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'Nothing is forever'



Sea birds perch atop Bird Rock before its collapse in December.

DON BALCH | Village News

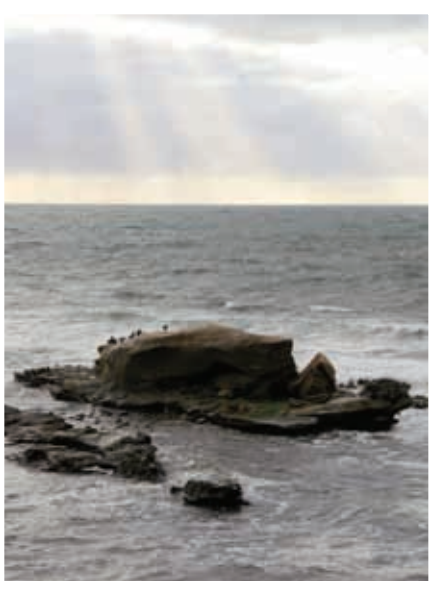
Bird Rock not the first of iconic rocks to crumble

By KENDRA HARTMANN | VILLAGE NEWS

With the collapse of its famous namesake on Dec. 21, the Bird Rock community is left without a physical icon. This incident, however, is only the

latest in a long history of collapsing and eroding rock formations, guaranteeing that the view of the coastline is a fleeting one.

SEE BIRD ROCK, Page 5



Above: On the stormy day of Dec. 29, Bird Rock displays its unfortunate new look.

DON BALCH | Village News

Right: Cathedral Rock was popular among locals until it collapsed in 1906.

Photo courtesy of La Jolla Historical Society



La Jolla swimmers plunge into 2011

By KENDRA HARTMANN | VILLAGE NEWS

Veteran swimmers and amateur beachgoers rang in the new year with a splash on Jan. 1, with about 250 people braving the cold waters at La Jolla Shores for the annual Polar Bear Swim.

Hosted by the La Jolla Cove Swim Club, the event went off without a hitch, said swim club member Bob West.

"It was a great success," he said. "We had a great turnout, a record turnout."

Polar Bear Plunges have been popular around the world for decades. One of the earliest documented accounts tells of Milwaukee resident Gustav Marx and his friends jumping into Lake Michigan on Dec. 31, 1916. The young men started a Polar Bear Club for their yearly off-season swims that is still active today. Other clubs exist in Toronto, New York and even Antarctica, where a team of scientists takes the plunge into the icy waters a few times a year, though they some-

SEE SWIM, Page 6



Right: Polar Bear swim event participants take to 56-degree water on a 45-degree New Year's Day morning at La Jolla Shores. **Left:** Emblazoned with 2011 on their chests, Polar Bear Swim celebrants brave the elements on Jan. 1.

DON BALCH | Village News



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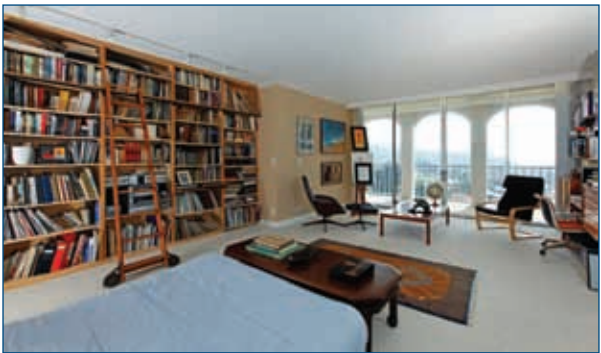
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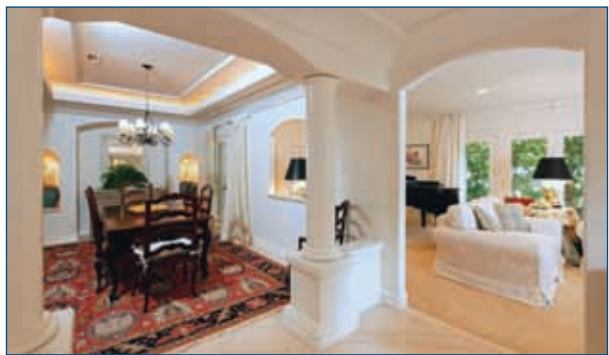
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State sets new laws into motion

Breaks for property-sellers and stalls in divorces among new items on the books

By **SEBASTIAN RUIZ** | VILLAGE NEWS

Hundreds of new California laws effectively went on the books Jan. 1, targeting items from loss-driven property sales and property fix-it breaks to delayed divorce proceedings and stricter policing on Internet cyberbullying. A law affecting the real estate industry will have a particularly wide-ranging impact.

In certain cases, if a borrower — with the consent of a lender — sells a property for less than the remaining debt on the loan, the lender must accept the sale as full payment.

However, according to real estate lawyer and consultant Herman Thompson, “the bar is still on the hook” since the forgiven debt — that is, money the borrower would have had to pay — could be considered income.

“It’s taxable income but they can

get it excused if they file for bankruptcy or they can prove they were financially insolvent at the time of the foreclosure,” Thompson said.

Thompson said some homeowners who find themselves in the middle of a bad situation might be better off to just walk away.

“Yeah, your credit is going to go bad, but you can make it good again in about three to five years and you save,” Thompson said.

Hundreds of provisions affecting the mortgage industry have come into play partly because of the housing crisis that started in 2008 — a meltdown situation that brought a flood of foreclosures in recent years. The housing crisis is yet to even out despite a slowly recovering market.

Thompson said he expects even more foreclosures in coming years because some mortgage payments are set to balloon in 2012.

The good news is that San Diego is just about No. 1 in the country in terms of recovery, according to Patrick Park, president and CEO of Prudential Dunn Realtors in Pacific Beach.

“I think the people working for the Internal Revenue Service are going to be really busy for the next few years,” Park said.

Another significant change in California law pertains to divorce proceedings — legal changes which are expected to delay the process and likely increase costs, according to several family-law experts.

The new law requires oral testimony in court — something previously dealt with primarily through written declarations of divorce-seeking couples. Experts said the extra steps could increase the cost to the parties involved because of additional work required by attorneys.

A few other notable new laws or changes to existing laws took effect Jan. 1:

Truancy: Parents of students who miss too much school and, by default, violate truancy laws could be held criminally liable.

Property: Local governments must now give owners of vacant, foreclosed properties a chance to fix possible maintenance violations before imposing a fine or penalty — except in health emergencies.

Cyberbullying: It will now be a misdemeanor to impersonate another person on the Internet with the intent to harm the victim.

Child sex abuse: A new law allows for quicker identification of sex offenders in child-abduction cases; investigators must provide a list of sex offenders in a given area within two hours of a reported abduction.

Drug possession: Possessing less than 28.5 grams of marijuana will now be an infraction instead of a misdemeanor.

Medical marijuana: Collective dispensaries cannot be located within 600 feet of a school.

To view the full 55-page list of new California laws, visit the state’s web-site at www.leginfo.ca.gov/



As of Jan. 1, local governments must now give owners of vacant, foreclosed properties a chance to fix possible maintenance violations before imposing a fine or penalty.



