month at noon; Parking and Traffic Committee, second Tuesday of the month at 5:30 p.m.;

Promotions Committee, second Wednesday of the month at 4 p.m.; Pacific Beach Hospitality Group, third Wednesday of the month at 1 p.m.; and PB Special Events Committee, third Tuesday of the month at 6 p.m., as needed.

PB CRACK SHACK

The newest location of The Crack Shack is in the planning stages to open in 2023 in Pacific Beach. The company recently leased the buildings at 4525 and 4527

Mission Blvd. next door to the former Denny's and one block from the beach. Expect an eatery with a walk-up counter service for ordering, a full bar, and al-fresco patio seating. Celebrity Chef Richard Blais, known for appearances on "Top Chef," "Iron Chef America," and his cooking competition show "Next Level Chef," along with his business partner Mike Rosen, opened the first The Crack Shack.

READ MORE ONLINE AT sdnews.com

Scripps Research develops app to calculate genetic risk for heart attack

A Scripps Research team developed a smartphone app that can calculate users' genetic risk for coronary artery disease (CAD) — and found that users at high risk sought out appropriate medication after using the app.

In the study, which appears in *npj Digital Medicine* in March 2022, the researchers detailed how their app called MyGeneRank inputs participating individuals' genetic information from the 23andMe genetic testing company and outputs a CAD risk score based on the DNA data. Of the 721 participants who provided complete information, those with high-risk scores were much more likely to start using statins or other cholesterol-lowering therapies, compared to those with low-risk scores.

"We saw about twice the rate of statin initiation in the high genetic risk group vs the low genetic risk group, which indicates that strategies like this could make a big contribution to public health—heart disease being the largest cause of death globally," says study senior author Ali Torkamani, PhD, professor and director of Genomics and Genome Informatics at the Scripps Research Translational Institute.

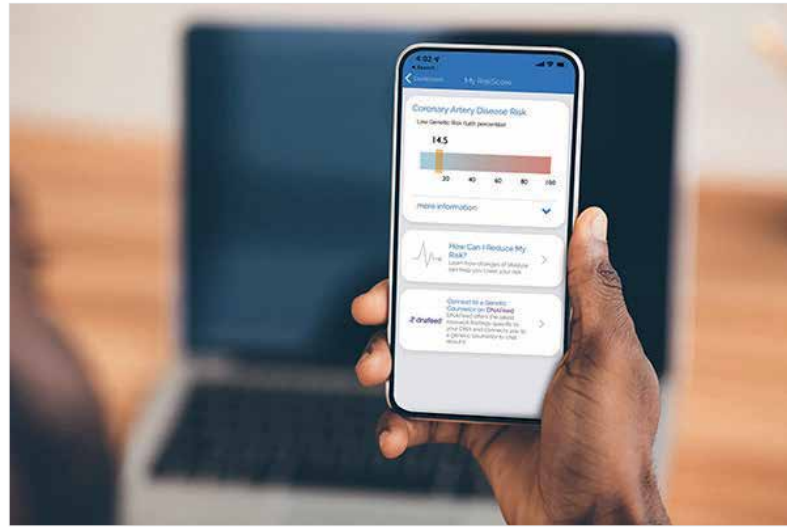
According to the U.S. Centers for Disease Control and Prevention, about 18 million American adults have CAD, the most common form

of heart disease, which features the hardening and narrowing of arteries feeding the heart muscle. More than 300,000 Americans die of resulting heart attacks every year.

Statins such as atorvastatin and simvastatin, as well as other, non-statin drugs that reduce bloodstream levels of cholesterol and other fat-related molecules called lipids, are now widely used, and have helped reduce the annual death rate from CAD over the past two decades. But researchers estimate that in the US nearly half of men and about 10 percent of women between 45 and 65 years old are at least at intermediate risk of CAD yet only about a third of these individuals take lipid-lowering drugs.

Calculating CAD risk scores and communicating that information via smartphone apps is now being considered as a highly scalable method for nudging more at-risk people to seek medical advice and get lipid-lowering medications when appropriate, thereby lowering the incidence of CAD and heart-attacks.

"We now have the opportunity to integrate a person's genetics into their cardiovascular health assessment to help them better understand their individualized risk and empower them to make the necessary modifications — including the addition of statin therapy — to their risk factor optimization



Scientists at the Scripps Research Translational Institute developed the MyGeneRank mobile app that can provide study participants with their unique genetic risk score for coronary artery disease. PHOTO COURTESY OF SCRIPPS RESEARCH

plans," says first author Evan Muse, MD, PhD, a cardiologist and lead for cardiovascular genomics at the Scripps Research Translational Institute.

"Even if someone finds out they have low genetic risk for CAD, knowing their score can help — for example if they also know they have high risk overall, that may suggest other non-genetic factors like lifestyle are contributing to their risk and that they should consider making changes," Torkamani adds.

