ARMANDO GRAY '19
SECRET LAGOON


Secret Lagoon earned a gold medal in the Scholastic Art & Writing Awards and was also featured in the Drexel University High School Photography Contest. Gray is enrolled in Honors Photography at LJCDs.
Craft and Complexity

Every day on campus I am reminded that our world is full of magic, patiently waiting to be noticed and understood. In 1958, Leonard E. Read wrote the essay “I, Pencil: My Family Tree” to remind us that just because a #2 yellow pencil is familiar, it is not simple. Similarly, even though a history class is a familiar experience, it is not necessarily ordinary.

Read eloquently describes the symphony of human activity and cooperation required to make a lead pencil. Yes, a pencil is made up of only four elements: cedar, graphite, rubber and metal. However, the process of producing the writing instrument is complicated—far too complex for any one person to complete. The pencil, like many things today, is the product of an intricate chain of human activity that spans the globe. What we see, what we experience and what we can control are infinitesimally small pieces of our world. The pencil takes little pieces of know-how from thousands of individuals—loggers in North America, factory workers in the Far East, miners in Asia and many others in between—to bring a wooden pencil into being.

If you are a member of our community, you are familiar with the school. La Jolla Country Day School, at first glance, is a collection of educators, students and parents. Delve deeper, and the school is also the product of an intricate chain of human interactions among diverse people who span the globe, both physically and experientially.

A classroom is orchestrated by a teacher—one who has been influenced by their experiences within the world. The teacher may have been raised in an affluent family or a family that struggled to make ends meet. The teacher may have 20 years of experience in teaching or five, plus a decade working in industry. Their greatest influence may have been a parent, business partner, former boss, former student, member of the clergy, politician or another dedicated educator. This teacher may hold a law degree, study dance as a hobby, compete on an adult softball league, be a world traveler or volunteer regularly at a shelter. The educator may be invested in advocacy work or working toward an advanced degree. The possibilities of the experiences and influences of our faculty members as well as our students are uncountable and span the range of humankind, making our history class—or any class at LJCDS—far from ordinary.

The Age of Connectedness is just now being realized, but Aristotle captured its essence in 350 BCE: “The totality is not, as it were, a mere heap, but the whole is something besides the parts.” Our school is the product of an elaborate chain of influences and human experiences. We intentionally identify students, faculty, staff and board members to join our community to create a blend of excellence to transform an ordinary school into an extraordinary community.

Gary Krahn, Ph.D.
Head of School

P.S. If you are looking for a fun family activity, watch I Pencil: The Movie, and share what the story means to you.
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Social @LJCDSD
Middle and Upper School students collaborated with some of our youngest Torreys during Hour of Code. Hour of Code week is a worldwide movement to expose kids to and build interest in computer science to prepare them for the computer-driven world.

All you need is saliva to have your DNA tested, but have you ever wondered how to extract DNA from a strawberry? Third graders did just that in science class as part of the Global Doctors: DNA program.

'Tis the season of giving! From the Tiny Torreys to our seniors, students have been busy with numerous community service initiatives this year. Upper Schoolers logged close to 2,000 volunteer hours by winter break.

Alex Cho ’18 on the front of the San Diego Union-Tribune sports section! “Alex is the walking embodiment of the Country Day student-athlete. A hardworking and talented multisport athlete with a selfless, team-first attitude, he’s extremely coachable, leads with his words and actions.” —Athletic Director Jeff Hutzler
If We Can Keep It: Teaching Citizenship

In the 2017–2018 academic year, La Jolla Country Day School launched the Center for Excellence in Citizenship (CEC), led by Upper School history faculty members Jonathan Shulman and Daniel Norland. The center is not a physical location but rather a realization of the school’s promise to inspire greatness for a better world. CEC operates across divisions and academic disciplines to ensure that all students and faculty have the opportunity to think about and engage in the vital work of local, state, national and global citizenship, with a focus on the fundamental importance of dignity in all our interactions. Below, Shulman and Norland share their perspective on citizenship.

When asked what kind of government the Constitutional Convention in 1787 had fashioned, Benjamin Franklin is supposed to have said, “A republic...if you can keep it.” Whether these specific words are accurate or apocryphal is a matter for the historians. What is most important to us is that We the People have unambiguously embraced this sentiment as our way of life in the United States of America. And in doing so, we have accepted that citizenship is not a noun but a verb.

Every day, students and teachers at La Jolla Country Day School explore the struggle for dignity that has framed the human experience. We take the Socratic approach in seeking to know ourselves so that we can appreciate our relationships with those around us. We at first grapple with and then grow to appreciate James Baldwin’s notion that “one of the reasons people cling to their hates so stubbornly is because they sense, once hate is gone, they will be forced to deal with pain.”

At the Center for Excellence in Citizenship, we celebrate our responsibilities to our community with as much vigor as we do our rights, and we recognize that one cannot possibly exist without the other. We take to heart the sagacity of Martha Gellhorn, a war correspondent who covered over 50 years of conflict, who wrote, “Citizenship is a tough occupation which obliges the citizen to make his own informed opinion and stand by it.” Or, as Theodore Roosevelt put bluntly, “The first requisite of a good citizen in this republic of ours is that he shall be able and willing to pull his own weight.” It is critically important that every student and educator push themselves to connect as citizens on a global, national, statewide, local and campus-wide basis.

A quarter of a century after Franklin is said to have made his historic utterance, John Adams contributed a more sober reflection to a colleague, writing: “There never was a democracy yet that did not commit suicide.” At the CEC, we are convinced that citizenship education is the key to keeping...
“Democracy is always fragile because it relies on social networks. It relies on the lowest common denominators uniting us and rising to the occasion.... You can’t coast in a democracy. You have to educate for citizenship, and the education of young people is the greatest treasure we have.”