Possessing less than 28.5 grams of marijuana will now be an infraction instead of a misdemeanor and collective dispensaries cannot be located within 600 feet of a school.

“27 Tips for short selling your home and avoiding foreclosure”

SAN DIEGO, If you’ve tried to sell your home yourself, you know that the minute you put the “For Sale by Owner” sign up, the phone will start to ring off the hook. Unfortunately, most calls aren’t from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

After all, with the proper information, selling a home isn’t easy. Perhaps, you’ve had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don’t give up until you’ve read a new report entitled “Sell Your Own Home” which has

been prepared especially for home sellers like you. You’ll find that selling your home by yourself is entirely possible once you understand the process.

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OBITUARY

La Jollan taught at Point Loma High, published work in the *New York Times*

Carol-Faith Murray Hill

Nov 22, 1928 – Dec 24, 2010



Carol-Faith Murray Hill's seaside burial will be held in mid-January

Carol-Faith Murray Hill, 82, passed away Christmas Eve at Sunrise Assisted Living facility in La Jolla. Carol succumbed to the challenges of a stroke in 2005.

Carol led a full and extraordinary life that began in New Jersey, and she lived in the Barber track area of La Jolla for more than 60 years. Carol was offered a full scholarship to MIT in physics, but she turned it down to pursue her degree at Antioch College in Dayton, Ohio. She was a retired teacher and taught English at Point Loma High School.

She was an avid traveler and circumnavigated the globe twice. She was a wordsmith and wrote crossword puzzles in her free time and published in the *New York Times*. Carol was a member of the La Jolla Garden club and supported the arts, local museums and the zoo.

Carol was preceded in death by her first husband, Arthur B. Murray, and her second husband, Nellis E. Hill; her sister, Judith P. Hickmon; her nephew, James R. Hickmon Jr.; and a twin niece, Rachel Hickmon. Carol is survived by her other twin niece, Robin Hickmon-Carroll of Sebastian, Fla.

A private service and burial at sea will be held in mid-January. In lieu of flowers, Carol would like you to patronize the arts.



Betty Knight Scripps and La Jolla native Cliff Robertson, a two-time Academy Award winning actor, dance at the Dec. 4 Candlelight Ball.

Courtesy photo

Having a ball

Organizers have announced the Dec. 4 Candlelight Ball raised \$2 million to benefit Scripps Memorial Hospital in La Jolla.

Betty Knight Scripps, a philanthropist and well-known newspaper heiress, founded the hospital in 1924 and served as general chairman of the prestigious black-tie event.

Often called "the first lady of philanthropy,"

Scripps was recognized with a toast by U.S. Congressman John Shadegg (R-Ariz.) and also honored with music sung by the San Diego Master Chorale and a performance by the Marine Corps Recruit Depot San Diego color-guard.

Cliff Robertson, a two-time Academy Award-winning actor, was the guest of honor at the event.

— Staff report

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BIRD ROCK

CONTINUED FROM Page 5

Philomène Offen, curator of the Bird Rock History Museum at Bird Rock Coffee Roasters, discovered a dramatically changing coastline in old photos when she began documenting the history of the community a year ago.

“Obviously, the coastline is always changing,” Offen wrote in an e-mail. “When I was doing my Bird Rock history project in 2009, I noticed a number of other rocks — not as big as Bird Rock, but substantial nonetheless — that appeared in 1920s-era photos but are now long gone.”

Carol Olten, historian for the La Jolla Historical Society, said historical images of La Jolla’s coastline bear witness to the shifting geology. Going as far back as the early 1900s, the historical society’s collection documents the various and inevitable disappearances of rocky landmarks. The earliest shows “Cathedral Rock,” a sandstone La Jolla arch that eroded and collapsed into a pile of rocks in 1906. Eventually, even the fragments of the once-popular formation disappeared.

Another example is the “alligator head” formation at La Jolla Cove, which featured an arch that formed the “body” of the beast, which people could walk over to reach the snout. A storm in the late 1970s caused the arch to collapse, severing the head from its body and forever disfiguring the rocky reptile.

Though what is seen when looking out at the shoreline will inevitably change over time, La Jolla is unique in that those changes take place more slowly than almost anywhere else along the California coast.

According to Mike Hart, a private geological consultant, two formations create La Jolla’s coastline: the Cabrillo Formation and the Point Loma Formation. The exposed sea cliffs created by these formations are made up of hard, well-cemented sandstone interbedded with clay shale, which Hart said makes them highly resistant to erosion. Furthermore, the cliffs and rock formations in La Jolla are some of the oldest rocks on the coast, dating back to the Cretaceous Period, more than 65 million years



A view through Bird Rock at low tide before its collapse reveals the shoreline.

DON BALCH | Village News

ago. The older the rock, the harder and more resistant it is to erosion, which is why the relatively young rock on Mount Soledad makes the region so much more susceptible to landslides, Hart said.

“You walk down to the beach and you look at [the rock] and you think, ‘How can that stuff erode?’” said Hart. “It’s a calcium carbonate, and it’s not highly soluble. It cements the grains together, but eventually, of course, it will give way to constant abrasion.”

Erosion occurs as a result of waves getting into fractures in the rock, undermining areas of the structure. Eventually, the weight is too much to support and parts of the rock will crumble. Hart said geologists call a case like the one in Bird Rock “episodic.”

“You can go for a hundred years and not notice a difference in the formation,” he said. “But suddenly a cave will reach its critical point. It will reach its maximum ability to overarch an area and it collapses.”

That is what happened to Bird Rock’s beloved landmark. For a few years, the size of the hole in the arch had been getting bigger and bigger, and some residents were not surprised by the eventual collapse.

Don Schmidt, a member of the La Jolla Historical Society and 15-year resident of Bird Rock, predict-

ed that the rock would crumble soon.

“It was getting thinner and thinner, and it was just a matter of time,” Schmidt said. “But when I found out this rock was 70 million years old, I thought, ‘What are the chances in my short little lifetime that I would see something like that happen?’”

Schmidt, who says he named his dog after the rock because of their similar shapes, believes the legacy of the rock will live on in the stories passed down to future generations.

“I think it will be part of the Bird Rock lore for years,” he said. “Years from now, people will tell about the day ‘Bird Rock’ broke. Perhaps people will think about it on a personal level, that nothing is forever, even a solid rock like that. I think it will enrich the community on some level.”

Though it may be the tragic end of an era for members of the Bird Rock community, the rate of change along the coastline is something to be grateful for, Hart said.

“If we had the rock along the coast that Mount Soledad has, we’d see a lot faster erosion, Hart said. “We’re fortunate we have some of the hardest sedimentary rock in California along our coastline.”

But for now, as Offen said, the birds will have to find another rock.

La Jolla real estate agent faces sentencing

A La Jolla real estate agent faces sentencing Jan. 25 after pleading guilty to eight misdemeanor counts of inflicting corporal injuries to eight children she scratched while holding them.

