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FRIDAY, DECEMBER 9, 2022

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THIS WEEK



The Social Diary: 'Circus chic' for children

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USTA National 40 Hard Court Championships

SEE PAGE 28



Rosita Beaty debuts The Black R.A.C.

SEE PAGE 24



Ooh La La Dance Academy won 'Best Overall' for its float and dancers in the 66th annual La Jolla Christmas Parade & Holiday Festival held on Dec. 4. PHOTO BY DON BALCH

Work continues to restore Princess Street trail beach access

By **DAVE SCHWAB**

A nonprofit group in charge of leading the effort to re-establish beach access on a historic trail from Princess Street in La Jolla to the pocket beach below is nearly done studying the project, before starting work on design and construction to restore the pathway.

The planned trail at Princess Street will descend 50 feet from the public street at the bluff top to the intimate pocket beach below and will be open between sunrise and sunset. The Environmental Center of San Diego, in partnership with the San Diego Chapter of the Surfrider Foundation, will maintain and monitor the trail and landscaping upon completion.

Until 1979, the Princess Street Coastal Access Trail provided a point of entry to what is now known as the San Diego-La Jolla Underwater Park and Matlahuayl State Marine Reserve. It also has served as a critical emergency access point for City life-guards to an otherwise inaccessible portion

See **PRINCESS**, Page 4

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Champion-Cain's Ponzi scheme victims may recover their losses

By DAVE SCHWAB

There is good news for many of the victims bilked in a fraudulent liquor license investment scheme by former San Diego restaurateur Gina Champion-Cain.

The federal court overseeing the receivership of Champion-Cain and her various entities recently approved a settlement between court-appointed receiver Krista Frietag, Chicago Title, and a number of other victims.

"When combined with the receiver's other recoveries, as well as settlements of other victims' lawsuits against Chicago Title, it appears that most of the victims will recoup approximately 90% to 95% of their net losses, if not more," said attorney Mark Cramer, chair of the class action practice group of Buchalter, which represented about 80 of the victims of Champion-Cain's Ponzi scheme.

Noting there were roughly a dozen lawsuits filed against Chicago Title, Cramer pointed out: "In most cases involving Ponzi schemes, the victims are lucky to get pennies on the dollar. The recovery for the victims of Champion-Cain's scheme is a remarkable result in an otherwise tragic situation."

Cramer added almost all of the investment victims have reached settlements with Chicago Title. In addition, he said the



Gina Champion-Cain was sentenced in federal court to a 15-year prison term for masterminding a massive, years-long Ponzi scheme. COURTESY PHOTO

court-appointed receiver has spent years marshaling the assets of Champion-Cain and her various entities. "The receiver's job is to try to identify, locate, and safeguard what was left when the scheme collapsed," Cramer said adding, "The receiver is trying to put Humpty Dumpty back together again."

Champion-Cain, a long-time San Diego business leader, restaurateur, and real estate magnate, was sentenced in federal court to a 15-year prison term for masterminding a massive, years-long Ponzi scheme and obstructing justice by hiding and

destroying evidence from federal investigators.

When Champion-Cain pleaded guilty on July 22, 2020, she admitted that she raised more than \$350 million from investors by promising to use their money to make loans to business owners who were attempting to acquire California liquor licenses.

However, according to court records, Champion-Cain and her co-conspirators instead used funds from new investors to pay back others whose investments would soon be redeemed, and embezzled funds to support her other businesses and her lifestyle.

Champion-Cain and her co-conspirators kept the scheme going by, among other things, fabricating documents, forging signatures, and telling investors lies through fake email accounts, so that when investors attempted to double-check on their investments with third parties, they were often really communicating with the defendant or her employees.

Cramer said his clients, and all the other victims thought their money was safe in escrow. "What doesn't get reported enough is the emotional toll schemes like this have on the victims and their families. It takes more than money to heal those kinds of wounds," he said adding, "With the benefit of hindsight, a lot of victims ask themselves, 'Why didn't I figure this out?' But the reality is, they aren't alone. There are hundreds of victims of this scheme, including sophisticated people, banks, and investment firms, that didn't figure it out either."

In handing down Champion-Cain's sentence, U.S. District Judge Larry Alan Burns told the defendant her scheme demonstrated "tremendous callousness" and "extreme avarice" in committing a "monumental crime."

"This is a fitting sentence for a defendant who caused significant harm to hundreds of victims," said acting U.S. Attorney Randy Grossman. "This Ponzi scheme

cost investors hundreds of millions of dollars while the defendant lived in luxury."

"For years, Gina Champion-Cain used her status in the community to lie, cheat, and steal more than a staggering \$350 million dollars, all from investors who trusted her with their hard-earned money and, in many instances, their life's savings," said FBI special agent in charge Suzanne Turner. "While the victims have suffered significantly from the defendant's betrayal, we hope the sentence will bring some closure as they see Champion-Cain being held accountable for the damage she has caused. Let this serve as a warning that the FBI is dedicated to protecting the community from criminals, like Champion-Cain, who commit investment fraud."

Cramer pointed out Champion-Cain "was using proceeds from the Ponzi scheme to prop up her failing businesses, her Airbnbs, her restaurants, and shops. She was taking investor's money to make payroll and cover the overhead expenses of her various businesses, which was part of the scheme."

Concluded Cramer: "Every Ponzi scheme will eventually fail because the schemer can't continue to generate enough money to pay off the early investors. Champion-Cain's scheme was no exception."

Ex-La Jolla office manager gets 21 months prison for fraud

By NEAL PUTNAM

A former office manager for a La Jolla healthcare provider was sentenced on Nov. 14 to 21 months in federal prison for stealing \$349,144.72, with the judge ordering her to pay all of it back.

"I will pay them back, even to my last dollar," promised Ana

Phimmasone, as she stood before U.S. District Court Judge Linda Lopez.

Lopez allowed Phimmasone, 38, to remain free on \$5,000 bond until she surrenders to prison on Feb. 21, 2023.

Phimmasone apologized to the owner of La Jolla Nurses Homecare, who was seated next to Assistant U.S. Attorney

Oleksandra Johnson, in court.

"I know any time you give me, I deserve," said Phimmasone to the judge.

"She's done a terrible thing and she knows that," said her attorney, Alexander Fuqua, who described her as "absolutely remorseful."

Phimmasone, who is also known under her maiden name

of Ana Bravo, worked in La Jolla from January 2015 to April 2018. Court records say she is currently working as a project engineer.

Fuqua said Phimmasone supports her parents, her ex-husband's parents, her son, and a nephew. He asked for a sentence for credit for time served or no more than 14 months in prison.

Lopez rejected the idea of a time served sentence outright, noting the amount of the loss.

The prosecutor asked for two years in prison, saying "she has yet to pay anything (back) to date." Johnson said Phimmasone said some of the money was spent on plastic surgery, vehicles, and trips.

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PRINCESS»

CONT. FROM PG. 1

of the La Jolla coastline due to rocky cliff topography.

Pam Heatherington of the ECOSD, a nonprofit dedicated to preserving and enhancing the natural environment, noted her group assumed responsibility for efforts to restore the historic trail back in 2017 and has been working through a phased study and permitting process ever since.

“Phase one was to see if we could take on the project if it was feasible,” said Heatherington adding, “A seed grant of \$180,860 got us to the point in phase two where we could complete the

PRINCESS TRAIL BEACH ACCESS PROJECT

Phase One – The first phase of the project took place in 2019 continuing into 2020. During this time, the nonprofit Environmental Center of San Diego cleared and prepared the site in partnership with Urban Corps. A topographical survey of the site was completed, and a master plan design of the site was developed. This work was supported by a grant of \$38,860 from the California Coastal Conservancy, as well as ECOSD’s discretionary funds and the generous in-kind support of many partners.

Phase Two – In September 2021,

the California Coastal Conservancy awarded the Environmental Center of San Diego a second grant – totaling \$180,860 – to support the continued restoration of the historic trail in its second phase. The funding will help cover the cost of necessary site studies, the development of the final site design, and permitting of the trail site.

Phase Three – The third and final phase of the project will include construction and the public opening of the trail, including the installation of bilingual interpretative signage at the trailhead.

project. Now we’re about ready to start the final hurdle.”

The historic trail, previously used by surfers and before them, Native Americans, ultimately fell

into disrepair and disuse. “Over the years, the community banded together to rehabilitate the trail,” said Heatherington adding ECOSD has had to perform

tsunami, marine habitat, and other studies in its efforts to rehabilitate the trail. “Now we’re just waiting for the permit from the City to do the geotechnical work, which will be used by structural engineers to update the (trail restoration) plan,” she said. “The City is also requiring us to get a grading permit. Then we’ll come to the City for a Coastal Development Permit.”

Heatherington said re-establishing coastal access on the trail will be tricky logistically. “It needs to have stairs and it is a pretty steep incline,” she pointed out adding the plan is to also build five platforms in the path leading down to the beach “so that people who might have a

problem getting up and down will have rest stops.”

The Princess Street Coastal Access Trail Project has been a long time coming for many La Jollans, like Melinda Merryweather, who has been involved in documenting beach access in La Jolla for years.

“I am so blessed and grateful for all the years I have been able to give to this project,” said Merryweather. “We are so close to being able to use this historic access again for all. I promise a fine bottle of champagne will be shared with all. If not us, who? This is the time for everyone to take up a project they believe in and fix it. The reward will be worth every minute.”

City proposes bikes lane improvements for Prospect Street

By DAVE SCHWAB

A presentation on the City’s Bicycle Master Plan proposing bike lane improvements on Prospect Street got a lukewarm reception recently from La Jolla Traffic & Transportation Board.

LJT&T planner Dave Abrams in October introduced Everett Hauser, program manager with the City’s Transportation Department. “He’s going to tell us about the Bicycle Master Plan as it relates to La Jolla,” said Abrams.

“They have some definite projects ahead.”

During a slideshow presentation, Hauser told community planners street resurfacing and restriping are two future planned activities for La Jolla on Prospect Street. “With these resurfacings, it gives us a chance to make improvements to the roadways,” he said. “Generally what people notice is the addition or modification of bike lanes that we’re implementing per the bicycle master plan. With the (City’s) multi-modal (transportation) plan, that

“Certainly this is an improvement over the existing conditions.”

– Will Rhatigan, San Diego County Bicycle Coalition

gives us a blank slate to modify the striping (of streets).”

The Bicycle Master Plan is part of the City’s long-term vision contained in its General Plan. It serves as a policy document guiding the development and maintenance of bicycle facilities city-wide. Its policies address all issues related to San Diego’s bikeways including planning, community involvement, utilization of existing resources, facility design, safety, education, and funding.

Hauser cited Torrey Pines Road as one example where the configuration of the roadway, which only had a single stripe, allowed the City, via resurfacing, to resize the lane creating more separation between bicyclists and cars. “On Prospect Street we’re trying to fit in bikeways where there is the existing angle parking: That will remain,” said Hauser adding, “We’ll put sharrows (white pavement markings showing a bicycle symbol with two chevrons on top) there.”

“This is informational, it is not an

action item,” noted Abrams. “The City is coming to us to let us know what’s coming down the pike.”

Responding to the City’s bike-lane plans for Prospect Street, Paul Jameson, who works at UC San Diego said: “I’d like to be able to bike down to downtown La Jolla. But it is extremely unsafe to do so. And I’m not seeing much in this plan that makes it a lot safer. I’m just disappointed to see things like sharrows. The buffered bike lanes, some parts of this, certainly are an improvement. But this is really not ideal. It’s regrettable that we’re still prioritizing abundant street parking over the safety of residents.”

“I have some significant concerns as a biker on Prospect,” said another LJ&T attendee via Zoom, who pointed out he didn’t feel bike lane space on Prospect was wide enough with the City’s plans. “I don’t know how you can stick a bike lane in that will be useful there,” he argued. “These numbers seem very idealistic. This is not allowing me to be safe on

Prospect with these narrow bike lanes right along the edge of cars.”

“A key thing to note, unlike the situation on 30th Street in North Park that has raised all kinds of hackles, concerns, and opposition, is that there is no parking loss here,” said LJ&T’s Abrams.

Will Rhatigan, advocacy director for San Diego County Bicycle Coalition, weighed in on the Prospect Street bike-lane discussion. “Certainly this is an improvement over the existing conditions,” he said. “We know that bike lanes are safer than no bike lanes. That said, narrow bike lanes in the door zone are definitely not the safest option. We’re willing to accept that here because we think that La Jolla is somewhere where it could be really hard to take away parking. And we don’t know if there is community support.”

Added Rhatigan, “What we have here is definitely an opportunity to make the street (Prospect) safer. That said, we could make it a lot safer. I would really encourage you to push for that and ask for it. But it’s never too easy taking away parking. We know people don’t always like it. But it’s really the right decision here. As a bike coalition, we are really supportive of the safest option, but we’re understanding of the constraints as well.”

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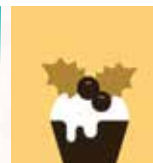
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New research shows people, wildlife, and marine environment benefit when island-ocean connections are restored to being wild

A research and conservation collaboration highlights rewilding islands and breaking down artificial silos for big marine and terrestrial gains

Restoring and rewilding islands that have been decimated by damaging invasive species provides benefits to not only the terrestrial ecosystem but to coastal and marine environments as well. Linking land and sea through coordinated conservation efforts may offer unrealized and amplified benefits for biodiversity, human wellbeing, climate resilience and ocean health, and provides a microcosm for the untapped potential of ecosystem restoration on a larger scale. This new era of conservation focuses on the interconnectedness of all ecosystems, rather than pursuing individual pieces through siloed efforts.

A new perspective published, Dec. 5, in the Proceedings of the National Academy of Sciences (PNAS) titled "Harnessing island-ocean connections to maximize marine benefits of island conservation" recognizes the critical link between island and marine ecosystems and identifies island and near-shore marine environmental characteristics that promote strong linkages in these ecosystems around the world. The



result is a model for effective land-sea conservation and management decisions by governments, foundations, Indigenous peoples, local communities, NGOs and conservationists to harness the power of island-ocean connections that bolster ocean health.

"By applying this knowledge to islands worldwide, we can understand the marine benefits of island restoration projects and maximize returns for our conservation management investments for people, wildlife, and the planet," said Stuart A. Sandin, PhD., lead author of the perspective and a marine ecologist at Scripps Institution of Oceanography at the University of California San Diego.

Islands support some of the most valuable ecosystems on Earth, with a disproportionate amount of rare plants, animals, communities, and cultures found nowhere else. Healthy land-sea ecosystems depend on a flow of nutrients from oceans to islands and from islands to oceans, a

process that "connector species," such as seabirds, seals, and land crabs, facilitate. Research shows that islands with high seabird populations, for example, which feed in the open ocean and bring large quantities of nutrients to island ecosystems through their guano deposits, are associated with larger fish populations, faster-growing coral reefs, and increased rates of coral recovery from climate change impacts.

Many seabird species, however, have been driven to local or global extinction or near-extinction due to invasive non-native mammals, such as rats that eat bird eggs and young hatchlings on islands where they nest. The loss of these connector species populations often results in ecosystem collapse—both on land and in the sea. Removing invasive species from islands is one of our best tools for restoring native plants, animals, and ecosystems.

"Islands and oceans are connected—something many people

living along coasts have long understood, depended on and managed holistically as a result," said Penny Becker, PhD., a coauthor on the perspective and vice president of conservation for the nonprofit Island Conservation. "Linking efforts on land, including removing invasive species from islands, with marine restoration and protection offers a significant untapped opportunity to protect and restore both islands and coastal regions."

The insights put forward by the authorship collaboration of researchers, non-profit conservationists, government agency representatives, and others can help shape where the most impactful marine co-benefits of island restoration could occur. They highlight six essential environmental characteristics that can guide prioritization of island-ocean restorations: precipitation, elevation, vegetation cover, soil hydrology, oceanographic productivity, and wave energy.

The paper identifies islands with higher rainfall, lower wave energy, and other conditions consistent with high land-sea connectivity, such as Floreana Island in Ecuador's Galapagos Archipelago as having high potential to produce substantial marine co-benefits after

invasive species removal and island rewilding.

"This research is incredibly useful for prioritizing where to focus conservation work and precious resources to have the greatest impact," said Wes Sechrest, Ph.D., co-author and chief scientist and CEO for the nonprofit Re:wild. "By restoring and rewilding Floreana Island, we now know that we will also be restoring and protecting wildlife in the Marine Protected Area surrounding the island and beyond, and providing climate resilience. This is critical to building a sustainable Floreana for local islanders and a healthier planet for all life on Earth."

Floreana residents have witnessed the negative effects of invasive species firsthand for decades and are shaping their island's future by playing a central role in its restoration.