The team is pioneering this app-based approach. They developed a free CAD-risk iPhone app, as well as an Android app. Users can link their existing 23andMe

data and fill out consent forms and health-related surveys, including questions about the use of lipid-lowering drugs. The app can then calculate and share with the respondent a risk score based on the latest recognized genetic risk factors for CAD. The app then followed up approximately a year later with questions on the respondent's current use of lipid-lowering medications.

The researchers promoted the apps at scientific conferences, conducted an advertising campaign on Facebook, and ultimately enrolled 3,800 eligible respondents, of whom 721 provided enough initial and follow-up information for the analysis.

The results were encouraging, according to the team. A key finding was that respondents who were not taking lipid lowering medication at the outset of the study, but were informed by the app that they had high gene-based risk scores for CAD, initiated lipid lowering therapy at more than twice the rate of those with low risk scores.

Overall, study respondents in the high-risk category, compared to the low risk category, were, at follow-up, about 1.4 times more likely to report use of a statin lipid-lowering drug, and about 4 times more likely to report use of a non-statin lipid-lowering drug. Respondents in the high-risk group also initiated lipid-lowering therapy much earlier, at age 52 on average, compared to 65 for the low-risk group.

"On the whole it looks like a significant effect, especially considering that we were giving respondents only appropriately contextualized information about their gene-based risk scores—we weren't directly telling them to go out and start taking medications," Torkamani says.

He and his colleagues now plan to follow up this pilot study with larger and longer-term studies of CAD risk-scoring apps—studies that will include clinicians and will objectively record differences in cardiovascular health outcomes such as heart attacks.

READ MORE ONLINE AT sdnews.com

CENTRAL MOBILITY HUB

VIRTUAL PUBLIC MEETING

LEARN ABOUT THE FUTURE OF REGIONAL CONNECTIVITY!

Get an update on the Central Mobility Hub project and provide input on potential transportation solutions.

Thursday,
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Pacific Beach Community Development Corporation and Pacific Beach Business Improvement District of The City Of San Diego

NOTICE OF ELECTION AND GENERAL MEETING

The Pacific Beach Business Improvement District (PBBID) includes business and rental properties with six or more units, in the area which can be approximately described as the area circumscribed by Interstate 5, the Mission Beach Boardwalk, Crown Point Drive and Turquoise Street. The purpose of the PBBID and The Pacific Beach Community Development Corporation (PBCDC) is to provide an organizational framework and funding for the improvement of the area. Pacific Beach area business license holders and owners of rental property with six or more units, are invited to run for election as a member of the PBCDC Board of Directors. Nominations are currently being solicited for five (5) seats on the fifteen (15) member Board. The Board has appointed a nominating committee to whom nominations may be made by submitting a petition or letter. The nomination petition or letter must be submitted to the nominating committee by September 12th at 5pm either by mail or emailing sunny@pacificbeach.org. Additional nominations may also be made from the floor at the September 6, 2022 meeting. The Board of Directors will also review the list of business and rental property license holders to confirm their representative's eligibility to be voting delegates for the election. The business delegate will be the person named in that business license unless a business indicates differently in writing to the PBCDC Board of Directors. The Board of Directors must receive the written notice of the business delegate change at or before their September 6, 2022 meeting. All delegates' terms will end with the election. The list of known business and property license holders eligible to vote will be available for review after the September 6, 2022 meeting by contacting Sunny Lee at 858-273-3303. The Board will then consider reports and other matters to be placed on the agenda for the annual election meeting. The annual meeting of the Board of Directors is scheduled for October 18, 2022 at 5:00pm, at Discover Pacific Beach office, 1503 Garnet Avenue. Newly elected members of the Board of Directors will be inducted and the Board will consider any other items placed on the agenda by the Board of Directors. A majority of the current Board of Directors shall constitute a quorum for a meeting of the Board of Directors and meeting of the delegates for the October 18th annual meeting.

The Social Diary – Jewel Ball drums up epic Tahitian vibe!

By MARGO SCHWAB

First, I am supremely grateful for an unexpected kindness. Charity sometimes happens quietly, but I would like to give a shout out to audiologist Dr. Shelby Smith who made a mega exception to in-office-only appointments and made not one but two house calls to a loved one of mine. Thank you! May we all be so lucky.

Meanwhile the tropical heat revved up for Las Patronas’ 76th Jewel Ball, which was themed “The South Seas.” Las Patronas made the vibe colorful and happy

with lei greeting, tropical libations, and Tahitian dancers poolside at the La Jolla Beach and Tennis Club. Fun standouts were Sheila Combe of Bowers with golden South Sea Pearls, standout elegance goes to Erin Preuss in Ralph Lauren classic and Sandra Alavi in Zimmerman, Scott Johnston in wild Ralph Lauren embellished, and the spot on darling of the night Michelle Gurnee in tropical attire and goddess worthy up-do with floral accent.

Monies raised go to worthy causes including San Diego Humane Society, Second Chance Dog

Rescue, and Feeding San Diego. Las Patronas has raised millions for San Diego over the years resulting in manifold community benefits, bravo! ... ‘Til next time!



Jewel Ball chairwoman Megan Cox with Las Patronas president Tina Boyton.



Sandra and Dr. Sassan Alavi.