Officials said Lisa Marie Hench, 45, could get up to a year in jail and it is likely she will be placed on probation and be ordered to provide community service work. She remains free on \$75,000 bond.

The parents of the children said skin was pulled off in certain areas, such as toes, that caused bleeding. When the child started to cry, Hench would give the baby back to the parents. The parents told officials they discovered scratches or torn skin underneath the childrens’ clothing. The children’s ages ranged from 3 to 19 months.

The case is still a head scratcher, as there appears to be no motive. Deputy District Attorney Patrick Ojeil said all the incidents happened in public after Hench asked to hold the children. She knew some of the victims’ parents and approached them at schools, work, a fast-food restaurant or the YMCA, Ojeil said.

Hench has three children herself, and is a member of real estate boards in La Jolla and Pacific Beach, according to her website. A message was left with her attorney, but he did not return the phone call.

San Diego Superior Court Judge Michael Smyth took her guilty pleas after the prosecutor reduced the charges from felony counts to misdemeanors. They were originally filed as felony counts on Jan. 14.

— By Neal Putnam

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The dolls of La Jolla

Reflections

Reflections

By Carol Olten

At a merry theatrical season in Paris in the late 1800s, the well-known British actress Ellen Terry presented her friend and sometimes thespian assistant Anna Held with a doll whose travels and adventures became legend. The doll, given to Held because she voiced concern about missing the children to whom she had once served as nanny, was named “Miss Olive Mishap.”

During her life with Held, Miss Olive would have many adventures. They included road tours with famous entertainers of the late 19th century, as well as mischievous conduct and entertaining encounters Held imagined the doll having in La Jolla’s Green Dragon Colony when she came here to live in the mid-1890s.

Miss Olive — who often wore a long blonde wig made from combings from Terry’s own hair and had fancy outfits made from various Shakespearean actors’ cloaks — became the star doll

Ms. Held’s famous collection displayed and played with by numerous children at the Green Dragon Colony throughout her life in La Jolla from the 1890s through the late 1930s. She attended many tea parties with other dolls Held made and collected. The collection at one time included more than 200 dolls ranging from handmade rag dolls to highly-valued collectors’ items such as a Kathe Cruse doll, which Held admitted to paying an unheard-of price of \$35. In an interview for Eileen Jackson’s “Tete-a-Tete” column in the *San Diego Union* of 1936, the pioneering Green Dragon founder said: “I have always said that I wanted two things very much before I died: a Cruse doll and a Steinway piano.”

Held, a spirited German woman who was born in Berlin in 1849 and died in England in 1941 just before the Blitz (World War II had prevented her from returning to her homeland), endeared herself in the early La Jolla community, not



Anna Held, former assistant to actress Ellen Terry, was well-known in La Jolla during the 1800s for her doll collection, as well as the founding of Green Dragon. Courtesy photo

only for a doll collection but, moreover, for the dozen unique cottages she built on the hillside near Goldfish Point. The cottages were visited by artists, musicians, poets, scholars and thespians from around the

world. Much was added to the cultural life of La Jolla during this time. Held, who married musician Max Heinrich, came to embody the spirit of Green Dragon and in later years was endearingly referred to as

“Tante” Heinrich.

Almost all of Held’s La Jolla dolls were given away before she left La Jolla. But she continued to create more living in Oxford a few months before her death in December 1941. At age 90, she wrote to a friend: “I still can knit, and I have begun dressing dolls for next Christmas to give to the minister ... He was delighted with them last year and told his congregation that an old lady, 90 years old, who came from California, dressed them so beautifully.”

And what became of Miss Olive Mishap? Held sent the doll at some unknown point in time to a Mrs. Coonley Ward in Chicago for a visit. When Ward died, Olive disappeared and was still reported missing many years later in a *La Jolla Journal* column in 1963. She surfaced after a call to the writer of the column from Mrs. William Leroy Garth, saying she had Miss Olive stowed away. Miss Olive had somehow come into the possession of Mrs. Ernest Strout, a niece of Wheeler Bailey, who was a good friend of the Heinrichs. Her daughter, Virginia Strout, gave the doll to Harle Garth, the recently deceased philanthropist Harle Garth Montgomery who, according to a column report of 1964, had packed her carefully away in a cedar chest.

But, perhaps, the columnist reported wrongly or serendipity entered into the historical picture somewhere along in the past five decades. An inquiry to Garth Montgomery’s estate indicated that Miss Olive was nowhere to be found. She’s still having mishaps, no doubt!

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SWIM

CONTINUED FROM Page 6

times have to drill a hole in the ice to get to the water below.

La Jolla Shores may not be teeming with ice floes, but the water was plenty chilly for most.

Swimmers, some in wetsuits, others not, charged into the 56-degree water around 10 a.m. Many splashed about in the frigid water while the more serious “polar bears” participated in a roughly 2-mile swim. Afterward, chili and other comfort foods were served to warm up the crowd.

“We had a great time,” said West. “A bunch of people just showed up to have fun.”

Local photographer focuses on happiness

By KENDRA HARTMANN | VILLAGE NEWS

Ten years ago, La Jolla resident Michael Spengler was a well-paid sales and marketing executive for a high-tech firm. He worked long hours, traveled often and wasn't very fulfilled. But when the Sept. 11 attacks hit while he was sitting on a tarmac waiting to take off for a business trip to New York, he decided to make some major changes in his life.

According to his wife, Jennifer Spengler, Michael had always had a passion for photography, and had dreamed of making a living doing what he loved. The tragedy of 9/11, she said, "served as the catalyst we needed to follow our dream."

Following that dream involved the Spenglers leaving behind Michael's old job and selling their luxury cars and house in the La Jolla hills to purchase a photography studio that needed some major upgrades.

After struggling to build up the business in an economic climate where superfluous purchases were the first to go, the Spenglers now own a thriving

studio in the heart of Bird Rock, where Michael runs two distinctly different photography businesses under one roof. Studio M La Jolla offers portraits of babies, children and teens, while Michael Spengler Photography focuses on commercial photography for resorts and tech companies worldwide.

Today, the Spenglers have a hard time keeping up with the amount of business coming in. Michael Spengler photographs more than 700 high school senior portraits and just finished a busy holiday portrait season, in addition to his commercial photography ventures. And, Jennifer Spengler said, the family has been able to move back into the hills of La Jolla and enjoys more down time together.

"We're also able to actively participate in our girls' schools and the community through our services and donations," she wrote in an e-mail, "which has opened us up to a whole new world of people and places beyond the boundaries of our old, more traditional, less creative and far more 'rat-race' lifestyle."



Michael Spengler runs two distinctly different photography businesses under one roof in Bird Rock.

Photo courtesy of Michael Spengler

La Jolla business owners to discuss new corporation

By KENDRA HARTMANN | VILLAGE NEWS

Business owners from within the La Jolla Business Improvement District (LJBID) will meet at a business forum on Jan. 10 to present and discuss ideas for a new not-for-profit business betterment corporation.

Three working groups will make

presentations at the forum, after which members of the business community will have the chance to comment on the presentations.