Sonsorol Island, Palau is another site with high land-sea connectivity potential. The reduction in seabirds due to invasive species has significantly slowed nutrient deposition, which in turn is limiting the productivity of surrounding reefs. Sonsorol Island's remoteness means that the community depends heavily on the local resources available to them.

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COMPASS

Scripps Oceanography awarded \$5.6 million for ocean dumpsite research

Decades ago, the San Pedro Basin off the coast of Los Angeles was a dumpsite used by various industries. Recent research and reporting has found the dumping of waste from byproducts of the pesticide dichlorodiphenyltrichloroethane (DDT) and other industrial wastes may be larger than previously thought. New congressionally-directed funding awarding \$5.6 million to Scripps Institution of Oceanography at the University of California San Diego will aim to improve characterization of the extent of the dumpsite, and support additional monitoring and research.

Earlier this month, NOAA awarded \$5.6 million in spending directed by Senators Dianne Feinstein and Alex Padilla to Scripps Institution of Oceanography. Working with collaborators from UC Santa Barbara and San Diego State University, this new research will aim to fully characterize the extent of the dumpsite, identify the toxin "fingerprint" contained in the sediments, survey the effects of toxins on microbial communities and animals on the seafloor near the site, and assess toxin pathways to the upper ocean, including the potential for exposure to toxins via fish and fisheries. The project will also explore potential remediation strategies, including the capacity for microbes to neutralize the toxins on the seafloor.

"It's deeply concerning that we don't yet know the full extent of the DDT and potentially other toxic materials dumped off California's shores and the threat they pose to the environment," said Feinstein. "Until we understand the scope of the problem, we can't develop solutions to solve it. That's why we secured funding to map the region's seafloor and test the barrels, sediment and water column. I'm pleased NOAA and Scripps are moving forward with the next phase of this critically needed work and eagerly await their findings as we plan for the next steps."

In 2011 and 2013, UC Santa Barbara professor David Valentine discovered concentrated accumulations of DDT in the sediments in the region, and visually confirmed 60 barrels on the seafloor. Scientists are also finding high levels of DDT in marine mammals including dolphins and sea lions, with exposure to industrial products or chemicals known as PCBs and DDT linked to the development of cancer in sea lions.

An expedition led by Scripps Oceanography at UC San Diego in March 2021 mapped a portion of one of two known dumpsites and identified a vast debris field associated with industrial dumping. The dumping took place over a span of decades and occurred over a much larger area than previously believed. Seafloor samples of animals, microbes and sediments were subsequently collected around DDT waste barrels in

August 2021 on another Scripps expedition aboard the Schmidt Ocean Institute's Research Vessel Falkor.

"DDT is a threat to California's economy, environment, and public health which is why I worked closely with Feinstein to secure this funding," Padilla said. "The research led by Scripps will help us to better understand the health of the waters off the coast of Los Angeles and create a road map for mitigating pollution caused by DDT. This information is critical for maintaining confidence in California's seafood industry and helping coastal ecosystems and communities thrive."

DDT exposure has been linked to increased risks of cancer, premature births, developmental abnormalities, and neurological diseases in humans and animals. And since the core DDT chemical structure is extremely stable, DDT and its major breakdown products accumulate in the environment. Upon exposure, DDT and related compounds can magnify as they

pass through the food web, with the health impacts of exposure appearing to persist through multiple generations.

Exposure can take place in the marine environment when suspended or sedimented particles absorb DDT, and its breakdown products are ingested by organisms including fish. Once it enters the marine food web, DDT and its breakdown products can be transferred to apex predators such as birds and marine mammals, and potentially to humans.

"This interdisciplinary team of scientists will be able to help us better understand the ecological implications of this dumpsite because of their expertise across biology, chemistry, and physics, particularly in deeper ocean environments," said Lihini Aluwihare, chemical oceanographer at Scripps Oceanography. "The broader science team is grateful that the state, NOAA, and the Environmental Protection Agency have put their trust in this research effort."

Specific research that will be



Taking core samples from potential DDT barrels at the dumpsite.

COURTESY PHOTO

enabled by the new NOAA funding includes:

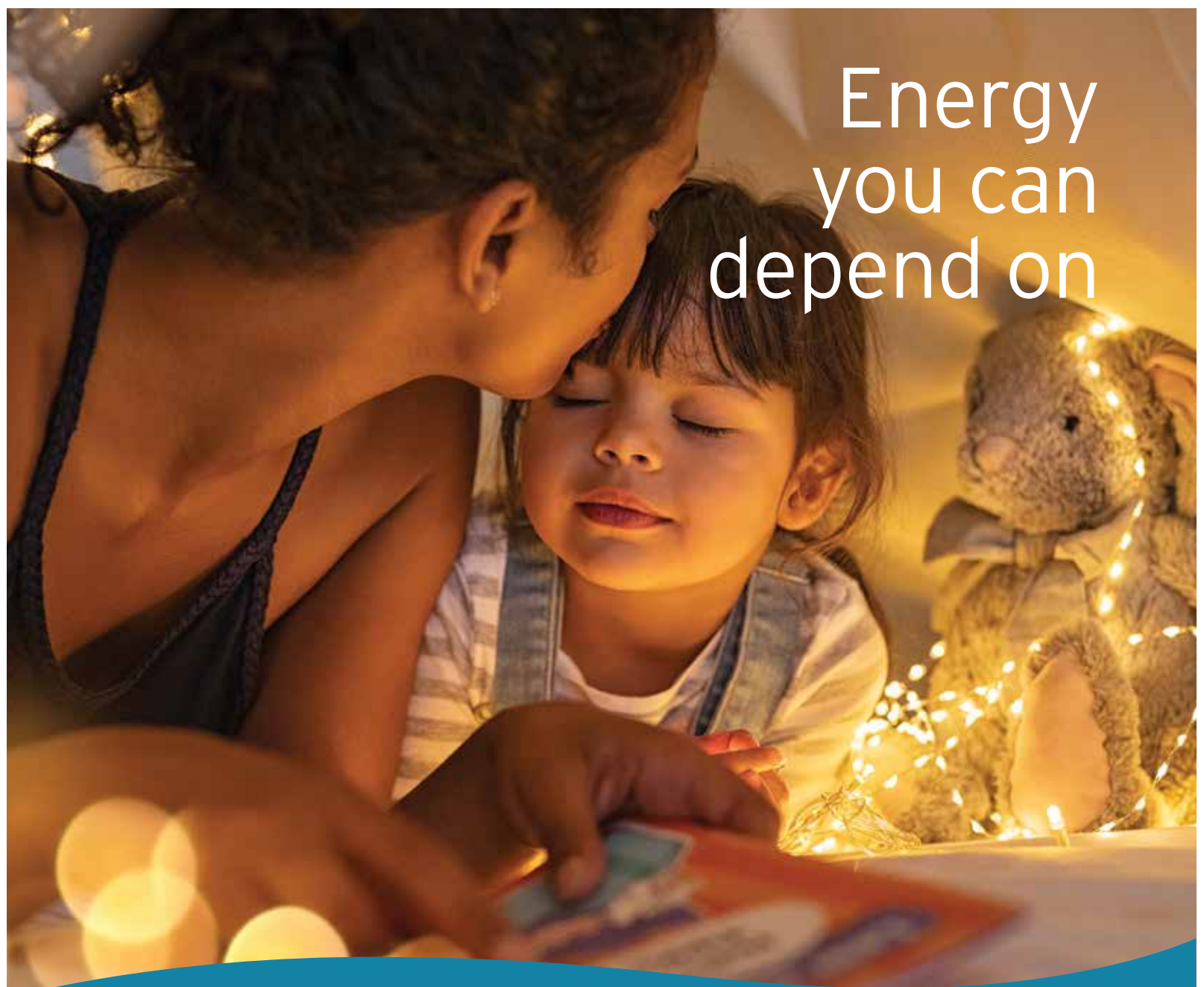
Site characterization plan: "Find the barrels"

Led by Eric Terrill and Sophia Merrifield, Scripps Oceanography

Effective management, remediation, and scientific actions will require basin-scale mapping of the location and conditions of dumped materials within the region. A recently completed survey mapped Dumpsite Two with sidescan sonar, identifying tens of thousands

of debris field targets and areas of sediment piles that may have resulted from bulk dumping. The debris field was dense and extended beyond Dumpsite Two, requiring further efforts to map the full extent of the dumpsite. In particular, additional at-sea surveys will seek to characterize the spatial extent of the dumpsites, classify debris types, and characterize the condition of containerized waste.

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Your body remembers common cold coronaviruses from childhood; how can you get the same immunity to COVID-19?

For a glimpse into the future of SARS-CoV-2 immunity, scientists at La Jolla Institute for Immunology (LJI) are investigating how the immune system builds its defenses against common cold coronaviruses (CCCs).

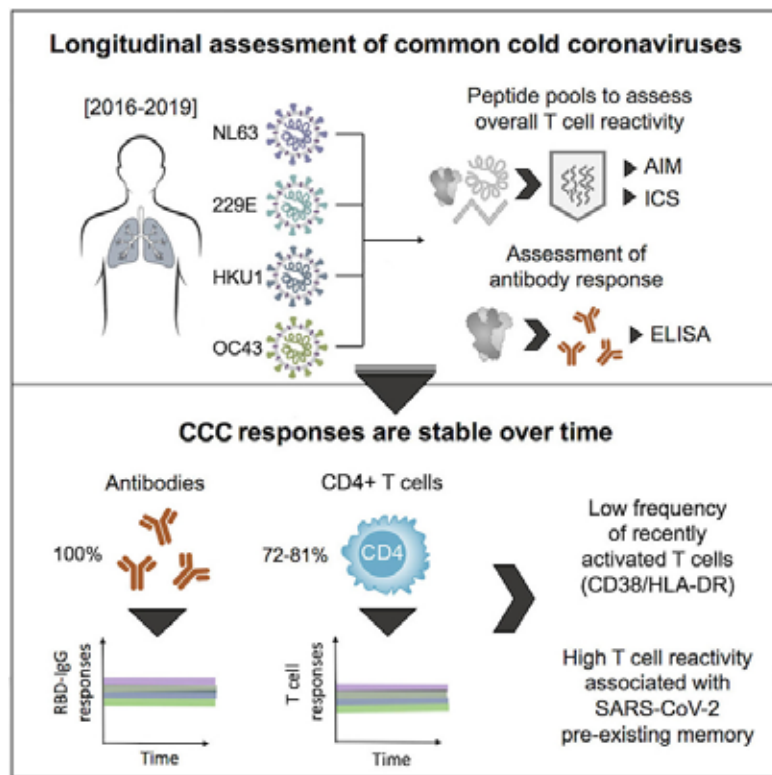
According to a new LJI study, published recently in *Cell Host & Microbe*, adults have stable memory responses of CCC-fighting antibodies and T cells, presumably derived from multiple exposures to CCCs in childhood. Thanks to this immune cell army, CCC infections in adulthood tend to be infrequent and mild.

These findings may be a clue to how immunity can build up against SARS-CoV-2, the virus that causes COVID-19, and the leading researchers think the COVID-19 booster shots available today may be critical for long-term immunity.

What do coronaviruses have in common?

With the Omicron 5 subvariant on the loose, more and more people are suffering from breakthrough infections and reinfections.

"Everyone is wondering where this is going to go. Will we need to keep getting boosters or re-designing the vaccines?" says LJI Professor Alessandro Sette,



Dr. Biol. Sci.

These big questions prompted Sette and his colleagues to wonder if coronaviruses pose any special challenges to the immune system. SARS-CoV-2 has circulated for barely two years—and has continued to evolve in that time—so the researchers instead looked at long-term immune memory of common cold coronaviruses.

In order to not muddle the data,

they needed to analyze samples from people never exposed to SARS-CoV-2. Luckily, they had blood samples taken for a previous study launched at LJI before the pandemic. The patients in this group were all young adults, and it was safe to presume they had been exposed to CCC multiple times.

Well-trained immune cells remember coronaviruses

As anyone with small kids knows, common colds seem to

strike young kids over and over again. These childhood illnesses prompt a strong immune memory. As kids go through the germ gauntlet of early schooling, their immune system gets schooled as well.

The researchers found that adults have stable immune memory and tend to catch CCCs only about every eight years. "The immune response is remarkably stable and durable, over time," says LJI Instructor Ricardo Da Silva Antunes, Ph.D., who co-led the study with Sette.

SARS-CoV-2 is different from CCCs, but they have many structural similarities, and previous work at LJI suggests the immune system recognizes similarities between different coronaviruses.

For the new study, the LJI researchers also showed that antibodies and T cells from this group of healthy adults could cross-react with SARS-CoV-2. This cross-reactivity may actually help protect a person from severe COVID-19, and the finding reinforces the idea that the immune system sees CCCs and SARS-CoV-2 in a similar way.

If the pattern seen in CCC immunity holds true for SARS-CoV-2, as more immunity builds in the population, reinfections should become less frequent over

time and COVID-19 symptoms should be less severe. The rise of new SARS-CoV-2 variants may complicate the process of building immunity, but "there is certainly reason to assume that eventually this will be the end result; but we are not there yet," says Sette.

Don't lower your defenses—yet

There's a good chance that SARS-CoV-2 will be here to stay. A pathogen that maintains a steady level in a community and does not cause day-to-day disruption is called "endemic." But endemic diseases are still a threat. Influenza is endemic, and while most people don't get a life-threatening case of the flu, the influenza virus still killed 53,544 Americans in 2020 alone (and that was a lower number than usual).

Sette and Da Silva Antunes stress that endemic SARS-CoV-2 would still be serious. Based on their data on CCC immunity, they agree that the best strategy right now is for people to stay up-to-date on their booster shots.

"At this stage of the pandemic, we're still mounting that immunity to SARS-CoV-2," says Da Silva Antunes.

"It's really important to get the vaccine boosters—the third and fourth doses," adds Sette.

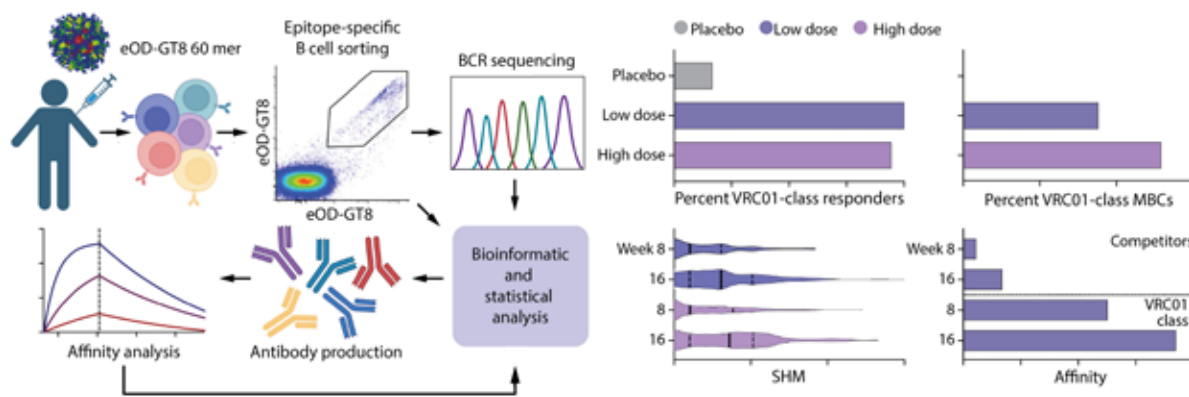
Encouraging findings in clinical trial evaluating HIV vaccine approach

Scripps Research, IAVI, Fred Hutch, VRC and other collaborators publish study data in *Science*, helping validate novel vaccination strategy

While scientists have struggled in the past to create an effective vaccine against HIV, a novel vaccine design strategy being pursued by researchers at Scripps Research, IAVI, Fred Hutchinson Cancer Center (Fred Hutch) and the National Institutes of Health, National Institute of Allergy and Infectious Diseases (NIAID) Vaccine Research Center (VRC) shows new promise, according to data from a first-in-human clinical trial.

In a paper published in *Science* on Dec. 2, the scientists reveal critical new insights into their novel vaccine strategy, which involves a stepwise approach to producing antibodies capable of targeting a wide range of HIV variants.

"The data we are publishing in *Science* demonstrates for the first time that one can design a vaccine that elicits made-to-order antibodies in humans. We specified in advance certain molecular properties of the antibodies that we wanted to elicit, and the results of this trial show that our vaccine antigen consistently induced precisely those types of antibodies," says co-senior author William Schief, PhD, a professor and immunologist at Scripps Research and executive director of vaccine design at IAVI's Neutralizing



Immune cells were isolated from recipients who received the vaccine or placebo. Antibody sequences from vaccine-binding B cells were then analyzed to measure bnAb-precursor response rate among participants and the frequency of bnAb-precursor B cells among memory B cells (MBCs) in each participant.
CHRISTOPHER COTTRELL, CREATED WITH BIORENDER.COM

Antibody Center, whose laboratory developed the vaccine antigen. "We believe this vaccine design strategy will be essential to make an HIV vaccine and may help the field create vaccines for other difficult pathogens."