Erin and Peter Preuss with Andrea and Brian Marvin.



John Armstrong and Michelle Gurnee.



Halsey and Patrick Gilligan.

The Coder School provides computer programming lessons after school

By DAVE SCHWAB

The Coder School La Jolla provides computer programming lessons to children ages 7 to 18 offering semi-private sessions with an intimate two-to-one student-coach ratio.

“We are an after-school program,” said Aline Pampalon who, along with her husband Artur, co-owns and operates The Coder School. “What we do in our school is customize everything, and everyone learns the same. We teach based on students’ interests, skill levels, and pace. We believe kids need to be engaged in order to learn. We want them to do things that excite them, which makes our method different than everyone else. We want our education offered to be fun, light, and bright so students will want to come back and learn.”



A group of students at The Coder School La Jolla. COURTESY PHOTO

Code coaching, the school’s main program, is a customized style of learning that pairs kids based on their age and skill level. Kids learn through project-based classes with coaches personalizing each lesson. Instead of following a static curriculum, coaches customize their lessons. Sessions run once or twice weekly, for one hour. Parents can choose among different days and time slots available Monday through Saturday.

Johana Yan, mother of Katie Chen Yan, who is a student at The Coder School La Jolla, said the program there “is one of the best after-school finds in La Jolla. The teachers are spectacular in motivating and stimulating the little minds. This is one of our favorite extracurricular places. I love how excited my daughter is at the end of each lesson and how she loves to share all the work she did with the teacher.”

Added Yan: “The method starts with teaching the students logic, as the building blocks to any coding,

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Where: 7484 La Jolla Blvd., 2nd Floor.
Contact: thecoderschool.com, 858-877-1814.

With a solid foundation of logic, the child can then easily learn various programming languages and the associated syntax. The method transcends age group and gender, making this a very unique learning experience for all kids. As a parent of one of the youngest kids at the school, it has been completely delightful to consistently see the excitement and love for coding grow lesson by lesson.”

The school refers to its Coder Tree, a graphic showing the progression of computer languages taught. Pampalon noted that “Like real trees, our students’ coding journeys are unique from each other, but all require strong foundations and trunks to support their higher, advanced branches.”

Pampalon said they are a franchisee for The Coder School, which has more than 50 locations in the United States and Canada, as well as two others in San Diego. She added the coding

program has demonstrated that teaching kids in pairs “makes for a more fun environment because they have a partner who they can share their accomplishments with while building the same projects together. Kids speak many different languages, but they can come together learning with computers as a supplement.”

Pampalon said learning computer languages now can help students advance in the future. “Even if they don’t want to do computer work, learning computer languages will help them a lot with developing logical thinking, creativity, and problem-solving skills,” she said.

Pampalon noted there are no long-term commitments at The Coder School. “Students can start at any time,” she said. She added that, after nearly three years in La Jolla at 7484 La Jolla Blvd. on the corner of Pearl Street, the school now has about 100 students enrolled.

“We’re very proud to be a part of the La Jolla community,” said Pampalon. “It was a process to get to be a part of the community. I really feel that now I am a part of the community.”

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San Diego's Zach Svajda still learning on the pro tennis tour

By MICHAEL J. LEWIS

The cheap motels and even cheaper cuisine haven't bothered Zach Svajda that much.

The 19-year-old who grew up smacking balls around Pacific Beach isn't a high-maintenance kind of kid, so his first full year on the ATP pro tennis tour hasn't left him wanting for the fancy things.

What has been difficult, as it is for 99 percent of first-year pro players, is the losing. Svajda was previously a top junior who crushed the competition most of the time, and last year at this point he was about to enter the U.S. Open main draw after winning the U.S. National 18s.

While here 12 months ago he scored a big first-round win, then scared Top 10 stalwart Jannik Sinner before dropping a four-set decision.

In 2022, the teenager has played many minor-league (ITF level) pro tournaments, compiling a record of 17-15, and this week at the

U.S. Open he reached the second round of the qualifying tournament before losing in three sets to Alexander Ritschard.

For Svajda, now ranked No. 306, the adjustment has been about as tough as expected.

"The grind has been rough, but it's been great going through the learning process," Svajda said this week at the Billie Jean King National Tennis Center. "It's been a slower start (to my pro career) than I hoped for, but I've been playing better lately and this week was a great experience for me."

This week in qualifying was a whole new experience for the baby-faced Svajda; in 2019 and '21 he was given a wild card into the main draw after winning the Boys Nationals, and got to play in front of big crowds.

This week there were dozens of spectators and a much different outer court atmosphere.

"I told myself it was going to be a lot different, and that I'd have to make myself ready and stay energized without a big crowd," he said.

That difference was evident in the loss to Ritschard; despite being down a set and a break, Svajda rallied to win the second set with a huge forehand return winner.

But early in the third set, Svajda's groundstrokes faltered and he lost the final five games and the match to the more-experienced 29-year-old Ritschard.

David Nainkin, Svajda's coach and a longtime USTA mentor to players like Sloane Stephens and Taylor Fritz, said he's pleased with Svajda's progress even as the wins have been harder to come by.