Representatives from each working group will also be selected to attend a pre-forum meeting to organize their presentations. The pre-forum meeting, which is open to the public, will be held

at Hennessey's at 7811 Herschel Ave. at 8:30 a.m. today, Jan. 6.

A board of directors for the new corporation will also be selected in January. Members of the district who have paid for individual LJBID assessments, which make up the LJBID fund, can elect themselves or someone else. Nominations must be received by 5 p.m. on Tuesday, Jan. 18.



Mixing and mingling

Chedi Thai Bistro hosts networking event

WHAT: La Jolla & Golden Triangle Chamber of Commerce's "Business After Five" mixer

WHERE: 737 Pearl Street #110

WHEN: Wednesday, Jan. 12, at 5:30 p.m.

The La Jolla & Golden Triangle Chamber of Commerce is holding its first mixer of the year on Wednesday, Jan. 12.

George Schmall, the chamber's board chairman, is happy to introduce the chamber's new website, which will include a community directory, as well as a restaurant and hotel guide.

New faces, especially those interested in becoming a member or having a business listed on the chamber's website, are welcomed to the event, which will feature hors d'oeuvre and beverages. Interested parties can also contact membership@LJGTCC.com.

To have a charity, service group

or youth group listed in the directory, one does not have to be a member and can contact webmaster@LJGTCC.com.

Schmall, who has been a member of the chamber board for more than 15 years, said the group also got a new name last year. Formerly the Golden Triangle Chamber of Commerce, the group added "La Jolla" to its name, as about half of active members and participating businesses were from the Village area, Schmall said, adding that he hopes to see the group become "the La Jolla/Golden Triangle area's premier business networking organization."

— Claire Harlin

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VILLAGEview

Something monumental?

A testament of Bird Rock's recently collapsed geologic namesake, something as familiar as a rock can define and add character to a community.

And as Kendra Hartmann revealed in this week's Page 1 story, "Nothing is forever," La Jolla's coastline is continuously evolving, each day losing something it once had. In the past century, local historians have noted, La Jolla has parted with several one-of-a-kind rocky landmarks. That's just part of nature's course.

But La Jolla, being both artistically inclined and geologically unique, doesn't have to say "good-bye" to formations such as "Bird Rock," "Cathedral Rock" and "Alligator Head" forever.

La Jolla is full of artistic gems, and there are even a number of public art projects in the works around La Jolla, including about a dozen murals by the La Jolla Community Foundation. Adding a series of monuments or sculptures — the most enduring of art forms — to the community's constant agenda would be a noble idea. If not to let La Jolla's unique geologic features live on through art, such a project sure would provide nice photo ops.

— **Claire Harlin, editor**

Writers' resolves

As we start off a new year and new decade, a few longtime and dedicated *La Jolla Village News* writers share the changes, if any, they want to make in 2011:

“Keeping in mind the advice of E.M. Knowles, who wrote, ‘He who breaks a resolution is a weakling; he who makes one is a fool,’ I resolved some years ago to not be burdened with New Year's resolutions. It's the one resolution that has kept me from feeling weak or foolish.”

— **Vincent Andrunas, writer of the weekly “Starry, Starry Nights” society column**

“My New Year's foolproof resolution: ‘I will not improve this year.’ It works well, I never feel I am a failure.”

— **Natasha Josefowitz, columnist**

“New Year's resolutions? Don't make them. I'm old enough to know that by February they'll be forgotten. It is always resolved to forgive my body for growing old and to thank it for carrying me thus far. I strive also to remember that to err is human. That judgment is God's business, not mine; that others do their best, just as I; and that we are to love others as ourselves.”

— **Charlene Baldrige, theater writer**

“I'm making a resolution that I might be able to follow through on this year ... to floss more.”

— **Kendra Hartmann, reporter**

“Borrowin from Dear Abby, who wrote, ‘The most unwelcome advice in the world is that which is unasked for,’ I'm going to quit giving advice to my adult children in 2011. How many days 'til 2012???”

— **Sandy Lippe, writer of the column “View from 52”**

“I resolve to finally get started writing a book I've been mulling over for several years.”

— **Judith Lea Garfield, writer of the column, “Tidelines”**

OPINION

Change comes in four steps



Doing it Better

Natasha Josefowitz, Ph.D.

With the new year upon us, most of us have resolved to improve, change or just do something differently. It might be to exercise more, eat less, kick the caffeine habit, stop smoking, take a class, learn a new language, play a musical instrument, practice more, read more, yell less, call parents more often, get less upset, take time for oneself, become less sensitive or more sensitive. The list could go on for pages. So how do we change? What are the necessary steps to achieve our goals?

Change has four steps:

1. Awareness of the need to change
2. Preparation for the change
3. Changing the behavior
4. Maintaining the change

1. Awareness of the need to change can come from reading a journal or an article about the consequences of continuing the dysfunctional behavior. It can come from pressure from family or friends; it can occur to us by witnessing someone else's behavior, it can be triggered by boredom, overwork, anything that makes us dissatisfied with the status quo. The impetus to change comes from this dissatisfaction. Unfortunately, we can get stuck in this first step, waiting for the right moment to change. Awareness without action can be painful, because we feel guilty about not moving on to the next step: preparation.

2. Preparation for the change depends on your goal. Is there a dysfunctional behavior that needs to be stopped? Is there a new skill that needs to be learned? What I have found helpful at this stage is the following formula:

- a. What do I need to do less of?
- b. What do I need to do more of?
- c. What do I need to stop completely?
- d. What do I need to start immediately?

In this stage, we decide on a time frame. It can be tomorrow, next week, or next month, but a date has to be set. What also helps is to tell others about one's intentions so you will elicit their support or incur their disapproval if you procrastinate.

3. Changing the behavior is the action step. The change can be a reward in itself, such as learning to play the piano or becoming proficient on the computer. If the change is something we must give up for health considerations, such as eating fatty foods, then we must find strategies to compensate and reward ourselves. Compensation might be having a favorite fruit, all cut up and waiting in the fridge; a reward might be a gift to oneself for succeeding.

Changing anything is either adding on to or taking away from. Change can encompass loss — loss of the former behavior — and loss is painful. People often prefer the familiar dysfunction than the risk of the unfamiliar. How often do we see couples in a bad marriage or someone in a bad job unwilling to risk the move out of it? Fear of the unknown is what keeps people from changing.

4. Maintaining the change is the most difficult part. Maintenance may need to last from some months to a lifetime. The pitfalls of maintaining the

change are daily temptations such as “I'm too busy to,” “Just this once” or “I'll do it tomorrow.” Overconfidence, i.e., “This isn't going to be hard,” can also be a pitfall because people may not get needed help. And feeling guilty for lapses can bring on feelings of failure and a desire to give up.

I'm forever trying to maintain better eating habits. Instead, I relapse into chocolate, saying, “Just this once.” But I lie to myself. It is pure self-indulgence with the consequent guilt. The only thing that helps me is not having any chocolate in the house.

With time, maintaining the change will become easier and eventually it will be an automatic behavior, which does not require constant attention.