The Phase 1 trial, known as IAVI G001, tested the first stage in a multi-stage HIV vaccine regimen the researchers are developing. The trial results show that the vaccine had a favorable safety profile and induced the targeted response in 97% of people who were vaccinated. Importantly, the *Science* study also provides a detailed immunological analysis of the vaccine responses.

"HIV represents an area of dire

unmet need across the world, which is what makes the findings from our Phase 1 clinical trial so encouraging," says Mark Feinberg, MD, PhD, president and CEO of IAVI. "Through the close-knit collaboration of many different scientists, disciplines and institutions, we are that much closer to designing an effective vaccine that could help end the HIV pandemic."

Priming the Immune System

Broadly neutralizing antibodies (bnAbs) are a rare type of antibody that can fight and protect against many different variants of a virus—including HIV. This is why scientists have tried to

develop an HIV vaccine that induces bnAbs, but thus far without success.

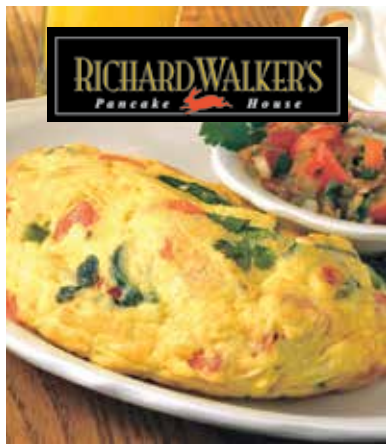
The researchers in the study are using a strategy known as 'germline targeting' to eventually produce bnAbs that can protect against HIV. The first step of germline targeting involves stimulating the rare immune cells—known as bnAb-precursor B cells—that can eventually evolve into the cells that produce the bnAbs needed to block the virus. To accomplish this first step, the researchers designed a customized molecule—known as an immunogen—that would "prime" the immune system and elicit responses from these rare bnAb-precursor cells.

The overarching goal of the IAVI G001 trial was to determine if the vaccine had an acceptable safety profile and could induce responses from these bnAb-precursor B cells.

"Through extensive safety and tolerability monitoring during the trial, we showed the vaccine had a favorable safety profile, while still inducing the necessary target cells," says study author Dagna Laufer, MD, vice president and head of clinical development at IAVI. "This represents a large step forward in developing an HIV vaccine that is both safe and effective."

To determine if the targeted bnAb-precursor B cells were induced, the researchers carried out a sophisticated analytical process.

"The workflow of multidimensional immunological analyses has taken clinical trial evaluation to the next level," says co-senior author Adrian B. McDermott, PhD, former chief of the Vaccine Immunology Program at the NIAID VRC. "In evaluating these important immunological factors, we helped show why the vaccine antigen was able to induce the targeted response in 97% of vaccine recipients."



LA JOLLA VILLAGE NEWS

READERS CHOICE AWARDS BEST RESTAURANTS 2022



As a coastal-community that welcomes throngs of tourists throughout the year, somehow La Jolla has maintained its original charm and neighborhood sensibility instilled early on during its days as an artists' colony. In an area that champions both "mom-and-pop" businesses, as well as national and international businesses, firms, etc., for a merchant to have the opportunity find their niche is truly remarkable.

La Jollans are blessed when it comes to their ability in celebrating the arts at several world-renowned venues. Also, some of the finest dining experiences found in San Diego, and Southern California at large, are located within the confines of the bejeweled town. Seemingly a microcosm for the City of San Diego

itself: historic, laid-back, dignified, forward-thinking and full of class, being "from La Jolla" (however that is distinguished) is a source of great pride to all.

One thing taken very seriously in this area, however, is dining. From pristine establishments utilizing farm-to-table principles, to local landmarks that aren't going anywhere anytime soon, the La Jolla Village News has solicited public opinion as to recognize these culinary institutions in our 2022 Reader's Choice Awards.

A big thank you to all the Readers Choice voters who took the time to give credit to the stand-out favorites for 2022

La Jolla Village News Team





WINNER	
OVERALL RESTAURANT	
OVERALL SERVICE	
NEW RESTAURANT	
ACAI	
AHI POKE	
AMERICAN	
APPETIZER	
ATMOSPHERE	
BAGEL	
BAKERY	
BAR	
BBQ	
BEER SELECTION	
BLOODY MARY	
BURRITO	
BURGER	
BREAKFAST	
BRUNCH	
CAFE	
CANTINA	
CATERING	
COFFEE SHOP	
COFFEE STAND/KIOSK	
COLD BREW	
COMFORT FOOD	
CHEF	
CHINESE	
CHOCOLATE	
CRAB	
CREPES	
CURRY	
DELI	
DESSERTS	
DINNER	
FAMILY RESTAURANT	
FAST FOOD (MEXICAN)	
FARM TO TABLE	
FISH TACO	
FISH & CHIPS	
FRENCH	
FRENCH TOAST	
ESPRESSO	
GELATO	
GRAB & GO MEALS	
GROCERY(TO GO)	
GREEK	
GRILLED CHEESE SANDWICH	
HAPPY HOUR	
HAWAIIAN/POLYNESIAN	
HEALTHY DINING	
ICE CREAM	
INDIAN	
ITALIAN	
JUICE BAR	
KOMBUCHA	
LATE NIGHT EATERY	
LATTE	
LIVE MUSIC	
LOBSTER	
LUNCH	
MARGARITA	
MARTINI	
MEDITERRANEAN	
MEXICAN	
OCEAN VIEW	
OMELETTE	
ORGANIC	
OYSTERS	
PATIO DINING	
PASTA DISH	
PASTRY	
PANCAKES	
PET FRIENDLY RESTAURANT	
PLACE TO GO ON A BUDGET	
PLACE FOR A BIRTHDAY PARTY	
PLACE TO PEOPLE WATCH	
PIZZA	
PIZZA (WOODFIRED)	
RIBS	
ROMANTIC	
ROOF TOP DINING	
SALAD	
SANDWICH	
SEAFOOD	
SOUP	
SPECIALTY DRINK	
SPORTS BAR	
STEAK	
SURF AND TURF	
SUSHI	
TACOS	
TAKE-OUT	
THAI	
VEGAN	
VEGETARIAN	
WINGS	
WINE BAR	
WINE SELECTION (RESTAURANT)	
WINE SHOP	
WRAPS	
YOGURT	

Congratulations to the following businesses who were chosen by the readers of the *La Jolla Village News*.

Readers were asked to cast ballots for their favorite choices. This was no simple task! With more than 100 categories, our readers came through with overwhelming response. We wish to thank all the readers who took the time to recognize these businesses that do so much to make La Jolla, Bird Rock and University City such wonderful communities.

GOLD	
Truluck's	
Truluck's	
Birdseye Rooftop /Mystique Dining	
Fresheria	
Duke's	
Nine-Ten	
Duke's	
George's At The Cove/The Lot	
Busy Bee's	
Sugar And Scribe	
Beaumont's	
Bubba's Smokehouse Bbq	
Public House La Jolla	
Beaumont's	
Don Carlos	
Jeffs' Beach Burger /Public House LJ	
The Cottage / Richard Walker	
The Shores Restaurant/Sugar & Scribe	
The Living Room/Brockton Villa	
Jose's Court Room	
The French Gourmet/Girard Gourmet	
Bird Rock Coffee /Harry's Coffee Shop	
Better Buzz Coffee	
Elixir Espresso Bar	
Bubba's Smokehouse Bbq	
Jason Knibb @ Nine-Ten/Stefano Ceresoli-Piazza 1909	
China Chef	
Teuscher Chocolates Of Switzerland	
Truluck's	
Froglanders /Elixir Espresso Bar	
Clay Oven Indian Cuisine	
Girard Gourmet	
Michele Coulon Dessertier	
Nine-Ten/Bistro Du Marche	
The Cottage/Harry's Coffee Shop	
Don Carlos/The Taco Stand	
George's At The Cove	
El Pescador	
Hennessey's	
Bistro Du Marche	
Brockton Villa	
Elixir Espresso Bar	
Bobboi	
Cheese Shop	
Valley Farm Market	
Spiro's Mediterranean Cuisine	
The Melt	
Hennessey's	
Duke's	
El Avocado/Fresheria	
Baskin Robbins/ Häagen-Dazs	
Clay Oven Indian Cuisine	
Lupi / Cafe Milano	
Nekter/Fresheria	
Better Buzz Coffee	
The Living Room	
Java Earth	
Beaumont's	
Lobster West	
Duke's	
Puesto	
Manhattan	
Olive & Basil/Spiro's Mediterranean	
Puesto/Jose's Courtroom	
The Marine Room/Brockton Villa	
Richard Walker's/Harry's Coffee Shop	
Trilogy Sanctuary	
Sandpiper Wood Fired Grill & Oysters	
Piatti	
Piazza 1909	
Wayfarer Bread & Pastry/Sugar & Scribe	
Richard Walker/Harry's Coffee Shop	
Beaumont's	
Don Carlos	
Sammy's Pizza/Mandarin House	
Cody's/The Living Room	
Pizza On Pearl/Piazza 1909	
Sammy's Pizza/Wheat & Water	
Bubba's Smokehouse Bbq	
Osteria Romantica/Truluck's	
George's At The Cove	
Mary's Gourmet Salads	
Jersey Mike's/Girard Gourmet	
Truluck's / El Pescador	
Parakeet Cafe /Deli-Icious	
The Shores Restaurant	
Nautilus Tavern/The Spot	
Mermaids & Cowboys /Manhattan	
Marine Room/Fleming's	
Himitsu	
Taco Stand/Puesto	
Don Carlos / China Chef	
Spice & Rice/Aroi Thai	
El Avocado	
Trilogy Sanctuary	
Hennessey's	
Lj Crafted Wines/We Olive	
Nine-Ten	
Bird Rock Fine Wine/Bev-Mo	
Marketplace Grille	
Froglanders Crepes & Yogurt	

SILVER	
The Marine Room/Piazza 1909	
Bistro Du Marche	
Pamir Kabob House/Breakfast Republic	
Juice Kaboose/Nektar	
Blue Ocean	
Cove House	
Isola/Bernini's Bistro	
Herringbone	
Java Earth Coffee	
Michele Coulon Dessertier/Wayfarer	
Hennessey's/Birdseye Restarant & Bar	
Promiscuous Fork	
The Spot	
Hennessey's	
Puesto/The Taco Stand	
Nautilus Tavern	
Harry's Coffee Shop / Sugar And Scribe	
The Cottage/Brockton Villa	
Sugar And Scribe	
Verdes El Rancho/Karina's Cantina	
Small Goods Cheese Shop & Cafe	
The Living Room	
Pinpoint Cafe/Elixir Espresso Bar	
Bird Rock Coffee Roasters	
Cove House	
Trey Foshee-George's	
Mandarin House	
Michele Coulon Dessertier/Chocolate Haus	
El Pescador	
Scoops	
Taste Of The Himalayas/Pamir Kabob House	
Deli-Icious	
Girard Gourmet/The Living Room	
Catania/Mermaids & Cowboys	
Sammy's Woodfired Pizza	
Rigobertos	
Girard Gourmet	
The Taco Stand	
Cody's	
The French Gourmet	
The Cottage/ Breakfast Republic	
Pinpoint Cafe	
Bottega Italiana	
Small Goods Cheese Shop & Cafe	
The Corner	
Olive & Basil	
Cheese Shop	
Jose's Courtroom	
Homestyle Hawaiian	
Trilogy Sanctuary	
Cold Stone	
Taste Of The Himalayas	
Piatti /Piazza 1909	
Parakeet Juicery/Juice Kaboose	
Parakeet Cafe	
The Spot	
Bird Rock Coffee Roasters	
The Med - La Valencia	
Fleming's Steakhouse/The Marine Room	
The Lot	
Jose's Courtroom / Verdes El Ranchero	
The Med-La Valencia /Eddie V's	
Marketplace Grille	
Verdes El Ranchero	
George's At The Cove	
The Cottage	
Green Door Cafe	
El Pescador/Herringbone	
Catania	
Catania / Osteria Romantica	
Michele Coulon Dessertier	
Shorehouse Kitchen	
Lupi	
Taco Stand	
Barbarella	
Jose's Courtroom	
Pizza Pronto/American Pizza Manufacturing	
Isola Pizza Bar	
The Spot	
Eddie V's	
Birdseye Rooftop Restarant & Bar	
Sammy's Woodfired Pizza/	
Promiscuous Fork/Small Goods	
Marine Room	
Mary's Gourmet Salads	
Barbarella	
The Lot/Public House La Jolla	
Eddie V's/Fleming's Prime Steakhouse	
Eddie V's	
Blue Ocean Sushi	
Don Carlos	
Mandarin House	
Thai Gulf Restaurant	
Fresheria	
Parakeet Cafe	
Nautilus Tavern/Public House La Jolla	
Bird Rock Fine Wine	
Herringbone	
We Olive	
Fresheria/Juice Kaboose	
Yogi Topi	

BRONZE	
Bistro Du Marche	
The Med - La Valencia	
Sandpiper Wood Fired Grill & Oysters	
Brick And Bell	
Cherrywine Modern Asian Cuisine	
The Shack	
Piatti	
Brick & Bell Cafe	
French Gourmet	
Herringbone	
The Shack	
Shore Rider	
Cody's	
Promiscuous Fork	
Brockton Villa	
The Med-La Valencia	
Brick & Bell	
Puesto	
Green Door Cafe	
Rosemonts Cafe	
Dripz Coffee	
Java Earth Coffee	
Pizza Pronto	
Jean Michel Diot-Bistro Du Marche	
Pf Changs	
Balboa Candy	
Lobster West	
Richard Walker	
Aroi Thai	
Windemere Marketplace And Deli	
Le Macaron French Pastries	
Bernini's Bistro	
Bernini's Bistro	
Las Morelianas	
Farmer & The Seahorse	
Don Bravo	
Shore Rider	
Cafe La Rue	
Cody's	
Cafe Milano	
Mary's Gourmet Salads	
Vons	
Marketplace Grille	
Deli-Icious	
Public House La Jolla	
Green Door Cafe	
Scoops	
Catania	
Fruititude	
Trilogy Sanctuary	
Birdseye Rooftop Restarant & Bar	
Parakeet Cafe	
Manhattan	
Eddie V's	
The Spot	
Karina's Cantina	
Trilogy Sanctuary	
Raymundo's Taco Shop	
The Shores Restaurant	
Shorehouse Kitchen	
Juice Kaboose	
Mermaids & Cowboys	
Shorehouse Kitchen	
Isola Pizza Bar	
French Gourmet	
Cody's	
Shorehouse Kitchen	
Raymundo's Taco Shop	
Birdseye Rooftop Restarant & Bar	
Carino's	
Bernini's Bistro	
Duke's	
Cove House	
Cheese Shop	
The Shores Restaurant	
Lobster West	
Cusp	
The Shack	
Haru Sushi	
Verdes El Rancho	
Sammy's Woodfired Pizza	
Turmeric Thai Garden	
Trilogy Sanctuary	
Green Door Cafe	
Bubba's Smokehouse Bbq	
Elixir Espresso & Wine Bar	
Catania	
Dick's Liquor	
Cheese Shop	
Pinkberry	

First Place Winners Profiles

Best Overall Restaurant

Truluck's

Truluck's is an escape — a getaway for the senses. Savor the freshest crab, direct from the restaurant's own fisheries. Truluck's boasts: "From our traps to your table in less than 24 hours." Enjoy the fresh-catch seafood menu or select tender, juicy steaks grilled to perfection. Then complement it all with delicious wines by the glass and bottle. Come early and enjoy cocktail hour and specially priced appetizers and drink menu.

Truluck's
8990 University Center Lane
trulucks.com | 858-453-2583

★

Best Restaurant Service

Truluck's

(See listing under Best Overall)

★

Best New Restaurant (tie)

Birdseye Rooftop Restaurant & Bar

Situated on the rooftop of the Cormorant Boutique Hotel in La Jolla, the Birdseye Bar & Lounge is one of the very few rooftop bars of its kind in the area. Upon entering, guests are greeted by a visually stunning alleyway and stairwell leading up to the bar, which features outdoor seating. This contemporary rooftop bar and lounge is the ultimate place to socialize, and it has everything you need to satisfy whatever you may be craving. This truly unique venue is unlike any other you'll find in Southern California.

Birdseye Rooftop Restaurant & Bar
1110 Prospect St, La Jolla
(858) 203-3565
birdseyerooftop.com

★

Best New Restaurant

Mystique Dining of La Jolla

Mystique venues boasts two separate concepts, Mystique Dining & The Prestige Showroom, both feature unique and rich atmospheres where guests enjoy a gourmet dinner before participating in an evening of magic presented by the best magicians in the world. Guests select a main dish from several offerings and options. Dietary restrictions accommodated. Performances nightly. Reservations required.