—CAROLINE WINTERER

Citizenship is the endeavor We the People have committed to cultivating on a daily basis. It is the legacy of the American experiment, and our personal participation is no less significant than the contributions of the millions who have come before us. It may yet be the greatest gift humanity has given to itself... if we can keep it. —JONATHAN SHULMAN AND DANIEL NORLAND

The Middle and Upper School launched a new academic schedule to enrich student learning. The schedule rotates over a seven-day cycle, and students have 75-minute class periods and no more than four core classes a day.

The Smith Gymnasium is now home to a 40-by-13-foot bouldering wall donated by the Kain family on behalf of Mesa Rim Climbing and Fitness Center.

The expanded Speaker Series welcomed Susan Tousi from Illumina, former San Diego Police Chief Shelley Zimmerman, Director of the Stanford Humanities Center Caroline Winterer, Director of Calit2 Larry Smarr, former NCIS Special Agent Mark Fallon and more.
MAGAZINE

A Bronze for 1926

The spring and fall 2017 issues of 1926, the La Jolla Country Day School alumni magazine, earned a bronze award in the Independent School Magazines category of the 2018 Awards of Excellence by CASE District VII.

The Council for Advancement and Support of Education (CASE) supports alumni relations, communications, development and marketing professionals at educational institutions worldwide. CASE District VII represents colleges, universities and independent schools in the western region of the United States, including Arizona, California, Guam, Hawaii, Nevada, the Northern Mariana Islands and Utah.

This year’s awards received more than 500 entries in 13 categories and 66 sub-categories with only 192 awards given.

—TIFFANY TRAN

FACULTY SPOTLIGHT

Daniella Field Inspires Greatness

Failure is essential to learning, but how do you teach Lower School students to become the best versions of themselves?

Third-grade teacher Daniella Field shares how she creates a safe classroom environment where her students aren’t afraid to fail. Her strategy? Teaching students to adopt a growth mindset by embracing challenges and mistakes as learning opportunities. She advises her students that there is more than one way of accomplishing something, and the smallest shifts in using positive vocabulary can change your way of thinking. It is easy to give up and shout: “This is too hard!” but with a growth mindset, students learn to reframe negative thoughts into: “I’m going to try a different strategy.”

—RACHEL BAXTER

Learn more about Daniella Field’s teaching philosophy.

WWW.LJCDS.ORG/DFIELD
A Coaching Legend

The San Diego Hall of Champions High School Coaching Legends inducted Director of Athletics and Physical Education Jeff Hutzler into the Class of 2017.

Since 1999, the San Diego Hall of Champions has been honoring retired high school coaches of the San Diego California Interscholastic Federation (CIF). Candidates for the Coaching Legends must serve a minimum of 10 years as a varsity head coach and offer a significant contribution to the game and the coaching community.

Hutzler joined La Jolla Country Day School in 2001 and spent 12 years as head football coach. He is the winningest football coach in LJCDS history with a win-loss record of 101–37 from 2002–2013. The teams claimed six league titles and three CIF championships under his leadership.

Only one other LJCDS coach—the late Jack Wigley—has received this honor. —JENNIFER FOGARTY
COMMUNITY SERVICE

Self-Discovery Through Service Learning

Thirty-three sophomores and three teachers traveled to Monte Cristi, Dominican Republic, to participate in a service-learning program to teach underserved children during Experiential Education Week in fall 2017.

At John F. Kennedy and Solomon Jorge Elementary Schools, students worked in teams to teach English to students in Pre-K through sixth grade using songs, crafts, games and other creative activities. Students and faculty learned about the history of the Dominican Republic, enjoyed cultural exchanges, such as learning to salsa, and visited the market in Dajabón at the Haitian border. They left having gained a more thoughtful understanding and perspective of Dominican culture as well as a deep appreciation for the warm hospitality of the community. The weeklong trip allowed the sophomores to bond as a group and discover themselves in the process.

“Experiential Education Week changes the educational dynamic and puts the teacher and student on an adventure together,” shares Head of Upper School Joe Cox, Ph.D. “Not only are important advisory and mentoring bonds strengthened, but also essential lessons in community and teamwork are authentically shared when students are free of the distractions of social media and everyday rituals.”

—JENNIFER FOGARTY
The Reality of a VR Lab

New at LJCDS: A state-of-the-art virtual reality (VR) lab complete with HTC Vive VR systems and new high-performance computers.

The space primarily serves as the classroom for the new Exploring and Developing 3D Virtual Environments course. Using Unreal Engine 4, a powerful 3D development tool and game engine, students develop 3D environments and simulate real-world behaviors of virtual objects that can be explored in VR.

The immersive, sensory experience has galvanized interest in virtual reality from students in all divisions. The Virtual Reality Club, the CyberPatriots (cybersecurity) Club, the AP Computer Science course, the Concepts and Applications in Computer Science course, and various classes—even the Tiny Torreys in the Early Childhood Center—benefit from the new lab.

Access to the new burgeoning technology offers students experiential learning opportunities that were not possible before. Students can now immerse themselves in ancient civilizations, explore the depths of the oceans and build new worlds within the far reaches of space.

—TIFFANY TRAN

The Virtual Reality Lab was generously donated by a parent and the board of trustees.
BEYOND THE CLASSROOM

Pursuing Passion

The Pritzker Passion Prize, created in 2017 in honor of beloved late faculty member Glen Pritzker, helps students participate in a summer program between their junior and senior year in sports, arts, community service or other interest. Pritzker encouraged his students to pursue their passions through experiences outside the traditional classroom. Through the generous donations of students, alumni, faculty, staff, parents, past parents, family and friends, the school raised more than $70,000 to establish and endow an annual award at La Jolla Country Day School that supports students in continuing Pritzker’s legacy of mentorship.