What families can do to help the person undergoing change is to not push. People are often impatient to see action. Anxiety is aroused by the fear of failure. Success, but success comes from experience, and experience comes from failure.

Tomorrow I Will Change

Tomorrow I will change
turn a new leaf
become this new person

I will exercise before breakfast
not eat cookies between meals
not fret over trivialities
not run about
getting upset
that I'm not getting
everything done

Tomorrow I will change

I say this every day

COMMENTARY

Social network developer weighs in on politicians' New Year's resolutions

By **BILL REGAN**

With all eyes on the new Congress and a deflated Obama administration, we've listed a select group of elected officials who either rode or survived the wave in November. We will be watching to see if their votes in 2011 match their campaign rhetoric from last year.

Heath Shuler (D-NC)

Shuler is one of the few blue dogs who survived reelection. He ran away from Pelosi during his campaign and challenged her for the minority leader position.

“We have to be more of a centrist caucus,” he told the Associated Press.

“We can't just have a platform that's to the left.”

Shuler voted against the health care reform bill, saying “This bill fails to address the way that we provide health care in this country; it merely adds more people to a broken, inefficient, and wasteful system.”

Shuler has yet to sign onto any pledge for its repeal.

Hal Rogers (R-KY)

Called the “Prince of Pork,” Rogers will now chair the House Appropriations Committee. In the past two years, Rogers requested \$246 million in earmarks, including money for the Cheetah Conservation Fund in Africa (his daughter

works for the nonprofit organization).

Rogers has now pledged “No more earmarks. I'll be the enforcer of the moratorium.”

President Barack Obama

Although Obama was not up for reelection last November, he conceded his party took a “shellacking.” A large part of the backlash against Washington was out of control spending.

During a presidential debate in 2008, Obama said “We need earmark reform. And when I'm president, I will go line by line to make sure that we are not spending money unwisely.” The very first spending bill Obama signed contained 9,000 earmarks. More than 9,400 ear-

marks totaling \$15.9 billion were included in annual appropriation bills for fiscal year 2010.

Lisa Murkowski (R-AL)

Winner of a successful write-in campaign after being defeated in the Republican primary by Tea Party favorite Joe Miller, Murkowski told the AP that she would not be a “reliable vote” for the Obama administration. Murkowski voted for four of Obama's major items in the lame duck Congress: cloture for the DREAM Act (Development, Relief and Education for Alien Minors), repeal of “Don't Ask, Don't Tell,” the Bush tax cut compromise and the Strategic Arms Reduction Treaty (START).

John Boehner (R-OH)

The new Speaker of the House has promised to post every bill online for at least three days before a floor vote, televise House Rules Committee sessions and target spending cut measures each week. Boehner acknowledged a less-than-stellar record under a Republican watch: “I think Republicans learned their lesson. They understood that we were spending too much, government was growing too much.”

— **Brent Regan is the inventor and developer of “VoxVerus,” <http://voxverus.com/>, a social networking system designed to promote communication between voters and elected officials.**



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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.

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A day of dance

In honor of the new year, Susie Nguyen (aka "Salsa Susie") of Ooh La La Dance Company, located at 7877 Herschel Ave., is offering an entire day of dance and wellness. For \$15, guests can dance non-stop — salsa, bachata, Latin jazz and spins, cha cha cha, hip hop, burlesque, lifts and tricks, ballet, modern contemporary and pilates — and end the day with a 10-minute free session of deep-tissue massage.

The classes are open to all ages, with the first beginning at 1 p.m. and the last classes beginning at 5 p.m. Guests can come and go or stay the whole day, with classes starting every hour on the hour. Nguyen suggests arriving 15 minutes early for registration. A detailed schedule is available at www.oohlaladancecompany.com.

— Claire Harlin



THURSDAY, Jan. 6

• **La Jolla Community Planning Association meeting, 6 p.m.**, La Jolla Recreation Center, 615 Prospect St., (858) 456-7900, info@lajollacpa.org

FRIDAY, Jan. 7

• **"Concepts Realized: The Stuart Collection at 30," 6:30 p.m.**, The Athenaeum, 1008 Wall St., opening reception of exhibit featuring UCSD's Stuart Collection in honor of the university's 50th anniversary, (858) 454-5872, free

• **"Defragmentation: or, how to get rid of my memory voids," 6:30 p.m.**, The Athenaeum, 1008 Wall St., opening reception featuring mixed-media works by Tijuana-born artist Omar Pimienta, (858) 454-5872, free

SATURDAY, Jan. 8

• **New member information meeting, Osher Lifelong Learning Institute, 9:30 a.m.**, UCSD Extension, Rubinger Center, 9600 North Torrey Pines Road, information for new members interested in adult education for students over 50, (858) 534-3409, olli@ucsd.edu, free

• **The Children's School's Nelson Middle Years Program** open house of newly-renovated 14,000-square-foot facility, 10 a.m., 2225 Torrey Pines Lane

• **La Jolla Town Council Nell Carpenter Beautification/Streetscape Post-Storm Cleanup**, 9 a.m. to noon, sign in on Girard Avenue between Prospect and Wall Streets, supplies, refreshments and snacks provided, (619) 742-1373

SUNDAY, Jan. 9

• **Jazz concert featuring Endangered Speciez, 2 p.m.**, La Jolla Library, 7555 Draper Ave., concert by four-piece contemporary jazz ensemble, (858)

552-1657, free

• **"Real to Reel" lecture event with filmmaker Roberta Grossman, 7 p.m.**, David and Dorothea Garfield Theatre, 4126 Executive Drive, lecture presented by the San Diego Jewish Film Festival where Grossman will present her film, "Hava Nagila," (858) 362-1348, \$10 for members, \$12 non-members

• **UCSD campus guided architectural bus tour, 9 a.m.**, Ida and Cecil Green Faculty Club, 9500 Gilman Drive, (858) 534-4414, free with purchase of "The Campus Guide: University at California, San Diego"

• **"Turandot: The Operatic Designs of David Hockney," 3 p.m.**, Museum of Contemporary Art, 700 Prospect St., discussion of Hockney's designs for various operas, (858) 454-3541, free

MONDAY, Jan. 10

• **Terrance Rattigan's "Table Number Seven," 7:15 p.m.**, Riford Center, 6811 La Jolla Blvd., spontaneous reading of the one-act play with parts for eight women and three men, (858) 459-0831, free for members, \$5 non-members

• **Business Forum for La Jolla Business Improvement District, 4 p.m.**, La Jolla Recreation Center, 615 Prospect St., www.lajollabusinessesunite.org

• **Douglas Kennedy, "A Special Relationship," 7:30 p.m.**, Warwick's, 7812 Girard Ave., book release party for new novel, (858) 454-0347, free

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Italiano with Paola:

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Intermediate:

Tuesdays, 11 a.m.