"He's worked hard and really developing nicely," Nainkin said. "His forehand has gotten stronger this year, as has his serve."

"One thing I see is there's not a huge difference out here between guys like me (ranked 300) and the guys who are 100 or so," Svajda said. "My level is right there, it just needs to be upped a little and I need to get more pro matches under my belt. But this was a really positive experience here."



STRIKERS EARN ACCOLADES

After a strong sophomore season in the Women's Premier Soccer League that saw the San Diego Strikers win the So Cal Conference Plymouth Division for a second year in a row, five of their players have earned league accolades alongside their head

coach, Ray Taila. Goalkeeper Kelcie Brodsky, defender Christina Bragado, midfielder Cassie Callahan, along with forwards Kiera Bocchino, and Ava Seelenfreund were named to the All-Conference Plymouth Division best 11 earlier this week.

Bocchino was also named as

the Plymouth Division offensive player of the year after leading the Strikers in scoring with six goals and three assists. The team finished undefeated during the regular season going 7-0-1, compared to its 6-0-0 record in 2021.

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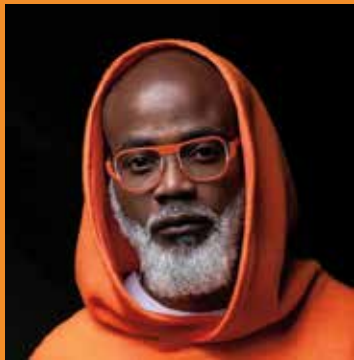
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Embezzler at La Jolla Music Society receives prison sentence

By NEAL PUTNAM

The former finance director for the La Jolla Music Society was sentenced on Aug. 4 to 2 1/2 years in federal prison for embezzling \$650,000 from the nonprofit organization over 10 years – even while earning \$120,000 annually in salary.

Christopher Michael Benavides, 52, was allowed to remain free on a \$20,000 bond and will surrender on Sept. 19 to begin his 30-month sentence.

U.S. District Court Judge Cathy Bencivengo exceeded the recommended two-year sentence by a prosecutor and imposed 30 months, saying this type

of embezzlement is “way more egregious when a nonprofit is involved.”

Bencivengo ordered Benavides to pay restitution of \$650,000 to the music society. Assistant U.S. Attorney W. Mark Conover said he doubted Benavides was remorseful because he has not paid anything towards restitution.

Todd Schultz, the president and CEO of the La Jolla Music Society, appeared at the sentencing and also filed a four-page letter with the judge that stated Benavides was earning \$120,000 annually while he was finance director.

The letter stated that Benavides oversaw the budgeting process and “he regularly claimed that

many staff salary increases were not possible due to budgetary constraints.” He added: “During this same time period, Benavides was stealing for himself an average of about \$65,000 per year.”

Schultz’ letter said they discovered Benavides paid his personal mortgage payments using the music society funds, and Benavides initially said it was done by accident. But they later learned it was a massive theft in which funds were used to pay for his credit cards and other personal expenses.

They fired him in March 2021 after 15 years as their finance director. Executives said they suspect the theft may be larger but

their records don’t go back past 2011.

Also speaking in court was board chairman Steve Baum, who also investigated the thefts.

In court, Benavides told Bencivengo he regretted his actions and lost the trust of friends.

“Mr. Benavides exploited his position of trust with the La Jolla Music Society by stealing month after month for over a decade,” said U.S. Attorney Randy Grossman.

“His greed and deception have had a lasting impact on this nonprofit,” added Grossman.

“La Jolla Music Society trusted their director of finance to safeguard the nonprofit’s funds, but Benavides had a different plan,”

said Stacey Moy, special agent in charge of the FBI’s field office.

“Instead, the defendant strategically calculated year over year to systematically steal from his employer, selfishly lining his own pockets,” said Moy.

The La Jolla Music Society provides arts and education programming for thousands of San Diegans each year including a year-round music-training program in Barrio Logan for middle and high school students.

They provide learning opportunities for young musicians, seminars, lectures, and student performances. It relies heavily on donors, foundations and government funding to cover its expenses.

BRIEFS»

CONT. FROM PG. 1

Entries ranged from African wildlife, nature and “Lion King” characters to depictions of family, love, and friendship with artists exceeding expectations. A jury of 10 gallerists and community leaders used a blind ranking system to collectively choose a total of 48 pieces to be part of the Circle of Life Community Art Expo, which took place at Pacific Sotheby’s on Aug. 5. Winners in each category — adult, youth and

teen — were announced during the Art Expo.

SUMMERFEST EXTENSION

As a successful SummerFest 2022 draws to a close at The Conrad, La Jolla Music Society (LJMS)’s leadership announced it has come to an agreement with music director Inon Barnatan for a new three-year contract, through September 2025.

Barnatan, an internationally acclaimed concert pianist, has been music director of SummerFest since 2019. In that role, he creates the theme and programming for

the summer festival concerts and selects the musical artists who will perform them.