The first four students (see right) selected for this annual award chose a variety of experiences that allowed them to explore their passions and step out of their comfort zones.

The juniors chosen for the 2018 award are Skyler Kelley-Duval, Amanda Nance and Melika Mirbod. Kelley-Duval will be participating in an internship working for several special congressional election campaigns in and outside California. Nance is attending Summer@Brown, a pre-college program at Brown University. Mirbod will partake in the Medicine in Peru project, observing the medical profession in a developing country. —JENNIFER FOGARTY
Lindsay Newland ’18

Lindsay Newland was inspired to apply for the California State Summer School of the Arts program and was accepted in the summer college experience. She completed a semester-long college film class where she created five films, organized three film screenings and earned college credit. More important, Newland connected with other students and mentors and developed confidence in her artistic ability.

Lauren Mikuriya ’18

Lauren Mikuriya visited Bloomberg’s main office in Singapore joined by students from the United States, Spain, India, the Philippines, Taiwan, Singapore, Kazakhstan and the United Arab Emirates. Bloomberg L.P. is a privately held financial software, data and media company.

Jon Herman ’18

Jon Herman was accepted into the National Youth Leadership Forum on National Security: Defense, Intelligence, Diplomacy. During the week in Washington, D.C., he gained exclusive access to government agencies and had one-on-one interactions with industry professionals to learn how America monitors potential threats, prepares for crisis and plans for peace. In a national security crisis simulation, Herman led as the director of national intelligence, where he employed crisis decision-making processes to tackle complex national decisions.

Lauren Mikuriya

Lauren Mikuriya spent 10 days at the National Student Leadership Conference on International Business hosted at Yale-NUS College in Singapore. Due to her experience on the LJCDs Mock Trial team, Mikuriya led the legal team for the Multinational Corporation Simulation, working with students from around the globe.
Online browsing, gaming with apps, texting and using smart home devices like Amazon Alexa are part of our daily lives. Children are growing up in a world of ubiquitous technology. And while much of their time is spent as consumers of technology, little time is spent on developing an understanding of how technology—the very tools that are shaping their everyday lives—works.

Students in third grade are addressing this issue and learning to create software. Computer Science and Innovation teacher Andrea Flagiello begins class with a relevant prompt: How do you think Amazon programs their robots? Why do you think there are areas where robots are working alone and areas where they are working with people?

After some discussion that sparks further questioning and curiosity about current technology, the students pair off to design and program their own interactive animation or game using Scratch, a block-based programming software developed by the MIT Media Lab.

By third grade, students have learned to sequence commands—putting code in order. As they progress in their computer science skills, they move to automating their sequences (by adding loops), customizing their variables (by applying various movements, rotations, turns and speeds), and making decisions (by leveraging conditional if/then statements to create directions in movement).

“For this project, I gave students free rein to create their own animation, as long as it included certain code and commands,” says Flagiello. “A requirement on the checklist was that it must be unique and creative. They hit the mark on this requirement creating car races, airplanes flying into cheese puffs, flying cakes and spinning pictures of student faces.”

Giggles and laughter erupt in the room from time to time as students achieve their coding goals—making their fish talk or cars rapidly loop in circles. While they are having fun, the rewards of programming come as a result of their problem solving. As students test the functionality of their code, they are consistently troubleshooting along the way as they detect bugs and errors. “Grit and perseverance are important traits in programming,” says Flagiello.

After developing their software, programming in Scratch, they advance to hardware integration, part two of the project. Using Makey Makey, a low-cost, easy-to-use microcontroller, students learn how electricity

**KID-FRIENDLY TECHNICAL CODING TERMS:**

**Debug:** identify and remove errors from computer hardware or software

**Sprite:** a computer graphic that can be moved on-screen and whose appearance can be changed

**Commands:** written directions to tell sprites what to do (e.g., move 10 steps)

**Conditional or Cause/Effect Statements:** set of rules performed if a certain condition is met; sometimes referred to as an if/then statement (e.g., if touching a sprite, then change color)

**Loop:** repeat code numerous times or infinitely (e.g., a sprite can continuously spin 360 degrees)

**Variable:** a value that can change (e.g., the amount of degrees a sprite can turn)
works with a simple and easy to understand interaction. Instead of controlling their code on the keyboard, they can use slightly conductive materials like bananas, aluminum foil and even themselves to make electrical connections that impersonate keyboard strokes. By simply high-fiving a friend or touching an apple, students can provide input to the computer that controls their Scratch program.

“I really wanted the students to make this project their own,” shares Flagiello. “The new challenge for me has been getting them to come to a stopping point. They kept wanting to add more features to their projects—fancier animation or extra components to their Makey Makey controller.”

The computer science curriculum at LJCDS is mapped by the progression of skills from kindergarten through 12th grade. Coding is an important part of literacy in today’s society, and exposure to computer science develops not only fundamental literacies, but also an appreciation for the language of software and the digital world that surrounds us.

—Tiffany Tran

Student animation programmed on Scratch

Academic and Enrichment-Based Opportunities for children age 3 to Grade 12

JUNE 11–AUGUST 10, 2018

Join us for a couple hours or stay all day. Morning and afternoon programs are available with options for extended day.
... and Beyond
After graduating from the University of Southern California’s prestigious Thornton School of Music, violinist and composer Matt McBane ’97 found himself back in his hometown of Carlsbad, California, looking for a way to gather together local musician friends to jam. A quick visit to the Carlsbad Arts Office for logistical guidance resulted in a $2,000 grant to fund the first ever Carlsbad Music Festival. Now entering its 15th year, the festival has evolved from a handful of concerts on its initial weekend in 2004 to about 50, most of which are free to all attendees. Billed as “Adventurous Music by the Beach,” the three-day festival is held each year in late August.