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Textbooks required for both levels, (858) 459-0831



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A grand home, a silver bowl and a holiday wreath auction

Starry, starry nights



with Vincent Andrunas

There was more than just tea and crumpets to be enjoyed at December's 27th annual St. Germaine Silver Tea. Guests were also privileged to visit and tour one of La Jolla's most significant homes. In fact, the 5.88-acre bluff-top estate is the largest privately-owned oceanfront residential parcel in San Diego County. Situated on its own peninsula above Black's Beach, the house boasts 17,000 square feet of living space, sweeping expanses of imported limestone, loads of teak and brass, 18-foot-tall pine doors, a home theater (accessed by elevator), a pool, a spa, tennis and racquetball courts, servants' quarters, French and Italian fountains and an absolutely stunning views of sea and shore.

The homeowners, event hosts Bill and Michelle Lerach, have had the grounds impressively landscaped. Every plant is marked with an identifying nameplate, making identification of the property's botanical residents easy, immediate and sure. Amid the many mature pines and giant cypress are 30 varieties of palm trees; there are flowering fruit trees, roses and lilies among the population of perennials; and the numerous berry

gardens are both beautiful and fruitful.

St. Germaine's Children's Charity works to stop child abuse and improve the lives of abused and neglected children in San Diego. Since 1984, it has awarded over \$4.4 million in grants and in-kind gifts to the community. The Silver Tea is its big annual fundraising event, and chairladies Heather Ravenscroft and Shay Stephens had hoped to attract 400 attendees. Instead, the number of guests exceeded 500. How's that for success in a supposedly "down" economy?

To ease entry, there were two arrival times (1 and 2:30 p.m.), but everyone enjoyed plentiful tea, coffee, little sandwiches and sweets of all descriptions. Guests marveled at the impressive collection of African art displayed throughout the home and grounds. Mr. Lerach led a group on an impromptu art tour, highlighting several of the most significant pieces and revealing the stories behind them. Nobody seemed to want to leave, and many roamed the house and gardens until the event's final closing time. Most found time to drop a contribution into the large silver donation bowl from which the event gets its name.

...

The day after the Silver Tea, the Milagros Auxiliary to Rady Children's Hospital held a benefit event at the La Jolla facility of the Museum of Contemporary Art, San Diego. It was a holiday shopping charity bazaar with 23 vendors represented, including such diverse names as Neiman Marcus, South Coast Plaza, Karen Millen,

Nicole Miller and Southwest Airlines. They sold items ranging from jewelry and clothing to gifts and home décor items. T.J. O'Hara, local author of "The Left Isn't Right and the Right Is Wrong" and "The National Platform of Common Sense," was there signing both of his books. Grand Entrances, a custom-door company, displayed its substantial entry portals throughout the venue. It sponsored the event's charity wreath auction, so 23 doors were decorated with large, beautiful custom-made holiday wreaths, each designed by one of the vendors. The wreaths were sold in a silent auction, and all the funds from the auction and the admission tickets, plus 15 percent of the vendors' sales, will benefit the hospital. Danitza Villanueva and Karla Banning co-chaired the event, which drew about 350 shoppers.



1



2



3



4



5

St. Germaine: 1. Bill and Michelle Lerach (hosts), Heather Ravenscroft (co-chair), Shay Stephens (co-chair), Sheila Scaramella (St. Germaine president) 2. Laurie McGrath, Karen Miller, Kathryn Murphy, Diane Hollingsworth, Joyce Nash 3. Sarah Burton, Linda Daniels, Dianne Gregg, Tiffany Brown, Constance Hughes, Sherry Nooravi 4. Kelly Kent, Jennifer Bleakley, Kristi Pfister, Nicole Velazquez, Mary Drake **St. Milagros:** 5. Kimberly and T.J. O'Hara, Danitza Villanueva (event co-chair) and Esteban Villanueva, Karla Banning (event co-chair), Colin Pearce 6. Norma Yates (Milagros Auxiliary founder), Stephanie DeLong (Rady Children's Hospital director of auxiliary development), Rob Sherer (MCASD senior annual giving manager), Vellet Wyatt Finley (Rady Children's Hospital Auxiliary president), Jennifer Santander (Rady Children's Hospital Auxiliary Milagros Unit chair), Lesley Emery (MCASD events coordinator)



6

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A SOUL'D OUT EVENT



Performers at the Dec. 18 Feeding the Soul Foundation release party sing “Thank You” by the Make Peace Brothers. More than 350 people and 11 different performers attended the event at the The Neuroscience Institute and a surprise appearance from Grammy Award-winner Jason Mraz made the party, hosted by San Diego Musician Bushwalla, a night to remember. The event raised more than \$10,000, and proceeds went to the Lewy Body Dementia Association.

Courtesy of Natalie Warr

TIDE LINES

Better things come in small packages

By JUDITH LEA GARFIELD

Scurry birds. That’s the nickname friends have coined for the small flock of sanderlings (*Calidris alba*) they see while walking the beach at La Jolla Shores. It’s an apt name for birds that spend most of their day running to and fro in a characteristic “bicycling” action along the sand-surf border. While watching the tides and foaming waves, sanderlings feel the wind and its direction, then turn accordingly like beach strollers who run from the incoming water to keep their feet dry.

Appearance-wise, sanderlings have a chubby sparrow-size body covered in plumage that spans the spectrum from white to gray to black. Sounds blah, but a dearth of color does not translate to a lack of visual impact or personality. This understated, shaded feathering is the secret to why they can blend seamlessly with their background, be it sand, kelp wrack or seafoam. How these chameleons vanish in plain sight has everything to do with attitude, literally. Sanderlings always face the oncoming surf, with head angled down and black beak hard at work probing the sand for prey. At this orientation, and when viewing the birds from a distance, only the snow-white belly plumage is visible, which matches the water’s foamy edge. When the next wave begins making its way onto shore, sanderlings scurry back up the beach. From this angle, their tan coloration blends with the terrestrial environment and shadowing of light from the sun.

Unlike many other shorebirds with chopstick-like beaks, sanderling beaks are short and stout, limiting the depth to which they can dig in the sand. Feeding



Pebbles or sanderlings? When sanderlings mingle with beach rocks, their white underbellies are cleverly hidden. A round body further mimics the shape of surf-rolled stones.

©2010 Judith Lea Garfield

behavior is called “run-pause-snatch,” which pretty much sums it up. Think of a chicken (peck, peck, peck, scurry, scurry, scurry), and you have the picture.

Sanderlings travel in small clusters, both for safety and companionship. If potential threats are comfortably at bay, it’s business as usual. One courageous wader runs toward the wet sand. Shortly thereafter, another follows suit until the rest of the group runs or walks to catch up and feed on tiny crustaceans in the surf line or near the mounds of kelp wrack. Sometimes they walk near a lump of kelp to pick off seaweed flies.

When absolutely necessary, sanderlings fly, but if so, flight times are short-lived. It only takes being surprised by a sudden big wave, a jogger or a shrieking child for the birds to take wing. They fly

low and seaward, but circle back, returning to their habitat further up or down the beach, where they get back to business foraging in a new location.