“As a longtime admirer of both Inon the artist and Inon the person, I couldn’t be more thrilled to get a chance to work with him for another three years,” says LJMS artistic director Leah Rosenthal.

“Thanks to Inon’s creative vision, collaborative spirit, and impeccable artistry, the most prolific and in-demand classical musicians, jazz artists, and dancers in the world are excited to come here to The Conrad to play with him. There is no one better to lead

SummerFest into the next phase of its evolution as one of the best chamber music festivals in the U.S., let alone the world.”

SYMPHONY AT SALK

Symphony at Salk’s 26th annual event on Aug. 20 raised more than \$1.1 million for the Salk Institute’s research in the fields of aging, cancer, neuroscience, immunology, climate change, and more, as researchers work to build a healthier and more resilient world. This concert under the stars featured an unforgettable performance by the San Diego

Symphony and Tony, Grammy and Emmy Award-winner Ben Platt in the Salk Institute’s iconic Courtyard amidst Louis Kahn’s masterwork of modern architecture.

JEHOVAH’S WITNESSES

Jehovah’s Witnesses are back in Kellogg Park at La Jolla Shores Beach standing next to colorful carts featuring a positive message and free Bible-based literature. Thousands of these carts will be rolling down the streets of communities like La Jolla across the world.

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Belmont Park’s Fall Fest offers live music, pumpkin plunge, contests

By DAVE SCHWAB

Belmont Park, the iconic oceanfront amusement center at Mission Beach, is transitioning into its annual Fall Fest from Sept. 9 through Oct. 31. The seasonal event will showcase live music, games, and specialty sips and bites at its restaurant venues.

Though the fest culminates this year on Halloween day, the park experience is really more about the end of summer and chilling for fall, noted Belmont Park general manager Steve Thomas.

“We’re trying to get away from Halloween so much, focusing more on the season with a harvest festival centered around live music, food, games, and fun, bringing in some sculptures and different activities around the park and touching on Halloween,” he said. “The festival is more about getting together and doing things for six weeks, transitioning the park, putting up all the new themes and the newest colors, and letting people enjoy what the park has to offer.”

Thomas said this summer was a big success at Belmont, adding he could tell people wanted to get out more after cocooning during COVID. “We’ve seen a lot of pent-up demand, people coming back wanting to be outside enjoying the park and having close-knit time with families and friends,” he said, adding there’s another change at Belmont Park accompanying the

fall turnover.

“After Labor Day all the tourists go back home, and we start to get locals coming back for the 70-degree days, warm water, and a third as many people on the beach,” Thomas said. “The (attendance) numbers fall after the summer season, but it’s just great weather and a great time for locals.”

Belmont Park completed a major remodel this February of the nearly century-old amusement park on Ocean Front at Surfrider Square, which is renowned for its iconic Giant Dipper roller coaster, which turned 97 this year. The revamped park continues to

feature amusement rides, games, and high-end and casual dining, along with a skate park, bike rentals, and more.

During the fall festival, special events will take place on weekends. “We’ll have live music every weekend in the park with action characters coming around all weekend with themes, like mermaids,” noted Thomas. “We’ll have people making balloon animals and costume contests every weekend in October with free trick or treating every Sunday at 5 p.m.”

Belmont hasn’t forgotten about Halloween. “We’ll have a burger and beer combo, and pumpkin

spice funnel cake, at Belmonty’s Burgers & Pizza,” said Thomas. “On Friday, Oct. 28, we’ll do the pumpkin plunge, where kids can dive for pumpkins or go for a swim at the historic Plunge Pool. The park’s seasonal Go Kart track will also be open throughout October.”

Thomas added the park will bring in two stages for fall fest as well as having some “really cool old trucks and cars” around the park. He said there will also be a pumpkin patch for kids with tic tac toe, bean-bag toss, and jump houses.

At present, Belmont Park is home to three full-size restaurants,


20 amusement rides, 14 fast-casual food and beverage places, and six retail locations. The Plunge Pool is open to the public daily for \$15 for an hour, and \$25 for a day and discount packages are available for a family of three and more.

Thomas said Belmont Park continues to be a destination location. “We have a world-class gym facility and an amazing indoor pool at the Plunge,” he pointed out. “We have a high-end sushi restaurant overlooking the ocean with great views. You can watch sports games on a 31-foot TV at Draft right on the boardwalk.

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Fill in the blank cells using number 1 to 9. Each number can appear only once in each row column and 3x3 block. Use logic and process elimination to solve the puzzle.