McBane serves as the festival’s artistic director, so it’s no surprise that the event’s eclectic mix of music—from contemporary classical to indie rock to world music to electronic—is a reflection of his own musical interests and talents. “One of the things people love about the festival is that they get to hear new things and have their horizons expanded about what music can be,” says McBane. “That includes cutting-edge musicians doing really creative, innovative things.”

McBane’s own musical journey began when he started playing the violin at age three. By the time he arrived at La Jolla Country Day School as a sixth grader, he was an accomplished and curious musician. It was the AP Music Theory class he took as a freshman, however, that helped clarify his musical calling. “Music Theory was the beginning of my composing,” he says. “Going through that class gave me the musical foundation and the confidence to know that it was possible for me to become a composer.”

McBane has worked steadily as a freelance composer. He’s been commissioned to create musical pieces for all kinds of projects, mediums and musical instruments. “Collaboration is critical for me as both a musician and a composer,” says McBane. “I collaborate with artists in a variety of genres, which I really enjoy. I’ve written for a variety of ensembles, including string quartets, percussion ensembles, orchestras and my own band, Build. I also work quite frequently with choreographers, writing music for dance.” Despite his classical training, McBane often introduces elements of electronic, rock and jazz to the pieces he creates.

In addition to composing and performing, McBane would like to become a music professor. To that end, he is halfway through a five-year Ph.D. program in music composition at Princeton.

Despite how full his musical plate is, organizing the Carlsbad Music Festival is a priority, and he always participates musically, whether performing himself or having a piece he’s composed performed by others. This year’s 15th anniversary celebration takes place August 24–26.

Prior to the festival, McBane will be hard at work on a new album of violin and piano solos for which he composed all the music. He expects the album to be released in fall 2018. —MICHELLE CHOATE
Cooper Hewitt, Smithsonian Design Museum named Rostam Reifschneider ’17 one of three finalists in the National High School Design Competition, Good for All, in partnership with Target. Students were challenged to be ambitious, innovative and bold in their design ideas in response to the question: “What would you design to improve a community’s access to healthy, fresh foods?”

Reifschneider’s idea, “Comida Fresca,” is a mobile fresh food stand that offers day laborers a subscription package—a buy one, get one free deal that provides lunch and a take-home box for dinner. Because day laborers are hired and paid one day at a time with no promise of future work opportunities, workers are often in and out of jobs. To ensure no day laborers go hungry, the subscription fees can be paid when they have work. Should they be out of work, they may still take advantage of the program.

Finalists participated in a Mentor Day and an in-person presentation to judges, including Martha Stewart; the chief creative officer of Target; the director of Cooper Hewitt, Smithsonian Design Museum; and the founder of Siggi’s yogurt.

While Reifschneider didn’t win the competition, he shares, “The competition was an incredibly rewarding experience during which I tackled social issues through entrepreneurship as opposed to technical problems. I focused on the day laborer population because they are an integral part of the Southern California community and are too often overlooked and mistreated.”

—JENNIFER FOGARTY
“The competition was an incredibly rewarding experience during which I tackled social issues through entrepreneurship as opposed to technical problems. I focused on the day laborer population because they are an integral part of the Southern California community and are too often overlooked and mistreated.”

Do you know an alumna/us whom we should highlight?
Nominate a classmate who has shown extraordinary achievements in professional, philanthropic and/or service work to be featured in a future issue of the magazine.

COMMUNICATIONS@LJCDS.ORG
Kerith Michelson Overstreet ’90 celebrates the 10th anniversary of her winery, Bruliam Wines, in Sonoma County. A boutique winery with only one full-time employee—Overstreet, herself—Bruliam Wines has grown from producing a single barrel to 1,000 cases a year. Overstreet’s pinot noirs can be found in nearly 100 restaurants and several retail outlets in California, Georgia, Illinois, Michigan, New York and Texas. Named after her children, Bruliam Wines incorporates the first two or three letters of each of their names: Bruno, Lily and Amelia.
You are a winemaker, a writer, a salesperson and a marketer. What’s your story?
I touch the wine at every stage from vineyard to harvest to fermentation to barreling to barrel aging and bottling. Not only do I get in the tanks and shovel the grapes, I can also discuss oxidation reduction chemistry. Additionally, I am the face of grower relations, working directly with the growers all the time. I am the winemaker because that’s what I love the most, but I also write the copy for the website.

What was the beginning like?
I bootstrapped it starting with one barrel of wine. There was no outside financing. I called growers and asked if I could buy a ton of fruit, and they laughed. It was the recession. I was lucky I could get my foot in the door.

And you were persistent.
Take a vineyard like Sangiacomo Roberts Road. I emailed them politely every four months for two years until they sold me fruit. And in the first year, they sold me less than a ton. Every year I’ve been lucky to increase my allocation in a vineyard that is quite well-known. I also now count among my mentors some of the biggest names in Sonoma County pinot noir.

You pursued winemaking after completing medical school, residency and two fellowships. Why did you choose to be a winemaker?
Before I went to the UC Davis [winemaking] program, I already had a harvest under my belt. I made a barrel of wine in 2008 and fell in love. I've always loved wine as a consumer, and I was eager to learn about the process. I was part of an active wine-tasting group when I was a resident, and although we didn’t have a lot of money, we did what we could to try and expand our palates.

You source your grapes from established vineyards in Sonoma County and Santa Lucia Highlands, but you have your own vineyard as well.
In 2012, we acquired what is now our estate pinot noir vineyard located in the Russian River Valley: Torrey Hill Vineyard. The name “Torrey” pays homage to the Torrey Pine and the mighty mascot of La Jolla Country Day School, where my husband, Brian ’90, and I met in 10th grade.

