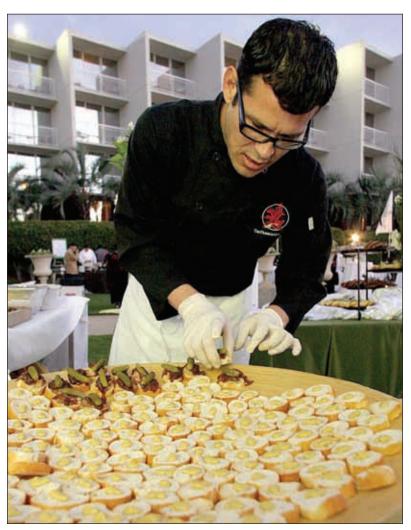
# GE NEWS

LA JOLLA'S PREFERRED SOURCE FOR LOCAL NEWS

SAN DIEGO COMMUNITY NEWSPAPER GROUP

THURSDAY, APRIL 23, 2009

WWW.SDNEWS.com ■ Volume 14, Number 25



#### PATE FOR THE PAR-TAY

Chef Sixto Sandoval from The French Gourmet prepares duck paté on a crispy baguette with caramelized prosciutto and pickled cornishons for the April 3 Taste of the Triangle at the Hilton La Jolla Torrey Pines. Gross proceeds from the 15th annual event topped \$100,000 to benefit five University City public schools. Organized by EdUCate Foundation, the Taste featured samples from 20 area restaurants plus an auction, entertainment and dancing. VILLAGE NEWS | PAUL HANSEN

### Half Marathon, 5K will take off this Sunday

By ALYSSA RAMOS | VILLAGE NEWS

Runners hope last week's heat will not repeat as they get ready for the La Jolla Half Marathon and 5K on Sunday, April 26. The half marathon starts at the Del Mar Fairgrounds and finishes at La Jolla Cove's Scripps Park.

for the 5K at the expo on Saturday, at 10 a.m. April 25 at La Jolla Recreation Center, 615 Propspect St.

\$100,000 and give it back to the community," said marathon cochair Trenton Bonner, president of the La Jolla Kiwanis club that sponsors the event.

Runners start in Del Mar and then make their way south through Torrey Pines State Park, racing up a long hill and then down a winding La Jolla Shores segment to end at La Jolla Cove.

Bonner said buses will begin shuttling racers from La Jolla Cove to Del Mar at 5 a.m. Sunday morn-Although the half marathon is ing. The race begins at 7:10 a.m. sold out, runners can still register Prizes and medals will be awarded

The evening before the races, on Saturday, April 25, La Jolla Kiwa-"We generally raise over nis Club will sponsor a pre-race Carbo Dinner from 5 to 7 p.m. at Washington Mutual, 7777 Girard Ave. Admission is free for participants and \$5 for the public. For info, visit www.lajolla5k.com. ■

### **County ready for a clean sweep**

By JOSEPH GREENBERG | VILLAGE NEWS

Cigarettes are usually thought of first in their deleterious affects on one's health. Once that stick is burnt down, however, a tarstained filter is left over whose insignificant size does not always cause guilt when extinguished on the ground or deposited anywhere outside of a trash recep-

Everyone knows cigarettes are bad for your health. But people seem less aware or less remorseful about scarring the environment with their left over, tar-stained filters. Those tiny butts add up and get swept eventually make their way to the ocean.

"The cigarette butts continue to be an extremely pervasive litter problem, and people do not know how big an impact they can have," said Morgan Justice-Black, I Love A Clean San Diego's (ILACSD) outreach direc-

Justice-Black is hoping for a volunteer force 5,000 strong that will band together and blanket the entire county in the seventh annual Creek to Bay Cleanup that takes place Saturday, April 25 from 9 a.m. to noon.

She also hopes that the mesalong with other debris into sage of loving a clean San Diego

streams and watersheds that will spread through the volunteers and community members alike to cause a snowball effect of fighting pollution.

"To me, pollution knows no boundaries, which is why we cover such a huge area. We have cleanup sites from Oceanside to San Ysidro, from Mission Beach and as far east as El Cajon," Justice-Black said.

There are approximately 60 cleanup sites throughout those regions, and the event this year is poised to crack the 1 million pound mark of debris picked up and properly disposed.

The widespread volunteering

SEE CLEAN, Page 5

### Burnham plans to rescue SKCC researchers

By ALYSSA RAMOS | VILLAGE NEWS

The Sidney Kimmel Cancer Center (SKCC) filed for Chapter 11 bankruptcy Friday, April 17, calling the legal filings a larger research center's opportunity and revealing the nearby Burnham Institute for Medical Research's interest in the nonprofit's assets.

"Talks are ongoing to allow Burnham to acquire the largest building on the Kimmel campus where much of the scientific

John C. Reed, Burnham's president and CEO. "If this can be accomplished, Burnham will work closely with SKCC to transition their existing research grants to Burnham, where researchers will be able to temporarily continue their work with as little disruption as possi-

Burnham Institute and the other life-science centers on the Torrey Pines mesa collaborate together to move forward, Reed

research is being done," said said, and those nonprofit research centers respect SKCC's accomplishments.

"The filing will provide a legal framework and opportunity for independent cancer research center to be purchased by another entity — ideally another nonprofit research institute with a compatible mission," SKCC chief executive officer Jan D'Alvise said in a press release.

D'Alvise said SKCC's board of

SEE **SKCC**, Page 5



Robert Whitaker brings many of his photos of the early Beatles, as well as other subjects, to the Morrison Hotel Gallery, 1230 Prospect St.

### Fab photog to show at **Morrison**

By BART MENDOZA | VILLAGE NEWS

While not quite a household name, it's safe to say that few photographers have had as big an impact on popular culture as Robert Whitaker. As a key lensman for the Beatles between 1964 and '66, the images Whitaker captured ended up on such album covers as "Meet The Beatles," "Revolver" and "Yesterday & Today," becoming some

SEE FAB, Page 8

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### News

### A WEEK ahead

-Due to space limitations, publication of weekly and other ongoing items has been suspended this week.

#### 23 Thursday

sents "Expressions in Art and Flow- Committee, 4 p.m., LJ Rec. Center,

ers," 9 a.m., Torrey Pines Christian 615 Prospect St. Church, Hashinger Hall, 8320 La Jolla Scenic Dr. N, open to public

• Project SARAH Game Day, kosher lunch, raises emergency funds for families experiencing domestic abuse, 11:30 a.m.-2:30 p.m., Congregation Beth Israel, 9001 Towne Centre Dr., 637-3200

• Village Garden Club of LJ pre- • LJ Traffic & Transportation Joint

• Use It or Lose It, seminar on memory and treatments for memory loss, 5:30-7 p.m., Great Hall, Schaetzel Center, Scripps Memorial Hospital, 9890 Genesee Ave., 626-7311

• "Facing East," Eastern-influenced artworks by Dionne Haroutunian and Viviana Lombrozo, artist reception 5:30-8:30 p.m., Art Expressions Gallery, 2645 Financial Court, Suite C, 270-7577

 "This American Life—Live!," simulcast of the radio show of the same title, 8 p.m., La Jolla Village 12, 8657 Villa La Jolla Dr., 458-1098

 Quatuor Mosaiques, periodinstrument performances, Haydn, Mozart, Schubert, San Diego Early Music Society event, 8 p.m., Neurosciences Institute, 10640 John Jay Hopkins Drive, \$10-\$35, (619) 291-8246

 Calder Quartet, "Honey Flyers" by composer/beekeeper Christine Southworth, also April 24, 8 and 10 p.m., The Loft, UCSD Price Center East, 9500 Gilman Dr., \$15, **534-TIXS** 

#### 24 Friday

 San Diego Blood Bank bloodmobile, La Jolla Country Day School parking lot, 9490 Genesee Ave., (800) 4MY-SDBB

• Lumumba-Zapata College commemoration, marking the days during which a group of activists attempted to rename UCSD's third college, 6 p.m., UCSD Cross-Cultural Center, 9500 Gilman Dr., 822-

• "Ahimsa," dance production on global warming and our relationship to the environment, also April 25, 8 p.m., JCC's Garfield Theatre, 4126 Executive Dr., \$10-\$22, 362-



VILLAGE NEWS | PAUL HANSEN

Otto Mower, retired art history teacher at The Bishop's School, converses under a poster during the opening of "Dare to Be Simple: Irving J. Gill, Architect, and The Bishop's School." The free exhibit in the campus's Wheeler J. Bailey building is open to the public through April 30.

#### 25 Saturday

- Menehune Surf Contest, La Jolla Shores Surfing Association, 692-5235 for details
- Rose Creek Cleanup, part of I Love a Clean San Diego's Bay to Creek Cleanup, 9 a.m.-noon, (619) 291-0103, ext. 3014
- Earth fair and barbecue, 10 a.m.-4 p.m., Whole Foods Market, 8825 Villa La Jolla Dr., free, 642-6700
- Elizabeth Allen Atelier sidewalk sale, 5717 La Jolla Blvd., 454-2823 • 30 Great Drought-Tolerant Plants for Your Garden, lecture, 10 a.m., Riford Library Center, 7555 Draper Ave., free, 552-1657
- Women's International League for Peace and Freedom quarterly meeting, 11 a.m., La Jolla Village Square Community Room, 279-
- Grunion Groupies, lectures on the California grunion and their habi-Saturdays and Sundays

through June 13, 11:30 a.m. and 12:30 and 1:30 p.m., Birch Aquarium, 2300 Expedition Way, 534-**FISH** 

- Work of Beatles photographer Robert Whitaker, artist reception 6-9 p.m., exhibit through May 24, Morrison Hotel gallery, 1230 Prospect St., 551-0835
- "Really Big Songs," Gay Men's Chorus of San Diego perform music by Dixie Chicks, Stephen Sondheim, others, 8 p.m., also April 26 at 3 p.m., Sherwood Auditorium, 700 Prospect St., \$20-\$35, (619) 57-GMCSD

#### 26 Sunday

- Jazz pianist Tamir Hendelman, music by Rodgers and Hart, Jerome Kern, others, 4 p.m., St. James by the Sea Episcopal Church, 743 Prospect St., \$32 concert, \$32 concert/reception, (619) 291-3111
- 10th annual Jewish Music Festival: Jewish Composers, Richard Rodgers, 7:30 p.m., JCC, 4126 Executive Dr., 362-1348, see
- Jazz group The Thing, 8 p.m., The Loft, UCSD Price Center East, 9500 Gilman Dr., \$10, 822-3199

#### 27 Monday

San Diego Blood Bank bloodmobile, 12:30-6 p.m., Vons at La Jolla Colony Shopping Center, parking lot, 7788 Regents Rd., (800) 4MY-SDBB

La Jolla Town Council Parks & Beaches Committee meeting, 4 p.m., LJ Rec. Center, 615 Prospect St., 454-1444

• School budget meeting with board member John de Beck, 5:30 p.m., Bird Rock Elementary, 5371 La Jolla Hermosa Ave.

SEE WEEK AHEAD, Page 4

Frequent Urination? Constipation/Bloating? You might have uterine fibroids. Join us for a free

"My doctor told

me I can treat my

fibroids without

a hysterectomy."

Heavy Periods?

Pelvic Pain?

— Tanya, age 43

seminar to learn about the latest treatments for fibroids, including Uterine Fibroid Embolization (UFE), a non-surgical procedure clinically proven to provide symptom relief.

#### ATTEND A FREE SEMINAR

Wednesday, April 29 • 6:30-8:00pm Scripps Mende Well Being Center

UTC Shopping Center • 4305 La Jolla Village Drive (above Cozymel's Mexican Restaurant) Light refreshments served

To register, call: 1-800-SCRIPPS (727-4777)

ALEXANDRIA.

Scripps Memorial Hospital La Jolla



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## Run and Stride ALL EVENTS START AT 7:30 AM KIWANIS CLUB OF LA JOLLA EVENT INFORMATION & ONLINE REGISTRATION La Jolla Half Marathon Runner's Expo Day Before Race • Saturday April 25 La Jolla Recreation Center 9:00 AM - 5:00 PM TB Coastal

#### The Financial Advisors **Radio Series**

### Ask Aubrey



Aubrey Morrow CFP\* Certified Financial Planner

Registered Investment Advisor Representative

Q. I'm worried about my 401(k) if I get laid off or if my company goes bankrupt. Is there anything I can do now to protect my retirement assets?

