

La Jolla's green gurus

By Kendra Hartmann

Earth Day is on April 22 and it's the perfect time for people to examine their green consciousness. La Jolla is home to a number of green businesses and citizens, but a few remarkable La Jollans stand out in their dedication to living green every day of the year.

MICHELLE LERACH

Most know her as the owner of Cups La Jolla, the three-star green-certified cupcakery at 7857 Girard Ave., but attorney-turned-baker Michelle Lerach has a lot more than frosting up her sleeve.

In addition to plying La Jollans with deliciously organic cupcakes and strawberry milk for the last two years, she has been busy trying to save the sustainable farming movement — one tomato at a time.

Two years ago, after leaving her legal practice, Lerach was an intern at a goat farm in Sonoma, learning how to milk goats and make cheese. She overheard a neighboring farmer complain that he had been cited and fined because he had apparently violated labor laws by teaching an intern from the Future Farmers of America program on site at his tomato farm.

"It's a common practice to utilize interns like this on farms in other countries, and it teaches them the basics of sustainable farming," she said. "It just happens to be unlawful here."

Lerach started researching the labor laws and talking to farming groups to see how she could offer assistance from the legal end.

Eventually, after lobbying for the creation of a non-university, nonprofit teaching institution that would provide on-site education for young farmers about the importance and practice of sustainable farming, Lerach made some headway. Last month, California decided to create the country's first organic farming internship program.

"Things tend to happen in incremental steps, and this is only the first one, but it's exciting," she said. "At a minimum, the state has recognized the legitimacy of teaching on the farm. It may not be huge or complete yet, but I think it will continue to spread. We're finally getting recognition for the cause."

The program has only been implemented in Marin County so far, but Lerach is hopeful it's just the beginning of something much bigger.

"I want to eventually offer a nationwide systemic fix. It's a pro-bono legal battle I'll probably be fighting until I die," she laughed.

For Lerach, living an environmentally responsible lifestyle is not the result of following the latest fad. Growing up overseas as an Army brat, she said it was common practice during her childhood to haul recyclables to the community recycling bins on the street corner and to harvest vegetables from the family's garden plot on the outskirts of town.

"It was just the way I grew up," she said. "We never bought anything that came in glass that we didn't return. This is just a return back to the way it was."

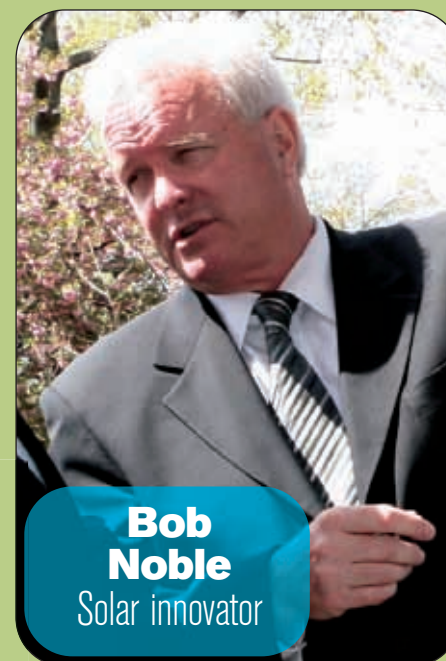
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Michelle Lerach
Green-dining pioneer



Dave Weil
Sustainability leader



Bob Noble
Solar innovator

La Jolla green-dining guide
see **page 7**



Runners trek south on North Torrey Pines Road near the University of California, San Diego on April 17 in the La Jolla Half Marathon. CLAIRE HARLIN | Village News

13,000 feet
take to La Jolla streets

More half marathon coverage on **page 7**

COMMENTARY

I survived the La Jolla Half

By KENDRA HARTMANN | VILLAGE NEWS

Normally, when you prepare yourself for a bad situation, you'll likely be pleasantly surprised with something better than what you expected. It was with this in mind that I tackled the La Jolla Half Marathon.