Mystique Dining
915 Pearl St, La Jolla
(916) 293-9000 |
mystiquedining.com

★

Best Acai

Fresheria

Fresheria creates sandwiches, salads, juices, and smoothies that are healthy, fresh, and tasty! Their all-day menu serves breakfast, brunch, lunch, and evening dining to enjoy at any time of day.

Fresheria
627 Pearl St, La Jolla
(858) 551-8786 | lafresheria.com

★

Best Ahi Poke

Duke's La Jolla

(See listing under Best Hawaian/Polynesian)

★

Best American (tie)

Nine-Ten

Jason Knibb@ Nine-Ten

NINE-TEN Restaurant's evolving California cuisine features the best of the harvest from local artisan farmers where produce is selected daily. Lunch and dinner are served daily and Brunch every Sunday in the main din-

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AND A FAVORITE FOR BAKERY, PASTRY & CHOCOLATE

Celebrating our 21st Anniversary

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(858) 456-5098 | www.dessertier.com



Voted Best French & Place for Dinner

Bistro Du Marché

Bistro du Marché by Tapenade is a French bistro named after the Open Air Market in La Jolla located only a few steps away. Under Chef Jean- Michel Diot and Cheffe Amelie Gad-oum leadership, Bistro du Marché's cuisine is mostly composed of selected fresh, local Californian ingredients and blended with traditional French techniques and flavors. Bistro du Marché also includes an inspired cocktail list and an extensive selection of French and California wines. The comfortable and relaxed atmosphere of the dining room, the bar and the patio, combined with a lively ambiance, resembles the turn of the century Parisian bistros.

Bistro Du Marché
7437 Girard Ave, La Jolla
bistrodumarche.net | 858-551-7500

ing room, sidewalk patio or back terrace with glimpses of the ocean.

910 Prospect St, La Jolla
nineten.com | 858-964-5400



Best Appetizer

Duke's La Jolla

(See listing under est Hawaian/Polynesian)



Best Atmosphere (tie)

George's at the Cove

Make every day a special occasion – one that begins with a bounty of locally grown and harvested products and ends with inventive preparations that surprise and delight you. George's is known for their ocean view dining room—contemporary yet comfortable, with an intimate setting where conversation comes easy. Let their knowledgeable staff serve as guides to the many exciting choices available.

George's at the Cove

1250 Prospect St, La Jolla
georgesatthecove.com | 858-454 4244

The LOT

THE LOT was inspired by and created for the La Jolla neighborhood and honors the sea, art, culture, food, music, and weather. Customizing and creating the ultimate entertainment and lifestyle experience is their obsession. So, if you're looking to host a private party, or maybe a company meeting and a mix of relaxation, leisure, craft cocktails, locally sourced coffees, sustainable and elevated cuisine and the latest blockbuster movies and independent films, they've got what you are looking for!

The LOT
7611 Fay Ave, La Jolla
thelotent.com | 858-777-0069



Best Bagel

Busy Bee's

Busy Bee's is the perfect place for a busy bee to stop by for a quick bite to eat.

The service is fast and the prices are decent. While Busy Bee's is known for its bagel sandwiches and specialty bagels like the pesto bagel and sundried tomato bagel, it also offers a variety of other baked goods.

Busy Bee's
6861 La Jolla Blvd, La Jolla
858-456-2738



Best BBQ

Bubba's Smokehouse BBQ

In 2009, Jeffrey Nicoletta, a Navy veteran turned restaurateur, and Ali Nicoletta, opened Bubba's Smokehouse BBQ. Six years later, Bubba's mouth-watering, falling-off-the-bone ribs are a smoking success! This family-friendly BBQ restaurant serves up Southern-style ribs, pork, tri-tip, brisket and chicken with lots of delicious home-style side orders. For those wanting lighter fare, Bubba's offers hearty salads for a more healthful alternative. Southern BBQ? There's Bubba's, and then

there's all the others.

Bubba's Smokehouse BBQ
888 Prospect St, La Jolla
bubbassmokeyhousebbq.com
858-551-4227



Best Bakery

Sugar & Scribe

Bakery – Fine Food

Home of Food Network Champion Chef Maeve, Sugar & Scribe is a quintessential La Jolla hangout. Featuring scratch-made breakfast and lunch, gourmet coffee bar, wedding and specialty cakes, catering, takeout and an award-winning bakery, Sugar and Scribe is a local favorite.

Sugar & Scribe Bakery
660 Fay Ave, La Jolla
sugarandscribe.com | 858-274-1733



Best Bar

Beaumont's Neighborhood Eatery

Known as the "Heart and Soul of Bird Rock", live local music, nightly happy hour and Chef Michael Levine's fantastic dinner menu are just the beginning, because a full bar and live local music add to the great vibe. You'll find Beaumont's weekend brunch a destination for cyclists and beach goers, and a fun "Don't You Judge Me" crowd.

Beaumont's Neighborhood Eatery
5662 La Jolla Blvd.
beaumontseateary.com
858-459-0474



Best Beer Selection

Public House La Jolla

The Public House specializes in a delicious variety of burgers, wine, and limited release beer. Come hang out and enjoy the rotating taps of Belgian and German beers, local San Diego beers,

and many hard to find craft beers and microbrews from all around the world. Relax in a backyard, outdoor setting, or make yourself at home inside.

the Public House
830 Kline St, La Jolla
the-publichouse.com | 858-551-9210



Best Bloody Mary

Beaumont's Eatery

(See listing under Best Bar)



Best Breakfast (tie)

The Cottage

The Cottage is a quintessential La Jolla destination beloved by locals, tourist, the young, the old, regulars and new comers alike for the past 30 years. Set in the historic "Columbine Cottage", built in the early 1900's, Serves exceptional break and lunch on the sun drenched patio. The gourmet omelettes, stuffed french toast, sandwiches, salads and trademark house made granola are memorable and well worth the wait. Now also in Encinitas.

The Cottage
7720 Fay Ave, La Jolla
cottagelajolla.com | 858-454 8409

Richard Walker's Pancake House

Richard Walker points to his pancakes with no shortage of pride – he even mentions them in the name of his venue, and they're some of the best in the history of the universe. But maybe there's a change in the wind here – Richard's just won our paper's award for best omelet, and it's small wonder. These things are served seconds after they're plated, and they're made with a whopping four eggs. Cheese is a big item in these dishes too, because it goes so well with foundations like spinach and onions. Richard Walker's Omelet

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"Best Wine Selection" • "Best American"

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China Chef
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House – kind of a nice ring.
Richard Walker's Pancake House
9090 Prospect St, La Jolla
richardwalkers.com | 858-459-8800

Best Burger (tie)
Jeffs' Beach Burgers
JJ moved to the Shores 56 years ago, across from La Jolla Shores market, and he and his family still proudly reside here. From the day the original Jeffs' opened in 1974, JJ grew up loving and eating there weekly with his family and friends. Jeffrey moved to La Jolla Shores nearly 40 years ago. It reminded him of his beautiful native Cape Town, South Africa. Jeffrey also loved and frequented the original Jeffs' Burgers with family and friends. Both Jeffs were super bummed about the closing of the Shores beloved Jeffs' Burgers a few years back. They are extremely excited and thrilled to carry on the Jeffs' Burgers tradition, but in their special way that only 2 La Jolla Shores boys can. Their goal is to provide incredible food, the warmest and most inviting service, with friendly and approachable pricing. They proudly carry on the legacy of this amazing La Jolla Shores institution.
Jeffs' Beach Burgers
2134 Avenida De La Playa, La Jolla (888) 535-2227
jeffsbeachburgers.com

Public House La Jolla
(See listing under Best Beer Selection)

Best Burrito
Don Carlos
If a picture is worth a thousand words, Don Carlos Taco Shop has singlehandedly written every book published in the last 40 years. The eatery's website makes regular Mexican entries look like virtual portraits – the enchiladas, carne

asada and yes, burritos make you think you're already at the restaurant.
Don Carlos
737 Pearl St, Ste. 113, La Jolla
eataburrito.com | 858-456-0482

Best Brunch (tie)
The Shores Restaurant
A local lady regaled everybody with a story about some scuttled Mother's Day plans and how she'd prayed for a last-minute opening here -- wouldn't you know her entreaty was answered for all 712 members of her family. Not only is this iconic restaurant's food the best in the universe; so's the service, even on an excruciatingly busy day. No word on whether the party was treated to a show of the ocean waves on the windows.
The Shores Restaurant
8110 Camino del Oro, La Jolla
theshoresrestaurant.com
866-644-2630

Sugar & Scribe
(See listing under Best Bakery)

Best Café (tie)
Living Room Coffeehouse
The Living Room has truly lived up to its name in La Jolla. A European Café with a Californian flair. The café has drawn young and old alike to sip tea, coffee and deluxe smoothies in a homey ambiance furnished with antique, ornate coaches and wooden tables. Patrons find the communal atmosphere inspiring and relaxing; you'll find groups of friends smoking the hookah on the upstairs patio and others poring over books in the back. Scrumptious desserts are available, along with wine, beer, cocktails and hookah tobacco. Enjoy the views from the second floor ocean view room. Try our daily lunch special. Open late 'til midnight

every day. Takeout available. Celebrating our 29th Anniversary.
Living Room Cafe
1010 Prospect St, La Jolla
livingroomusa.com | 858-459-1187

Brockton Villa
(See listing under Best French Toast)

Best Cantina
Jose's Courtroom
(See listing under Best Mexican)

Best Catering (tie)
French Gourmet
The Gourmet's traditional bakery is renowned for its outstanding French pastries. It's also a showcase for full-service catering and wedding cakes, which many consider to be the best in the history of the universe. The selection of breads, breakfast pastries, cookies and cakes include the French Gourmet chocolate mousse and the strawberry bagatelle — layers of white sponge cake dabbled with syrup, filled with Bavarian cream and fresh strawberries and topped with a thin layer of marzipan. Wash it all down with an espresso drink or a glass of wine, or keep the experience moving with pâté, quiche or imported cheese.
French Gourmet
660 Turquoise St., Pacific Beach
thefrenchgourmet.com
858-929-1984

Girard Gourmet
Girard Gourmet is going on its 33rd year in La Jolla, so you know it has the experience factor in hand. They cook and bake in the European tradition and grows many of its fruits and vegetables in an organic garden in Julian. Enjoy custom-designed cookies don't and specialty desserts like the chocolate croissants and raspberry rugulach. And

don't forget the especial services, which will make catering your event a stress-free, experience.
Girard Gourmet
7837 Girard Ave, La Jolla
girardgourmet.com | 858-454-3321

Best Chef (tie)
Jason Knibb@ Nine-Ten
NINE-TEN Restaurant's evolving California cuisine features the best of the harvest from local artisan farmers where produce is selected daily. Lunch and dinner are served daily and Brunch every Sunday in the main dining room, sidewalk patio or back terrace with glimpses of the ocean.
Nice Ten
910 Prospect St, La Jolla
nineten.com | 858-964-5400

Chef Stefano@ Piazza 1909
(See listing under Best Pasta)

Best Chinese
China Chef
China Chef offers delicious dining, takeout and is a cornerstone in the La Jolla community. It has been recognized for its outstanding Chinese cuisine, excellent service and friendly staff and known for its modern interpretation of classic dishes and its insistence on using high quality fresh ingredients.
China Chef
623 Pearl St, La Jolla
858-454-1368 | chinacheflajolla.com

Best Chocolate
Teuscher Chocolates of Switzerland
Teuscher Chocolates is located upstairs in the La Plaza La Jolla! Their first location in San Diego, the artisan chocolatier has been around for more than

80 years, and hails all the way from Switzerland. They boast a wide variety of delectable treats – from truffles to holiday gift boxes.
Teuscher Chocolates of Switzerland
7863 Girard Ave, Ste 204, La Jolla
858-230-6337

Best Coffee Shop (tie)
Bird Rock Coffee Roasters
Bird Rock Coffee Roasters is proud to have put premiere, direct-trade coffee on the map in San Diego. BRCR has won multiple national and international awards for quality, taste, roasting and socially responsible practices, including. Bird Rock Coffee Roaster's staff sources the best coffees in the world and directly from origin. They engage in direct trade with farmers, and proud to serve the best green coffee, prepared with the utmost respect for those who produced it.
Bird Rock Coffee Roasters
5627 La Jolla Blvd, La Jolla
birdrockcoffeeroasters.com
858-551-1707

Harry's Coffee Shop
Harry's has become an institution in La Jolla since it opened more than 50 years ago. The old-fashioned diner has not slapped on layer upon layer of modernity to keep pace with the decade. Instead, the breakfast joint steadfastly has served up good American fare of eggs, bacon and pancakes in the morning and club sandwiches and charbroiled burgers in the afternoon, and has kept the customers coming back. Open at 6 in the morning, closed by 3 in the afternoon, Harry's remains a familiar, friendly place near and dear to La Jollans' hearts.
Harry's Coffee Shop
7545 Girard Ave.
454-7381 | harryscoffeeshop.com

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Voted Best Dessert

Michele Coulon Dessertier

Michele Coulon Dessertier desserts and savory offerings are made from the finest ingredients: fresh local organic produce, only real butter, and Belgian chocolate. They take pride in creating spectacular wedding cakes and desserts appealing to the eye and tantalizing to the taste. They believe that everything they serve must be delicious as well as beautiful.

Michele Coulon Dessertier
7556 Fay Ave, La Jolla
dessertier.com
858-456-5098

ty much make your own stuff, with (almost) all the guacamole you can stand. You can do the same thing in downtown Encinitas. Or you could go on a run between the three and see which is better. Chances are the quality's set at the same high standard.

Taco Stand
621 Pearl St, La Jolla
letstaco.com | 858-551-6666



Best Farm to Table

George's at the Cove
(See listing under Best Atmosphere)



Best Fish Taco

El Pescador
(See listing under Best Seafood)



Best Fish & Chips
Hennessey's Tavern

(See listing under Best Wings)



Best French

Bistro Du Marché

Bistro du Marché by Tapenade is a French bistro named after the Open Air Market in La Jolla located only a few steps away. Under Chef Jean-Michel Diot and Cheffe Amelie Gadoum leadership, Bistro du Marché's cuisine is mostly composed of selected fresh, local Californian ingredients and blended with traditional French techniques and flavors. Bistro du Marché also includes an inspired cocktail list and an extensive selection of French and California wines. The comfortable and relaxed atmosphere of the dining room, the bar and the patio, combined with a lively ambiance, resembles the turn of the century Parisian bistros.

Bistro Du Marché
7437 Girard Ave, La Jolla
bistrodumarche.net | 858-551-7500



Best French Toast

Brockton Villa

Nestled directly across from the world-

famous La Jolla Cove, in one of San Diego's rare historic beach cottages (circa 1894), this cozy family-owned spot offers delicious menus for breakfast, lunch and seasonal dinner, beer, wine and crafted "Brocktails" all with a side of views. Try the "Coast Toast" (it's as world-famous as Brockton's location!). No wonder private parties and holiday gatherings get rave reviews at Brockton Villa!

Brockton Villa
1235 Coast Blvd, La Jolla
brocktonvilla.com | 858-454-7393



Best Gelato

Bobboi

Known for both its traditional and untraditional gelato flavors, Bobboi gelato is inspired by California yet rooted in the timeless gelato techniques of Italy. Its flavors are made from local, seasonal ingredients and the menu rotates constantly to reflect what's available and in season. Artisanal versions of expected classic flavors are available, including pistachio, strac-

ciatella and dark chocolate sorbet, but it's the unexpected Bobboi signatures that stand out, from Matchatella (Japanese matcha tea and chocolate shards) to Rosehoney (organic honey and Lebanese rosewater).

Bobboi Gelao
8008 Girard Ave, La Jolla
bobboi.com/la-jolla
858-255-8693



Best Grab & Go Meals

Cheese Shop

The Cheese Shop's long history in La Jolla Shores has seen many customers grow from kids into parents. Established in 1972 by John and Dorothy Schutz, the shop began as purveyors of imported cheese and fine foods from all over the world. Over the years, different products have been added, and roasting meats and baking cookies in the shop – Made By US!!! – demonstrates that common food can be done uncommonly well. Today, the Cheese Shop has evolved into a unique sandwich shop. While some of the items on the menu have changed over the years, you can still expect to find terrific home-cooked food and that great "Mom-and-Pop" hospitality that has made the Cheese Shop locally famous for years!