With this economic tur-A. moil, more workers are worried about getting a pink slip and are wondering how safe their workplace retirement funds are. The good news is that federal regulations protect retirement savings you have already accrued, even if a company goes bankrupt. By law, your 401(k) funds must be held in a separate trust that the employer or its creditors cannot touch, regardless of the employer's financial situation. So if you get laid off or your company goes bankrupt, the money you contributed to the 401(k) is legally yours.

If you get laid off, you have several options with your money. 1) Leave it with your current plan. 2) Roll it over to another qualified plan or IRA. 3) Cash out of your 401(k). The temptation is high for a lot of people to cash out of their 401(k). Don't! Cashing out may be subject to income taxes and a 10 percent penalty if you're not yet 59  $^{1}/_{2}$ , consult your tax professional for details. If you need the money, it may be better to borrow from your retirement plan instead. However, if you decide to leave your money with your current plan, you may not be able to borrow from your 401(k). Your other option is to roll the money over directly into another qualified plan or IRA. With direct rollover, there are no taxes, withholding, or penalties. This option gives you more freedom and control of your money, continued tax-deferred growth, and expanded investment choices. As always, please contact us if we can be of assistance.

Please call with a question (858) 597-1980 or e-mail info@financialdesignsltd.com Financial Designs, Ltd.

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# Researchers propose offshore fish farm

By SEBASTIAN RUIZ | VILLAGE NEWS

Researchers from the Hubbs-SeaWorld Research Institute propose building a fish farm as big as 30 football fields just 5 miles off the coast of Mission Beach. The aquaculture would help the fishing industry keep up with U.S. demand for seafood, according to Mark Drawbridge, director of the aquaculture project.

With the U.S. importing as much as 80 percent of its seafood, a successful aquaculture could spawn an entire domestic fishing industry, Drawbridge said.

"We are looking to launch the... project to demonstrate the commercial and environmental adequacy of the offshore [fish] farming," Drawbridge said. "We've been doing research for about 30 years. The situation right now is that capture fisheries can't keep up with the demand [for seafood]."

Hubbs-SeaWorld researchers envision 24 net pens secured to the sandy ocean bottom about 5 miles off the Mission Beach coastline. Producing 3,000 metric tons of fish a year could contribute an estimated \$25 million or more annually to the U.S. fishing industry, Drawbridge said.

The institute wants to farm striped bass, white bass, California halibut and California yellowtail, Drawbridge said.

Local fishing industry representatives have reportedly come onboard with the project.

Hubbs-SeaWorld operates a

white sea-bass hatchery in Carlsbad, which helps the local fishing industry, according to Catherine Miller, a representative of the San Diego Sportfishing Council. The institute grows and releases "fingerlings" into the ocean and electronically tracks the fishes' movement.

Bob Fletcher, president of the Sportfishing Association of California, said the institute has addressed the local fishing industry's concerns over location.

Fletcher said Hubbs-SeaWorld researchers did not propose building the pens in popular ocean fishing grounds frequented by local private fishermen.

"As a result of that cooperation with the industry, the fishermen are in support of the Hubbs-Sea-World program," Fletcher said.

Steve Foltz, vice president of Chesapeake Fishing Company, a



COURTESY PHOTOS

Striped sea bass (above) could be "farmed" in net pens (below), an operation similar to the aquaculture proposed for Mission Beach coast by Hubbs-SeaWorld Research Institute.

seafood distributor based at San Diego Bay, agreed. He said the project is a good thing all around because it would help meet consumer demand.

Environmentalists remain skeptical but are open to the project, said Bill Hickman, executive direc-

SEE FISH FARM, Page 4



# Coffee shop will raise funds for Yoon family

By SHANNON MULHALL | VILLAGE NEWS

The Crown Point Coffee Shop community is rallying to show support for Don Yoon, former owner of the shop, who lost his two daughters, his wife and mother-in-law when an ailing F-18 military jet crashed into his home in University City on Dec. 8.

"Hundreds of people have wanted to do something to show their support," said Summer Abu-Zahrah, owner of Crown Point Coffee. "It's a way the community can give back."

An auction will be held Saturday, April 25 from 9 a.m. to 2 p.m. at Crown Point Coffee, 3510 Ingraham St. Items include gift certificates to local eateries, clothing and photographs. Organizers are seeking items to be auctioned, including food and beverages.

Yoon will also be honored with a bench on the patio that will bear an engraved plaque, Abu-Zahrah said.

Yoon owned the coffee shop until recently, when he offered it to his coworker of five years.

Abu-Zahrah said that when she saw Yoon not long ago, he asked her to "tell everybody I'm OK." That selfless spirit and concern for others, even in the face of his own tragedy, is typical of Yoon, Abu-Zahrah said.

"This couldn't have happened to a more beautiful person," she said of her former boss. "He's one Hundreds of people have wanted to do something to show their support.

SUMMER ABU-ZAHRAH CROWN POINT COFFEE

of those genuinely goodhearted people."

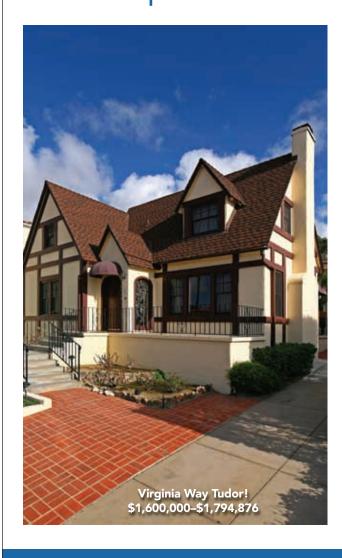
If someone visited the coffee shop and couldn't pay for their coffee that day, Yoon simply added their name to an IOU list, Abu-Zahrah said. "He'd give you the shirt off his back," she said.

Residents who would like to participate can volunteer to help at the event — which Yoon will not be attending — by collecting auction items or contributing to a fund for Yoon.

Checks should be payable to Don Yoon and deposited to Account No. 401-273-7213 at the Chase (formerly Washington Mutual) Bank branch, 1000 Garnet Ave., San Diego, CA 92109. Donations may also be made to the San Diego Hanmi Bank, 4637 Convoy St., in care of Don Yoon, Account No. 220-717-333.

For more information, contact the Friends of Don Yoon at the donyoon foundation@gmail.com. ■

### A Glimpse of the Market!











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### Police link more UC, UTC sex assaults

By ALYSSA RAMOS | VILLAGE NEWS

Police are investigating more than 10 sexual assaults reported around University City (UC) and UC San Diego over the past year, officials announced Tuesday.

Ten women in the University Town Center area and five women on campus have described similar incidents, UCSD police said. In summer 2008, about five UC women reported a college-age man wearing a dark hooded sweatshirt sneaking up behind them, grabbing their groins and buttocks and then fleeing, according to a Nov. 20, 2008 San Diego Police Department release. Most backside, police said.

"The crimes occurred during darkness between the hours of 8 p.m. to 11 p.m.," UCSDPD said regarding the five UTC incidents.

Then the groper began targeting college students.

From Nov. 25 through Dec. 8, 2008, a female student reported the first sexual attack on campus. Two to four other women reported similar additional attacks.

A female student said she was cutting through the campus's euca-

health center Monday, Dec. 8 at about 6 p.m. when a male ran behind her and grabbed her groin and buttocks area, UCSDPD said. The woman screamed and turned but her attacker was running

"The female described the suspect as a college-age male with an average build, wearing a dark-colored, hooded sweatshirt and loosefitting jeans," UCSDPD said, adding that the attacker did not use a weapon. "This incident and suspect are similar to a series of sexual battery cases in the University Town Center area," UCSDPD said.

Ten University City women women described the attacker's reported that a man either exposed himself or groped them in well-lit areas near Regents Road and Arriba Street, a San Diego Police Department bulletin said.

> "[Police] currently have no reason to believe these crimes are related to the rape that occurred at Mesa Housing on Nov. 7, 2008," UCSDPD said.

Police linked the Nov. 7 UCSD rape to a series of attacks near the university. The alleged rapist targeted lone Asian women entering their home, UCSD police said. Vic- stoppers.com.

lyptus grove near the student tims said he was white or Hispanic. Another woman reported a sexual assault Feb. 19, 2009 inside a UCSD parking lot, describing a college-age Asian attacker.

"The suspect approaches the victim and either grabs her buttocks or crotch area; and-or exposes himself and then flees the area,' San Diego Police Department Capt. Shelley Zimmerman said in a press release.

The man attacked or exposed himself to women in well-lit areas near Regents Road at Arriba Street and at the university, said District 1 San Diego City Council member Sherri Lightner.

According to Lightner, police are increasing presence in the area. Lightner said she is working with police to catch the predator.

Although one woman described the alleged groper as Asian, SDPD reported the attacker as a 20- to 25-year-old Hispanic or Middle Eastern man, 5 feet 4 to 5 feet 10 inches tall.

Police are offering up to \$1,000 for tips leading to an arrest, and are asking anyone with information to call Crime Stoppers, (888) 552-1700, or visit www.sdcrime

### **NEWS**brief

#### **VGCLJ** hosts Expressions in Art and Flowers

The Village Garden Club of La Jolla (VGCLJ) is hosting the seventh annual "Expressions in Art and Flowers" today, April 23, from 9 a.m. to noon at Torrey Christian Church, Hashinger Hall.

VGCLJ donates profits from the event toward Grants for Elementary Schoolyard Gardens Project, according to club member Barbara Doren, and many other area charity projects.

"They start gardens at their schools," Doren said. "And we also donate eucalyptus trees around the county in the name of people... and we do the Penny Pine trees."

The group's annual expressions event is open to guests for a \$15 donation.

"Members showcase their own art they have made and then other members create flower arrangements to go with it," Doren said.

Torrey Pines Christian Church is located at 8320 La Jolla Scenic Drive North. For info, visit www.villagegardencluboflajolla. com.

### **FISH FARM**

CONTINUED FROM Page 3

tor of the Surfrider Foundation in

Concerns include pollution from fish feed and waste, the attraction of predators such as seals and sharks and escaping fish. Hubbs-SeaWorld researchers say the fish, native to the California coast, do not represent a threat to the ocean environment, however.

Currents would carry fish waste

away and nets around the fish farm would keep predators at bay, according Hubbs-SeaWorld

"I don't know if we would support it but we wouldn't be opposed to it," Hickman said. "If it moves forward, we want to make sure it's done properly."

Hubbs-SeaWorld must acquire permits from the California Coastal Commission before it can begin construction within a few years, officials said. ■

#### "Have You Been Told That You'll Just Have To... Live With That Back Or Neck Pain?"

#### Dear friend,

For way too many Americans, neck pain (and back pain) seems to come with job stress, family stress, and other daily stresses.

In most cases, there is always something natural that you can do to get yourself better and to live a better life. Here are four easy home remedies that you can use to help yourself get better.

#### #1) Use Ice Instead Of Heat

In my many years of practice, I have rarely seen anyone get better by applying heating pads, or soaking in a hot tub. Many times applying heat only causes the area of pain to swell and become more inflamed. Applying ice to the area that is sore for 20 minutes on, and 20 minutes off (for 2 hours at a time) will usually help and inflammation and soreness. I tell my patients "When In Doubt...Use Ice!"

#### #2) Drink Plenty Of Water

Recent research shows headaches and several other health problems can be the result of mild dehydration. The majority of these health problems can be relieved (or even eliminated\_ by drinking one-half gallon to one-gallon of water daily. This means water. Not juice, beer, soda, tea, or coffee. Just water!

#### #3) You Can Use a Rolled Bath Towel

It's amazing how something as simple as a rolled-up bath towel placed under your neck can relieve pain and headaches. A rolled towel can also be used while driving to reduce back pain. So before you invest in an expensive support pillow or cushion, try this easy home remedy...It really works!

#### #4) Swing a Gallon Jug

A simple one-gallon milk jug (or water jug) works great for many arm and shoulder problems. All you have to do is fill your jug with a couple of inches of water, and swing the jog in a circle 10 times forwards, and 10 times backwards. Make sure you do this with both arms. It may be difficult at first, but the results are worth it!

Why Dr. Wong is Offering a New Patient Special Offer!

Sometimes your very favorite home remedies don't work. Then it's time to call my office for help.