Flight is also integral to sanderlings’ mating rituals. The distinct display begins with the birds, flying low, maintaining a head-down position while holding the body parallel to the ground. Next, while still in midair, the head shifts from side to side while the wings flutter rapidly, and the sequence ends with a brief glide. This demonstration, which lasts up to a couple of minutes, resembles that of a hummingbird. Couplings result in tiny



Fashionably
yours

HOLLY LAUREN BEEDLE

A new look, a new year

Style guru sets off to get a new look and discover La Jollans’ best-kept beauty secrets

The clock reads midnight on New Year’s Eve, kisses are exchanged, glasses are clinked and people ask, “What’s your new year’s resolution?” The probability of the answer being to improve one’s health and happiness is high, and strictly following through on such a commitment consists of daily attention to overall health — both looking good and feeling good.

The beautiful people living in San Diego continuously impress me. Southern Californians maintain a healthy look of effortless natural beauty combined with disciplined, conscious style decisions that enhance an idealized “Southern California” style. But the same sun and surf that make Californians so happy can be damaging to the hair, skin and wardrobe — and now is the perfect time to leave overgrown, sun-faded beach hair and summer-weathered skin in 2010 and find a new style to complement a new lifestyle or showcase holiday gifts.

Social, salon-savvy La Jollans who have shared their experiences on the Internet led me to Dearinger Salon, located at 6875 La Jolla Blvd. I was intrigued with the Dearinger philosophy of a contemporary wash-and-wear hair, and I immediately scheduled a consultation with salon manager and stylist Dan Ngyuen. As with any important purchase, a fashionista such as myself always discusses beauty needs with a professional hair stylist before a cut, color or purchase.

Dearinger Salon is the crisp, clean, white building sitting on the corner of Nautilus Street and La Jolla Boulevard. The window-paned front doors open to a zen-

SEE FASHION, Page 12

AFTER

Right: Beedle shows off her new look: a sleek little black dress — also known as an “LBD” in the fashion world — a new ‘do from Dearinger Salon and an 18K black gold lacy dream pendant from Aja Fine Jewelry.

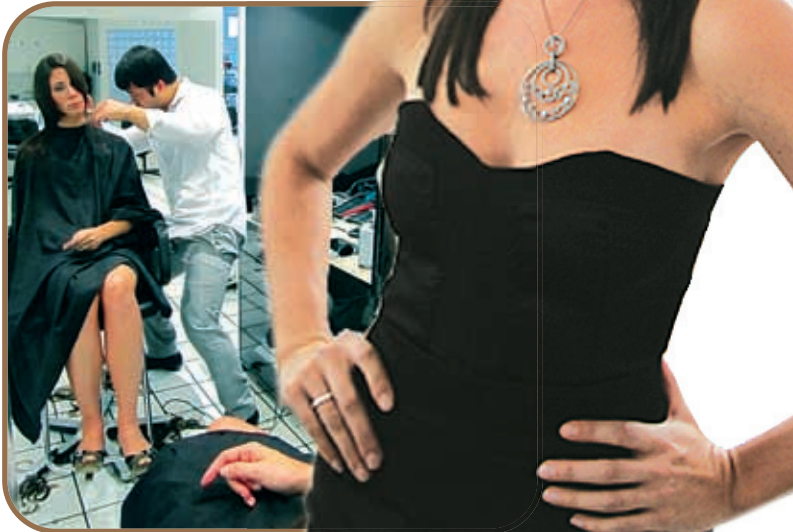
Below: Dearinger Salon manager and stylist, Dan Ngyuen gives Beedle a new hairstyle that combines the “old-school bob” with long layers.

Photos courtesy of Holly Beedle

BEFORE

This photo shows Holly Lauren Beedle before getting her new year’s makeover.

Photo courtesy of Holly Beedle



SEE TIDELINES, Page 12

COMPUTER FORENSICS VS. IDENTITY THIEVES

By now, most of us are used to shredding our old documents, bills, receipts, and credit cards, but what about the risk of identity theft from those old PC's, laptops, or other unwanted or obsolete electronics ("e-waste")? You can erase your hard drive and data devices, but even that won't protect your identity and information from determined thieves.

Data security measures protect not only your personal and business data, but also your reputation. Unfortunately, law-abiding citizens who recycle computers and peripheral devices are easy prey for thieves—if they don't assure the destruction of their hard drives (from PC's, laptops, servers), back-up drives, and/or portable data drives (USB's, memory cards/sticks).

So how can you protect your business and personal information from identity theft, and do so safely and easily—and locally?

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Our Certificate of Assured Destruction releases our clients from any and all liability relating to the safe recycling of e-waste. Upon request, we will destroy all data devices.

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Recycle San Diego provides comprehensive Asset Management, IT De-Installation, and Resale Evaluation services in order to manage your retired assets efficiently and securely, keep you in compliance, and provide the reports you need for accounting, purchasing and IT. Whether you're a consumer, an agency or a corporation, we have a solution that will work for you.

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Jeffrey Harding is the President and Founder of Recycle San Diego.

Founded in 2006, Recycle San Diego is the largest e-waste collection company in San Diego.



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Luxury salon owner says shades of red are reemerging this year

FASHION

CONTINUED FROM Page 11

like white space with cement floors, matte silver chairs, ambient music, aromatic candles and a friendly receptionist donning a soft but edgy asymmetrical hairstyle.

Ngyuen introduced me to contemporary precession hairstyles influenced by both current hair trends and timeless styling techniques from London, Los Angeles and New York City. From classic 1960s Jackie O bobs to 1990s long layers worn by the women of the hit TV show "Friends," Ngyuen believes hair, much akin to fashion, marks history and provides a fresh start in improving any image.

Current fashion, asymmetrical hair trends and the Californian lifestyle inspired my new year's makeover. Ngyuen transformed my ordinary 2010 look into an extraordinary contemporary style designed to compliment my bone structure and a beautiful 18K black gold lacy dream pendant I found at Aja Fine Jewelry, located at 7884 Girard Ave. Bearing 2.14-carat brilliant diamonds artistically crafted by Michael John, the piece wasn't a hard choice when seeking an accesso-



Matthew's hair looks thick and curly before he got it chopped at Dearinger Salon, located at 6875 La Jolla Blvd.

HOLLY LAUREN BEEDLE | Village News

ry to compliment my new look.

My precision haircut combines an old-school bob with the new-school concept of styling soft layers of shape, length and texture. This versatile hairstyle can look high-fashion and elegant when straightened with a flat iron, or the wispy, loose layers can look casual and low-maintenance with a rock-star edge when diffused to enhance my natural wavy texture. Ngyuen gave me a hairstyle I love, and that fits my fashionable, yet laid-back, image.

My boyfriend, Matthew, joined me in getting a new look. Ngyuen worked with Matthew's thick, curly hair tex-

ture, facial structure and personality to design a stylish cut that transformed his curly locks from "beachy" to professional. Keeping the hair long on the top of Matthew's head gave his look a 1970s vibe, while the graduated short sides kept his style current.