	2			3			6	
						2	4	1
	7	1				3		
	1			4		7	9	
	8				1			
6				7	8			
4					6			
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CROSSWORD PUZZLE

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	51											

- CLUES ACROSS**

 - 1. Taxi
 - 4. Cattle disease (abbr.)
 - 7. Before the present
 - 8. They burn in a grill
 - 10. Enough (archaic)
 - 12. "A Doll's House" playwright
 - 13. Long loop of cloth worn around the waist
 - 14. Napoleonic Wars battle
 - 16. Chinese surname
 - 17. Fragrant essential oil
 - 19. Follows sigma
 - 20. Model
21. A place with many dining options

25. BBQ dish

26. Corn comes on it

27. A sheep in its second year

29. Triad

30. They ____

31. Actor DiCaprio

32. TV's "Edith Bunker"

39. Sustenance

41. Man who behaves dishonorably

42. Cause a loud, harsh sound

43. A way to take in liquids

44. Gene type

45. The Miami mascot is one
46. Excessive fluid accumulation in tissues

48. Casino machine

49. Contains cerium

50. Something with a letter-like shape

51. Handwoven Scandinavian rug

52. Legendary actress Ruby

- CLUES DOWN**

 - 1. Conqueror
 - 2. Kin relation
 - 3. Increases the value of
 - 4. Pack
 - 5. Popular nut
 - 6. Dogs' enemies
 - 8. Former OSS
 - 9. Unpleasant person
 - 11. Come again?
 - 14. Beverage container
 - 15. Rock formation
 - 18. Dorm official
 - 19. The bill in a restaurant
20. Type of jug

22. Importance requiring swift action

23. Outfit

24. Small Eurasian deer

27. Weight used in China

28. A major division of geological time

29. Popular beverage

31. Confined condition (abbr.)

32. Practical joking

33. Pouchlike structure

34. Pound

35. Lilly and Manning are two

36. Stopped discussing

37. Baltimore ballplayer

38. Candy maker
39. One thousandth of a second (abbr.)

40. Northern sea duck

44. Partner to cheese

47. Cannot be found

Y	E	D						V	A	B		
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9	3	4	1	6	2	5	8	7
8	6	7	5	4	9	2	1	3
6	8	3	2	9	4	1	7	5
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7	9	5	6	3	1	4	2	8

LIVE FROM SAN DIEGO – Music performances on the coast this week

By BART MENDOZA

SPOTLIGHT

One of La Jolla’s finest traditions, the Athenaeum Music & Arts Library’s free Monday lunchtime mini-concerts, continues on Sept. 12, with a performance from acclaimed pianist Danny Green (above). The hour-long show kicks off at noon. No tickets are needed for these concerts, with attendees simply requested to line up at the Athenaeum’s side door prior to showtime. Green has won several San Diego Music Awards, including “Best Jazz Album” trophies for his albums, “With You In Mind” (2009) and “After The Calm” (2014), as well as one for “Best Jazz Artist” in 2018. A gifted performer, Green’s trio will play songs from throughout his career, blending jazz and classical as well as elements of world music. A great choice to kick off the return of this beloved music series.

Danny Green: Monday, Sept. 12 at the Athenaeum Music & Arts Library, 1008 Wall St. Free. Noon. l Athenaeum.org.

RECOMMENDED

On Sept. 3, Bird Rock eatery Beaumont’s celebrates its 17th anniversary. The intimate nightspot is a great place to catch live music, with two excellent bands at this year’s party. Opening up the festivities will be a surf-inspired combo, The Bird Rockers, led by guitarist Joe Dameron, best known for his work with The Tourmaliners. Meanwhile, the night will close out with an appearance from Rolling Stones tribute group, Emotional Rescue. Both bands are a lot of fun, with the night’s occasion sure to inspire plenty of dancing and singing along.

Emotional Rescue: Saturday, Sept. 3 at Beaumont’s, 5662 La Jolla Blvd. 6 p.m. beaumontseatery.com.

Portland-based saxophonist Patrick Lamb stops in Humphrey’s Backstage Live on Sept. 4. Lamb has toured with several noted artists including Bobby Caldwell,



Jeff Lorber, and Gino Vannelli, but it’s with his own music that he’s drawn the most attention. Five of Lamb’s albums have placed high on the Billboard jazz charts, with numerous singles also scoring, including current favorite “Homebrew,” which recently hit No. 20. Lamb’s latest album, “Soul Ties,” is a must for any smooth jazz fan, but funk aficionados will also love the groove on tracks such as “Beauty and the Beast.”

Patric Lamb: Sunday, Sept. 4 at Humphrey’s Backstage Live, 2241 Shelter Island Drive. 6 p.m. \$10-\$30. humphreysbackstagelive.com.

The Pacific Beach Taylor Branch Library’s annual outdoor music series wraps up this year on Sept. 10 with a performance from The Benedetti Trio. Featuring acoustic guitarist Fred Benedetti and his daughters Regina and Julia on vocals, the trio takes in a wide variety of music, from Simon & Garfunkel to Fleetwood Mac, with The Beatles a specialty. Benedetti’s virtuoso playing is the perfect compliment to his daughters’ harmonies, with wonderful arrangements, making this a great way to end this year’s run of concerts. It’s recommended that attendees bring folding chairs and blankets for this event.

The Benedetti Trio: Saturday, Sept. 10 at Pacific Beach Taylor Branch Library, 4275 Cass St. 4 p.m. Free. sandiego.librarymarket.com/event/concert-benedetti-trio.