I mentally prepared myself for this race by expecting the worst in terms of elevation and overall fatigue. I pictured a hill built by Satan himself. I ramped myself up, telling myself that it would be complete hell, that I would hate life during that ascent, that pure evil was at the heart of that hill, knowing that reality couldn't possibly live up to the awful scenario I had created in my head.

It was, unfortunately, one of the few times when reality and my imagination seem to fall right in line with each other.

As we rounded the curve on Coast Highway 101 and came in view of the Torrey Pines hill, I started steeling myself for the challenge. I figured if I engaged every ounce of energy I had and charged ahead, I would feel like a

champion when I reached the top. I did not. I just wanted to sit down.

I'm the first to admit that I hate running hills in general, but I'm not inexperienced at them. Nearly all of my training runs involve some sort of hill, and even if I grumble all the way up, I do them in the hopes that they'll help in just this sort of situation. They may have helped, but not enough.

Though I do not consider myself a terribly experienced long-distance runner, I have completed a few half marathons. The La Jolla Half, by my account, was by far the most challenging of any of them — and one of my conquests even includes a half marathon in San Francisco, with its legendary hills.

I read more than a few reviews prior to Sunday's race that concluded the La Jolla Half is just as difficult as running a less-hilly full marathon, and now I understand why. The fatigue I experienced after crossing the finish line was

SEE RUN, Page 6

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People in the news



Jennifer Spengler

• When **Jennifer Spengler**, co-owner of studio m La Jolla, a portrait photography studio located in Bird Rock, crossed the finish line of the P.F. Chang's Arizona Rock 'N' Roll Marathon in last January, she not only fulfilled a personal goal, she also celebrated her total donation of \$13,400 to the Leukemia & Lymphoma Society (LLS). Spengler trained with LLS's Team In Training (TNT), the world's largest endurance sports training program. In exchange for training, runner raise money for the society.

"I chose to join TNT for two reasons," said Spengler, who lives in Bird Rock. "I was nearing my 40th birth-

day and I really wanted to do something epic — like run a marathon. And I wanted to honor my father, Jerry Roe, who valiantly fought and later lost his battle to Leukemia when I was 12 and he was only 48."

Spengler has once again joined a TNT team and will run the San Diego Rock 'N' Roll Marathon on June 5. Her fundraising goal for this race is \$10,000 and she's just received some special help.

Spengler's husband, Michael, is an award-winning photographer who specializes in the portrait and commercial photography of babies, kids and teens. He has decided to support his wife's goal not only through caring for their three young children while Jennifer trains, but by giving a complimentary studio session for every \$50 donated. A donation of \$100 receives a complimentary session on location or in the studio and an 8-by-10-inch portrait. In addition, \$250 donations are acknowledged with a complimentary session, an 8-by-10-inch portrait

and a DVD slideshow of all images. A donation of \$500 earns donors all of that plus 50 percent off a printable CD of all images. Each complimentary package is valid through June 30, and certificates will be mailed to donors once the donation is posted to the fundraising site (<http://pages.teaminttraining.org/sd/rnr11/jspenglerr>). For more information, call (858) 454-0331 or email Jennifer Spengler at jennifer@studiomlajolla.com.



Michael Croft, Ph.D.

• **Michael Croft, Ph.D.**, a researcher at the La Jolla Institute for Allergy & Immunology, has discovered a molecule's previously unknown role as a major trigger for airway remodeling, which impairs lung function, making the molecule a promising therapeutic target for chronic asthma, chronic obstructive pulmonary disease (COPD) and

several other lung conditions. A scientific paper on Croft's finding was published online April 17 in the prestigious journal, *Nature Medicine*.

The finding marks Croft's second major discovery with therapeutic potential for asthma. His previous finding, of a novel molecular mechanism driving lung inflammation, is the basis for a potential asthma treatment now in Phase II human clinical trials.