Cheese Shop
2165 Avenida De La Playa, La Jolla
(858) 459-3921
cheeseshoplajolla.com



Best Grocery Grab & Go Meals

Valley Farms & Market

La Jolla is Valley Farms newest location just blocks from the famous Windansea Beach. Whether you stop by to pick up lunch or you are looking for some always-fresh seafood, you can expect the same great service and selection that you've come to know and love

at Valley Farms.

Valley Farms La Jolla
6902 La Jolla Blvd, La Jolla
valleyfarmmarkets.com
858-999-0358



Best Greek

Spiro's Mediterranean Cuisine

After 25 successful years in Coronado, the Chaconas family has opened their second fast-casual, taverna-inspired eatery in La Jolla. The family, led by patriarch Spiro Chaconas and his wife Nancy, has reimagined its original concept to spotlight the authentic cuisine, healthy ingredients, and traditional recipes of the Mediterranean region. The newest Spiro's offers seasonal house-made Greek appetizers, popular street foods including gyros and souvlaki, artisan salads, kebob plates and family meals, house-baked desserts, and a curated selection of Greek beer and wine. The eatery also features a beautiful patio, an exclusive retail selection of specialty foods including Greek wines, salts, olives and cheeses, as well as gift items.

Spiro's Mediterranean
909 Prospect St, Ste 100B
858-352-6588



Best Grilled Sandwich

The Melt

The Melt does exactly what the name says: They melt things. They start out with the highest quality cheeses, all-natural meats and fresh artisan breads, then melt them. Every bite of the crunchy, melty grilled sandwiches and juicy, flavorful cheeseburgers will put a smile on your face and happiness in your heart. Not only does their food taste amazing, they make it with 100% all-natural ingredients. No artificial colors or flavors or preservatives. No high



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1235 Coast Blvd | 858.454.7393 | BrocktonVilla.com

fructose corn syrup. It's food that tastes great and you can feel great about!
The Melt
8849 Villa La Jolla Dr, Ste 305
themelt.com | 858-926-7517

★
Best Happy Hour
Hennessey's

(See listing under Best Bar)

★
Best Hawaiian /Polynesian
Duke's La Jolla

Duke's is known for its Hawaii themed locations, sprawling beachfront venues that celebrate sun, surf and the late Duke Kahanamoku, regarded as the father of modern surfing. Hawaii, though, has nothing on you — you've flocked to the La Jolla space in droves since its opening last November to take in the Hawaiian-inspired fare and the come-as-you-are spirit of its namesake.
Duke's La Jolla
1262 Prospect St, La Jolla
dukeslajolla.com | 858-454-5888

★
Best Healthy Dining (tie)
Fresheria

(See listing under Best Acai Bowl)

El Avocado

El Avocado is a plant-based restaurant. Being creative with veggies and grains and imparting new flavors is their jam. They steer clear of processed meat and cheese substitutes by choosing to make their own flavorful versions with a mixture of veggies, nuts, legumes, and grains. Sauces, dressings, salads, soups, and sandwiches are all made in-house with organic ingredients and love.
El Avocado
1025 Prospect St #130, La Jolla
elavocados.com | 858-412-0967

★
Best Ice Cream (tie)
Baskin Robbins

Imagine a place where all day long people talk about ice cream, eat ice cream and even dream ice cream. That's Baskin-Robbins. Over 70 years ago, Burt Baskin and Irv Robbins had the crazy idea of offering 31 flavors of ice cream when everyone else was still selling vanilla, chocolate and strawberry. Burt and Irv were absolutely nuts about ice cream (Irv even had a swimming pool shaped like an ice cream cone). Their passion was contagious, and their 1400+ flavors have made the world a more flavorful place since opening for business in 1945.

Baskin-Robbins
7470 La Jolla Blvd, La Jolla
858-459-5353

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Häagen-Dazs
1172 Prospect St, La Jolla
858-459-4381

★
Best Indian
Clay Oven Indian Cuisine
(See listing under Best Curry)

★
Best Italian (tie)
Cafe Milano

Owner/chef Pasquale Cianni brought northern Italian cuisine to La Jolla and

is now celebrating the his 21st Anniversary. He has been successfully pleasing both local residents and out-of-towners — even out-of-the-country guests — with his homemade pappardelle pasta, veal ossobuco, lobster ravioli and many other authentic Italian dishes. Café Milano is an exciting and incredible experience for the whole family at affordable prices. Voted best Italian restaurant 10 years in a row. Open Tues.-Sun. 2-9 p.m. Closed Mon.

Café Milano
711 Pearl St, La Jolla
cafemilanolajolla.com | 858-454-3806

Lupi Italian Restaurant

Lupi Italian Restaurant and Wine Bar has always been a Local La Jolla favorite for those who appreciate fine Italian Wine and mouthwatering authentic cuisine. Acclaimed Chef Luigi Tornatore has been preparing delicious meals for his guests for over 30 yrs. Luigi is constantly creating new specials to the menu, while keeping classic Italian dishes. Luigi uses only local, organic ingredients! The bread, sauces, pastas and pizza dough are homemade. Enjoy a full bar, friendly staff, and dining experience in either their pet friendly Sunny outdoor patio or relaxing indoor dining room with soothing music. Call for reservations, take out, catering or special gatherings. Find them on Google or Yelp.

Lupi Italian Restaurant
5518 La Jolla Blvd, Bird Rock
lupivinocucina.com | 858-454-6421

★
Best Juice Bar (tie)
Nektar Juice Bar

Nektar Juice Bar La Jolla is the perfect place to go for freshly made juice, smoothies, cold pressed juice cleanses, and handcrafted acai bowls. Take a



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Best Chef,
Pasta &
Pizza

Piazza 1909

Voted Best Chef, Pasta Dish, Italian Cuisine, Pizza and Outdoor Dining. Most genuine Italian experience in La Jolla with Chef Stefano Ceresoli's cuisine made from scratch. Fresh seafood, gluten free and vegan friendly, wine bar, dogs menu, large covered and heated patios, lunch, dinner plus Sat. & Sun. brunch and take-out.

Piazza 1909
7731 Fay Ave, La Jolla | 858-412-3108
piazza1909.com

seat and enjoy any of our delicious and healthy snacks while you surf the web on our free Wi-Fi. Or, if you're low on time, download the app, order ahead and skip the line (and earn rewards)!

Nektar Juice Bar
834 Kline St, La Jolla
Nektarjuicebar.com | 858-201-6095

Fresheria
(See listing under Best Healthy Dining)

★
Best Kombucha
Better Buzz
(See listing under Best Coffee Stand)

Best Late Night Eatery
Living Room Coffeehouse
(See listing under Best Café)

★
Best Latte
Java Earth Coffee

Family owned and operated by the Arstein's, Java Earth first opened up on Cass Street in 2010 and the corner spot quickly became a neighborhood gathering place for locals and tourists alike. Over the next decade under the mantra Get Your Happy On, the brand continued to evolve and modernize, while maintaining its roots. Now under the direction of Alex and Andrea, the grown children of owners Abe and Debbie, Java Earth has progressed, reinventing itself with a new location in La Jolla that brings a fresh outlook to the now 12 year old coffee shop. The new sun-dappled La Jolla space embodies the brand's casual aesthetic and laid back beach vibes while bringing guests the drinks and flavorful, yet simple dishes curated by Debbie, they've grown to love over the years.

Java Earth Coffee
1030 Torrey Pines Rd # D, La Jolla
858-412-4779
javaearthcoffee.com

★
Best Live Music
Beaumont's Eatery
(See listing under Best Bar)

★
Best Lobster
Lobster West

The Lobster West family is thrilled to bring their fresh seafood rolls to Prospect Avenue in La Jolla, one of the top beach destinations in the world. Located across the street from George's at the Cove, Lobster West La Jolla is perfect for grabbing some lobster rolls and exploring this stunning town. Abundant with activities like snorkeling and kayaking, mysterious sea caves, and breathtaking views, La Jolla lives up to its nickname as the "Jewel" of San Diego.

Lobster West
1237 Prospect St, La Jolla
(858) 352-6075

★
Best Lunch
Duke's
(See listing under Best Hawaiian)

★
Best Margarita
Puesto

Puesto scores big when it comes to Taco's and Margaritas. "We have a new octopus taco with crispy pulpo,

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Best Burger (tie)

Jeffs' Beach Burgers

JJ moved to the Shores 56 years ago, across from La Jolla Shores market, and he and his family still proudly reside here. From the day the original Jeffs' opened in 1974, JJ grew up loving and eating there weekly with his family and friends. Jeffrey moved to La Jolla Shores nearly 40 years ago. It reminded him of his beautiful native Cape Town, South Africa. Jeffrey also loved and frequented the original Jeffs' Burgers with family and friends. Both Jeffs were super bummed about the closing of the Shores beloved Jeffs' Burgers. They are extremely excited and thrilled to carry on the Jeffs' Burgers tradition. Their goal is to provide incredible food, the warmest and most inviting service, with friendly and approachable pricing. They proudly carry on the legacy of this amazing La Jolla Shores institution.

Jeffs' Beach Burgers
2134 Avenida De La Playa, La Jolla | 888-535-2227
jeffsbeachburgers.com

Best Martini

The Manhattan

Located inside the Empress Hotel, on Fay Avenue, Manhattan of La Jolla is a casual, elegant setting where you would expect to see Old Blue Eyes or Danny Ocean romancing a beautiful woman while she sips her martini over dinner. The restaurant, which was established more than 29 years ago is well known for its culinary excellence.

The Manhattan
7766 Fay Ave, La Jolla
manhattanoflajolla.com
858-459-0700

avocado, chipotle crema and hand-made blue corn tortillas," said GM Douglas McCallum, which encourages patrons to "visit our popular eatery for unique artisanal takes on tacos and more in a bright and breezy eclectic dining room." Don't forget to check out Puesto's Happy Hour, Taco Tuesday and the Taco Bar Saturday nights.

Puesto
1026 Wall St, La Jolla
eatpuesto.com | 858-454-1260



Best Mediterranean (tie)

Spiro's Mediterranean Cuisine

Enjoy authentic Mediterranean cuisine at Spiro's of La Jolla. Welcome to the delicious food and flavors of the Mediterranean and the atmosphere of Spiro's unique Greek "taverna" tradition. They've been a family-owned business since 1998.

Spiro's Mediterranean Cuisine
909 Prospect St, Ste 100B, La Jolla
858-352-6588 | spiroscuisine.com

Olive & Basil

(See listing under Best Wine Bar)



Best Mexican Fast Food (tie)

Don Carlos

(See listing under Best Burrito)

Taco Stand

When's the last time you had a custom-made taco? Usually, those things are one-and-done, with a particular size fitting all. Not here -- here, you can pretty much make your own stuff, with (almost) all the guacamole you can stand. Taco Stand has the perfect taco.

Taco Stand
621 Pearl St, La Jolla
letstaco.com | 858-551-6666



Best Mexican (tie)

Puesto

(See listing under Best Margarita)

Jose's Courtroom

You'll find all the traditional dishes you'd expect from an authentic Mexican kitchen along with some local favorites. From Ceviche to Veggie Burritos -- everything from our sauces and sides to our marinades and chips and salsa are made in house. The bar fea-

tures a unparalleled craft margarita and cocktail menu using the freshest ingredients and highest quality spirits. Quinch your thirst with a wide variety of Mexican beers as well as a selection of locally crafted brews.

Jose's Courtroom
1037 Prospect St, La Jolla
joses.com | 858-454-7655



Best Ocean View (tie)

The Marine Room

Since 1941, one symbol has stood for the most exquisite dining experience in San Diego. The Seahorse symbol of The Marine Room has earned countless accolades. Critics have described its privileged setting on La Jolla's finest beach and the thrill of being "eye-level" with the crashing surf at high tide. The culinary artistry of Executive Chef Bernard Guillas and Chef de Cuisine Ron Oliver has been called "world-class" for its devotion to fresh seafood, seasonal variety, hand-selected local ingredients and award winning desserts.

Marine Room
2000 Spindrift Dr, La Jolla
marineroom.com | 858-459-7222

Brockton Villa

(See listing under Best French Toast)



Best Omelette (tie)

Richard Walker's

Pancake House

(See listing under Best Breakfast)

Harry's Coffee Shop

(See listing under Best Family Restaurant)



Best Organic

Trilogy Sanctuary

Trilogy Sanctuary is a vibrant wellness center in La Jolla serving community - indoor and outdoor yoga studio, aerial yoga, rooftop vegan and organic cafe with plant-based catering, spiritual counseling, juice cleanses via cold-pressed juice, boho boutique & event venue! Nourishing mind, body & spirit right here on a rooftop in La Jolla.

7650 Girard Ave Suite 400 (rooftop)
trilogysanctuary.com
858-633-3893



Best Oysters

Sandpiper Wood Fired Grill & Oyster Bar

Sandpiper Wood Fired Grill & Oyster Bar is a casual neighborhood restaurant located just blocks from the beach in La Jolla Shores. Whether you opt to sit in our cozy indoor dining room, fresh oyster bar, or by the fireplace on the dog-friendly patio, you'll find it's easy to kick back, relax and enjoy your day at the beach. Their menu features a variety of fun, shareable items from a custom-designed wood fired grill, raw oyster bar, and desserts from Georges at the Cove pastry chef Aly Lyng. When you want first-rate food and drink without being fussy, Sandpiper's your place.

Sandpiper Wood Fired Grill & Oysters
2259 Avenida De La Playa, La Jolla
(858) 228-5655 | sandpipersd.com



Best Pancakes (tie)

Richard Walker

Pancake House

(See listing under Best Breakfast)

Harry's Coffee Shop

(See listing under Best Family Restaurant)



Best Pastry (tie)

Wayfarer Bakery & Pastry

(See listing under Best Desserts)

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737 Pearl St, #113 La Jolla, CA (858) 456-0462

Sugar & Scribe

(See listing under Best Bakery)

Best Patio Dining

Piatti

Piatti is nestled in the unique La Jolla Shores neighborhood with an inviting, comfortable atmosphere. A light and airy interior décor features an exhibition kitchen, full service bar and two tree-covered outside patios – perfect for a private event or al fresco dining. The Executive Chef, Pepe Ccapatinta, has thoughtfully developed a menu with recipes from all over Italy. Enjoy Italian-inspired, seasonally-dictated cuisine. Enjoy simple rustic, flavorful cuisine with unpretentious design, an approachable wine list – many of which are served via our barrel-to-table program – a comprehensive offering of craft beers and artisan cocktails.

Piatti
2182 Avenida De La Playa
lajolla.piatti.com | 858-454-1589

Best Pasta

Piazza 1909

Voted Best Chef, Pasta Dish, Italian Cuisine, Pizza and Outdoor Dining. Most genuine Italian experience in La Jolla with Chef Stefano Ceresoli's cuisine made from scratch. Fresh seafood, gluten free and vegan friendly, wine bar, dogs menu, large covered and heated patios, lunch, dinner plus Sat. & Sun. brunch and Take-out.

Piazza 1909
7731 Fay Ave, La Jolla
piazza1909.com | 858-412-3108

Best Pet Friendly Restaurant

Beaumont's Eatery

(See listing under Best Bar)

Best Pizza (tie)

Pizza on Pearl

They're back! Mr. Moto owner Gibran Fernandez has reopened as Pizza on Pearl with the same menu as before. Pizza on Pearl operated in La Jolla from around 2011 until it became Mr. Moto in 2018. As Pizza on Pearl, it specialized in New York-style thin crust pizza, offering pizzas whole or by the slice. Mr. Moto's other San Diego-area locations – such as North Park, Pacific Beach, Little Italy are still open.

Pizza on Pearl
617 Pearl St, La Jolla
(858) 729-0717

Piazza 1909

(See listing under Best Pasta)

Best Ribs

Bubba's Smokehouse BBQ

(See listing under Best Comfort Food)

Best Woodfired Pizza (tie)

Sammy's Woodfired Pizza

Families count on Sammy's for their family night out. Patrons clearly support Sammy's mission to mix flavor with freshness in its pizza. Forget the boring cheese and pepperoni of old – Sammy's redefines the genre with pies such as artichoke and homemade sauce, five cheeses or a salad pizza comprising organic arugula, pear and prosciutto. How about soups like lobster bisque and Kobe beef chili; not what you'd expect from a typical pizza place. Sammy's also offers a menu for the kids.

Sammy's Woodfired Pizza
702 Pearl St, La Jolla
sammypizza.com | 858-456-5222

Wheat & Water

Wheat & Water opened in 2016 with a mission to keep things simple – tasty eats, great drinks and stellar service. Wheat & Water specializes in wood-fired pizza, shared plates, healthy salads and charcuterie. They believe food tastes better when it's made with fresh, locally-sourced ingredients, and it's even more satisfying when it features familiar flavors that remind you of home. Be it an old favorite or a fresh, first bite, create new memories while sharing meals with friends and family.