#### \* UNSOLICITED TESTIMONIAL \*

"I was having so much back pain, neck pain and terrible headaches affected my job. misdiagnosed so many times but now, I live pain free since I've been seeing Dr. Wong. My husband and kids used to call me 'grumpy' but not anymore! Thank you Dr. Wong!"

Ligaya A, RN, San Diego, CA.



For a limited time, I'm offering a special new patient package to anyone who has never been to my office (or to anyone who has not been in to see me for a long time)

When you call my office today at (619) 222-8885, you will receive up to \$300 worth of my professional services for only...\$47 for a limited time. (This offer expires on 05-15-09)

> Here's Why Dr. Wong Is Giving Away Up To \$300 Worth Of His Services For Only \$47.

Basically, it's time for you to try chiropractic care at my office. Let's face it, paying only \$47 for a \$300 office visit like this is completely nuts. However, suffering from pain...when you have an 80% chance of getting relief...is also crazy. Listen, I can't promise you results. But, I can promise you great service...and a friendly

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Oh, I almost forgot to mention that I now have an Iron-Clad Guarantee! I want you to instantly realize how much your life can be easily improved with care at his office. Therefore, your is...GUARANTEED. first office

At the conclusion of your first visit, if you honestly think I've wasted your time, or you sincerely believe that you will not benefit from my care in any way...all you have to do is say no ... and you will NOT be charged for your visit!

OK, now imagine how life will be a few weeks or months down the road...if you handle your aching body right now. Will you do better at work? Will you now be a fun person to be around? OK, you get the drift here...It's time to call my office today.

#### Call Now For An Appointment

It's easy to make an appointment at our friendly office. All you have to do is call (619) 222-8885 today and ask for the "\$47 New Patient Special.\*

My staff will do everything possible to get you in the same day even if they have to work you in during a busy time.

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P.S. When accompanied by the first, we're also offering a second family member this same examination for only \$27 - What a great offer!

P.P.S. Don't forget, this offer ends on 05-15-09 so call right now!

### WEEK AHEAD

CONTINUED FROM Page 2

28 Tuesday

- Celebration of the late Barbara Dawson's life, 1-3 p.m., Wisteria Cottage, 780 Prospect St., 459-
- Free hair and scalp treatment/analysis, Dearinger beauty salon, 6875 La Jolla Blvd., make appointment at (619) 239-5400
- The Generation of Debussy, lecture/music, 7:30 p.m., The Athenaeum, 1008 Wall St., \$14-\$85, 454-5872
- Sister Suvi and Samantha Crain, indie pop, 8 p.m., The Loft, UCSD Price Center East, 9500 Gilman Dr., \$10, 534-TIXS
- International Flavors cooking class, six national cuisines, benefits Jewish Family Services, 6 p.m., Great News Cooking School, 1788 Garnet Ave., 270-1582
- Jazz Educator of the Year award, to KSDS manager Mark DeBoskey, 6:30 p.m., MCASD, 700 Prospect St., 454-3541

#### 29 Wednesday

- San Diego Blood Bank bloodmobile, Goodwin Procter (next to Donovan's restaurant), 9 a.m.-2 p.m., 4340 La Jolla Village Dr., (800) 4MY-SDBB
- La Jolla Shores Permit review Committee meeting, 4 p.m., La Jolla Rec Center, 615 Prospect St., 22-1028
- Gluten-free cooking class (\$18) and vendor fair (free), 5-8:30 p.m., Whole Foods Market, 8825 Villa La Jolla Dr., 642-6700
- Helping children stay safe in cyberspace, lecture presented by The Children's School, 6:30 p.m., private Bird Rock home, RSVP, 454-0184
- Alternatives to Hysterectomy, 6:30-8 p.m., Scripps Mende Well Being center, 4545 La Jolla Village Dr., \$3; community lecture on headaches and biofeedback benefits, 6:30-8 p.m., Scripps Clinic Torrey Pines, Hastings Room, 10666 N. Torrey Pines Rd.
- German Wines Are Hot, Hot, Hot, lecture/tasting, 7:30 p.m., The Athenaeum, 1008 Wall St., \$25-\$30, 454-5872 **■**

### CLEAN

CONTINUED FROM Page 1

event could not come at a more poignant time in the current economic atmosphere of fund siphoning and budget cuts.

You read in the paper every day how infrastructure is being cut, the amount of [garbage] cans at the beach are being reduced along with funding for cleaning and maintenance," Justice-Black said. "It is important that volunteers take matters into their own hands."

To keep a happy and energetic air to the event, a contest is always held to see who can find the most unusual items.

weird items. If a pink Cadillac is found, it will go straight to me," Justice-Black laughed.

of the cleanup site at Santa Clara Point in Mission Beach, says that the oddest form of litter at her site is consistently women's undergarments. Gardner hopes 80 to 90 volunteers will show up to help

"We are going to fill as many bags of trash and recyclable materials as we can," Gardner said. "And to keep track of how much we are picking up, we will weigh all of it with the scale from my own bathroom."

Gardner retired this last November from a career in school "We have found bowling balls, administration that lasted 38

pink stereo systems, all sorts of years. From 1990 to 1995, Gardner served as principal of Mission Bay High School.

Gardner is active with the Mis-Dr. Maruta Gardner, the captain sion Bay Women's Club that adopted Santa Clara Point to take on the responsibility of keeping the beautiful location litter-free. The club feels an affinity for keeping the site clean and safe, Gardner said.

All cleaning tools for volunteers will be provided at each of the sites. Those feeling moved to participate in the event are encouraged to register online so that organizers can be prepared with supplies.

To sign-up or get more information, go to www.creektobay.org or call Justice-Black, (619) 291 0103, ext. 3003. ■

### SANDAG officials unveil early Super Loop route to UTC

By ALYSSA RAMOS | VILLAGE NEWS

Despite University City's anticipated fall 2010 completion date for the Super Loop bus route, San Diego Association of Government (SANDAG) and MTS officials announced during April's University Community Planning Group (UCPG) meeting that the agencies were launching a prototype route this summer, in an effort to habituate locals to the high-tech buses.

"We have an opportunity to launch the service a little earlier because the buses have arrived a little earlier," said Dan Martin, SANDAG's project implementation manager. "We have 11 buses out of the 12 expected. MTS will be the operator of the service."

Martin said the pilot program will utilize the new 35-foot-long hybrid gasoline buses and existing bus shelters while construction begins.

Super Loop buses will run most of the planned route, including UTC and UC, stopping at the western portion of the loop bordering Genesee, Gilman and Nobel, Martin said. MTS officials planned to add UC San Diego stops along the route starting in fall of 2010.

"We're looking at starting sooner by using the [new Super Loop] buses and [existing stations as] temporary stops and signage during construction," Martin said. "We can begin service in June

Martin said SANDAG would use

existing shelters and add to the signage a Super Loop moniker.

That's what's currently proposed and now we need to work out the logistics," he said.

SANDAG and MTS collaborated on the Super Loop project running buses through UC, UC San Diego and UTC every 10 to 15 minutes from 5 a.m. to 10 p.m., Martin said.

During April's UCPG meeting, Martin unveiled the city's designs for the Super Loop bus shelters, including features such as signage indicating a countdown to the arrival of buses.

According to Martin's presentation, Super Loop buses are equipped with special features such as hybrid technology and technology to synchronize light signals, Martin said.

The folks were excited to see the buses were coming," Martin

Meanwhile SANDAG and MTS officials continue designing new bus shelters, which city crews are scheduled to begin constructing this winter.

"Starting in winter 2009 we're going to be constructing the fullblown stations, which will reach east to Judicial [Drive]," Martin said. "In fall we'll launch the ultimate service. We are working with the university and MTS on how the service compliments [UCSD]."

For more information, visit www.keepsandiegomoving.com.

### SKCC

CONTINUED FROM Page 1

trustees determined the nonprofit research center had run out of economic options.

"In assessing the center's financial realities against the challenges presented by the larger economic circumstances that all nonprofit institutions like SKCC are currently facing, the board of directors decided that there were no other options," D'Alvise said.

Executives said that SKCC would auction the organization's assets during Chapter 11 proceed-

In 2008, Burnham collaborated with three nearby nonprofit research science centers, including Salk Institute for Biological Studies, The Scripps Research Institute and University of Califor-

nia, San Diego (UCSD). The group tion's website said. Nearly 20 formed the Sanford Consortium Regenerative Medicine (SCRM).

The consortium recently released a draft environmental impact report for the 135,000square-foot research facility project located at UCSD.

Officials for SCRM said the consortium's plans are on track. Although the organization was waiting for a \$43 million state grant awarded by the California Institute for Regenerative Medicine (CIRM), officials said that funding came through last week. Philanthropist T. Denny Sanford of Sioux Falls, S.D., donated \$30 million to SDCRM in September

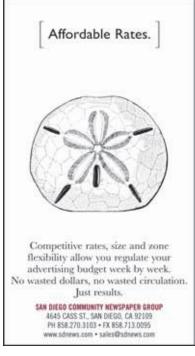
The SKCC was founded in 1990 in an effort to convert "laboratory discoveries into non-toxic treatments for cancer," the organizavears later, SKCC researches five programs, including immunology, vascular biology, genomics, cancer cell biology and drug development.

SKCC redirects therapy from normal tissue to cancer cells and those that cancer depends on, according to SKCC, which reduces toxicity and increases effectiveness. The center also uses gene therapy (genomics) to individualize cancer therapies.

"It is important to the board and to Sidney Kimmel, our benefactor, that the core mission of SKCC as embodied in the scientific research of the center's faculty continues unabated," D'Alvise

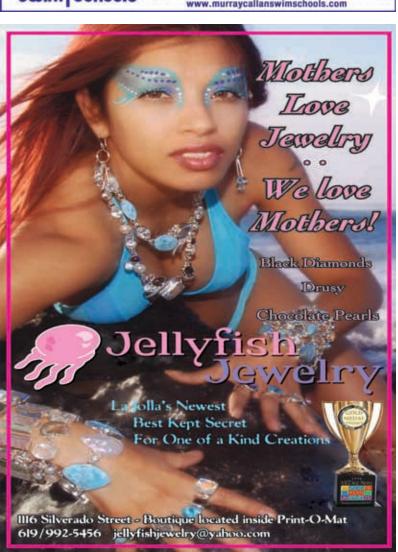
For more information about the SKCC, visit www.skcc.org. For more information about Burnham, visit www.burnham.org. ■

State of the Art











### Pasha Law

Pasha Law is a real estate and business law firm in San Diego that provides legal services needed for handling the effects of this troubled economy. This firm believes strongly in consumer advocacy. They have helped many homeowners who were a victim of loan modification scams and unlicensed services. Pasha Law also does their part to stop the continuation of these bad practices by helping California real estate Brokers become legally compliant when dealing with troubled homeowners.

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### OPINION

#### **GUEST EDITORIAL**

# Already gone: a parent's guide to surviving senior spring

By STEPHEN WALLACE, M.S. ED.

lready into college but not yet out of high school. That is the burden of more than a few 12th graders struggling to reconcile the increasingly incongruous tasks of finishing childhood and starting adulthood - perhaps making senior spring feel to them like, well, the duration of childhood all over again.

'It's this slow build to college, laments 18-year-old Sam. "Mom's crying, dad's yelling, emotions are high... and high school looks pointless.'

Sam and many more like him have "checked out," at least emotionally if not intellectually. And that makes staying in the game all that much harder.

While this season of discontent may ultimately — and perhaps paradoxically – smooth the transition to college, impending independence can present some challenging times for teens and parents alike. Barbara Green, a clinical psychologist at South Shore Hospital in Massachusetts, describes the goal of her work with families during this period as "keeping them from fraying at the seams.'

Not an easy task, especially given the theme of conflict that may permeate even the most solid parent-teen relationship given the stressors embedded in transition.

Conflict during senior year is rooted in a complex context of events (including SATs and college applications), mental states (including stress, anxiety and depression), and behaviors (including underage drinking and other drug use). By extension, trust is often eroded by a slowdown, or in some cases a shutdown, in open, honest communication, creating a cycle of turmoil that leaves many kids anxious to escape and many parents eager to help them.

Might there not be a better way to survive senior spring?

Absolutely.

A healthy transition for kids and parents requires a mutual understanding of, and — ideally — an appreciation for, the developmental dilemma on each side of the relationship, whether it's a young person's desire for more freedom or a parent's difficulty in letting go. In Sam's house, regular family meetings have diffused the tension "by letting everyone air what they're thinking" and focusing on solutions.