What part of the process do you enjoy most?
I enjoy harvests. I enjoy making wine. I love yeast microbiology and experimenting and running trials.

You often learn from your biggest mistakes. What was a hard lesson?
2008 was a year of wildfires in Sonoma Coast and Anderson Valley. It was the first time that United States wineries had to deal with significant smoke taint. It was a rude introduction for me—one of the first wines I made tasted like a campfire.

So what did you do?
I had to do a lot of learning very quickly, as did everybody else. I put the wine through a process called reverse osmosis. It took out some of the smoke, but it also diminished the wine's soul, leaving it uninteresting and charmless. I ended up dumping the whole vintage from Anderson Valley that year. We also had to learn to deal with our insurance company. You learn all kinds of things you want to, as well as things you wish you didn’t have to.

How do you develop your wine palate?
Drink more wine. Learn the story behind the wine and why it is what it is. Read about it: What is this wine supposed to taste like and what makes a wine from one place different from someplace else? What makes a cabernet different from a pinot noir? Compare pinot noirs from the Russian River, Oregon and the Sonoma Coast.

How has climate change affected winemaking?
The weather has gotten warmer, and we obviously have the drought. I think we’re not going to see beautiful, consistent, sunny-every-day, moderate temperatures as often anymore. 2017 was really tricky. We had spurts of super hot weather right before harvest. If the grapes get too warm, the heat can cause sugars to spike. You have to be in communication with your growers to make sure you irrigate before those heat spikes happen.

Your winery has a philanthropic focus, giving back to numerous organizations and charity auctions, including LJCDS’s Blue Bash. Why have you chosen to allow your clients and restaurant partners to select their charities of choice?
It’s important to me to share the joy and gratitude that I experience every day walking through a vineyard with those who support my wine. We need people out there who believe in Bruliam and in our vision as much as I do. By letting others pick our charitable beneficiaries, we’re able to directly share that gratitude. There are deeply personal reasons why people pick the charities they do, and our goal has been to involve more people with smaller donations.

—TIFFANY TRAN

I bootstrapped it starting with one barrel of wine. I called growers and asked if I could buy a ton of fruit, and they laughed. I was lucky I could get my foot in the door.”

Kerith Overstreet ’90 is the winemaker and founder of Bruliam Wines.
WWW.BRULIAMWINES.COM
ATHLETICS

Hall of Fame

THOMAS WRIGHT ’95, DEMPSEY HOLDER ’95 AND THE INGS FAMILY

In fall 2017, alumni returned to their alma mater in celebration of the La Jolla Country Day School Athletic Hall of Fame induction ceremony and Homecoming. The Athletic Hall of Fame inductees were the late Thomas Wright ’95 and Dempsey Holder ’95 as athletes, and the Ings family (Jeanne, Don, Scott ’06 and Kevin ’07) as Friends of Sport.
Thomas Wright ’95

Thomas Wright was an LJCDS lifer, outstanding athlete and beloved individual who passed away last year after a courageous battle with cancer. His multitude of athletic accomplishments included being voted Male Athlete of the Year in 1993 and 1994, receiving a varsity letter in football (three years), baseball (three years) and basketball (two years), and serving as a team captain in football and baseball during his junior and senior years. His parents, Gary and Lise Wright, and brother Tony accepted the award on his behalf.

Concurrently, Thomas’s classmates from the class of 1995, along with family and friends, banded together to raise funds to renovate the press box in his honor. The Thomas Wright Memorial Press Box is a testament to the spirit Thomas left behind, not only as a gifted athlete but also as a beloved friend, student and member of our community. Our sincerest gratitude goes out to the “Pride of ’95” for their invaluable initiative and generosity.

Dempsey Holder ’95

Dempsey Holder, a good friend of Thomas’s, joined him in the Hall of Fame. Dempsey was a standout in football and track, lettering in both for three years, and still holds the LJCDS shot put record. Among many athletic achievements, Dempsey served as a captain of the football team his junior and senior years and was a state qualifier in shot put. He went on to play football at the University of Redlands.

The Ings Family

The Ings family was inducted into the Hall of Fame as Friends of Sport. Don and Jeanne, parents of Scott ’06 and Kevin ’07, were generous supporters of LJCDS athletics. Don served as president of the LJCDS Board of Trustees for two terms, while Jeanne acted as president of the Booster Club for three years. The LJCDS Athletic Hall of Fame began under her leadership. In addition, they were significant contributors to the synthetic turf field and lights, now known as Ings Family Field. —KATELYN SIGETI ’06
"Overheard"

In today’s world—even with multiple generation gaps—we can make a daily choice to exist as a network, and it is important that we propose additional perspectives of humanity.

Interim Director of Visual and Performing Arts Cindy Santos Bravo, Country Day Connection newsletter

My teachers are beyond inspiring.

Student Council President Michael Savides ’18, LJCD Open House welcome

I challenge you to run into people intentionally and get to know them. What makes them tick? This is a human business; it’s about relationships.

Head of School Gary Krahn, LJCD Open House welcome

When I look back on my high school years, I will remember moments like this where I was able to go beyond the classroom to explore my interests and formulate opinions of the world around me.

Mark Endo ’18, Torrey Reflections blog

I would say that as a lifer at LJCD, all my schooling leading up to this has been teaching me to decipher what’s right and what’s wrong and to question and challenge the way things are, especially if they can be improved. And now my high school experience has taught me to apply this knowledge and go the extra mile to actually do something with what I learned.

Navid Massarat ’19, Country Day Connection newsletter
We cannot gain either self-awareness or global awareness unless we physically remove ourselves from the security of our familiar culture. Though many of us do not have the time or money to travel extensively, we can still stretch ourselves by interacting with people who look, worship and eat differently than ourselves.