Wheat & Water
5737 La Jolla Blvd, Bird Rock
wheatandwater.com | 858-291-8690

Best Place to People Watch (tie)

Living Room

(See listing under Best Café)

Cody's

Buzzy brunch and lunch spot with clever comfort food, ocean views and a patio known for people-watching.

1025 Prospect St, #210, La Jolla
codyslj.com | 858-459-0040

Best Place to go on a Budget

Don Carlos

(See listing under Best Burrito)

Best Place for B-day Party (tie)

Sammy's Woodfired Pizza

(See listing under Best Woodfired Pizza)

Mandarin House

Savor all the best versions of all the classic Chinese dishes that you know and love in a fun, retro yet modern environment. The classically trained chefs are still using traditional techniques coupled with our original

recipes to bring you a dining experience unlike anywhere else in the world. There may be thousands of other Chinese restaurants worldwide, but there's only one Mandarin House La Jolla.

Mandarin House
6765 La Jolla Blvd, La Jolla
858-454-2007 | mandarinhouselj.com

Most Romantic (tie)

Osteria Romantica


Located in the heart of La Jolla shores, this simple but wonderfully comfortable setting, Osteria Romantica generates good feelings as one dines on its good food. The voices of Pavarotti and other famous singers emerge from the background, filling the room softly with




Voted Best Breakfast & Family Restaurant

The Cottage


The Cottage is a quintessential La Jolla destination beloved by locals, tourist, the young, the old, regulars and new comers alike for the past 30 years. Set in the historic "Columbine Cottage", built in the early 1900's, The Cottage serves up an exceptional break and lunch on the sun drenched patio. The gourmet omelettes, stuffed french toast, sandwiches, salads and trademark house made granola are memorable and well worth the wait. Now open in Encinitas.



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operatic melodies. An outside patio provides seating for diners who wish to enjoy the sunny afternoons and cool La Jolla evenings. Opened by Fabio Speziali and Antonio Mastellone in 2004. Speziali grew up in the Lake Como region of northern Italy. Mastellone, who also owns several other local restaurants, grew up in Sorrento, Italy. Both are from different regions of Italy, but create together and offer dishes from all of Italy.

Osteria Romantica
2151 Avenida De La Playa
osteriaromantica.com
858-551-1221

Truluck's

(See listing under Best Overall)



Best Roof Top Dining

George's at the Cove

(See listing under Best Atmosphere)

Best Salad

Mary's Gourmet Salads

Mary's is determined to offer a healthy and easy solution with our gourmet salad options designed to help fuel your day! They are committed to sourcing the freshest ingredients and dedicated to using as many organic options as available. Familiar ingredients, served with a touch of home. Made with love.

Mary's Gourmet Salads
723 Pearl St, La Jolla
ordermarys.com | 858-703-0808



Best Sandwich (tie)

Jersey Mike's

The authentic Jersey taste and high quality ingredients that go into Jersey Mike's subs are evident with every scrumptious bite. The sub shop's meats and cheeses are of top-quality premium brands. The bread is freshly baked

in-store daily and every sub is prepared on site right in front of you. Jersey Mike's is committed to fresh flavor, quality, authentic style and community.

Jersey Mike's
7836 Herschel Ave, La Jolla
jerseymikes.com | 858-200-9888

Girard Gourmet

(See listing under Best Deli)



Best Seafood (tie)

Truluck's

(See listing under Best Overall)

El Pescador

El Pescador first opened its doors in Del Mar in 1974. In 1978, sixteen year old Sean Shannon traded his paper route in for his first real job, "El Pescador-clean-up-kid". Seven years later Shannon opened his own store on Pearl Street in La Jolla. Since then the menu has

increased to an array of char-grilled and sauteed seafood items. The full service fish market remains unsurpassed for its quality and selection for over 48 years!

El Pescador
634 Pearl St, La Jolla
elpescadorfishmarket.com
858-456-2526



Best Soup (tie)

Deli-icious

Founded in 1992, Deli-icious is known as the "Local's Deli" as they serve delicious food to the great people who live and work in the Village. Ready to serve you with Breakfast Sandwiches and Burritos, Organic Coffee and Espresso Drinks. For lunch enjoy hot and cold sandwiches, panini's, salads and an assortment of drinks and snacks.

Deli-icious
1237 Prospect St J, La Jolla
(858) 456-6235 | deliicious.com

Parakeet Cafe

Fact is, food tastes better when it's real, that's why the health conscious, non-dieters, vegans, vegetarian, paleo, keto and gluten-free eaters love the Parakeet. They source the highest quality ingredients from local organic farms, not only because they taste better and deliver maximum nutrition, but because is better for the planet and made with love.

Parakeet Cafe
927 Silverado St, La Jolla
parakeetcafe.com | 858-412-5627



Best Specialty Drink

The Shores Restaurant

(See listing under Best Sunday Brunch)



Best Sports Bar (tie)

Nautilus Tavern

Now featuring the BEST HAPPY HOUR on the beach, awesome daily specials, and a great brunch. Come stretch out and enjoy other two patios or catch a game, a brew and American eats in a mod, indoor-outdoor space.

Nautilus Tavern
830 La Jolla Blvd #103, La Jolla
858-750-2056 | nautilusnautilus.com



The Spot

This landmark restaurant on Prospect has earned its title for friendly atmosphere and excellent cuisine. It offers a full service bar and large selection of fine wines.

The Spot
1005 Prospect St, La Jolla
(858) 459-0800
thespotlajolla@gmail.com



Best Steak (tie)

Mermaids & Cowboys

Mermaids & Cowboys marries ocean and land through the rich history of the pearl diving mermaids of Japan and the historic cattle ranches of La Jolla. Mermaids & Cowboys tells a visual story to our diners with pearl chandeliers, saddle-leather seating booth, teak furniture, and pearlescent fish-scaled bar. The photography pays tribute to the Japanese Ama Divers and the bold California Cowboys.

Mermaids & Cowboys
1251 Prospect St, La Jolla
mermaidscowboys.com
858-999-0205

Manhattan

(See listing under Best Martini)



Best Surf & Turf (tie)

Marine Room

(See listing under Best Ocean View)

Flemmings Prime Steakhouse

Restaurateurs Paul Fleming and Bill Allen, opened the first Fleming's in Newport Beach. The vision was to create a steakhouse experience with an emphasis on generous hospitality, invit-

ing atmosphere and the finest aged USDA Prime beef. In addition the founders focused on an exceptional wine list for their guest to enjoy.

Flemmings
8970 University Ctr Ln,
University City
flemmingssteakhouse.com
858-535-0078



Best Sushi

Himitsu

Born in Tokyo with inspiration from the sushi bars of Ginza and the SoCal. lifestyle, Himitsu introduces Japanese culture, design and hospitality to San Diego. Their 9-person bar and 20 person outdoor patio is located in a discreet corner of La Jolla, a setting well suited for our name which translates to "secret" in Japanese.

Himitsu
1030 Torrey Pines Rd G, La Jolla
858-263-4463



Best Tacos (tie)

Taco Stand

(See listing under Best Mexican Fastfood)

Puesto

Puesto scores big when it comes to Taco's and Margaritas. "We have a new octopus taco with crispy pulpo, avocado, chipotle crema and handmade blue corn tortillas," said GM Douglas McCallum, who encourages patrons to "visit our popular eatery for unique artisanal takes on tacos, ceviches, margaritas in a bright and breezy eclectic dining room." Check out Puesto's happy hour, Taco Tuesday and Taco Bar Saturday nights.

Puesto
1026 Wall St, La Jolla
eatpuesto.com | 858-454-1260



Best Take-Out (tie)

Don Carlos

(See listing under Best Burrito)

China Chef

(See listing under Best Chinese)



Best Thai (tie)

Spice & Rice Thai Kitchen

This establishment offers a tantalizing menu and a clean-air approach to dining. Be warned: Many of the dishes are on the spicy side, like those in many Thai restaurants. The kitchen is accommodating and will moderate the seasoning to suit your taste. Most dishes can be made as a vegetarian version. Prices are quite appealing, and the Thai salads are excellent. Sit back, relax and enjoy a little spice and rice in your life.

Spice & Rice Thai Kitchen
7734-C Girard Ave, La Jolla
spiceandricethaikitchen.com
858-456-0466

Aroi Thai

AROI Thai offers authentic Thai food without leaving the country. The key to their success is providing quality, consistent food that tastes great every time. Eat delicious food. Grab a drink. But most of all, relax!

Aroi Thai
7523 Fay Ave, Ste A, La Jolla
arothailajolla.com | 858-729-1883



Best Vegan

El Avocado

(See listing under Best Healthy Dining)



Best Vegetarian

Trilogy Sanctuary

(See listing under Best Healthy Dining)



Best Wings

Hennessey's Tavern

(See listing under Best Bars)



Best Wine Bar (tie)

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Sugar & Scribe Bakery
660 Fay Ave, La Jolla
sugarandscribe.com | 858-274-1733

sion for locally sourced, healthy, delicious, artisan extra virgin olive oil. It was nearly a decade ago when they first noticed an increase in the consumer's demand for this type of product. Coupled with this knowledge and passion, they created a place where local growers, chefs, and guests alike could experience, learn about, and purchase the California-made olive oil and a tasting-oriented wine bar.

We Olive
1158 Prospect St, La Jolla
858-551-8250 | weolive.com

LJ Crafted Wine

A high-quality wine business focusing on re-useable bottles. They make their wine in Napa Valley, ship the full barrels to La Jolla. Using patented equipment, they serve the wine directly out of the barrel into growlers or by the glass, accompanied by a small menu. They have been through more than 378 barrels saving 115,000 single-use bottles (50 tons of glass) from waste.

LJ Crafted Wines
5621 La Jolla Blvd, La Jolla
ljcraftedwines.com

Best Wine Selection (restaurant)

Nine-Ten

(See listing under Best Chef)

Best Wine Shop (tie)

Bird Rock Fine Wine

Bird Rock Fine Wine is a traditional 'brick and mortar' store located in the Bird Rock area of La Jolla. It opened in 2012, and still has the same local owner, Ken Chalmers.

Bird Rock Fine Wine
5687 La Jolla Blvd, La Jolla
birdrockfinewine.com | 858-230-6956

Bev Mo

Bev Mo buyers work really hard to be first to market with all the latest spirits, wine, craft beer, soda, snacks and more. Their stores have thousands of items from every beverage category to please even the craziest request. Looking for chocolate bitters? We have that. Want to try Moonshine? Which brand are you looking for? Like craft beer? What about Champagne? You get the idea — plus all the party accessories, glassware, barware, gourmet snacks, cigars, and gifts.

Bev Mo
844 Pearl St, La Jolla
bevmo.com | 858-729-0775

Best Wings

Hennessy's

(See listing under Best Bar)

Best Wraps

Marketplace Grill

Marketplace Grill is a counter-serve Mediterranean spot offering mesquite-grilled meat and veggie skewers, wraps and bowls. Good service and value.

Marketplace Grill
1030 Torrey Pines Rd, La Jolla
858-456-9576

Best Frozen Yogurt

Froglander's Crepes & Yogurt

Froglanders Crepes & Yogurt has been dishing out delicious treats for more than 35 years. Create your own Froyo concoction, dig into an acai bowl, enjoy a classic banana split, or bite into one of their sweet or savory crepes. With standard flavors and a weekly rotation of new items or Flavors, Froglanders dreams up a new treat every time you visit. They were recently voted Best Crepes, Featuring authentic french sweet or savory crepes. Gluten Free (Buckwheat flour) and Vegan crepe options available. Also featuring organic, gourmet coffee (cappuccino, espresso, etc.)

Froglander's
915 Pearl St, La Jolla
froglanders.com | 858-459-3764

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909 Prospect St.,
Between Girar and Fay

SAN DIEGO
619.231.7777
520 Front St.,
Just South of Market

Belle Goldschlager Baranceanu, 'Miss B,' known for La Jolla murals

By JILL ALEXANDER

In 1936, artist Belle Goldschlager Baranceanu painted a colorful Works Progress Administration lobby mural installed in the La Jolla Post Office (built in 1935) at 1040 Wall St., which is still intact; the building is listed on the National Registry of Historic Places.

The painted oil-on-canvas mural in the La Jolla Post Office is called "California (La Jolla) Landscape," and was created for the Section of Painting and Sculpture, according to U.S. Post Office historical records.

According to historical documents, the mural was described on the National Register of Historic Places Registration form when it was amended in 2021:

"An oil canvas-coastal landscape by Chicago-trained muralist Belle Baranceanu covers the top 8.5 feet of the western lobby wall of the La Jolla Post Office. The painting describes suburban neighborhoods with Spanish-style homes. The neighborhood has hilly topography, twisting streets, large, vegetated lots, and distant marine views.

"The mural surrounds the door of the supervisor's office, which interrupts the central portion of the composition. The practical need to come to the doorway presented the artist with a technical challenge and opportunity for creativity. Using the Cubist compositional technique of simultaneous and multiple viewpoints, Ms. Baranceanu collaged various residential vignettes and views around La Jolla Cove into an integrated composition that arcs around the doorway.

"The scene has been flattened and abstracted through large swaths of broadly applied color in a springtime palette of yellow-green hillsides and azure-blue sea. The main colors are contrasted with buff-colored coastal cliffs and deep green shrubbery. High abstracted white houses, covered in burnt orange roofs, judiciously punctuate the scene. The light color palette and strong contour lines create an idyllic and pastoral mood while the flattened and abstracted hues, warm-toned, square tiles cover the lobby floor and wall dado, while the blues and greens provide complimentary contact to the lobby's color scheme.

"Ms. Baranceanu reportedly walked up Mt. Soledad with her sketch pad and drew what she saw, so all the scenic components have been taken from the landscape as it existed in 1935. Identifiable elements in the foreground, like the arched 'pig tail' bridge to the left of the doorway, are combined with distant 'bird's eye' views of the La Jolla Shores beach and Scripps Pier, located to the far upper right of the composition. La Jolla Cove occupies the middle portion of the composition, directly above the



In 1962, the eighth-grade art class created this special mural on the Mission Hills Campus with the guidance of Belle Baranceanu, artist, teacher, and member of Parker's Arts Hall of Fame.
COURTESY OF FRANCIS PARKER SCHOOL

supervisor's door. The landscape looks inviting and believable, and to those familiar with it there is no single place where one can absorb all these elements at the same time. They only gradually reveal themselves as one ascends, much as Ms. Baranceanu did on her walk up the hill.

"In uniquely documenting La Jolla at a specific point in time, the landscape mural localizes the Federal presence in the community. Its pivotal location on the end lobby wall completes a simple and functional public

space and enlivens the mundane task of waiting in line for window service. Painted within months of the building's 1935 competition, the mural retains its integrity of location, setting, design, materials, workmanship, feeling, and association. Professionally restored, it is in excellent condition."

A LOT OF WORK

A muralist for the WPA curriculum project, she painted murals for Roosevelt Junior High School (Building Padre Dam and Potola's Departure) in 1937-38.



'California (La Jolla) Landscape' mural by artist Belle Baranceanu for the United States Post Office in La Jolla, 1936. Image: US Post Office. Post-Office. Mural reprinted with the permission of the United States Postal Service. All Rights Reserved. Written authorization from the Postal Service is required to use, reproduce, post, transmit, distribute, or publicly display these images.

Between 1939 and 1940 she did a WPA mural titled "The Seven Arts" in the La Jolla High School Auditorium.

According to Daniel Delahate, federal preservation officer for the

US Post Office, the La Jolla Post Office mural, "...was an interesting time in post office history known as 'New Deal murals.'"

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SPONSORED CONTENT

La Jolla's new 'Smart Fit Method' revolutionizes fitness industry

LA JOLLA — The new "Smart Fit Method" opening in La Jolla this month, is a revolutionary new fitness concept geared toward individual growth and personalized workouts. Clients of all ages and fitness levels get the best stimulus in the minimum effective time to create a maximum response in the body, all while avoiding injury. Unlike the big box gyms, the Smart Fit Method employs data science and sports science, along with the best AI-driven equipment — all monitored by certified personal trainers focused on getting you results.

The real-time feedback the program provides is game-changing and allows you to compete with yourself week over week. The program's advanced machines increase the true time the muscles are under tension, which makes the workout much more efficient and ideal for the busy individual or harried business executive. The goal here is to add to your healthy lifespan by creating the best "you" possible, based on your own genetic potential.

The Smart Fit Method isn't just about weight loss, but more about increasing lean muscle mass, bone density and cardiovascular strength while avoiding inflammation. The average person loses 5 pounds of lean muscle mass each decade over the age of 25, as well as 10% of their cardio-capability. At the same time, individuals tend to get busier and have less time to work out. It is widely known that muscle burns 3-4x more calories than fat, so this program focuses on efficient workouts and recovery to build your lean muscle mass.