And therein lies the key. Effective, results-oriented, parent-child communication around the myriad issues that accompany senior year, perhaps especially in the spring, can go a long way toward resolving conflict, restoring trust and rescuing relationships that, in Dr. Green's words, may be frayed and close to coming apart at the seams. Those relationships will benefit, she says, from careful connection and elasticity.

How to get started?

First, by recognizing that in this time of change, old patterns of interaction,

based on a soon-to-be extinct family structure, may no longer do the trick. Thus, conflict resolution begins best by acknowledging that it's time to rewrite the playbook by renegotiating long-

standing roles of parent and child. Indeed, successfully "launching" our kids requires that we acknowledge and support their autonomy and recognize their individuality.

It's a brave new world.

But that doesn't mean anything goes. Like all good negotiation, both parties must be open to listening to the other's point of view and to compromise. Of course, there will remain parental prerogatives that are non-negotiable, particularly those related to health, safety and the law.

As senior year draws to a close, parents must contend with a series of events that are commonly associated with alcohol and other drug use: spring vacation, prom and graduation.

A new National Youth Anti-Drug Media Campaign notes the dangers associated with the unstructured and often unsupervised time that accompanies school vacation week. It also cites recent studies that reveal traveling with friends is itself a risk factor for heavy drinking, as opposed to staying at home or going away with family.

Prom, too, is a time when even those teens inclined to walk the straight and narrow report pressure to drink, use drugs or have sex.

And graduation doesn't get any easi-

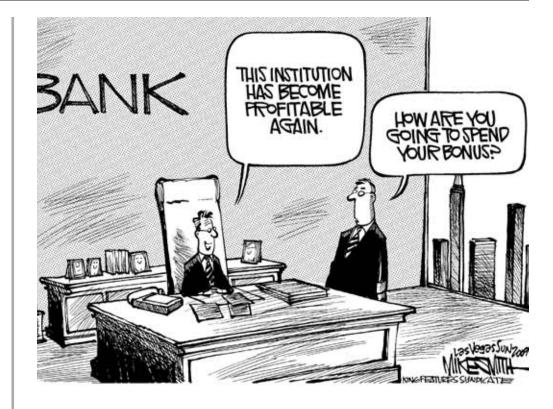
Even for young people on the brink of independence, parents play a vital role in keeping them safe and alive during this particularly dangerous stretch of time. They can take some of these prudent steps:

- Initiate dialogue about decisionmaking
- Embrace zero tolerance for alcohol and other drugs
  - Ensure supervision at parties
- Ask teens to "check in" by phone when out
- Enforce consequences for misbehavior

Senior spring is, and should be, a time of reflection and anticipation — of looking back while preparing to move forward. Helping teens to celebrate the season safely will ultimately get them to where they are about to go.

Even though it may seem like they're already gone.

- Stephen Wallace, national chairman of SADD (Students Against Destructive Decisions) and author of the new book "Reality Gap: Alcohol, Drugs, and Sex—What Parents Don't Know and Teens Aren't Telling," has broad experience as a school psychologist and adolescent counselor. For more informa $tion\ about\ SADD,\ visit\ sadd.org.\ For$ more information about Stephen, visit stephengraywallace.com.



#### LETTERS TO THE EDITOR

#### **Everyone should** feel the pain

As I understand it, the city employee unions have agreed to a pay cut for city employees. I am wondering why the mayor and the City Council don't also take a pay cut.

I know Mayor Jerry Sanders is sending his daughter to college, but so are a lot of other people. The city is not solvent, as I understand it. It would appear that a cut in the mayor's and City Council's salaries would help the city's debt problem almost as much as the city employees' cut.

Come on, Mr. Mayor and City Council. As head of the wonderful city of San Diego, you should be first to help solve the city's financial crisis by setting a good example and showing us citizens that they have elected responsible, caring officials.

> Ada M. Powers **Point Loma**

#### **'Just the facts,** ma'am'

I read with interest Ms. Zimmerman's "No guns at schools" letter (Village News, March 5, page 8). I respect ner views. However, I'd like to know where she got the information from which she made her

#### Correction

An incorrect phone number was given for Dr. Trevor Robertson's office in the Village News Readers Choice Awards section. The correct number is (858) 454-3612.

decision.

Perhaps Ms. Zimmerman is unaware that firearms marksmanship is an Olympic sport and ranks second only to track and field events. She apparently does not know that no accidents have occurred in the schools while engaged in this sport/training. Compare this statistic with, say, football (this is a no-brainer), baseball, basketball, tennis, water sports...the list can go on.

Some schools have cooking classes; knives are used. Blood is not flowing

in the halls. Sewing is also taught; needles are used. This does not create drug

The mental and physical conditioning required for rifle marksmanship can be compared to golf. Rifle shooting is similar to golf in that it is very strenuous on the mind and the physical condition. Once you've squeezed that trigger, that's it. If you do wrong, you can't make up for it by being super careful on the next one. That's it. You must have an alert mind and be in excellent physical condition.

Ms. Zimmerman, please base your statements on facts. According to the law, if you base your decision on false data, your decision

As Sgt. Joe Friday would say, "Just the facts, ma'am.'

> **Ed Rosemann Pacific Beach**

#### poll

Normally we would print the results of our latest readers poll here. However, due to a glitch in our program, the option of voting "no" did not work. So we will rerun the question. Please visit www.sdnews.com and go to the La Jolla Village *News* area of the site.

**QUESTION:** Are you more ecologically aware and proactive now concerning the effects trash and litter have on the beaches and in the ocean than you were five years ago?



### VILLAGE NEWS



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#### **OPINIONS** Signed letters to the editor are encouraged. All letters must include a phone number for verification. The editor may edit letters for clarity and accuracy. Letters should be 350 words or less. Views expressed are not necessarily the views of this newspaper or staff.

**SUBMISSIONS** Letters and photo submissions are welcomed. Those accompanied by an addressed, stamped envelope will be returned. The editor reserves the right to edit for clarity. **DEADLINES** All content must be received by

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### Are San Diego libraries undervalued by politicians and people who pay for them?

Libraries are no longer unfavorable stepchildren in San Diego. Mayor Sanders' proposed budget includes funding for libraries with no cuts, no closures and hopefully no staff layoffs. Both North and South University Community libraries will get fulltime youth services librarians so necessary for communities because many schools no longer provide that service. Sanders, in his budget briefing at UC High School on April 16, told the audience he had heard the hue and cry last November when his budget proposed closures of seven libraries; one choice was University Community in South UC. Historian Barbara Tuchman speaks for many of us: "Nothing sickens me more than the closed door of a library."

With today's economy or lack thereof, a library is the best gift our government gives back to us for our tax money. To an impressionable young child, a library with its storytime, endless rows of picture books and Dr. Seuss books is a wonderland. To an adult, it is a lifeline in tough economic times with available computers, resume writing sources and a place to go that's free. Try sitting at Starbucks without buying something. Many libraries have movies, classes and concerts.

Think of your own library experiences as a child. My memories are of a real Main Street in a real New England town like the mythical Grovers Corners, New Hampshire in Thornton Wilder's "Our Town." The Stratford (Connecticut) library was a few doors from



### A View from Route 52

By Sandy Lippe

the Congregational Church with its tall white spires, across the street from the Catholic Church with the tiny cemetery in the back, a few blocks from the only high school in town, where locals cheered on the football team, educators and especially the students.

The Stratford library, with its Classic Romanesque design, is a massive graystone building, a quiet fortress, where I loved to visit as a child, checking out books but not always returning them on time. Oh, those fines were real and stiff. The library was an evening study place for hormonally driven teens, whose giggles enraged the librarian. Her husky "Shhh!" sent terror into our hearts like a rogue wave lapping the rocks at the local beach on Long Island Sound.

I still love that library that expanded over the years and still is a part of the Main Street memory of my childhood. The library was originally built in 1894 and dedicated in January 1896. For

62 years, Miss Fanny Russell, the first librarian, ran the place, until 1958. Talk about job security. One addition occurred in 1955 with dedicated space of the children's department and a reference room and offices. From 1979 to 1983, the library expanded by nearly 300 percent. It causes me great dismay that the new central library hasn't been built, but maybe New Englanders value libraries more than stadiums.

Today's Stratford library schedule is enviable compared to University Community's hours: Monday through Thursday, 10 a.m. to 8 p.m.; Friday and Saturday, 10 a.m. to 5 p.m.; and Sunday, 1 to 5 p.m. between October and May. University Community's library is open 14 fewer hours per week than Stratford's library.

My next library experience was in another town, another state, when at age 22, with one foot in adulthood and one in the interest of kids not much younger than I was, I began a teaching career. I turned to the public library as a second home many evenings, where I would correct papers, research and read books. Not knowing many people, the library was a social venue too, a way to connect to others and decrease pangs of loneliness.

Moving to San Diego, getting married, having children, the library still played an important role in my life. In 1972, in the Marketplace on Governor Drive, the library was in a storefront, and many of us young moms read to children at storytime. Finally the University Community library

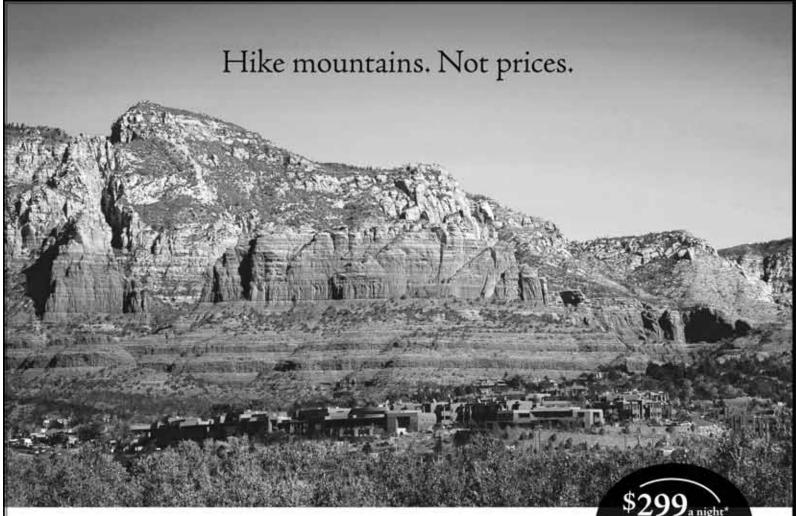
opened on Governor Drive, our Main Street. While it wasn't a Classic Romanesque design, it was like a sweet little box filled with books to check out and a meeting room. Over the years, city fathers and mothers promised to expand it, to add parking spaces, to remodel it, but those promises were not kept.

Now our little library temporarily closed on April 20 and should reopen on June 8 after a beautiful, overdue face-lift. New carpet and paint will give the library a good lift. Imagine how locals would feel if the library, one of those seven libraries set to go on the chopping block, had closed forever in November 2008 as suggested in the last San Diego budget proposal.

Young parents and older folks who travel by foot on Governor Drive instead of car will really miss our library for the next several weeks. They should think about joining the local Friends group and revisiting some of the politicians' promises to expand the library. I would love to arrange a field trip to the Stratford library and maybe head northeast to Boston to take in a Red Sox game or southwest to a Yankees game. I was only fooling about New Englanders loving libraries more than stadiums. There is equal affection for libraries and stadiums. If only that would occur in San Diego, we could be visiting our new Central library in the near future. ■



On Palm Sunday, members of the Good Samaritan Episcopal Church, 4321 East-gate Mall, put together care packages of medical supplies that World Vision will send to HIV/AIDS caregivers in Africa, Latin America and Southeast Asia. The church also collected groceries for 60 families in need of emergency food for the Bayside Community Center in Linda Vista. For information, call 458-1501.



How can Hyatt Piñon Pointe charge just \$299 a night for a 2-BR/2-BA resort condo in Sedona? Must be the power of the vortex. Act now and enjoy two bedrooms, living room with fireplace and entertainment center, separate dining area, fully equipped kitchen, patio and more. Hike or bike the red rocks. Stargaze around our firepit. Opt for the pool, fitness center, tennis, yoga and other activities. Or drop the kids at our onsite camp and head for a nearby spa, golf course, shops or restaurants. Your next steps? Take a virtual tour at hyattpinonpointe.com — then come straight to the Pointe.

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CONTINUED FROM Page 1

of the most familiar and imitated of the era. It's just the tip of the iceberg for Whitaker.