Wendi Kan ’18, senior speech

Humor is one of humanity’s most important traits to have. It can create good times and can help you get over bad times.

Terry Tran ’22, Grade 8 essay

I found it admirable that you were strong enough to speak your opinion even though it was an unpopular one. Thank you for standing up for our constitution when others wouldn’t.

Kyla Cordill ’21, thank-you note to guest speaker Mark Fallon

If you are ever in a situation in which you get stuck and consider quitting, you should think twice before you make your decision. Think about how that one decision may be the key deciding factor in what you accomplish in life and what you don’t.

Isabella Laws ’22, Grade 8 essay

I love to return to campus. I find that it’s been a very positive source in my life.

Nikki McIntyre Blackman ’97, Career Day
THE GAME

BY MICHELLE CHOATE

Photography by Nadia Borowick Scott
IS IN THE DETAILS
He and his production team have spent the previous 24 hours prepping shot lists and graphics, and researching statistics and storylines for each of the combatant teams. They create a rundown, an outline of sorts, that dictates the content and pace of the production. But on the morning of, they continue to review and re-review, because broadcasting a sporting event that marries human drama with technical mastery requires meticulous attention to detail. Yee’s on-air talent must be comfortable with the copy and the vision for the game coverage. He and the crew comprehensively study the current records of each team, injury reports and coaching changes, as well as the more interpersonal issues of team rivalries. Yee knows they’re not just airing a game; they’re telling a story. And the better they tell the story, the more satisfied their audience will be.

“Directing live television is scary. And it would be even scarier without the intense preparation,” says Yee. “But I really enjoy every single part of the process. It doesn’t seem like work to me. I love being part of the big team that makes the broadcast happen. And I love the idea of entertaining people.”
GAME ON!

After consulting with his editors to approve copy and graphics, Yee heads into the control room to run through the plan one last time with the crew of camera and computer operators. About 10 minutes before the 6:30 a.m. live broadcast, he puts on his mic and headset and exchanges any last-minute updates with the on-air commentators and the team running the remote satellite feed. The last-second countdown to the broadcast begins. And then the game is on.

Yee’s performance during the broadcast is reminiscent of a conductor guiding the play of his orchestra. While most soccer games are covered largely through wide shots, Yee calls out for player close-ups, crowd shots and relevant graphic copy based on what he discerns on the monitors. He passes on relevant data to the on-air talent and gives music cues. “Wipe camera one. Ready server blue. Switch to wide shot. Back to camera two. Wipe to camera one. Server red.” It may sound like gibberish to the average viewer, but for Yee and his crew, it’s the language of movement and interconnection, coming together to showcase the agony and ecstasy of sport.

“Country Day changed my perspective on life. It gave me the idea that I could do things I hadn’t previously thought possible—like a career in entertainment or television.”
SEEING THROUGH A DIFFERENT LENS

As a contracted producer, Yee’s current focus is on sports, which is a bit ironic given that he was never all that interested in them. “I’ve always had a passion for entertaining people, for performing. I started out practicing rudimentary magic tricks as a child, then graduated to acting and singing,” says Yee. “When I got to Country Day, I participated in football and track and field, but I only truly became a sports fan because of my job.”

When Yee arrived at La Jolla Country Day School as a seventh grader, he was quickly drawn to anything related to entertainment, be it working behind the scenes at the Four Flowers Theater, acting in musicals and drama productions, or serving as the senior publicist. “Country Day gave me opportunities for my performing interests and talents to grow,” says Yee.

Before building productions at LJCDS, he and his family were focused on building a better life through a commitment to education and hard work. Yee and his sister spent much of their childhood commuting between their native Tijuana and San Diego so that they could learn English and take advantage of better schools. After the family moved to Chula Vista, LJCDS came to their attention through the SOAR program. For Yee’s parents, there was no doubt that LJCDS could provide incredible opportunities for their children. “I must give my mom credit for wanting something greater for us and for the value she placed on education,” he shares. “My success and growth have been a combination of her values and the good fortune we had to find LJCDS. That opened up another world for us.”

Had he not gone to LJCDS, Yee wonders if he would ever have gone on to college. “Country Day changed my perspective on life. It gave me the idea that I could do things I hadn’t previously thought possible—like a career in entertainment or television,” he says. “At Country Day, the philosophy really is that anything is possible. Whatever you want, you can achieve, if you work hard enough. They provide students with amazing resources, but the entire community made me feel they really cared about me.”

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Yee addresses the LJCDS community as the student speaker for the 2008 commencement.

Members of the class of 2008. From left: Eddy Vaisberg, Andy Altman, Owen Qi, Travis Golia, Armando Yee, Anthony Barkett and Sam Rogers.
GOAAAAALS!

Yee’s natural ability to entertain did not go unnoticed at LJCDS, and he was encouraged to pursue a career as a TV news personality. At Pepperdine University, he majored in television production, with an eye toward becoming an anchorman. He spent his freshman and sophomore years in front of the camera, but his experience creating a late-night show, Buenas Noches Pepperdine, in his junior year rekindled his passion for creating entertainment from behind the scenes.

Yee first came to FOX Deportes through a college internship that transitioned into a full-time job after graduation. A division of FOX Sports International, FOX Deportes is the longest-running Spanish-language sports network in the world, serving 22 million households. In the beginning of his career at FOX, he logged game footage, edited highlight reels, and created the copy that runs on the lower third of the screen. When the opportunity came to direct a live broadcast, Yee was up for the challenge. “I’d wanted to direct since I was at Pepperdine. I had a class with sports broadcasting legend Don Ohlmeyer, and I learned a great deal from him, particularly about how to direct in the control room,” he explains.