Soul/pop/funk multi-instrumentalist Jonny Tarr performs at

UTC’s Palm Plaza on Sept. 11 at noon. Recently named an official Taylor Guitars artist, Tarr was also the 2020 SDMA winner for “Best Pop Artist,” with new music on the way. He released a new single last month, “The Rules,” via Pacific Records, a taster for his next album, due in early 2023. Tarr regularly performs around town with a variety of different-sized ensembles, but for this show he will be performing solo, using looping pedals and a mix of instruments including guitar and saxophone.

Jonny Tarr: Sunday, Sept. 11 at UTC Palm Plaza, 4545 La Jolla Village Drive, Ste E-25. Noon. Free.

Few bands have had the staying power of Chicago. Formed in 1967, the 10-piece group performs a two-night stand at Humphrey’s Concerts by the Bay on Sept. 13-14. Chicago is still going strong, most recently releasing their 38th album, "Chicago XXXVIII: Born for This Moment," with three original members still aboard; singer and keyboardist Robert Lamm, trumpeter Lee Loughnane and trombonist James Pankow. Chicago’s latest single, “If This Is Goodbye” is a worthy addition to their canon, but the night’s biggest cheers will be for their incredible string of vintage hits including “Saturday In The Park,” “Old Days” and “Call on Me.”

Chicago: Tuesday and Wednesday, Sept. 13-14 at Humphrey’s Concerts by the Bay, 2241 Shelter Island Drive. 8 p.m. \$106 and up. humphreysbackstagelive.com.

Recorder/County Clerk of San Diego County on: AUGUST 18 ,2022. ISSUE DATES: AUGUST 26 ,SEPTEMBER 2,9 & 16

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The world is constantly changing, as is everything and everyone around us



Doing it Better

By Natasha Josefowitz, Ph.D.

Some people seem to be wired to like variety, novelty, and change from routine. Others seem to prefer the status quo, the predictable, the familiar. To some extent, this is genetic, but it is also influenced by the multitude of experiences we have been subjected to in our lives. Embracing change requires the ability to break comfortable habits, overcome the need for security, risk what we have, defy inertia and laziness, and master our fear of the unknown. Change can be exciting when it is done by us, but it can be threatening when done to us.

There are psychological attributes that don't change throughout life, like baseline anxiety or eagerness for novel experiences. People with higher levels of one or the other of these traits will respond in opposite ways to the same situations. For instance, the introduction of new technology can elicit responses ranging from feeling like something will be a fun learning opportunity, to seeing it as a blow to self-esteem ("I will never be able to do that!"). Some, like chameleons, have a variety of responses available to them. Others will respond in only one, customary way.

Change is also perceived differently by

different generations. When I was young, which was many decades ago, I would look forward to changing, variety, and challenging the status quo. Today I view change with some alarm. A notification that my computer or iPhone has an upcoming update makes me immediately worry that it will make me feel inadequate as I try to adjust to new configurations. The speed with which new technologies enter our lives is totally mind-boggling. Alexa and Siri keep offering me new ways to function when I am quite happy functioning with what I currently know.

One of the changes I deal with every year is in the deterioration of physical competence. I see less well; I hear less well, and I walk slower. These are changes that I need to adapt to with hearing aids, reading glasses, and a cane. Demographics also change. My doctor, dentist, accountant, lawyer, trainer, hairdresser, and secretary have either retired or died; thus I have to adapt to a whole new set of personalities.

Resilience and adaptability are required of us as we continue to contend with COVID-19 and climate change as it impacts our lives. We cannot rest on our hard-earned laurels anymore. We must move on with the changing times, even if we are a bit out of breath from the speed of it all.

Change usually includes both opportunity and loss. Within organizations where many people will be impacted, there must be a reason for making changes — something is not working or an improvement is necessary to remain competitive. Even so,

some people will see it as necessary; others will not.

People approaching retirement may lose their office space or have to bear the disruption of construction, but will not be around to gain any benefits. Older residents in retirement communities may feel the same way and are also more prone to resist change and may have difficulty learning new routines, or dealing with changes in their environment. "Will I see the completion of this project in my lifetime?" is a frequent complaint. In the last decades of one's life, comfort takes precedence over innovation even if it promises improvement. It is very difficult for individuals to give up amenities or resources for the benefit of people they will never know.

It is not only older people who resist change. Any individual who will experience some personal discomfort for the benefit of the organization or for some future generation may balk at giving up the status quo. In order to support the change, people need to have their concerns acknowledged and their ideas are taken seriously. Here are some

suggestions to help overcome resistance:

- Be clear and explicit about motives and intended outcomes;
- Promote open discussions of concerns;
- Involve those impacted as much as possible;
- Provide training if new skills are needed;
- Be aware of possible unintended consequences, especially those which will negatively impact some individuals.

Special attention must be paid to people who suffer from mental issues, such as depression or anxiety, or who suffer from physical disabilities. For these individuals, change may be more traumatic.

In the end, some people will evade all efforts to get them to accept the necessity for change and will, therefore, be unreachable by any means. However, in our rapidly evolving world, change is the one constant we can rely on.

Natasha Josefowitz is the author of 21 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2022. Natasha Josefowitz. All rights reserved.

