

LJ HIGH

CONTINUED FROM Page 4

High students in identical ways as it has in the past. To this day, young men and women are still joining and fighting for our country. However, there is no draft and most students will continue on to college, then a career, then marriage.

In the end, it is important to remember that La Jolla High School is one of the most acclaimed schools in the nation. The school produces students that benefit the community and themselves. La Jolla has left a legacy that is hard to live up to, but if La Jollans can come together as a community, everyone can recall the past and look forward to the future.

— *Katie Allen is a 15-year-old sophomore at La Jolla High School. She attended Torrey Pines Elementary and Muirlands Middle schools. She participates in tennis and lacrosse, and has dabbled in theater. She enjoys music, cooking, traveling and reading and hopes to attend school on the East Coast and receive a degree in liberal arts.*

LIMITS

CONTINUED FROM Page 1

not to be judged. Some of these may be previous winners and the owners prefer to let others have a chance at winning."

Proceeds from the event again will benefit the nonprofit La Jolla Historical Society, as well as the downtown-based Monarch School.

With entry requests continuing to mount, Dorvillier said the committee may be forced to turn away some requests next year.

"We just don't have the room," he said.

Keith Martin returns as the emcee and will present awards recognizing winners, including the Keith Martin Sports Car Market Report Trophy award during the Saturday Motor Tour and the San Diego Auto Museum Director's Choice award.

Community involvement has been an imperative element to the event this year, Dorvillier said.

"We wanted to focus with the community," he said. "We have worked with many local businesses this year."

He singled out La Valencia Hotel's new general manager Vikram Sood, whom he called "a huge partner for our show."

Book signings

In conjunction with an in honor of the Concours, Warwick's will be hosting a couple of book-signing events with appropriately themed books. Authors Scott Jacobs and Linda Weldon will be at the bookstore on March 30.

Jacobs' book, titled "The Art of Scott Jacobs: The Complete Works," was listed on Jay Leno's Book of the Month Club. Jacobs' artwork adorns the concours program each year, with last year's original pulling in \$75,000.

Weldon's book, "Road Racing: Drivers of the '60s and '70s," has much of her original photography, taken when photographers were able to get up-close-and-personal at road races.

For more information, visit www.lajollaconcours.com and www.warwicks.com.

— *Johnny McDonald is a longtime writer and columnist for the San Diego Community Newspaper Group. He can be reached at johnny23@cox.net.*

A celebration of leadership and classical music on a luxurious ranch



JFS: left: Mark Spitzer and Jill Borg Spitzer (she's retiring CEO of JFS; honoree), Michael Hopkins (new JFS CEO), Carole and Jerry Turk (honorary chairs).

MM: below: Ronald Thomas (cellist), Anton Nel (pianist), Nancy Laturno Bojanic (MM founding executive director), Mark Laturno, Radomir Bojanic



JFS: left: Marc Russo and Leslie Fastlicht Russo (she's auction committee chair), Ashley Stone (event co-chair) and Ryan Stone, Jennifer Levitt (event co-chair) and Jay Levitt



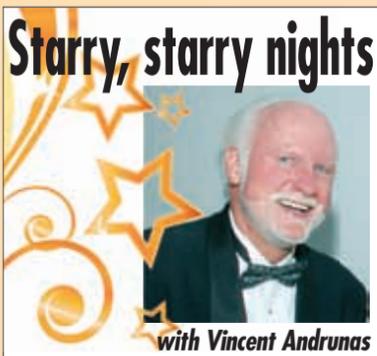
JFS: above: Naomi and Michael Rabkin, Susan Shmalo, Gene Carswell, Julie and Paul Datnow



MM: above: Vicki Robbin, Tom Wilcox, Kim Heller (concert sponsor), Pat and Chris Weil



MM: above: Ole Prahm, Irene Valenti (host), Esther Nahama (Club Amadeus chair), Cynthia and Vernon Aguirre