Yee is responsible for broadcasting as many as four games per week. The live nature of the games is innately thrilling, but he finds creative satisfaction in the development of pregame programming. “Once a game is in progress, the footage is filmed, cut and fed to the monitors in the control room by a truck outside. So we follow that for the majority of the game,” explains Yee. “But for a 30-minute pregame show, you want to create excitement and engage viewers.”

Yee is the first to admit that he’s come very far at a young age. He recently became a member of the Television Academy and attended his first Emmy Awards ceremony. He hopes one day to leave that ceremony with an Emmy of his own. “My inspiration is to keep on directing, maybe the Oscar ceremony or live game shows and live concerts,” says Yee. “I’m very grateful for what has happened so far, but I have a long way to go, and I’m in no rush.”
The Pursuit of Happiness

By Wendy Simard

On any given weeknight at 6 p.m., in a house three blocks from the University of California, Los Angeles campus, it’s not unusual to find a professor, a media technologist, a preschooler and a toddler engrossed in a dance party with the Moana soundtrack on loop.


Cassie Mogilner Holmes ’98
As a social psychologist and happiness expert quoted in at least 60 media articles, with more than 20 published research papers to her name, UCLA Associate Professor of Marketing Cassie Mogilner Holmes ’98, Ph.D., holds a long list of accomplishments in academia. But for this mom of two—Leo, 5, and Lita, 2—what brings her the most joy are moments like these spent with her family. In fact, Mogilner Holmes architects her life to allow for them. “I study time and happiness, so I’m very deliberate about how I spend my time. I make all of my decisions driven by happiness,” she says.

For instance, that’s why they live so close to her office at the Anderson School of Management. From her research, Mogilner Holmes knows spending time commuting is negatively correlated with positive emotion. “I’m not only reducing commuting, but it’s a lovely commute because I’m walking through UCLA’s campus. Birds are chirping, and the sun is always shining ... My daughter’s school is on campus, so I often walk her there. We commute together!”

HER JOURNEY TO UCLA

As Mogilner Holmes recounts her story, you envision her heart lighting up like a GPS, guiding her to crisscross the country. Mogilner Holmes recalls her time at LJCDS as an extremely happy period, in which she played “varsity everything,” participated in student government, and had many close friends. Before LJCDS, her family lived in London—which started as a year-long experiment turned into six years because they loved it so much. After graduating, Mogilner Holmes attended Columbia University, mostly for the experience of living in New York City. During her sophomore year, she got hooked on psychology: “I loved watching people and understanding how they interacted with each other.” A social psychology course in her junior year moved her into her chosen field of research, in which she studies the factors that influence how people behave.

She went on to get her Ph.D. in marketing at Stanford University, opting to return to her beloved West Coast. There she met her husband, Rob, an
MBA student at the time. Her studies also changed direction during that period. “In the midst of my Ph.D. program, I shifted my research from understanding the choices people make amongst products to trying to figure out the choices one can make such that everyone could be as happy as I felt,” says Mogilner Holmes.

“The ingredient of happiness that shows up in [my] research also shows up when I look back to my experience at Country Day. It’s really about how you spend your time, and the relationships you forge, and the benefits of exercise and being outside.” She fondly remembers Mr. Newell’s Theory of Knowledge class and recently came across an essay she wrote for it titled “Kiss.” In it, she discussed the web of interpersonal relationships that drive well-being. “This is true,” she explains. “It is so important to have strong relationships. Unfortunately, what often happens is that when we become stressed and feel like there’s too much on our plate, we disconnect from the people around us. I have research that shows if you were to give a little bit of your time away, it would make you feel as if you have more time!”

The **ingredient of happiness** that shows up in [my] research also shows up when I look back to my experience at Country Day. It’s really about **how you spend your time**, and the **relationships you forge**, and the **benefits of exercise and being outside**.
GRACE UNDER PRESSURE

Following her Ph.D. program, Mogilner Holmes was recruited as a tenure-track professor in marketing for The Wharton School at the University of Pennsylvania, which took her back east. She describes herself as decisive: “Once I know what I want, I work hard to get there,” she says. “[Rob and I] moved out to Philly together. And within that first year of getting a job and moving in together, we got married. There was lots of change.” Another big shift came when the couple decided to start their family in the midst of her tenure push.

You’d think being an accomplished young woman in academia would present its challenges, but according to Mogilner Holmes, “It wasn’t hard being a woman, but it was hard being a parent while having a demanding full-time career.” She explained that the tenure clock is a pressing force in people’s lives, but she and her husband didn’t want to put off having kids, because it never would have been a good time. Instead, Mogilner Holmes handled the situation the way she had during other stressful times in her life. “I put my head down, did the work that I knew was required, and kept reminding myself that what I was doing was in line with my values,” she says. “I was in love with my baby and in love with my husband, and I was doing work I cared about. When I get stressed, I remind myself I’m really frickin’ lucky I have so many things I care about. Abundance is the situation.” It’s not a glass-half-full mentality; her glass is overflowing.

Mogilner Holmes explained that you have seven years to secure tenure. She didn’t need it. About four years into her time at Wharton, she gave birth to her son. A year later, she went up for tenure and secured it while pregnant with her daughter. Her plan was always to return to the West Coast, and good news came soon: “The same month I found out I got tenure there, I got the offer from UCLA. And I was excited to have the option to stay at Wharton forever, but I was more excited about the opportunity of going back to Southern California.”
PRIORITIZING HER PASSIONS

When it comes to routine, Mogilner Holmes could write the book. She adheres firmly to a strict schedule, but that’s a result of her prioritizing happiness. Keeping strong boundaries around her time allows her to show up for her loved ones and enjoy all aspects of her life. She and her husband alternate “on” mornings with the kids, and when she has an “off” morning, she’s awake at 6 a.m., lacing up for a run. Her workday begins at 8:30 a.m. and is mostly focused on research—reading, writing and evaluating data, along with meetings. She loves that no day is the same. She stays on point with what she needs to get accomplished and leaves promptly at 5:30 p.m. “And then I go home, and we have our precious, precious hour and a half with the kids before they go to bed,” she says. “And again, being very deliberate with how I spend my time, I make sure it is totally focused on them.”