Smart Cold HIIT (Vaspar high-intensity interval training), the centerpiece of the Smart Fit Method, packs a two-hour workout into a single 20-minute session utilizing compression technology, cooling, and interval training to create the best efficiency and hormone response. Thanks to its low-impact nature and "biohacking" technology, this machine will decrease the wear and tear on the body that naturally comes with exercise.

The Smart RIDE (CAROL) machine uses AI technology to prescribe the perfect resistance while you perform two 20-second max sprints, prefaced with a warm-up, then ending with a recovery and cool-down period. This ride takes only 8 minutes and 40 seconds and provides the benefits of a 45-minute run.

The Smart Strength (ARX) uses motorized resistance to achieve a perfect muscular time under tension, while performing a total body workout. Adaptive Resistance™ tech-



SMART FIT METHOD is perfect for the 40+ crowd!
Courtesy photo

SIGN ON TODAY!
Receive a **FREE**
WORKOUT + BODY SCAN

A \$150 Value
PLUS: First 50
sign-ups receive a
\$50 dues discount
for 12 months



THE SMART FIT
METHOD

nology uses patented, motorized resistance and computer software to give you the perfect workout every time. ARX was created using scientifically-backed principles that guarantee you receive the safest, most effective, and most efficient form of resistance exercise in the world.

Lastly, the Smart Body Scan monitors the changes in an individual's body and tracks their progress throughout the course. You can access the body scans through their free mobile app and get detailed insights in to your body's changing composition. "People generally over-train and under-eat, or over-eat and

under-train," says James O'Neill, the franchise co-owner of The Smart Fit Method La Jolla. "The SmartFit Method acknowledges the failure of other fitness models and provides a method to maximize results."

Marc Cormier, also a Smart Fit Method franchise co-owner, added, "A big-box gym works on a model that 80% of clients will not use the gym. "Let's say their fee is \$50/month," Cormier says. "So you give them \$600 for a year, and you have a 20% chance of success. You can come in here and work out with us three times a week and we will provide you with access to valuable nutritional advice. Plus we'll give you three body scans to track your progress, and give you access to the best stimulus you can get your hands on."

For that same \$600, Smart Fit Method is confident you will lose 3.5% body fat while gaining lean muscle within your first few months of membership.

Right now, The Smart Fit Method La Jolla is offering a free workout and body scan valued at \$150 to celebrate their opening. To schedule your scan, visit <https://www.smartfitmethod.com/> call (858-500-1166). Or stop in for a tour at 7863 Girard Ave. St. 102, La Jolla or email LaJolla@SmartFitMethod.com.

The Social Diary – ‘Circus chic’ for children, and teen golfing phenom



Gala co-chairs Jennifer Luce, Ellen Moxham and Laurie Mitchell – NCM circus gala photo by David Hartig.



NCM executive director Elizabeth Yang-Hellewell and Chief Curator Gabrielle Wyrick – NCM circus gala photo by David Hartig.



Circus performers – NCM circus gala photo by David Hartig.



Artist Lucille Cantonis and nationally recognized golfer Charlotte Cantonis.

By MARGO SCHWAB

San Diegans have a lot to be thankful and merry for including incredible support for charitable causes. The recent New Children's Museum proved to be just one of the spectacular exemplars. NCM's circus

theme gala juggled 'circus chic' while netting a serious \$750,000-plus ensuring equitable access for children to play, create and learn. This night though it was the supporting adults that came out to play amid jugglers, aerialists, and of course, an outside

Ferris wheel!

The Town Gossip – Brava to Mary's Gourmet Salads for bringing back their bite size pumpkin pie cups and now full-size pies in time for the holidays. These seasonal treats reiterate the movie title "there's just something about Mary's." These

magical Mary's pies sell out daily in an hour by pre-order!

And from La Jolla High School onward, teenager Charlotte Cantonis has excelled with focus and natural talent to be an elite, top national contender in golf! How many of us can say we knew her when. Meanwhile

her younger sister Lucille is a masterful sketch artist and her mother, Mary, has a screen play that is fetching serious attention in the entertainment world.

A happy holidays to you and yours! Check out Margo Schwab on Insta and FB for more event photos... Til next time!

Rosita Beaty debuts The Black R.A.C. at Marina Village



Fashion Files

Diana Cavagnaro

Rosita Beaty debuted The Black R.A.C. (Rosita Alexander Collections) at Marina Village in Mission Bay on Dec. 3. The guests streamed into the Bayview Room all wearing white. They definitely were dressed to impress and all one could see was a sea of white.

Beaty partnered up with Ramon Ivey Co. to produce this show. She was ready to launch this collection two years ago and then COVID happened. She



Dance segment

waited until now to present this with the help of Ramon Ivey. During the evening there were five collections showcased with

25 models. They presented all shapes and sizes.

"Our showcase will display that all women are beautiful by breaking the stigma, and bringing all women together to empower each other," Beaty said.

The evening began with a VIP reception and the smooth jazz sounds of saxophonist Erisa Nicole. The host was Eddie Baltrip who got the ball rolling with all the festivities. DJ Almond Eyez spun the tunes for the event. The evening included singing, dancing, story-telling, and poetry reading. Tiffany Williams was the model coach and Ivey was not only the producer but the choreographer.

The first number on the runway was called the Night Life Set and the models came out looking "Ooh La La." Beaty designed a men's line called XY that came down the catwalk with hunky-looking models showing off her designs. The third set

was called the Look Set with trendy-looking styles.

Next came the Furs & Feathers Set accenting her designs. The showed wrapped up with the last Collection named Razzle Dazzle. The sparkling styles delighted the audience as they came down the runway.

Beaty finished up the evening by thanking everyone for coming. She was wearing an amazing black sequin outfit. Ivey's mission statement says that "I make your visions a Reality" and that he did for Beaty who was finally able to present her five collections to the world after waiting two years. For more information, visit TheBlackRac.com.

Proceeds for the event go to STXBP1 Foundation, which was a gene discovered in 2008. The symptoms include epilepsy, movement disorder, hypotonia, and autism. Their mission is to raise awareness and find a cure. Science + Love = Cure. For more information, visit stxbp1disorders.org.

UPCOMING EVENT

Saturday, Jan. 15: Bridal Bazaar with fashion shows presented by Gretchen Productions at the San Diego Convention Center. Three shows are to be presented during the day. For more information, 760-334-5500.

Diana Cavagnaro is an internationally renowned couture milliner based in the San Diego area. Learn more about our hat designer, teacher, and blogger at www.DianaCavagnaro.com.



Furs & Feathers Collection



Look Collection



Designer Rosita Beaty



Razzle Dazzle Collection

PHOTOS BY DIANA CAVAGNARO

Senior Living

Couples Thrive at Belmont Village La Jolla



Too often couples who have spent most of their lives together face the threat of separation in later years because of varying health needs, from dementia to mobility. The now open Belmont Village Senior Living La Jolla, offers a solution for couples who want to remain together, but may need additional support to do so. Each Belmont Village community is thoughtfully designed and licensed throughout for the highest level of care. With research-based programs tailored to individual needs, couples can thrive together. Programming at

Belmont Village La Jolla will be enhanced through an ongoing partnership with UCSD to develop activities that foster resilience and wellbeing in older adults. Belmont Village has served San Diego seniors for 20 years at its Sabre Springs and Cardiff by the Sea communities, offering independent living, assisted living and award-winning memory care. To learn more, call 858-358-7129 or visit belmontvillage.com/lajolla.

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Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) wanted to develop better Assisted Living Care Homes and Services for seniors at fair & competitive rates. Right Choice Senior Living has Residential Care Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area), La Mesa, Del Cerro. See us today before making your final choice. Make the Right Choice Today. We are excited to announce that

Silverlight Homes of La Mesa will be joining the Right Choice Senior Living network of Assisted Living Care Home Communities. Beautiful La Mesa Neighborhood Close to ALL, Small Intimate Home-like setting, Reasonable Visitation & Outings, Accommodations & Experienced Team since 2008 For photos, video tours please visit. <https://silverlighthomesllc.com/> For more info call (619) 246-2003 or go to the rightchoicenorliving.org. **NOW HIRING CAREGIVERS! CALL NOW!**

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Here, you can connect with extraordinary people as well as enjoy delicious food, the fresh salt air, Spanish architecture and much more. The community is as warm as the coastal sunshine. It's resort-style living and old-world charm that's surprisingly attainable—with no entrance fee. We are open for in-person tours or move-in. Contact us today at 800.959.7010 or via email at CDMsales@frontporch.net for more information or to schedule a tour.



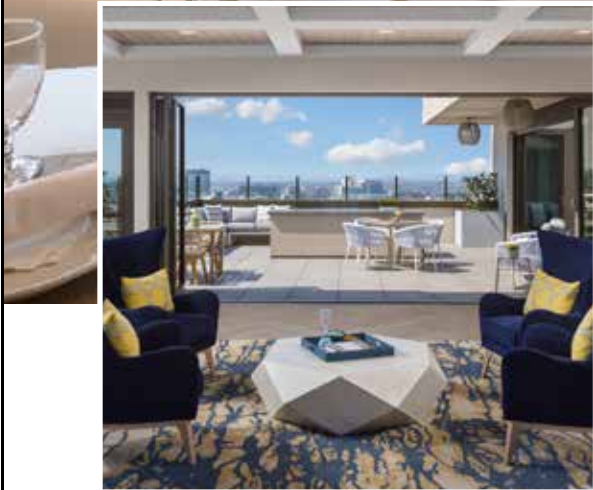
The real trick is convincing people that you are, in fact, retired.

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Old Mission Beach Athletic Club honors OTL champion Bob Mendoza

By DAVE SCHWAB

Robert Mendoza, a former professional baseball player and San Diego Hall of Champions inductee, is now an Old Mission Beach Athletic Club hall-of-famer.

Mendoza was honored recently at OMBAC's Over-The-Line championship banquet for having played in more Over-The-Line tournaments than any other player in the history of the game. He started playing in 1957 and continued through this year, missing only two tournaments. During that span, he won six OTL championships as well as many second- and third-place finishes.

Mendoza, who retired in 2000, was "truly" surprised to be an OMBAC honoree. "They gave me a plaque and a shirt that had all the years on the sleeves," said Mendoza. "It's a long-sleeved shirt so it worked. I really didn't know about it (award), though I knew something was up when my wife, Cordelia, said we were going to have dinner with a couple of guys from OMBAC at some restaurant. I came to find out it was at Mission Beach Ski Club where OMBAC meets for their annual award dinner."

Over-The-Line was created more than seven decades ago by a group

of OMBAC locals who had gotten together on South Mission Beach to play volleyball. As they waited for a coveted net, they came up with the idea for OTL, which evolved into its own batty sport, with the first OTL tournament held in 1954.

Today, it's a San Diego summer-time tradition. Teams are known for their quirky names, and spectators enjoy attending the free event for the good vibes.

OTL games last three or four innings, no one runs bases, and the main goal is to hit the ball "over the line" about 55 feet in front of the batter. It's all about making the catch or hit at the right moment and anyone can play. You don't need to be an athlete, or a baseball or softball player.

Throughout his life, Mendoza has been a standout athlete. A third-generation San Diegan, he graduated in 1956 from Lincoln High where he lettered nine times in three sports: football, baseball, and basketball.

In 1958, Mendoza was drafted as an outfielder by the Boston Red Sox. He left baseball to continue his education at SDSU after playing 2 1/2 years for the Red Sox organization.

Mendoza coached football, baseball, and golf at Morse High School for 30-plus years. He was also part of the first Little League baseball team in San Diego.



Bob Mendoza competes in the 1994 championship game where he won the Cannardly Division.

COURTESY PHOTO

In the 1960s, Mendoza was a Triple A volleyball player in two-man beach volleyball, teaming with Al Scates, the head volleyball coach at UCLA for 48 years. Mendoza played six-man indoor volleyball and won four USAV Volleyball Nationals in the 50-and-Over division.

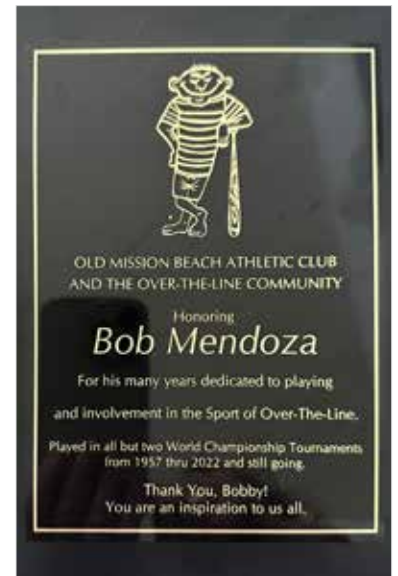
Mendoza is a six-time champion of the annual OTL tournament. During 55 years of OTL competition, he missed two tournaments, one because of a knee replacement.

In 2001, the California Coaches Association honored him with the Dan Fukushima Lifetime Achievement Award. In November

2011, Mendoza was inducted into San Diego Hall of Champions' Breitbard Hall of Fame as a Coaching Legend. "He is so humble," said Cordelia of her 84-year-old husband's longtime athletic prowess.

Of his OTL chops, Mendoza lamented, "All those other guys (competitors) that placed (highly), they're all gone. They were all my buddies."

Mendoza continues to be a big fan of the homegrown OTL sport. "It was a cultural thing, something to go out and do with the guys when they got together," he said adding it was fun too. "Some of the



guys dressed up in costumes and put seaweed all over their bodies."

Mendoza said being a minor league baseball player was tough, performing in obscure places like Lexington, Neb., and Waterloo, Iowa. "The Red Sox farm system wanted to sell my contract to the Pittsburgh Pirates," he said, prompting him to tell them, "I'm going home." I got my teaching credential and I coached for 32 years in San Diego."

"I don't regret anything," concluded Mendoza. "It's all worked out really nice. I just hope to do it for a little longer."

"He'll be out there (OTL) again next year," predicted Cordelia Mendoza.

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We are excited to share information about our three residential care homes located atop of Mt Soledad in La Jolla:
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La Jolla Casa Fiesta: #374604425
La Jolla Vista: #374604421

Offering memory care and assisted living, our mission at La Jolla Senior Care Homes is to serve seniors in a manner that preserves their dignity and promotes their independence, while enhancing their quality of life. We take pride in providing care services tailored to each resident's needs and desired lifestyle. Residents and families can rest easy knowing that all of our

homes are expertly staffed to help with all of their daily living needs.

Don't just take our word for it - here is what some of our residents' families had to say about our care!

"My mother received excellent care from the owners and staff at La Jolla Vista. The facility is homey with a spectacular view from the yard and great room. I highly recommend it." -Brad. J.

"Thank you for your condolences Jennifer. I wanted to tell you that I'm very grateful to you and Gus and especially the staff at Casa Fiesta for everything they've done for my mother over the past four years. I can't say enough good things about Tiffany, Winnie, Winnie, Mila, Nestor and Anne. They always treated my mother with respect. Placing my mother at Casa Fiesta was the best decision I could have made." -Rob K.

Senior Helpers

Senior Helpers of San Diego County is the premier provider of in-home senior care. We offer a tailored, comprehensive suite of home care programs services ranging from companion care for seniors who need daily assistance to in-depth specialized care for those with Alzheimer's, Dementia, Parkinson's and other chronic diseases. Our primary goal is to help provide a high quality of life for our clients and their families by delivering customized, dependable and affordable care. We fully understand that our seniors deserve to have a chance to age in place with dignity and compassion. Knowing your loved one is happy, safe and cared for is your priority... and ours too. Senior Helpers San Diego County provides the peace of mind you need when making the decision to honor your family member's wish to remain in their home.

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SUDOKU PUZZLE

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.