On March 3, the Hyatt Aventine was the scene for the "Heart and Soul" gala held annually by Jewish Family Services (JFS). The popular event was a sellout again this year, with about 600 guests, and brought in more than \$1 million. The prestigious organization will use the

proceeds to further its innovative programs and broad array of services providing critical care for individuals and families from birth to old age. But despite all the success, it was a bitter-sweet occasion, because the event honored Jill Borg Spitzer, a charismatic and immensely popular leader, who's now retiring after 26 years as CEO. When she started in 1984, JFS had a staff of 20 and few volunteers, an annual budget of \$500,000, and was focused on family counseling. Becoming executive director/CEO in 1986, she led the organization's growth. The staff now numbers over 300 (aided by more than 1,000 volunteers), the annual budget

approaches \$20 million, and JFS has become one of the most well-respected organizations of its kind in the country.

After a huge reception in the Hyatt's Barcino Pavilion, the celebration continued with dinner and the program in the Aventine Ballroom. Gala co-chairs Murray Galinson, Jennifer Levitt and Ashley Stone were introduced, and Rabbi Lenore Bohm gave the invocation, noting that the honoree had vision, passion ... and a great pair of legs. (Jill loves playing basketball, which helps explain her healthy, youthful appearance.)

During the ensuing live auction, TV's funny (if irreverent) Sam "the Cooking Guy" Zien offered a dinner party for six. He looked around the room and said,

"Is it me, or are there a lot of Jews here?"

The dinner will be at his home's kitchen, where he shoots his show.

"Full disclosure," he warned; "I cook with bacon. If you don't want it, you don't have to have it. If you want it, I'll bring it on!"

His item went for \$5,000, and he donated a second one that went for the same price, raising \$10,000 for JFS' Project SARAH, which deals with domestic abuse.

After an impressively professional video tribute showcasing Jill's accomplishments, honorary chair Jerry Turk introduced the San Diego Gay Men's Chorus. Arriving onstage carrying basketballs, they aptly per-

SEE SOCIETY, Page 9



JFS: above: Coop Coopriider, Hermeen Scharaga, Patti Coopriider, Reena Horowitz, Sam and Judy White



MM: above: Alexandra Pearson, Paul Meschler, Dr. Merle Fischlowitz and Teresa Fischlowitz, Donna Wannop, Barbara Debruine, Ernie Ligon



JFS: above: Hamilton and Estelle Loeb, Sam Horowitz, Joyce Gattas, Stefanie Schiff, Joel Smith

LATTE

CONTINUED FROM Page 7

After a visit to France in 2000 with his wife, he took note of the high quality of coffee he encountered at every turn.

"Even on the train the coffee was good," he said. "I realized that maybe that's what I should try to do, and I'm having a lot of fun doing it. I meet a lot of people and really enjoy talking with them."

Christofferson's previous career in the software industry was one that was solitary, stifling his personable character.

"I really enjoy this. You wear a lot of different hats," he said. "Why didn't I do this earlier? This would have been a lot more fun."

Part of the success of the coffee cart comes from that enthusiasm — and

that of his employees. Just like a La Jolla version of "Cheers," the baristas behind the counter get to know customers' names and drink orders, and repeat customers can collect stamps for free drinks on a drink card, held at the counter. For the chance to win additional free items, the cart holds a business-card raffle each Friday.

Christofferson's rapid learning curve in the coffee business was not without a bit of help. UCSD graduate and 13-year coffee shop owner Melanie Baird has been Christofferson's right-hand gal for coffee consulting.

"I've been working with him for a year and a half now. He uses me for tastings and I do all the fliers. I just share my knowledge with him basically," Baird said. "We try to teach everyone the exact same, so when people come they always have the same experience with people who are positive, smiling, happy and ask how

you like your coffee. We take our time to interview really good people who really want to be here and try to build it up."

Christofferson, Baird and the ladies behind the counter are always attentive to what their customers want, even changing or adding menu items at customers' requests.