On April 25, The Morrison Hotel Gallery will host an opening night reception for a new exhibit of Whitaker's work, with the photographer in attendance. To date, it's estimated he has taken more than 40,000 images, with 60 on display during the exhibition.

Whitaker was first given a camera at the age of 6.

"The first images I took were of cars racing around a grass track at Brands hatch in Kent," he recalled. Ironically, Whitaker originally hoped to become an artist.

just photographs but paintings as

well," he said. "I went to a school of art in London when I was 17, hoping I would be taught to draw. But that is not something which can be taught — it is either in you or not."

While he is happy with his photography, he still thinks about the art career he left behind.

"I had, and still have, imagination and dreams, which I am better at realizing with a camera. I find it impossible to make my hands work with a pencil or brush," he said. "Painters have a better chance at revealing what they think because they have control of all their emotions, can stop at any time and alter their perspectives.'

His introduction to the Beatles came during an Australian tour in June 1964. Though the images he took of the fab four and other rock "I enjoyed looking at images, not royalty of the time are now iconic, Whitaker then had simple motives.

"Those early days of 12-inch-published, but also stand out." square record covers were a sort of competition to me," he said. "There were lots of photographers making images for those covers, so I used to enjoy going past a record shop and seeing at least one of my covers displayed, or magazines full of pages of my images. It did dawn on me that this was history in the making."

It's a testament to the faith Beatles manager Brian Epstein had in Whitaker that the then-25-year-old photographer was given complete control over photo sessions.

"Nothing was ever suggested to me for what they wanted," he confirmed. "I was asked by the press office to make happy cheesecake images for publicity; however, that's something I was not that good at. A challenge in front of me was always to produce what I felt would get

Morrison Hotel Gallery owner Richard Horowitz has been in the music business for almost three decades and looks forward to the opportunity to discuss these works directly with their creator.

"My two favorite photographs of Robert's are the back cover of the 'Revolver' LP and the image that was used on the import version of the 'Nowhere Man' picture sleeve," he said. "But the 'Butcher Cover,' used on their 'Yesterday & Today' album, has always intrigued me.

Now we get to hear the complete story directly from the photographer. Other major uses of his work include the cover of Cream's 1968 album "Disraeli Gears," while in 2002 the Australian government used one of his photos of folk group the Seekers on a postage stamp to

commemorate their 40th anniversary. He is equally proud of his photography of the Vietnam and Indo Pakistan wars as well as the conflict in Northern Ireland.

Does he mind that his photos of one group sometimes overshadow his other work?

"I spent 2 1/2 years with the Beatles, all over the world, in studios, et cetera," Whitaker said. "Not often do you get that amount of time with one group of people. Other bands I might only have a day with. I understand that I am associated mainly with my images of the Beatles, (but) that never stopped me enjoying the event before me.'

The Morrison Hotel Gallery, 1230 Prospect St., will host a free reception for Whitaker Saturday, April 25, from 6 to 9 p.m. For info, call (858) 551-0835 or visit www.morrisonhotelgallery.com. ■

# LA JOLLA'S FIRST FRIDAY ARTWALK

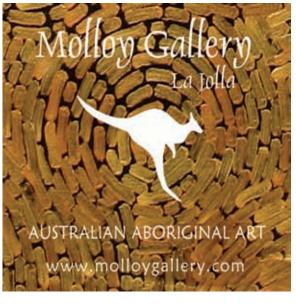


**May 1st** 6 - 9pm



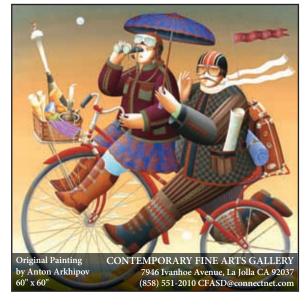
### Martin Lawrence Gallery

Founded in 1975, Martin Lawrence Galleries specializes in original paintings, sculptures and limited edition graphics. The gallery is distinguished by works of art by Pablo Picasso, Marc Chagall, Rembrandt, Andy Warhol, Keith Haring, Erte', Liudmila Kindakiva, Kerry Hallam, Philippe Bertho, Robert Deyber, Rene' Lalonde, Felix Mass, Thomas McKinight and many others.



### **Molloy Gallery**

Inspired by the world's oldest painting culture, Australian Aboriginal Art is an exciting new movement in contemporary fine art, and at Molloy Gallery, we feature original paintings from more than 60 of Australia's most soughtafter Aboriginal artists. The art is intriguing, decorative and remarkably affordable—discover it at Molloy Gallery—on lower Girard, just up from La Jolla Cove (next door to Cody's Restaurant). 8008 Girard Avenue, Ste 190, La Jolla – (858) 729-9909 www.molloygallery.com



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#### **Featured Galleries:**

3. Molloy Gallery

8008 Girard Ave. Suite 190 (858) 454-4996

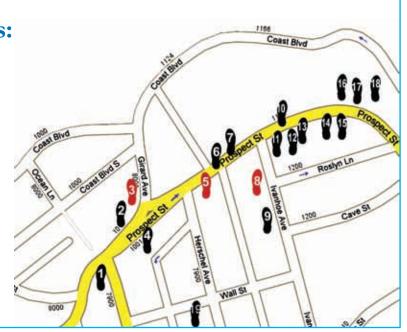
5. Martin Lawrence Gallery 1111 Prospect St. (858) 551-1122

8. Contemporary Fine Arts

7946 Ivanhoe Ave. (858) 551-2010

Enjoy Happy Hour at La Valencia before the Art Walk!

"Stay Local" "Shop Local"





### **A decade** on the **PATH**

For ten years now, they have seen each other through good times and bad (more of the latter), they have cried together, consoled each other and on rare occasions laughed together. Their 10th anniversary was a happy time for the founders of PATH (Parents for Addiction Treatment and Healing), their friends, family and supporters, who came together to mark this auspicious date. The organization was co-founded by Gretchen Burns Bergman, Tom O'Donnell and Sylvia Liwerant because of their belief that treatment, not incarceration, for non-violent drug offenders is the way to a cure. The evening began with the appearance of a bevy of lovelies, a silent auction conducted by Joe Bauer, followed by two dancers from the Jean Isaacs troupe literally climbing the dining room walls; then another dance by George Ortiz and a performance by rap artist Pierre Alexander. The full spectrum of entertainment continued after dinner when the Southwestern Community College Concert Choir led by Terry Russell sang their hearts out. Highlight of the evening was a touching tribute by Elon Burns to his mother Gretchen for standing by him and never giving up. If you can, get a copy of the April newsletter of New Path and read Gretchen's emotional message. It will touch your heart.

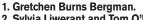












- Sylvia Liwerant and Tom O'Donnell.
- Virginia Napierskie.
- David Bergman, Genie Cavitt, Peter Jacoby and Terry Russell.
- Fern Murphy and Peggy Matthews.
- Karenlee Robinson, Jay Shaffer and Vivian Eisenecher (collecting for her book
- Recovering Me, Discovering Joy").
- The two Carolines, Stewart and Dipping. 8. Gigi Shurman and Raquel Moscana.
- 9. Tracie Powers, Caitlin Davis, Chelsea Streano, Katarina Schweitzer, Kathryne Lowman and Stephanie Packard







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### PMZ (post-menopausal zest)

### How to grow bright-eyed, bushy-tailed

Large affairs are not performed since as a population we are by muscle, speed, nimbleness, but by reflection, character, judgment. In age, these qualities are not diminished but augmented.

- Julius Cicero (106–43 BC) at

If we don't want wrinkles and grey hair, we'll have to die young! As this is not something worth considering, let us examine the alternative: aging. Not only aging as anyone who is born begins to age, but going past our mid-century into the second half of our lives, and it is truly a second half

tending to live longer and longer. There are about 80,000 people living in the United States today who are over 100 years old.

Until very recently I thought of myself as middle-aged. That was until I realized that it is my children who are middle-aged. I have just hit 82, and I mean hit, for it was with a bang and a shudder that I plunged into my ninth

I have begun to notice that formerly flat surfaces like the street leading to our home have suddenly become small hills, that

newspapers are reducing the size of their print on a yearly basis and that everyone around me has started to mumble.

And those aren't the worst changes we face. Yes, we are forgetting everything! From the name of our best friend the moment we have to introduce her to the phone number we were dialing two seconds ago.

We think we have Alzheimer's every time we misplace our keys, wallet or the piece of paper upon which was written our list of things to remember.

I don't remember my parents worrying about this loss of memory as much as all my friends and I do. Think of how much more is



# DOING BETTER

Natasha Josefowitz Ph.D.

stored in our brains than a generation ago. We are overloaded with information, much of it not pertinent to our daily lives. I know that I am more interested in and more knowledgeable about a host of significant as well as insignificant facts.

I remember how I didn't have a

key to our house, as the front door was never locked. It didn't need to be. No one had a security system, and we left the keys in our cars when we did errands. When I was 18, on a visit to New York I walked at night in Central Park holding hands with a boyfriend — it was safe. Later, as a social worker, I worked in Harlem, doing home studies for foster care — I went alone, and it never occurred to me to be afraid.

So the world has become less safe, but on the other hand, the world is offering us more opportunities than it did to our moth-

Bewildered as we may be by the overload of information, we can take advantage of it. Some of the more fascinating recent research has been on brain function. What has been discovered is that our brains can keep growing until the day we die, if we keep

We can grow neurons and new synapses every time we do something ... like learning a new language.

them active and challenged. We can grow neurons and new synapses every time we do something that requires a difficult mental effort, like learning a new language. I decided to start piano lessons in my late 60s, even though my mother and piano teacher said that I was hopeless

We need to become mentors, advisors and confidants to the younger generation; we need to be available to the members of our communities who could use a helping hand, a friendly suggestion, an intelligent perspective.

Studies have shown that volunteering only one or two hours a week improves our immune response and increases longevity. Being part of our own communi ties as a functional member fulfills our basic genetic predisposition to belong to a group.

Having friends you care for and who care for you is as important for mental health as food and exercise is important for physical health.

So go out where you can interact with people, meet for a cup of coffee, invite someone to share takeout with you if you don't like to cook, walk with someone, go to a movie, do something together with others, and you will be not only enriched but healthier and live longer. You will have PMZ: post-menopausal zest. If you're there for others, they will be there for you. But you start! ■

### Talking to an Elder with Dementia

If you know someone with technique and its usefulness Alzheimer's or dementia, you know how difficult it can be to communicate with them. Dementia affects the brain, but the person still has their humanness, and still has a mind, an ego and feelings that should be respected. It seems cruel to force a person with dementia to accept aspects of reality that they cannot comprehend. The main coping skills you'll need to improve communication with your loved one are redirection and validation.

People with dementia sometimes display behaviors that seem out of character or are far too emotional for a specific situation. Redirection diverts their attention away from the stressful even to something more pleasant. This depend on what seems sensible in the situation. Be creative and experiment to see what works and what doesn't with your loved one.

Validation therapy tries to understand why your loved one is behaving a certain way and then you address the trigger or underlying concern. Allowing the dementia patient some measure of control will aid in self-worth and will reduce the occurrence of negative behaviors. The RN Case Managers at Innovative Healthcare Consultants are experienced in dealing with Alzheimer's and dementia issues and would be happy to discuss your areas of concern. Call us at (877) 731-1442 and visit our website at innovative



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## Tragic opera touching and profound

By CHARLENE BALDRIDGE | VILLAGE NEWS

Since its premiere in 1945, Benjamin Britten's tragic opera, "Peter Grimes," has seldom left the worldwide repertoire, especially in Britten's native England. Here, not so much.

New Yorkers and Londoners especially have had ample opportunity to see the profoundly touching dramatic piece on a regular basis. most recently at the Metropolitan Opera with American tenor Anthony Dean Griffey in the title role he's made his own over the past decade.

San Diego Opera fans remember Griffey as Lennie in Carlisle Floyd's "Of Mice and Men" (1999) and Mitch in Andre Previn's "A Streetcar Named Desire" (2000). Neither give the magnificent actor/singer as many vocal colors or as much depth of character as that provided by "Grimes."

San Diegans haven't seen the lushly orchestrated, beautifully written "Grimes" since 1984, and we are impoverished by that fact. It is to San Diego Opera general and artistic director Ian Campbell's credit that we see it now. Readers have only two chances to remedy their cultural deprivations, 8 p.m. Friday, April 24, and 2 p.m. Sunday, April 26. Hopefully, "Grimes" won't be gone from San Diego for another 25 years, and meanwhile one would have to travel a long way to see such a perfectly sung and conducted production.