La Jolla Country Day alumna writes book on finding happiness and time

By DAVE SCHWAB

Dr. Cassie Mogilner Holmes, a La Jolla Country Day School grad now a university professor, chose a familiar subject for her first book: happiness.

A professor at UCLA's Anderson School of Management, Holmes, from LJCD's class of 1998, teaches a popular MBA course titled "Applying the Science of Happiness to Life Design."

Her first book, "Happier Hour: How to Beat Distraction, Expand Your Time, and Focus on What Matters Most," reflects her overarching view that our most precious resource isn't money but time. "Happier Hour" demonstrates how small changes in our lives can have an enormous impact on reducing our sense of being overwhelmed, while increasing overall life satisfaction.

Discussing the point of her research and book, Holmes said: "I've been studying this (happiness) since I got my Ph.D. I wanted to figure out whether the choices we make daily can bring more satisfaction to our lives."

The professor noted it was a tough sell pitching the idea of a new book about happiness to her superiors. "They wanted to know how this was relevant for businesses," said Holmes. "And my response was, 'We are educating our future business leaders, so I developed a way to apply my Science of Happiness to Life Design class.' And it's become one of the most popular courses. Recognizing the positive impacts the class has had on my students and their relationships, I wanted to spread its empirical-based learning (verifiable by observation or experience) more broadly. So I agreed to write this book."

In her book, Holmes shares her conviction

"Happier Hour: How to Beat Distraction, Expand Your Time, and Focus on What Matters Most," (cassiemholmes.com/happierhour), by Dr. Cassie Mogilner Holmes, will be available Sept. 6. Holmes is conducting a book tour that includes an in-person happy hour and book signing event in San Diego on Sept. 15 from 4-6 p.m. For tickets and information, visit adventuresbythebook.com/event/dr-cassie-mogilner-holmes-9-15-22/. Holmes' book is noted as a Forbes 2022 Top 10 Must-Read Career and Leadership Book with early praise from Angela Duckworth, Adam Grant, Laurie Santos, Eve Rodsky, Jonah Berger, and Katy Milkman.

Watch Holmes launch the book on two morning shows, "CBS Mornings" on Sept. 6, and "Today Show" on Sept. 8.

that one of the main ways to maximize our happiness is to remove as much "waste time" as possible from our lives.

"So many of us feel we don't have enough time to do what we want — and have — to do," she said adding, "But the problem is, so many of our hours spent aren't fulfilling, it just fills our day."

Thus, "Happier Hour" teaches how to maximize time spent on productive pursuits while minimizing the time we feel is being wasted. "We want to be able to look back on our days and feel like our time spent was fulfilling, and not just simply busy," Holmes said.

Reflecting back on her LJCD days, the professor believes the independent, intimate private school laid a solid foundation to build upon. She started in seventh grade at the K-12 school and was active in a number of varsity sports, including track and soccer. She was also the first girl to play on the school's flag football team.

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3 Essentials for Aging Well

A Holistic Approach from Belmont Village



Don't we all wish to know the secret to aging well? While there may not be a single secret to a long-lived, healthy life there are a few lifestyle elements we should all keep in mind. At Belmont Village La Jolla, now open, residents have everything they need for maintaining a healthy lifestyle right at their fingertips—from staying active in the pool and fitness center to exquisite dining and a range of programming. Backed by nearly 25 years of experience and research, Belmont Village recently shared three tips for aging well in mind, body and soul.

3 ESSENTIALS FOR AGING WELL

MIND

Brains, like bodies, need a daily workout. Good brain health helps build neuro-connections and cognitive reserve to draw on as we age. You can build cognitive reserve by learning something new or doing something that's a mental stretch each day. For example, read an article and discuss it, do a crossword puzzle, or explore an interest you've always wanted to.

Using the mind and body together has even more benefit—dancing is perfect, as are sports and activities with strategies or complex moves. Belmont Village residents enjoy a variety of group fitness classes and a vibrant daily activity calendar, offering the opportunity to stretch the mind each day.

BODY

In our later years, maintaining preventative care and medical needs becomes even more imperative to aging well. However, as we age, it can become difficult to maintain our own care plans. Seek the help of a family member to organize doctor's appointments and medication or consider a Senior Living

community with on-site care staff. At Belmont Village, nurses are on-site 24/7 to support residents at a moment's notice and maintain their care. Residents are also only a few steps away from on-site physical, speech and occupational therapists.

SOUL

Maintaining a sense of purpose helps nourish the soul at every age. Feeling that your life has meaning and that you are in control of it fosters positive attitudes and emotions and a healthier brain. Stay involved in faith organizations or volunteer groups to boost your sense of purpose. Staying social can also help—seek out community with your friends and family or group activities.

Belmont Village communities are renowned for distinctive design and high standards of life safety, with a reputation for top-quality clinical care and leading edge, award-winning programs, including evidence-based Memory Care. Every Belmont Village community is licensed to the highest extend, allowing couples to stay together despite varying care needs.



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September 8, 10, & 14



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