"We try to focus on very healthy snacks-to-go that keep you going throughout the day. In this area, people are very health conscious. They work

out all the time and eat healthy," Baird said. "There's not really another coffee cart out there in La Jolla like this."

Latte by the Sea is open from 7:30 a.m. to 3 p.m. Monday through Friday, with happy hour specials from 2 to 3 p.m. and regular tastings throughout the month.

Christofferson owns another cafe inside Tri-City Medical Center in Oceanside and has plans for another San Diego location in the future.



Flores Landscape Construction Specializing in Interlocking Pavers

Concrete • Driveways • Block Walls • Patios • Fences Natural
Stones • Lighting • Synthetic Turf Lawns
Hauling • Complete Yard Care • Tree Service
Sprinkler Repair • Installation

Free Estimates • Reasonable Prices
(858) 952-4915

Traveling bell jelly takes the red eye



Tide Lines

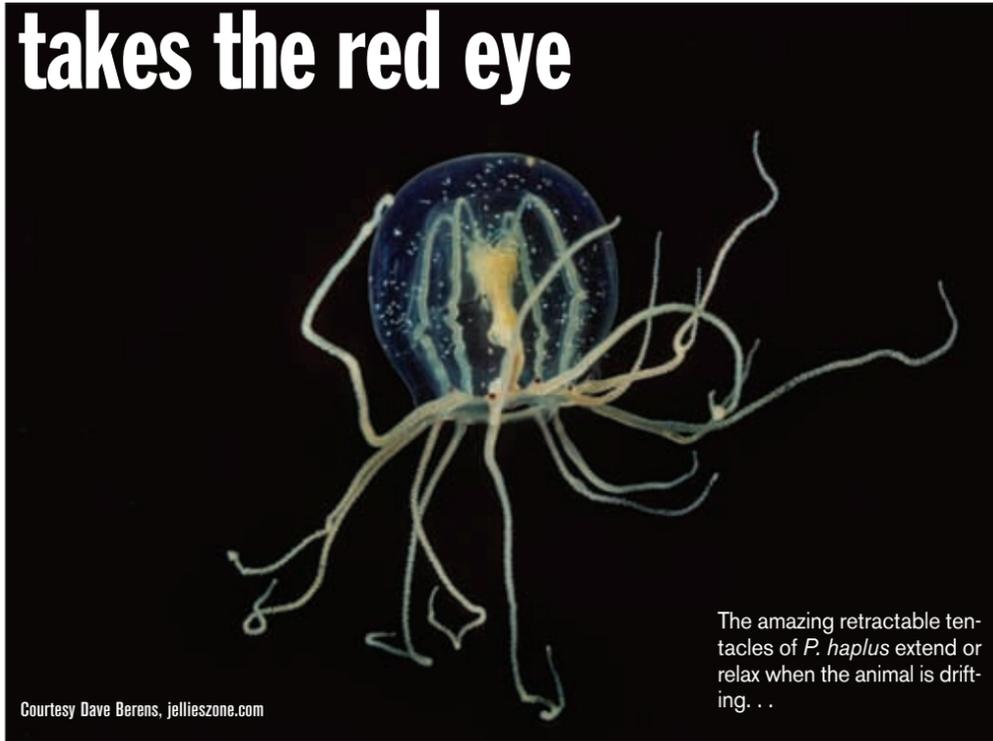
JUDITH LEA GARFIELD

When it comes to moving around, some jelly species fly below the radar and always take the red eye. A bell jelly belonging to the genus *Polyorchis* escapes predatory eyes by traveling in rapid pulse motion just above the seafloor. Its tentacles are amazingly elastic, contracting to very short and stout when in active swimming mode or extending to twice the bell's length, especially when drifting. A bell jelly travels light, being that its umbrella is both transparent and small (no more than 2 inches high). A local species, *P. haplus*, is confined to California waters but another similar species, *P. penicillatus*, ranges all along the North American coast. I can't count on seeing the bell jelly on a regular basis, not only because of its size and color-free umbrella, but because it is common in some years and nearly absent in others.