Based on a character in a long poem by George Crabbe, Grimes is one of the great tenor roles and one of the most enigmatic and discussed characters in all of grand opera. Is he simple? A cruel abuser? A madman? Or is he simply a misunderstood human whose only crime is being different from his neighbors in the Borough, a small fishing village on the coast of England?

Griffey's interpretation allows us to see glimpses of the man's shortcomings and virtues. His lyrical singing is wondrous and his forceful passages and quicksilver brutish-

ness, terrifying. Campbell and director John Copley, who got his start on stage as Grimes' Apprentice (John) in the 1949 Covent Garden production, have assembled a truly remarkable ensemble

composed mostly of American singers and featuring role debuts by baritone Rod Gilfrey, in robust voice and excellent dramatic mien as Grimes' friend, Capt. Balstrode, and soprano Jennifer Casey Cabot, dramatically and vocally viable (if a bit lightweight) as Ellen Orford, the widow Grimes hopes to wed. Her singing of the Embroidery Aria is a highlight and so is her love duet with Griffey.

Characters all, the SDO chorus is terrific in the true sense of the word, especially when expressing the rage and mob mentality of Borough citizenry, who suspect Grimes was responsible for the death of his earlier boy Apprentice. When a terrible accident befalls John, Grimes' second apprentice (marvelous, sweet Spike Sommers, remembered as Amahl a couple of years ago at St. Paul's), the chorus prepares to set upon Grimes at his hut. Their first cry of "Peter Grimes!" sends an electric current up one's spine.

The large company also

Or is he simply a

misunderstood

human whose only

crime is being different ...?

includes bassbaritone John Del Carlo, who is vocally robust and a figure of supercilious dignity as Justice Swallow; excellent bassbaritone Kristopher Irmiter as Ned Keene, the town's dandified apothecary and provider of laudanum to

the widowed Mrs. Sedley (excellent mezzo Janice Myerson); mezzo soprano Judith Christin as Auntie, proprietor of the pub/brothel; and her two 'nieces," sung by sopranos Priti Gandhi and Priya Palekar. Special mention must be made of the two American tenors who provide extraordinary support: Greg Fedderly as Bob Boles, one of Grimes' chief detractors; and Joseph Frank, such an amusing presence as Rev. Horace Adams. Australian bass-baritone Andrew Collis portrays Hobson, who picks



PHOTO BY KEN HOWARD

Anthony Dean Griffey sings the title role in San Diego Opera's "Peter Grimes."

up and delivers goods purchased in the neighboring town.

One of my favorite moments is when all the town busybodies have departed to seek Grimes, and Auntie, her nieces and Ellen—the outcast women of the Borough—are left alone empathetically to commiserate and console one another and to sing the lovely quartet Britten provides.

In the orchestra pit leading the San Diego Symphony in Britten's ravishingly beautiful and vibrant score is British conductor Steuart Bedford, a longtime acquaintance of the composer (1913-1976) and a leading expert in performance of his works.

"Peter Grimes" continues at 8 p.m. Friday and 2 p.m. Sunday at the Civic Theatre, 1100 3rd St., downtown. Tickets range from \$25 to \$50, with a limited number of rush tickets available one hour prior to performances; www.sdopera.com or (619) 533-7058. ■







### **SPORTS**

### Swimmers surface with strong showings

By DAVE THOMAS | VILLAGE NEWS

While coming up with different results in the team scores, the La Jolla Country Day (LJCD) School boys and girls swim teams posted some strong showings in recent

In the boys meet, LJCD surfaced with a 91-74 win over Point Loma to move to 2-0 on the season.

LJCD had four individual event winners: Liam Devine in the 200 free, Donald Dean in the 100 fly, Adrian Evarkiou-Kaku in the 100 backstroke and Henry Clausner in the 100 breaststroke. These four contributed to win the 200 medley relay as well.

team lost to a tough Point Loma squad by a 103-67 score. Despite the loss, LJCD had some nice swims, highlighted by a victory in the 200 free relay (Allison Rhodes, Alex Levine, Gabi Shevel, Alex

"This is a young relay squad, with a ton of potential for this year and years to come," LJCD head coach Nate Heppner commented.

LJCD's lone individual event win came from Levine in the 100 backstroke, though the Lady Torreys had a slew of second-place finishes — Allison Rhodes in the 200 I.M. and 100 breaststroke, Alex Rhodes in the 200 free and

The La Jolla Country Day girls 100 fly and Gabi Shevel in the 100

Elsewhere, The Bishop's School girls team moved its record to 5-0 on the season last week with a 116.5-42.5 victory over University City (UC) High.

Notable swims for Bishop's included Andrea Basaraba's 1:10.75 in the 100 breast and Sam Allen's 5:27.00 in the 500 free.

The Bishop's School boys team scored its fourth win on the season with a 119.5-50.5 vistory over UC.

Notable swims for the boys included Billy Tifft's 5:22.64 in the 500 free and David Higginson's :59.57 in the 100 backstroke. ■

## Sluggers find victories are hard to come by

By DAVE THOMAS | VILLAGE NEWS

Several local scholastic baseball teams ran into some tough luck last week on the diamond.

La Jolla Country Day (LJCD) School began the week with a 4-2 loss to San Dieguito, despite two doubles and a run scored by Derek Hatfield.

In a 6-3 loss to The Bishop's School three days later, LJCD's Ben Cohn started the game on the mound and pitched five strong innings, giving up three hits, one walk and one unearned run while striking out five. LJCD's bullpen ran into some tough times in the next inning, allowing five runs on only one

Connor Gerhart led the LJCD offense with three hits, one run and one RBI. Ben Sweenev and Cohn each contributed big hits in the game.

Despite only having one win on the season, LJCD head coach John Edman noted that the Torreys are getting closer to being a solid ball club.

"I'm confident that we will be there by the end of the season,' Edman commented.

The Bishop's School (7-5, 2-0) was led in the win over LJDC by Shane Dillon, who went 1-for-1 with a homer and two RBIs.

Bishop's also recorded a 7-6

I'm confident that we will be there by the end of the season.

> JOHN EDMAN LJCD COACH

Chris Ludwig (2-for-4, four RBIs, home run), Sam Brier (2-for-4, three RBIs, home run) and Kyle Gantz (3-for-3) led the way.

Jesse Jacobsen-Gal (1-0) pitched 3 2/3 innings of relief, only giving up one run for the Knights.

Elsewhere, La Jolla High (7-7) came into this week looking to erase a three-game losing streak.

In action last week, the Vikings fell to Cathedral Catholic in a pair of games by scores of 13-2 and

Stephen Foster, Max Stroll and Robbie Beathard drove in runs for La Jolla in the losses.

Finally, University City High entered play this week with a record of 6-7.

The Centurions scored an 8-4 win over Castle Park in their most recent victory, with David Washington and Jonas Noack

### **SPORTS** briefs

#### Bishop's girls lacrosse beats La Jolla High

They say all streaks end at some point in time, and that was the case last week in a local girls scholastic lacrosse match-up.

The Bishop's School (9-3) scored its first win over La Jolla High in six years with a 10-8 victory.

Bishop's was led in scoring by Haley Geier (two goals), Sophia Muller (two goals), Caroline Markham (two goals); and Emily Reit, Bianca Pham, Megan Murry, Ali Bishop and Elyse Tierney with one goal each.

Dana Christianson recorded five saves for the Lady Knights.

"We played as a whole team

with energy from our bench to the field," Bishop's head coach Meghan Carr said.

"We had eight different scorers, which shows that the girls trust each other to take care of the ball."

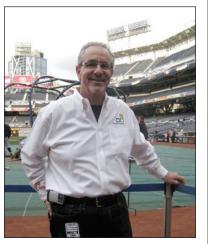
Margaret Nettleton paced La Jolla High's Lady Vikings with four

#### La Jolla High girls track tops Kearny

The La Jolla High girls track team rolled past Kearny High last week by a score of 111-23.

Along the way, La Jolla High recorded seven personal records and two season bests.

One of the personal records was a county-leading mark of 2:15.89 in the 800 meters by Nihal Kayali.



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La Jollan Scott Silverman, founder and executive director of Second Chance human services agency, gets ready to throw out the first pitch at the April 10 Padres/Giants game at Petco Park.



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### victory over Francis Parker, as each driving in a pair of runs. ■ **STRAIGHTEN UP!** A Safe NEW Approach to Osteopenia, **Osteoporosis and Postural Correction** Every Tuesday 11:00 - 12:00 a.m. La Jolla YMCA, 8355 Cliffridge Avenue. L.J. Every Tuesday 12:30 - 2:00 p.m. N. Clairemont Rec. Center, 4421 Bannock Avenue, S.D. Every Thursday 9:30 - 10:30 a.m. St. Bridgid Parish Hall, 4735 Cass Street, P.B. Presented by: Marcia Tassinari, MPT, Physical Therapist, Osteoporosis, Osteopenia, Spine Health. Instructor, Professional, Speaker, Educator, The Meeks' Method For more information on this class or a FRFF consultation call (858) 581-6900 IT'S FOR EVERYBODY Visit us a www.tasspt.com STRAIGHTEN UP!



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#### CREATING 'RIPPLES'

"Ripples V" (2007), a mixed media on canvas by Dionne Haroutunian, is part of the new exhibit "Facing East" at Art Expressions Gallery, 2645 Financial Court, Suite C, off Morena Boulevard in Rose Canyon. The show opens April 23 with an artists' reception from 5:30 to 8:30 p.m.

### **Adult students flock** to UCSD Extension

By STEPHANIE ALDERETTE | VILLAGE NEWS Extension. "With the extra com-

Students have turned out in record numbers as the Certificate Enrollment program has climbed more than 28 percent at the University of California, San Diego Extension.

"When the economy is challenging, more adult learners are attracted to continuing education to bridge to new careers or sharpen their job skills," said Henry DeVries, director of communications for UC San Diego www.ucsd.edu. ■

petition for jobs these days, often the recency of your skills can make the difference between getting the position or losing out.'

A total of 3,023 students enrolled in continuing education for the academic year 2008, as opposed to last year's 2,362.

'In today's knowledge economy, learning cannot cease with a bachelor's degree or even a master's degree," DeVries said.

For more information, see

### Bishop's rower makes a splash

By DAVE THOMAS | VILLAGE NEWS

While many teens may find sleeping in a good choice before heading off to school or on weekends, there are some — like Bishop's School senior Ally Dougherty - who seem to be going a mile a minute. In her case, it is the sport of rowing that keeps her moving.

Dougherty is enjoying her final year at The Bishop's School, while entertaining offers of rowing scholarships from several colleges.

La Jolla Village News recently caught up with Dougherty, a member of the San Diego Rowing Club, to discuss how she got her start in rowing, what she enjoys most about it, what a typical week of training is like and where she goes from here.

La Jolla Village News: How did

you get involved in rowing and how long have you been at it?

Ally Dougherty: A family friend of mine introduced me to the sport halfway throughout my sophomore year and I instantly fell in love with the sport.

LJVN: Is the San Diego Rowing Club made up of kids from all over San Diego or other counties too, and are you the only team member who attends a school in La

Dougherty: I am the only Bishop's kid that rows for San Diego Rowing Club, but I have tried to do some recruiting. The earlymorning hours turn many potentials away. The club consists of high schoolers from all over San Diego. It's nice because I immediately made friends from Torrey

SEE ROWER, Page 15



Ally Dougherty, a senior at The Bishop's School, will attend Cornell University on a rowing scholarshp.

#### REFLECTIONS

### LJ garden tour tradition has deep roots

By CAROL OLTEN

Garden tours are part of spring rituals as likely to arrive as maypole dances and sweet peas. Although the La Jolla Historical Society's Secret Garden Tour reaches its 11th annual status this year on May 9, La Jolla has a unique history of other garden tours and flower shows associated with springs of the past.

The first garden tours in La Jolla date to the early 20th century when Ellen Browning Scripps opened her magnificent oceanfront gardens, tended by 10 gardeners, to the public as a charitable and philanthropic gesture, stating: "La Jolla has no park and I have all this space here... when I divide what it costs me by the number of people who enjoy it, I think it is one of the most economical civic duties I could perform."

arrived from all over the world to from large older Muirlands estates enjoy Ms. Scripps' gardens planted over a series of terraces rolling toward the sea with ribbons of highly colorful perennials and carefully clipped parterres in the French tradition. The skeleton of the gardens remain today off Coast Boulevard as part of the Museum of Contemporary Art.