Coloring your hair is another makeover option that will increase the impact of a preexisting style. Glidia Holland of the luxury Glidia Salon, located on 7760 Bay Ave., said shades of red are what her exclusive clients are asking for this year, as it is a classic style that has reemerged on the beauty scene. A fashionable local referred to Glidia Salon as being the "in" salon for the stylish Californian who expects more than an average hairstyle and salon experience.

As a newcomer to Southern California beauty salon ins and outs, I suggest surfing the web to research hair trends, reading local salon reviews and asking a fashionable local where they get beautified. The secret to knowing where and who offers the best hair and beauty treatments can save you time and money and help you achieve your beauty goals for the New Year.

— *Holly Lauren Beedle has been designing for New York City luxury brands since her graduation from Moore College of Art and Design in Philadelphia, where she studied fashion and textile design. A new addition to the Southern California fashion scene, Beedle has worked for Isaac Mizrahi, Bettye Muller, Coach, Macy's Inc. and New York & Company.*

WHAT LIES BENEATH



Left: Seafoam or shorebirds? When oriented head-down to forage along the white foam, sanderlings' snowy bellies render them inseparable from the water's edge. **Right:** A short beak means sanderlings can only pluck prey from near the sand's surface. ©2010 Judith Lea Garfield

Ask The Lawyer

Question: What is the difference between a funded and an unfunded trust?

Answer: Once you have drafted your Living Trust, there are two important steps to take. The first is to execute your Trust by signing all of the necessary documents in front of witnesses and a Notary Public, where indicated. You must then fund your Trust by transferring your assets into the Trust. It is really quite simple. For example, with a Quitclaim Deed, you can transfer real property from your current ownership to your Trust (some states require different procedures for transferring real property). Such a transfer is not considered to be a sale, therefore no reassessment of your property will take place and no tax consequences will result. Similarly, you need to contact your bank or other financial institutions and request that they change the name on your accounts to the name of your Living Trust. Often the institution will give you a Certification of Trust form. If you need to transfer your stock certificates into your Trust, you should notify your broker and/or the company in which you own shares for specific instructions. When these steps are completed, your Trust is fully funded.

Virginia will be happy to answer your questions about your Living Trust. Her goal is to assure you and your family that your Living Trust will meet the needs which you specified in establishing your Living Trust. She is here to help in any way she can.

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TIDELINES

CONTINUED FROM Page 11

sand-colored eggs that hatch after about a month. Some young become year-round residents; others disperse. Either way, most sanderlings return to their birthplace to nest. As an aside, nesting sanderlings may pretend to be injured as a way to appear less palatable to predators (a pretty neat trick).

Wetlands are a favorite habitat for sanderlings, but the birds are now most common along ocean coasts. They may also be found on sandy beaches of inland lakes, prairie pot-holes and even the arctic where they nest near moist tundra or ponds. Since 90 percent of our wetlands have been dredged for urban use (for example, Mission Bay was originally a wetland), sandy beaches like La Jolla Shores have become critical habitats for sanderlings, birds seemingly borne of sand and sea.

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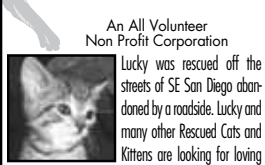
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To obtain more information about Romeo, call (858) 205-9973, or go to the FOCAS website: www.focas-sandiego.org/adopt/romeo.htm.

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THE NAME(S) OF BUSINESS: MISSION BEACH VACATION RENTALS
located at: 704 VENTURA PLACE SAN DIEGO, CA 92109 is hereby registered by the following owner(s): JACOB SHAW INC. This business is being conducted by: A CORPORATION JACOB SHAW INC. 704 VENTURA PLACE SAN DIEGO, CA 92109 CALIFORNIA The transaction of business began on: 01/01/04 The statement was filed with David L. Butler, County Clerk of San Diego County on: NOV 12, 2010 Issue Date(s): DEC 09, 16, 22 AND JAN 06, 2011

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THE NAME(S) OF BUSINESS: PROACTIVE MESSAGE
located at: 4669 MORRELL ST. SAN DIEGO, CA 92109 is hereby registered by the following owner(s): JOANNE MONTALVO This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 11/01/10 The statement was filed with David L. Butler, County Clerk of San Diego County on: NOV 12, 2010 Issue Date(s): DEC 09, 16, 22 AND JAN 06, 2011

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THE NAME(S) OF BUSINESS: MYGAMETICKETS.COM
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THE NAME(S) OF BUSINESS: MONARCH LILY CONSULTING
located at: 748 ARCHER ST. SAN DIEGO, CA 92109 is hereby registered by the following owner(s): MICHAEL WYKOSKY, JILL WYKOSKY 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: DEC 08, 2010 Issue Date(s): DEC 16, 22 JAN 06 AND 13, 2011

PETITION FOR CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SAN DIEGO,
CENTRAL DIVISION
330 W. BROADWAY, SAN DIEGO, CA. 92101
CASE NO: 37-2010-00105580-CU-PT-CTL
PETITIONER OR ATTORNEY: DAVID A. BINN AND JENNIFER R. ISLEY HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM JENNIFER RYAN ISLEY TO JENNIFER RYAN BINN FROM JAKE DAVIS BINN TO JACKSON DAVIS BINN A MINOR ON BEHALF OF DAVID A. BINN AND JENNIFER RYAN ISLEY. 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. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING TO BE HELD ON JAN 19, 2010 TIME: 8:30 AM DEPT: D-25 220 WEST BROADWAY SAN DIEGO, CA 92101 Issue date(s): DEC 16, 22 JAN 06 AND 13, 2011

NOTICE OF PETITION TO ADMINISTER ESTATE OF: FELIPE RANGEL YERBA
CASE NUMBER:
37-2010-00152421-PR-PW-CTL
1. To all heir's, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both, of (specify all names by which the decedent was known):
FELIPE RANGEL YERBA
2. A Petition for Probate has been filed by: CAROLYN RANGEL in the Superior Court of Califor-

nia, County of: SAN DIEGO
3. The Petition for Probate requests that: CAROLYN RANGEL
be appointed as personal representative to administer the estate of the decedent.
4. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.
5. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
6. A hearing on the petition will be held in this court as follows:
a. Date: JAN 13, 2011 Time: 9:00 A.M. Dept: PC-1
b. Address of court
SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, MADGE BRADLEY BUILDING, 1409 Fourth Ave. San Diego, CA. 92101, CENTRAL PROBATE
7. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
8. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above.
9. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
10. Attorney for Petitioner: Norman Michael Cooley 600 West Broadway-Suite 1550
San Diego, CA. 92101 619-234-3220
ISSUE DATE(S): DEC 16, 22 AND JAN 06, 2011

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2010-033188
THE NAME(S) OF BUSINESS: POWER GREEN CLEAN
located at: 4475 MISSION BLVD. #245 SAN DIEGO, CA 92109 is hereby registered by the following owner(s): BRUCE MARIANI 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: DEC 14, 2010 Issue Date(s): DEC 16, 22 JAN 06 AND 13, 2011

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2010-033188
THE NAME(S) OF BUSINESS: POWER GREEN CLEAN
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