Small crustaceans and worms that poke along near or on the seafloor are favorite eats. After being nabbed by poison-filled tentacles, the captured food is transferred to the mouth, which is attached to a long, tubular stomach extending nearly the bell's vertical length. It isn't luck that determines whether a jelly dines en route but distinctive, bright-red, light-sensitive ocelli (eye spots) located at the base of each tentacle that detect prey. In this case, seeing isn't about identifying the big "E"

on any eye chart but surmising light from shadow. I know the bell jelly sees something, based on its feverish pulsing to escape the flashes from my strobe. Looking under the bell, one finds organs, besides the stomach. Of note are the gonads (sex organs)—more a collection of sausage-like appendages that dangle from the under surface of the umbrella. Early taxonomists were clearly impressed enough to celebrate them by choosing *Polyorchis*, meaning many testicles, for the genus.

Back in the 1800s, when this bell jelly was identified, no one could have imagined its role in modern neuroscience studies. Though the jelly has long been known to bear nerve-rich tissues within its margins, not until the last couple of decades has it been understood that the tissues contain the neurotransmitter dopamine. In higher animals, neurotransmitters comprise a group of chemicals that allow nerve cells (a.k.a. neurons) to communicate with each other and, as a result, produce or inhibit actions (mental, emotional, physical). Though they don't actually touch each other to communicate, neurons exchange information in the spaces (synapses) between where one neuron ends and another begins. When a message reaches the end of the first neuron, it triggers the release of neurotransmitter chemicals into the synapse, then these chemicals travel across the synapse and touch the beginning part of the next neuron in the chain. That



Courtesy Dave Berens, jellieszone.com

The amazing retractable tentacles of *P. haplus* extend or relax when the animal is drifting. . .

touch triggers the next neuron to spread the message on down the chain of cells. Dopamine, a well-known neurotransmitter chemical, has been used in human treatment (L-dopa) for motor diseases like Parkinson's. But neurotransmitter mechanisms can go haywire, with other brain disorder outcomes like hallucinations, paranoia, depression and other symptoms of mental illness.

The phylum Cnidaria comprises what are believed to be the most primitive organisms (jellies, anemones and corals) with a true nervous system. Dopamine is found in extracts taken from the nerve-rich tissues of the margins of this jelly (not so for other compounds in the same family like epinephrine, norepinephrine and serotonin) and is shown to be involved in the jelly's swimming mechanism from studies carried out on contracting (crumpling) and relaxing pulses.

While dopamine is known to be floating around the tissue that surrounds the nerve cells, only recently have researchers carried out experiments that lead them to believe the nerve cells themselves might be responsible for releasing the neurotransmitter. If so, the message would be released from the neuron then relayed to the muscle to permit contraction. Whether or not the dopamine-rich tissue is the neurotransmitter link inhibiting or modulating the jelly's central nervous system will only be known when studies definitively show that dopamine is also present inside the nerve cells, not just in the sur-

. . . and retract or crumple when in the act of pulse-swimming. ©2012 Judith Lea Garfield



rounding tissue, and that the cells do in fact release dopamine.

Some may wonder why time is "wasted" studying a primitive animal without a brain just because it has dopamine, when we should be putting our time and money into understanding and treating brain malfunctions? That the bell jelly has bottom-rung status evolutionarily speaks to its relatively simple mechanics (few nerve cells next to our billions of nerve cells), making it an easier model to study. Although we branched off from jellies, we still share origins, so understanding the workings of a jelly provides us with a refined starting point with which to understand ourselves. In this case, knowledge gleaned from understanding the jelly neurotransmitter mechanism helps us reconstruct the early evolution of the ways and means of neurochemical communication, since it is presumed that it was in the Cnidaria, or a common ancestor, that such mechanisms first evolved.