1				3	2		4	
5			6				8	
						3		
						6	7	1
7			1				3	
					9			5
6					5	7		
							9	
	9			2			5	4

CROSSWORD PUZZLE

1	2	3		4	5	6	7	8		9	10	11	12	13
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23						24	25					26	27	
		28				29				30				
31	32					33		34	35	36			37	
38				39	40							41		
42				43					44	45				
46		47	48				49			50				
51				52	53	54				55			56	57
		58						59						
60	61							62	63				64	
65						66							67	
68						69							70	

- CLUES ACROSS**

1. Product or ___ (abbr.)

4. Zodiac sign

9. S. China seaport

14. Former OSS

15. Early English printer

16. Aphid genus

17. General's assistant (abbr.)

18. Aussies

20. Dissuades

22. Make law

23. Drench

24. Soak in a liquid

28. Male child
29. It cools your home

30. Small constellation

31. To call (archaic)

33. Explores beneath the Earth

37. Commercial

38. W. hemisphere organization

39. You can find it in a can

41. "Land of the free"

42 36 inches

43. Footwear

44. Challenges

46. They hold things together

49. Of I

50. Partner to flow

51. Not connected by kinship
55. Worries

58. Garlic mayonnaise

59. A way to take by force

60. Legendary English rockers

64. Your consciousness of your own identity

65. Fencing swords

66. Silly

67. Actor DiCaprio

68. Encircles with a belt

69. Mails a message

70. Longing

- CLUES DOWN**

1. Horse mackerels

2. It can be viral

3. Prickly plants

4. Consciousness

5. Type of sarcoma

6. Tax collector

7. Sun up in New York

8. One who scorches

9. Influential psychotherapist

10. Situated at an apex

11. Communicative

12. Forearm nerve
13. Former CIA

19. Folk singer DiFranco

21. Employee stock ownership plan

24. Large-scale

25. School environment

26. Remove

27. Male parents

31. Large rodent

32. Weighed down

34. Held tightly

35. ___ route: going there

36. Explains again

40. Exclamation of surprise

41. Courteously
45. Lying down

47. Judge

48. Forcefully took

52. Loosely compacted sediment

53. High mountain

54. Portable conical tents

56. Cereal grass

57. Dining utensil

59. Thoughtful

60. Helps you walk

61. Indicates near

62. Midway between northeast and east

63. Local area network

N	O	A	S	O	N	E	S	S	O	H	I	O		
O	E	T	E	N	V	N	I	S	E	O	d	E		
O	E	O	N	I	T	E	d	d	Z	O	E	T		
d	V	N	O	I	X			I	T	O	I	V		
S	H	V	E	J		O	E	J	V	T	E	N	N	
	B	E	J		E	W		S	E	O	d			
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4	5	8	9	2	7	1	6	3
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8	3	6	4	9	1	5	2	7
1	7	9	8	5	2	3	4	6
6	9	3	1	8	5	4	7	2
2	8	1	7	4	9	6	3	5
7	4	5	2	3	6	8	9	1



Coach Eddie Hernandez demonstrates a cross-body hold to his varsity wrestlers at UC High during a teaching session. PHOTO BY ED PIPER

UC wrestling: Cents making progress

By ED PIPER

“I’m very shy,” says Lexi Holguin, 17, one of four captains of University City’s wrestling team. But when she gets on the mat in her 106-pound weight division, there’s something that happens. “Being part of this team is like another family to me. We have common goals.”

During a teaching demo-and-practice of a cross-body hold led by head coach Eddie Hernandez, varsity girls and boys worked in pairs alongside one another, while JV wrestlers worked out under walk-on assistant James Farley, also walk-on assistant Mark DeGiso when he arrived.

Holguin, a senior whose sister Kyle (pronounced ky-lee) is a junior on the team, placed fourth at 106 at the Lady Bearcat Tournament at Laguna Hills at the start of Thanksgiving break. The Centurions, Patrick Henry, and Mira Mesa vie for the top spots in the Western League every year, things slowly moving back toward a steady state

after what Hernandez calls a “comeback year” in 2021-2022 coming out of COVID.

Lexi, the captain, said she’s “taking care of my body more” because of wrestling. “In school, with my daily life, I’m learning how my mind and body are connected, dealing with stress.”

During an afternoon of practice, 10 pairs of wrestlers carried out Hernandez’s instructions on the cross-body hold, in which the aggressor starts with her leg looped inside her opponent’s legs, twists, and turns the foe over in a tight back-on-the-mat movement that leaves the opponent helpless and unable to escape when done right.

Wrestlers including Alex Linn, a junior 145-pounder who placed fourth at the South Torrance tourney before Thanksgiving break, and Brian Portales, 114, a senior, sixth in the same competition, were given remedies if their opponent reacts with different moves. In moving repeatedly from demo to practice in pairs, back to further demo with Hernandez fine-tuning errors he was seeing, student-athletes

responded to Hernandez’s command “Break” with two claps.

“I do this in (teaching AP U.S. History) class,” he said when asked about it. “I want to know who is listening, who is engaged.” Everybody is, in this lesson. It was a master class, planned out, organized, and taut with clap responses any teaching methods professor would be proud of.

Sophie Mia, 126, a senior, placed third in CIF last year, now among the top six in the region. Lexi was a runner-up in CIF, the top five in the county.

Christian Legler, 114, a junior, placed third in the county, and fourth at South Torrance.

M.J. Andres, a senior girl trying wrestling for the first time, said: “Lexi and Kyle were wrestling before. Our families are pretty close. They really wanted me to join last year.”

Asked how it’s going, she said, “It’s been a challenge to lose weight. I weighed 147, I’m at 130 right now.” M.J. added, “I feel like I’m getting better and getting stronger. I’ve been going to the gym. I’ve cut out a lot of junk food.”

Winners crowned at USTA National 40 Hard Court Championships

Top-seeded Henry Choi finished an amazing week at the La Jolla Beach & Tennis Club by defeating second-seeded Wojtek Bratek, of San Antonio, 6-1, 7-6 (5) in one-hour and 50 minutes to win the USTA National 40 Hard Court Men’s Singles title on Sunday, Dec. 4.

Playing with confidence and determination, third-seeded Mariko Fritz-Krockow, of Orinda, (right) captured the USTA National 40 Hard Court Women’s Singles title with a convincing 6-1, 6-2 victory over second-seeded Dina McBride, of Thousand Oaks, on Saturday morning at the La Jolla Beach & Tennis Club.

Choi, a 41-year-old resident of Vancouver, Canada, controlled the tempo of the opening set as he broke Bratek’s serve three times to take a 5-1 lead. Choi served out the set in the seventh game when he hit a backhand volley winner



on his first set point.

“It feels amazing. I honestly didn’t have the expectation to win because of injuries here and there. The conditions were a little tough for me, but I kept fighting and trying to win one round at a time and it ended up happening. I’m very thankful,” Choi said after being presented his USTA Gold Ball for winning the national title.

The 40-year-old Fritz-Krockow displayed her powerful baseline game and quickly took control of the first set as she broke McBride

in the second game. She went on to take a commanding 5-0 lead before McBride held serve in the sixth game. At 5-1, Fritz-Krockow served out the first set.

In the second-set, McBride regrouped and held serve in the first game and then won a 14-point game to break Fritz-Krockow for a 2-0 lead. However, Fritz-Krockow showed her championship form and broke McBride’s serve three times in winning six consecutive games to wrap up the women’s singles final in 77 minutes.

“It’s amazing. I’m very, very happy. This is what I came here for. My goal was to win. It’s what I’ve been working for all week. It’s so fun to be here. It was a fantastic tournament. It’s very well-run. I really want to come back every year,” Fritz-Krockow said after being awarded her USTA gold ball for winning the national championship.

HIV »

CONT. FROM PG. 10

IAVI G001 was sponsored by IAVI and took place at two sites: George Washington University (GWU) in Washington, D.C., and Fred Hutch in Seattle, enrolling 48 healthy adult volunteers. Participants received either a placebo or two doses of the vaccine antigen, eOD-GT8 60mer, along with an adjuvant developed by the pharmaceutical company GSK. Julie McElrath, MD, PhD, co-senior author, senior vice president and director of Fred Hutch's Vaccine and Infectious Disease Division, and David Diemert, MD, professor of medicine at GWU School of Medicine and Health Sciences, were lead investigators at the trial sites.

A DEEPER IMMUNOLOGICAL DIVE

The study also carefully examined the properties of the antibodies and B cells induced by the vaccine antigen, in what Schief likens to "looking under the car hood" to understand how the immune system operated in response to the vaccine. One analysis showed that the vaccine antigen first stimulated an average of 30 to 65 different bnAb precursors per person vaccinated, and then caused those cells to multiply. This helped explain why the vaccine induced the desired response in almost all participants.

Other analyses delved into the specific mutations the bnAb-precursor B cells acquired over time and how tightly they bound to the vaccine antigen. These investigations showed that that after each dose of the vaccine, the bnAb-precursor B cells gained affinity and continued along favorable maturation pathways.

One concern for this type of vaccine approach is the notion of "competitors"—in other words, the B cells induced by the vaccine antigen that are not bnAb precursors. The researchers extensively studied the "competitor" responses, and the results were very encouraging. Although the majority of the B cells triggered by vaccination were, in fact, "competitors", these undesired B cells could not match the binding strength of the desired bnAb precursors and did not seem to impede maturation of the bnAb-precursor responses.

"These findings were very encouraging, as they indicated that immunogen design principles we used could be applied to many different epitopes, whether for HIV or even other pathogens," adds Schief.

With these promising data in hand spanning both safety and immune responses, the researchers will continue to iterate and design boosting immunogens that could eventually induce the desired bnAbs and provide protection against the virus. These findings also come shortly after two additional

studies in Immunity published in September 2022, which helped validate the germline-targeting approach for vaccinating against HIV.

"Working together with IAVI, Scripps Research, the VRC, GWU, additional investigators at Fred Hutch and many others, this trial and additional analyses will help inform design of the remaining stages of a candidate HIV vaccine regimen—while also enabling others in the field to develop vaccine strategies for additional viruses," says McElrath of Fred Hutch.

IAVI, Scripps Research, NIAID, the Bill & Melinda Gates Foundation and the U.S. President's Emergency Plan for AIDS Relief (PEPFAR) through the United States Agency for International Development (USAID) are partnering with the biotechnology company Moderna to develop and test mRNA delivery of these HIV vaccine antigens. Two Phase I clinical trials are underway that build on IAVI G001, one (IAVI G002) at four sites in the U.S. and another (IAVI G003) at the Center for Family Health Research in Kigali, Rwanda, and The Aurum Institute in Tembisa, South Africa. Both are testing mRNA delivery of the eOD-GT8 60mer that was evaluated as recombinant protein in IAVI G001, and the U.S. trial includes a boost antigen designed by the Schief lab and delivered with Moderna mRNA technology. A third trial (HVTN302), at ten sites in the U.S., is testing mRNA delivery of three different stabilized HIV trimers designed in the Schief laboratory that are candidates for late-stage boosters in multi-stage vaccines aiming to induce bnAbs. Using mRNA technology could significantly accelerate the pace of HIV vaccine development as it allows for faster production of clinical trial material.

This work was supported by the Bill & Melinda Gates Foundation Collaboration for AIDS Vaccine Discovery; the IAVI Neutralizing Antibody Center; NIAID; Scripps Center for HIV/AIDS Vaccine Immunology and Immunogen Discovery and Scripps Consortium for HIV/AIDS Vaccine Development; and the Ragon Institute of MGH, MIT, and Harvard. Other collaborating organizations include Duke Human Vaccine Institute, Karolinska Institutet, and La Jolla Institute.

Research at the IAVI Neutralizing Antibody Center that contributed to the development of the vaccine antigen eOD-GT8 60mer was also made possible by the government of the Netherlands through the Minister of Foreign Trade & Development Cooperation and through the generous support of the American people through PEPFAR through USAID. The contents are the responsibility of IAVI and Scripps Research and do not necessarily reflect the views of PEPFAR, USAID, or the United States government. Learn more at scripps.edu.

SENIOR HANNUKAH PARTY

Celebrate the Festival of Lights with other seniors at the Lawrence Family Jewish Community Center, 4126 Executive Drive in La Jolla, in-person from noon to 1:30 p.m. on Wednesday, Dec. 21. If the smell of homemade latkes and lunch isn't enough to draw you in, headline entertainer Shalom Sherman, the Jewish Cowboy accordionist/pianist/singer, will get you in the holiday spirit. Participants will be given a Hanukkah celebration kit to take home. Price is \$20, \$16 for JCC members.

STUDENT SHOWCASE

This weekend, Friday, Dec. 9 to Sunday, Dec. 11 from 10 a.m.-4 p.m., eighth-grade students from The Bishops School in La Jolla are taking over the gallery walls in Axline Court, 700 Prospect St, with their artworks, which are a response to their explorations of works by contemporary artists in the MCASD collection. This past semester, students studied artists who deconstruct ideas of self-portraiture.

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Prejudice: How discomfort and fear of the unfamiliar lead to discrimination

here are many types of prejudice,



Doing it Better

By Natasha Josefowitz, Ph.D.

T but they can broadly be placed into two categories: personal and institutional. Personal prejudice is not based on reason, nor on actual experience. It is a feeling rooted in suspicion, fear, and intolerance. It is a negative attitude and adverse judgment without knowledge about race, gender, nationality, religious affiliation, or sexual orientation. It may be conscious or unconscious. We all have strong opinions and long-held beliefs that we cling to, even when faced with contradictory facts. Our brains are threatened by the unknown. It is only through exposure to others that people can drop their shields.

Institutional prejudice (such as Apartheid in South Africa, the Holocaust in Germany, and the Japanese internment in the United States during World War II) are examples of national prejudice. Universities use quotas for admission; last century it was for Jews, currently, it is quotas for Japanese students. Admissions are discriminatory against specific populations showing a

preference for a majority of white students versus minorities.

The inability of people of color to buy houses or move into apartments in certain affluent white neighborhoods is based on the fear of potentially lowered real estate prices. All these are conscious decisions. In the workplace, the lack of people of color and women both in hiring and promotions are grounded on assuming the lesser qualifications of these populations. Prejudice is based on ignorance and the lack of contact with these populations. We tend to hire people we are most comfortable with—namely people most like ourselves. I call it the “clonal effect” as we are cloning ourselves in the workplace.

When prejudice is acted upon, it becomes discrimination, which negatively affects the victims of such discrimination. It all starts with identifying someone as “other.” There is a feeling of discomfort, which can lead to suspicion, then an imagined threat leading to fear. In order to protect oneself, the fear can escalate to violence.

Many of us are judgmental. One defense mechanism is to protect oneself from being judged by negative evaluations to keep others at bay.

Prejudice also includes the inability to tolerate ambiguity. If we cannot fit people into neat little boxes, we dismiss them as not belonging to our group.

Perfectionists deal with social anxiety by putting others down in order to raise their own self-esteem; condemning others can boost one’s ego.

We are currently living in a time of uncertainty, having recently experienced challenging years due to the COVID 19 pandemic. We are being constantly warned about worsening climate change, which is widespread through droughts, floods, extreme heat, hurricanes, rising sea levels, and melting ice caps. We are advised of a coming severe flu epidemic and new variants of the coronavirus. In times like these, feelings of anxiety turn into feelings of hopelessness. Some find solace in conspiracy theories leading to lash out at the most vulnerable people.

Discrimination prevents those vulnerable populations from access to better education, health care, housing, safer neighborhoods, decent nutrition, and opportunities to work at well-paying jobs, creating and reinforcing vicious cycles of poverty. We are in a cycle of increased inequality and increased discontent. Social media is fueling more and more violence with inflammatory rhetoric reaching millions of people, exacerbating feelings of rage as people look to blame someone, anyone. Anger is also turned against people in authority. The people in charge of content in the media,

as well as advertisers, know that anything posted that includes hate or violence attracts far more readers than less inflammatory news items! Greed wins at the cost of human suffering. Humanity is suffering today from a lack of tolerance, compassion, and affiliation.

There needs to be a concerted effort to create diverse groups where people can be exposed to cultures, viewpoints, religions, and opinions that are different from their own. Universities could cultivate cross-cultural forums and discussions, as could churches. It is only through exposure to people different from ourselves that we can shed our prejudices. I have led multicultural groups and have seen the change in people’s perceptions of each other, becoming more accepting and inclusive. Summer camps with Israeli and Arab children begin with suspicion and finish with the friendship between these groups. These encounters change perceptions and lives for the better. In the meantime, each of us as individuals should take every opportunity to make contact with persons different from ourselves and get to know them through our shared humanity.

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.

LJ PARADE RESULTS

Following are float results for the 66th annual La Jolla Christmas Parade & Holiday Festival held on Dec. 4.

BEST OVERALL – Ooh La La Dance Academy: Showed a family home Christmas, featured a grand piano, carols at the fireplace, live music, a ballerina from Nutcracker and dance students performing.

MOST COMMUNITY SPIRIT – WindanSea hosting the Walter Munk Foundation with a surf and ocean theme, surfboarders, and skateboarders emphasizing ocean research.

MOST ORIGINAL – The Ark: Snoopy and the Red Baron meet at Snoopy’s dog house in snowy yard.

MOST HOLIDAY SPIRIT – Erling Rhode Plumbing (Mike Clancy): Taking care of La Jolla’s “bowls,” surf bowls, and toilet bowls using Dr. Seuss characters and a bubble machine.

SANTA’S FAVORITE – San Diego French American School: A country Christmas with trees.

MOST COLORFUL – Stella Maris Academy: Featuring student created ornaments, stockings and beautiful stained glass Christmas tree panels, students dressed in Christmas finery.

MOST CREATIVE – All Hallows Academy: Reviewing historic elements of the school with photographs, costumed manger scene, and an electric truck to reduce the carbon footprint.

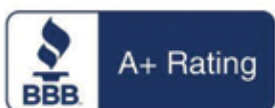


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