The first real organized tours of private gardens, however, were the purview of the Woman's Auxiliary of St. James by-the-Sea Episcopal Church. The auxiliary put its first tour together as a fundraiser in 1936. It grew quickly in popularity and by 1942 had expanded to feature eight gardens with viewing from 1 to 4 p.m. on a single day in spring. Tea was served and cuttings were sold from the various gardens visited. The ticket price was \$1.10.

In 1948, there were 11 gardens Especially in the spring, people on the auxiliary's tour, ranging

to those being newly developed on La Jolla Rancho Road.

The St. James garden tour continued for many years. The gardens visited, ironically, included some of the same ones featured decades later on the historical society's tour, such as the Copp's garden in the 1400 block of Muirlands Drive — proving, no doubt, that gardens planted by Kate Sessions with oddities such as monkey pod trees have a timeless fascination. The St. James tour featured the garden in 1950 when it was the property of Dr. and Mrs. E. F. F. Copp. When the garden was featured on the historical society's tour in 2006, the property had passed ownership to Dr. Copp's son.

Another annual garden-related spring event of the past was the

SEE TOUR, Page 14

### Going with the flow at Little Italy's ArtWalk

By JOSEPH GREENBERG | VILLAGE NEWS

When I think of artwalks or festivals or outdoor markets, my mind is swept away into exotic bazaars marked by their hazy incense smoke. Or dirt alleys in the jungle, where monkeys get at your wallet just as easily as do the local artisans hawking their crafts.

Yet the art from some 300 regional and international artists, set to be shown at San Diego's Mission Federal ArtWalk on Saturday

and Sunday, April 25 and 26, may provide some reasons for a travel snob like me to stick around.

One of the exhibitors supplying those reasons is Mario Cespedes, who was born in La Paz, Bolivia, a city shaped by its 12,000-foot elevation and its production line of colorful Alpaca textiles. At 14, Cespedes immigrated to Sao Paolo, Brazil, where he met and learned from other artisans in the city's public

"When I was a kid, I took art

classes in school in Brazil and I saw how artists displayed their work in public places. I started showing my own work in a public park in downtown Sao Paolo. On Sundays, there was a fair for art and small crafts," Cespedes said.

Cespedes is aware of the distance

SEE **ARTWALK**, Page 15

Mario Cespedes (right) is one of this year's exhibitors in the April 25-26 Mission Federal ArtWalk.



### Stop and smell the flowers in Point Loma

By ANTHONY GENTILE | VILLAGE NEWS

With temperatures heating up, spring is in full bloom. The Dana Unit auxiliary of Rady Children's Hospital is promoting spring fever with its eighth annual Point Loma Garden Walk on Saturday, April 25. Proceeds from the event benefit Rady's craniofacial services.

"It goes to a worthy cause -Rady Children's Hospital is the area's only hospital dedicated solely to pediatric care," event co-chair Pam Caldwell said. "It is also a beautiful way to spend a day with friends "

This year's walk features 15 garden tours, four of which include scenic home tours. It also features a new location.

the Sunset Cliffs area," Caldwell said. "There are many homes with ocean views.

The walk, which will be held from 10 a.m. to 4 p.m., spotlights an array of different gardens. Caldwell said there is a little something for everyone on the walk, including homes with outdoor kitchens and low-water usage gardens.

Artists from the San Diego Watercolor Society will be painting at some of the stops along the walk.

Although no fund-raising goals have been set for this year's walk, past walks have raised a combined \$106,000. This money has helped craniofacial services in a number of ways.

"Proceeds from the garden walk

"For the first time we are over in will assist in the medical management of craniofacial patients who often require multiple interventions and team visits," Caldwell said. "In the past, (the walks have) also funded specialized plastic surgery and microsurgical instruments."

> The garden walk features a boutique open to the public from 9 a.m. to 5 p.m., where people can purchase plants, talk shop with a master gardener or even grab a snack at a bake sale.

> At the boutique, the Point Loma Garden Club will be holding its second annual plant sale in conjunction with the walk.

"We are going to have annuals, perennials, vegetables and gardenrelated works of art, including succulent wreaths and tree boxes," said Point Loma Garden Club president Julie Hasl.

As part of the garden club's plant sale, Tillie Lewis — the so-called "Tomato Queen" who owns the second-largest tomato-packing company in the world — will be selling her heirloom tomato plants. Caldwell said these plants aren't sold in nurseries.

Presale tickets are \$20 and can be purchased before Saturday at Walter Anderson Nursery in Point Loma, Mission Hills Nursery on Fort Stockton Drive in Mission Hills, or Armstong Garden Center on West Morena Boulevard in Linda Vista. Tickets on the day of the event are \$25 and will be sold at the boutique at 1007 Cordova St. That location is also the start of the walk, where maps will be handed out starting at 10 a.m. For information, call (619) 518-8663, or visit www.pointlomagardenwalk.com.



La Jolla Historical Society presents the Secret Garden Tour on Saturday, May 9. Garden tours have a long and rich history in La Jolla, going back to the early 20th century.

### TOUR

CONTINUED FROM Page 13

May Flower Show presented by the La Jolla Woman's Club. A report from 1930 records: "Clubhouse grounds housed a lovely nook of ferns, rock and begonias while a charming little group of toadstools and frogs and a great many colored pottery jars were effectively grouped in the grounds and under the pergola."

All toadstools considered, history records that spring events of La Jolla's past entertained a great deal of frivolity. In 1940, for instance, the La Jolla Garden Club held a tea and flower show in Ms. Scripps' landmark lath house. Par-

ticipants were asked to bring "Gone With the Wind" bouquets. Prizes were awarded for the best bouquets that might be given to Scarlett O'Hara and Melanie as they paraded through an imagined Tara barbecue. We can imagine that Scarlett's bouquet was made of red roses and Melanie's — well, pale blue delphiniums.

- "Reflections" is a monthly column written for the La Jolla Village News by the La Jolla Historical Society's historian Carol Olten. The Society, dedicated to the preservation of La Jolla heritage, is located at 7846 Eads Ave. and is open from 10 a.m. to 4 p.m. Mondays through Fridays. ■

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CONTINUED FROM Page 13

Pines, Mt. Helix and Mt. Carmel. It is such an eclectic group of girls — I love it. A few of my teammates drive close to an hour to get to Pacif-

LJVN: What is a typical week like for you as far as your rowing schedule?

**Dougherty:** Fall season is a little less intense than winter and spring. We practice five days a week, with the occasional morning workouts. Once winter training begins, we start with six days, and as spring starts, we have six-plus practices a week. The week prior to our races we practice our boats in the mornings at 5 a.m. and return for 4 p.m. practice. Our coach, Guillermo Lemus, has all of the girls come for double-day practices over our spring breaks to do weights, erg [ergometrics] and row singles. Rowing is basically a year-round sport — we only have July and August off.

LJVN: How has The Bishop's School helped you to get ready for college?

Dougherty: Bishop's has provided their junior and senior classes with amazing college counselors. They have helped me every step of the way through this long process. Along with the counselors, I believe the education Bishop's has provided me thus far has prepared me the most for next year. The teachers are outstanding and every student that goes to Bishop's is there because they want to learn and grow. It is truly an amazing atmosphere.

LJVN: What do you see for yourself as far as rowing in college and what you might major in?

Dougherty: I plan to major in either architecture or landscape architecture. I took a summer course at USC in architecture and fell in love with the field. I will most definitely be rowing



Ally Dougherty in action on the water, practicing her

next year and look forward to being on a bigger team. I am positive the intensity level will increase, but I am always up for a challenge.

LJVN: Are there any opportunities for Olympics down the road, and would that interest you?

Dougherty: I would love to someday be in the Olympics, but my height and weight are kind of a disadvantage for me. It helps to be in the sixfoot range with a little extra weight. I do hope to go and see the Olympic team race in person

LJVN: Anything else people should know about Ally Dougherty?

Dougherty: I have gotten into all of my top four college choices — Cornell, Berkeley, USC and U of Michigan. All of them are top Division I college rowing schools with amazing programs. (Dougherty has decided to attend Cornell Univer-

Editor's note: Know of an interesting senior athlete at The Bishop's School, La Jolla Country Day, La Jolla High or University City High? If so, email: hoopsthomas@yahoo.com.

between his style of art and that of the Bolivian and Amer-Indian artists, whose works are heavily influenced by earthen motifs and textiles.

"I don't have the same feelings as the people back in Bolivia. I no longer see the images from that place in my mind, and I have changed," Cespedes said. "I went to explore the rain forest [in Brazil] because that's simply where I was living. I left my Indian heritage in Bolivia and began working with the rainforest and other South American themes."

One prominent theme in his art is pollution and the toll it takes on the planet. In one series titled "Sick Water," Cespedes immersed canvases in Brazil's River Tiete at the river's pristine source, at a point outside Sao Paolo and within the city itself, where the water is dark with pollution.

"The canvases were turned different colors based on where I put them in the river, and it made a very strong statement. The river was my partner," Cespedes said.

Cespedes began painting with oils and acrylics but has seen his medium change to involve more mixed materials that he applies directly to the can-

"Now, I work with wood, metal and any materials I can get. When I use other materials, it gives me more ideas," he said.

The artist lives in the small San Diego community of Murrieta and will be there until October, when he returns to

Two-hundred ninety nine other visual artists and 30 bands or solo performers are coming to the 25th Mission Federal ArtWalk. The music will feature an impressive palette of international color, ranging from Novamenkos' New Age flamenco to Fiffin Markets' modern spin on Irish folk music.

Go back those 25 years and you will find yourself in a time when ArtWalk managing director Sandi Cottrell was growing up in San Diego.

"In its early days, the art was shown more from building to building, gallery to gallery," Cottrell said. "Art was even shown in empty warehouses and bank offices. Then in the '90s, when real estate was booming and inside display space became tight, organizers moved the art outside.

"2002 was the first year [art] was completely on the street. All of a sudden, your favorite restaurants along India Street became a great backdrop to artisans and their creations," Cottrell explained.

The event normally attracts more than 100,000 patrons.

This year is also ArtWalk's first year of title sponsorship. In the past, a number of small sponsors teamed up to fund the event. The organizers are now grateful to have found the nonprofit Mission Federal Credit Union, a group that places the same value on art education in schools and other ideals that the event is built upon.

Practice pronouncing the mouthful that is Mission Federal ArtWalk as it comes to India Street in the heart of Little Italy on April 25 and 26 from noon to 6 p.m. For information, visit http://www.missionfederalartwalk.org/.

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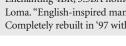
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Case No. CV27756 Dept. No. 1 In the Fifth Judicial District Court of the State of Nevada In and for the County of Nye SUMMONS CHRISTOPHER SCOTT LINKENNAUGER,

#### Plaintiff, MARIA TRINIDAD TRESELER

Defendant.
THE STATE OF NEVADA SENDS GREETINGS TO THE ABOVE NAMED DEFENDANT:

You are hereby SUMMONED and required to serve upon Plaintiff, CHRISTOPHER SCOTT LINKENAUGER, whose address is 6639 Woodside Court West, Theodore, AL 36582, an ANSWER to the Complaint which is herewith served upon you, within 20 days after service of this Summons upon you, exclusive of the day of service. In addition, you must file with the Clerk of this court, whose address is shown below, a formal written answer to the complaint, along with the appropriate filing fees, in accordance with the rules of the Court. If you fail to do so, judgment by default will be taken against you for the relief demanded in the Complaint. This action is brought to recover a judgment dissolving the contract of marriage existing between you and the Plaintiff.