When asked what she does in her free time, her academic pedigree shows: “There actually isn’t such a thing as ‘free time.’ It’s quality time spent on X.” While weekdays are work-heavy, her weekends are hers to enjoy. Another piece of Mogilner Holmes’s research shows that if you tricked yourself into spending your weekend as a vacation—you don’t do anything all that different, but the feeling is different—you are much more attentive to the present moment. “I’m deliberate about not working on weekends because that is family time and fun time,” she says. Friday night is date night, and the family has a treasured Saturday ritual: “We wake up, put the kids in the car, and go to the beach. My husband and I each push a stroller, and we go for a run. Then the kids play in the sand, and it is just fun and beautiful—we’re running along the beach in Santa Monica! We go home for lunch, the kids nap, and anything later on in the weekend is just gravy.”

On their drive to the beach, you can’t help but wonder if the happy family has the Moana favorite “How Far I’ll Go,” queued up:

I know everybody on this island,  
seems so happy on this island  
Everything is by design...

Whatever you do, don’t call this happiness expert Pollyanna. Mogilner Holmes remains grounded in her research, choosing to embrace her overflowing glass.


3. Michelle Rivera ’08 is engaged to Lawrence Montgomery III. They plan for an October 2018 wedding.

STAY CONNECTED

We want to hear from alumni! Are you celebrating a life event? Have news to share? Send us a class note. All class notes will be published online.

LJCDS.ORG/ALUMNI


Ashly Pollack Tuck ’07 married Collin Tuck ’07 on May 21, 2017 in Positano, Italy.

Stefanie Lenz Kreamer ’04 and husband Jonathan Kreamer welcomed daughter Bethany Jubilee Kreamer on November 26, 2017. She joins older brother Theophilus (Theo), age 3.

Samantha Schlossberg Campbell ’08 married Zack Campbell ’08 on October 21, 2017.
The Pursuit of Liberty
Born to a Quaker family in Philadelphia, William Newport Goodell was the youngest of four artistically inclined children. As a teenager, he spent his summers training at the Pennsylvania Academy of the Fine Arts, and in 1928 he enrolled full-time. At school, Goodell began developing a contemporary approach to his painting, combining the influences of Impressionism and Regionalism. Throughout his career as an artist and teacher, the interplay of the traditional and the progressive informed his everyday interactions with his family, friends and students.

After years of acclaim as an artist and teacher in Pennsylvania, Goodell and his wife-to-be moved to Southern California, where Goodell worked as a visual artist at the Navy Electronics Laboratory before accepting a position teaching art, English, art history and drama at LJCD. Goodell's community-instilled values and his belief that everything should be undertaken with creative intentions guided his 23 years with La Jolla Country Day School. He shunned a prescribed didactic approach, choosing instead to discover where his students' energy was leading and allow their unbridled creativity to direct his individualized teaching.

A craftsman through-and-through, Goodell integrated his core tenets into every path he explored in life. While studying at art school, he supported himself with furniture-making and repair. During his time in La Jolla, he built one of the first homes on Country Club Drive. A far cry from the colonial Grumblethorpe Tenant House in Philadelphia, his California home's stark concrete and glass construction offered a warm interior, full of Pennsylvania Dutch chests, bright mosaics, and half-finished mobiles for school projects, all centered around a floating spiral staircase that Goodell constructed himself (although he never revealed how he had single-handedly raised the massive central post).

"Bill Goodell was the hardest-working man I ever met," remembers Lee Sawyer, grounds manager. This sentiment was shared by everyone I interviewed. Goodell was active in the LJCD community until his passing in 1999. Known for his forward-thinking stance, his past presence continues to inform our core mission at the school, an uncompromising commitment to changing the world for the better. William Newport Goodell did this by leading with humility and openness, inspiring all around him to art and action.

—RAFAEL EATON
As a middle child, my inspiration comes from my two sisters, who represent two different but equally valuable approaches to life. My little sister is a free-spirited, bold, strong character who is always able to find the fun in any situation. She reminds me every day that it is good to smile and to never take no for an answer. My older sister has many of the same traits but is wiser and knows how to harmonize work and fun, always bringing out the best in me. In my life, she represents temperance and how to balance sociability with what will be best for her own well-being. I look to both of these great people to help me through any challenge or struggle that may arise, and they are always there when I need a reminder to smile and remain positive, even when life becomes a trial. My sisters are my pillars of light, positivity and strength. They inspire me every day and drive me to be the best version of myself.

Elinor Amir-Lobel '22
Philanthropy at LJCDS: The Hirshman Family

The spirit of philanthropy permeates the culture of La Jolla Country Day School. Throughout their time at LJCDS and beyond, students and their families give back in a myriad of ways. Paul and Barbara Hirshman are the embodiment of this practice, as they have consistently given their time and resources since their eldest son, Brian ’02, started junior kindergarten in 1988.

For 30 consecutive years, Paul and Barbara have made significant contributions to the Country Day Fund. Moreover, all three sons, Brian, Michael ’04 and Gregory ’07 (shown in the photo below) were lifers. Brian is currently a resident in neurosurgery at the University of California, San Diego, while Michael works for a healthcare/life sciences executive recruiting firm in Los Angeles. Greg resides in San Francisco, where he is an analyst for a financial firm.

For their exceptional generosity and inspirational spirit, we offer our utmost gratitude.