— Judith Lea Garfield, biologist and underwater photographer, has authored two natural history books about the underwater park off La Jolla Cove and La Jolla Shores. Send comments to jgarfield@ucsd.edu

SCIENCEbriefs

Seafloor takes shape

Google Earth recently released the latest version of its ocean terrain, which now has sharper resolution of its seafloor maps and more accurate imagery in key ocean areas. The mapping is possible because of data assembled by Scripps Institution of Oceanography scientists, NOAA researchers and UCSD students, as reported in Scripps' electronic magazine, Explorations Now.

"The original version of Google Ocean was a newly developed prototype map that had high resolution but also contained thousands of blunders related to the original archived ship data," said Scripps geophysicist David Sandwell. "UCSD undergraduate students spent the past three years identifying and correcting the blunders as well as adding all the multibeam echosounder data archived at the National Geophysical Data Center in Boulder, Colorado."

The Google Earth map that is now available for public use matches the map that is currently used in the research community, making the program useful as a tool for planning voyages into uncharted areas, said Sandwell.

Species thrive where water temps collide

Director of the Scripps Center for Marine Biodiversity and Conservation Lisa Levin led a scientific exploration into a rare oceanic environment off the Costa Rican coast where hydrothermal vent systems, which emit hot water in surges, meets cold areas where methane seeps from the ocean bottom.

In this unusual underwater ecosystem — coined the "hydrothermal seep" — Levin and her colleagues discovered a large number of unknown species amongst a vast cover of tubeworms in the area.

"There are plenty of surprises left in the deep sea," said Levin. "Not only are there new species, but there are almost certainly new communities and ecosystems to be discovered."

Levin's study is published in the Scripps Institution of Oceanography's March 7 issue of the Proceedings of the Royal Society B. Scripps coauthors include Greg Rouse, Geoffrey Cook and Ben Grupe.

A "foundation" species of tubeworm found in hot vents and cold seeps. Photo by Greg Rouse, courtesy of Scripps Institution of Oceanography



Try this on for scale. A *P. haplus* bell jelly is dwarfed by my gloved hand. ©2012 Judith Lea Garfield

SOCIETY

CONTINUED FROM Page 8

formed three songs (no; "Sweet Georgia Brown" was not one of them), earning a grand ovation. Jerry also announced that part of the Turk Family Center will now be known as the Jill Borg Spitzer Administrative Wing. He presented the honoree onstage, and the entire audience rose for a standing ovation. Jill spoke briefly, saying "Judaism is not the

services we attend, but the services we perform." She then introduced Michael Hopkins, the new CEO. It's said that he'll have some big shoes to fill (meant in the nicest way, of course).

Lavish dessert buffets topped off the evening, as the band NRG played for dancing. They're getting a lot of gigs these days — probably because they're really quite good.

Mainly Mozart (MM) held a soirée this past Sunday at the luxurious Valenti

Ranch. It was one of their larger Club Amadeus events, with 120 guests, including members of their elite "Club A" support group, prospective members and guests of the host, Irene Valenti. It began with a very social wine and champagne reception and a silent auction of wine gift baskets on the verandah, before moving indoors for a concert featuring two very accomplished musicians.

Ronald Thomas performed on cello, and Anton Nel on piano. Both enjoy sig-

nificant international acclaim, and have been part of the MM family for years, so all were eager to hear them play. Their program included Schumann's Fantasiestücke in A minor/A major, Beethoven's Theme and Seven Variations on "Bei Mannern" (from Mozart's "The Magic Flute"), and Brahms' Sonata for Cello and Piano No. 2 in F (this last piece particularly difficult, but flawlessly performed). It was unusually warm for early March, and MM conductor and founding music director David

Atherton — himself comfortably (if somewhat informally) dressed — invited the gentlemen present to doff their jackets. Cellist Thomas declined the suggestion, saying "It's no cooler with your jacket off — and it's a little less attractive."

After the hourlong performance, guests enjoyed hors d'oeuvres and desserts presented outdoors by MM's "Official Chef," Ron McMillan of Catering Solutions, as the sun set and the evening cooled.