The filer certifies that this document does not contain the social security number of any

Date 2-27, 2009 Clerk of the Court Sandra L. Merlino Rebecca Ballard PO BOX 1031. Tonopah. NV 89049 ISSUE DATE(S) APR 02, 09, 16 AND 23, 2009

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located at: 1270 SUMNER AVE. #1 EL CAJON, CA. 92021 is hereby registered by the following owner(s): JASON MOYER This business is being conducted by: AN INDI-VIDUAL The transaction of business began on: 03/27/09 The statement was filed with David L. Butler, County Clerk of San Diego County on: MAR 27, 2009 Issue Dates: APR 09, 16, 23 AND 30, 2009

#### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2009-009311 THE NAME(S) OF BUSINESS: **DUNN DEAL INDUSTRIES**

located at: 1004 GREENFIELD DR. #5 EL CAJON, CA. 92021 is hereby registered by the folllowing owner(s): PATRICK DUNN This business is being conducted by: AN INDI-VIDUAL The transaction of business began on: 03/27/09 The statement was filed with David L. Butler, County Clerk of San Diego County on: MAR 27, 2009 Issue Dates: APR 09, 16, 23 AND 30, 2009

#### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2009-008730 THE NAME(S) OF BUSINESS: YOUR QUALITY HEALTH

located at: 1635 HORNBLEND AVE. SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): JEREMY VIRE, JOHN VAEZ This business is being conducted by: A GENERAL PARTNERSHIP The transaction of business began on: NOT YET STARTED The statement was filed with David L. Butler County Clerk of San Diego County on: MAR 23, 2009 Issue Dates:APR 09, 16, 23 AND

#### **LEGAL ADS 700**

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2009-006760 THE NAME(S) OF BUSINESS:

YOGURT ESCAPE

located at: 2134 AVENIDA DE LA PLAYA LA JOLLA, CA. 92037 is hereby registered by the folllowing owner(s): YOGURT BABY WEST, INC. This business is being conducted by: A CORPORATION The transaction of business began on: 08/28/08 The statement was filed with David L. Butler, County Clerk of San Diego County on: MAR 05, 2009 Issue Dates:APR 02, 09, 16 AND 23, 2009

#### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2009-011262 THE NAME(S) OF BUSINESS: SMOKIN ACES HOOKUH LOUNGE

located at: 416 UNIVERSITY AVE. SAN DIEGO, CA. 92103 is hereby registered by the folllowing owner(s): SAIF AL-QURANI This business is being conducted by: AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with David L. Butler, County Clerk of San Diego County on: APR 15, 2009 Issue Dates:APR 23, 30 MAY 07 AND 14, 2009

### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2009-010722 THE NAME(S) OF BUSINESS:

LEASE SAN DIEGO
located at: 4802 MONONGAHELA ST. SAN DIEGO, CA. 92117 is hereby registered by the following owner(s): LEASE SAN DIEGO LLC. This business is being conducted by: A LIMITED LIABILITY COMPANY LEASE SAN DIEGO LLC. 4802 MONONGAHELA ST. SAN DIEGO, CA. 92117 CALIFORNIA The transaction of business began on: 01/11/09 The statement was filed with David L. Butler, County Clerk of San Diego County on: APR 09, 2009 Issue Dates:APR 23, 30 MAY 07

#### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2009-011054 THE NAME(S) OF BUSINESS:

**ÁXR** located at: 824 NANTASKET CT. SAN DIEGO, CA. 92109 is hereby registered by the foll-lowing owner(s): ALEXANDRE COUCEIRO RIBEIRO This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 04/01/09 The statement was filed with David L. Butler, County Clerk of San Diego County on: APR 13, 2009 Issue Dates: APR 23, 30 MAY 07 AND 14, 2009

#### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2009-008650

THE NAME(S) OF BUSINESS: TOMMY'S TV, COLOR-RITE TV SERVICE located at: 5519 CLAIREMONT MESA BLVD. #274 SAN DIEGO, CA. 92117 is hereby registered by the following owner(s): JOSEPH KAFKA This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 03/01/76 The statement was filed with David L. Butler, County Clerk of San Diego County on: MAR 23, 2009 Issue Dates: APR 23, 30 MAY 07 AND 14, 2009

#### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2009-009327 THE NAME(S) OF BUSINESS: HOT CHEF INVESTMENTS

located at: 6985 BRUCE CT. LA MESA, CA.. 91941 is hereby registered by the folllowing owner(s): TODD BERNAT This folllowing owner(s): TODD BERNAT business is being conducted by: AN INDI-VIDUAL The transaction of business began on: 03/27/09 The statement was filed with David L. Butler, County Clerk of San Diego County on: MAR 27, 2009 Issue Dates: APR 09, 16, 23, AND 30, 2009

#### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2009-009324 THE NAME(S) OF BUSINESS:

THOMAS F. WHEELER D.B.A.
located at: 121 N. RAMONA ST. #32 RAMONA, CA. 91941 is hereby registered by the following owner(s): THOMAS F. WHEELER This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 03/27/09 The statement was filed with David L. Butler, County Clerk of San Diego County on: MAR 27, 2009 of San Diego County on: MAR 27, 2009 Issue Dates: APR 09, 16, 23, AND 30, 2009

#### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2009-009331 THE NAME(S) OF BUSINESS: VEGA PROPERTIES

located at: 2556 MILLER AVE. ESCONDIDO, CA., 92029 is hereby registered by the following owner(s): CARLOS VEGA This business is being conducted by: AN INDI-VIDUAL The transaction of business began on: 03/30/09 The statement was filed with

#### **LEGAL ADS 700**

David L. Butler, County Clerk of San Diego County on: MAR 27, 2009 Issue Dates: APR 09, 16, 23, AND 30, 2009

#### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2009-009329 THE NAME(S) OF BUSINESS: JAMIE D. HICKSON DBA

located at: 413 SYCAMORE RD #2 SAN YSIDRO, CA. 92173 is hereby registered by the following owner(s): JAMIE D. HICK-SON This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 03/31/09 The statement was filed with David L. Butler, County Clerk of San Diego County on: MAR 27, 2009 Issue Dates: APR 09,16, 23, AND 30, 2009

#### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2009-009323 THE NAME(S) OF BUSINESS:

HUSKINS ASSIST WITH RENT OR SALE located at: 3167 SWEETWATERSPRINGS BLVD. #260 SPRING VALLEY, CA.. 91978 is hereby registered by the folllowing owner(s): KYLE HUSKIN This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 03/27/09
The statement was filed with David L. Butler, County Clerk of San Diego County on: MAR 27, 2009 Issue Dates: APR 09, 16, 23, AND 30, 2009

#### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2009-009200 THE NAME(S) OF BUSINESS:

SWIM TIME located at: 1012 LAW ST SAN DIEGO, CA.. 92109 is hereby registered by the following owner(s): JENNIFER N. CALLAN This iness is being conducted by: AN INDI-VIDUAL The transaction of business began on: 03/24/09 The statement was filed with David L. Butler, County Clerk of San Diego County on: MAR 26, 2009 Issue Dates: APR 16, 23, 30 AND MAY 07, 2009

NOTICE OF APPLICATION TO SELL ALCO-HOLIC BEVERAGES
DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL

1350 Front St., Room 5056 San Diego, CA. 92101 (619) 525-4064 Filing Date: APR 02, 2008 To Whom It May Concern: The Name(s) of the Applicant(s) is/are: C & G MEZZETTI INC.

The applicant listed above is applying to the

Department of Alcoholic Beverage Control to sell alcoholic beverage at: 1932-1940 BALBOA AVE SAN DIEGO, CA. 92109-4502 Type of license(s) applied for: 41-0N-SALE BEER AND WINE-EATING PLACE ISSUE DATE(S): APR 09, 16 AND 23, 2009

#### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2009-009820 THE NAME(S) OF BUSINESS:

COPY CAT, COPY CAT DIGITAL PRINTING located at: 7949 SILVERTON AVE. SAN DIEGO, CA. 92126 is hereby registered by the following owner(s): SAM NEJADSON This business is being conducted by: AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with David L. Butler. County Clerk of San Diego County on: MAR 26, 2009 Issue Dates: APR 16, 23, 30 AND MAY 07, 2009

#### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2009-010346 THE NAME(S) OF BUSINESS: CAMP BOOGIE

located at: 4868 SANTA CRUZ AVE. SAN DIEGO, CA. 92107 is hereby registered by the following owner(s): BRIAN LOZOSKIE This business is being conducted by: AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with David L. Butler, County Clerk of San Diego County on: APR 07 2009 Issue Dates: APR 16, 23, 30 AND

#### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2009-008407 THE NAME(S) OF BUSINESS: SAN DIEGO PREMIER D. J.

located at: 1101 SAPPHIRE ST. SAN DIEGO. CA.. 92109 is hereby registered by the folllowing owner(s): ANDREW NEWMAN This s is being conducted by: AN INDI VIDUAL The transaction of business began on: 03/19/09 The statement was filed with David L. Butler, County Clerk of San Diego County on: MAR 19, 2009 Issue Dates: APR 16, 23, 30 AND MAY 07, 2009

FICTITIOUS BUSINESS NAME STATEMENT

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#### **LEGAL ADS 700**

FILE NO. 2009-009667 THE NAME(S) OF BUSINESS: CITIZENS ADVOCATING SAFE AVIATION

located at: 4566 MURPHY AVE. SAN DIEGO, CA.. 92122 is hereby registered by the following owner(s): STEPHANIE JED, RON BELANGER This business is being conducted by: AN UNINCORPORATED ASSOCIATION OTHER THAN A PARTNERSHIP The transaction of business began on: 03/01/09 The statement was filed with David L. Butler, County Clerk of San Diego County on: APR 01, 2009 Issue Dates: APR 16, 23, 30 AND MAY 07, 2009

#### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2009-009366 THE NAME(S) OF BUSINESS:

TAKE PRIDE ADVENTURE LEARNING located at: 1214 ARCHER ST. SAN DIEGO. CA. 92109 is hereby registered by the following owner(s): GENERATION NEXT EDUCATION INC This business is being conducted by: A CORPORATION GENERATION NEXT EDUCATION INC. 1214 ARCHER ST. SAN DIEGO, CA. 92109 CALIFORNIA The transaction of business began on: 03/01/09 The statement was filed with David L. Butler, County Clerk of San Diego County on: MAR 27, 2009 Issue Dates: APR 16, 23, 30 AND MAY 07, 2009

#### **LEGAL ADS 700**

PETITION FOR CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO CIVIL DIVISION 330 W. BROADWAY SAN DIEGO, CA. 92112-0128 CASE NO:

37-2009-00086947-CU-PT-CTL PETITIONER OR ATTORNEY, SUEEN BUCK 2510 TORREY PINES RD. #320 LA JOLLA CA. 92037 619-274-6508 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM SUEEN PAULETTE BUCK TO SUEEN-PAULETTE AVILES MOSTACERO THE COURT ORDERS THAT all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. NOTICE OF HEARING TO BE HELD ON MAY 21, 2009 AT 8:30 AM, DEPT D-25 220 W. BROADWAY

SAN DIEGO, CA. 92101 ISSUE DATES: APR 16, 23, 30 AND MAY 07,

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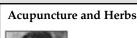
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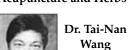
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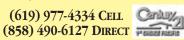
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Sun 1-3pm Sun 1-4pm Arlene Sacks • 858-922-3900 Jeff Baker • 858-459-4033 The Reed Team • 858-456-1240 Lisa Colgate • 858-752-3566

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Sat 11am-4pm 3345 Lucinda St. 3BR/3BA Sat 11am-4pm 821 Armada Terrace 4BR/3BA \$2,475,000 4475 Niagara Ave. Sun 1-4pm 4BR/3BA \$1,289,000 4985 Coronado Ave. #4 2BR/3BA \$749,000 Sun 1-4pm 3725 Southernwood Way 4BR/3BA \$1,250,000 821 Armada Terrace \$2,475,000 Sun 11am-4pm 4BR/3BA Sun 1-4pm \$1,895,000-\$1,995,000 3639 Charles St. 6BR/5BA

SOLANA BEACH 3BR/2BA 257 La Barranca

SORRENTO VALLEY 6551 Windward Ridge Wav4BR/3BA

Sun 1-4pm

CORONADO

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\$584,900 \$4,000,000

\$947.500

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Filly Gaines • 858-699-6556

Fabian Gonzalez • 619-813-1111

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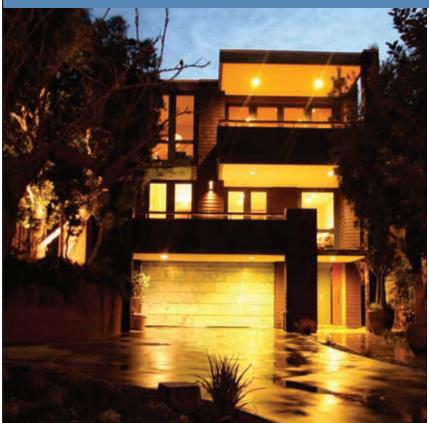
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