"Dr. Croft's continued efforts to uncover the cellular pathways influencing asthma and other lung disorders have produced remarkable results," said Mitchell Kronenberg, Ph.D., La Jolla Institute president and chief scientific officer. "He is a researcher of the highest caliber and I believe his discoveries will someday improve the lives of millions of people around the world."

In his "Nature Medicine" paper, titled "The tumor necrosis factor family member LIGHT is a target for

asthmatic airway remodeling," Croft showed that blocking LIGHT's interactions with its two receptors significantly inhibited the process of airway remodeling in mouse models of chronic asthma. Airway remodeling refers to inflammation-fueled structural changes in the lungs, including fibrosis, which can occur over time and result in declining lung function that strongly contributes to conditions such as COPD, chronic asthma and several other respiratory disorders.

Asthma affects more than 20 million Americans, including nine million children, and is the third-ranking cause of hospitalization among U.S. children under age 15. According to federal officials, asthma results in \$14 billion annually in U.S. health care costs. COPD is one of the most common lung diseases and comes in two main forms, chronic bronchitis and emphysema. More than 12 million Americans have been diagnosed with COPD.

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Foreigner rocks Bishop's auction

The sold-out Bishop's School auction "Say You Will" took place on April 16, and organizers say it was an event not to be forgotten. In addition to rock band Foreigner – known for hits like "Feels Like the First Time" and "Cold as Ice" – headlining the exclusive event, emcee Rory Devine revved up the crowd as she announced speakers and live auction items, which included a white Labrador puppy, a private lunch with Condoleezza Rice and travel opportunities. Proceeds go to the school's financial aid program, which provides need-based scholarships, and the Faculty Professional Growth Program. A video played at the event featured Bishop's teachers discussing the benefits they've enjoyed through the Faculty Professional Growth program, and alumnus Alex Afsahi shared his experiences as a recipient of student financial aid, which allowed him to attend Yale and become an educator in post-apartheid South Africa.

— Claire Harlin



Top: Hansen of Foreigner performs at The Bishop's School. **Above:** Kelly Hansen (left) and Mick Jones (right) of Foreigner perform. **Left, from left:** Auction co-chairs Donna Walker of Rancho Santa Fe and Maureen Gibbons of La Jolla, head of school Aimee Roche and auction co-chair Patty Bruten of Rancho Santa Fe.

Courtesy photos



Merchants association gains speed

Groups sets goals of bringing 'excitement' back to Village

By KENDRA HARTMANN | VILLAGE NEWS

At the La Jolla Village Merchants Association (LJVMA) meeting on April 13, President Phil Collier announced that the San Diego City Council recently approved the association as the advisory board for the La Jolla Business Improvement District (BID), bringing it one step closer to officially having control over how and where the Village's merchants' assessment funds are spent. The City Council will vote on approval of contracts for all city of San Diego BIDs in May.

Before it can start spending its money, however, the LJVMA has to decide exactly how to spend it. Members of several working groups appointed during the association's last meeting came prepared to present their findings.

The committee structure group visited other BIDs in and around the city to get a feel for how those are being organized. LJVMA Collier favored the "MainStreet" structure, a national program that provides a framework for community revitalization and management.

"We don't want to be another 'lost' city. We want to use our time and energy getting people into La Jolla," he said. "The MainStreet program works well in 1,200 cities across the country, so let's not waste time reinventing the wheel."

Collier announced there would be a vote to decide what structure to

use for the association during its meeting next month.

The events working group tackled the challenge of "bringing some excitement back to the Village," said LJVMA Secretary Sheila Fortune.

The group proposed celebrating monthly themes in the Village, such as "beautiful storefronts and gardens," "beautiful healthy lives," and "beautiful fashion," each promoting different businesses in the Village.

The streetscape working group updated the members and attendees on the status of street lights along Wall Street and Girard Avenue. Egon

Kafka informed the association that 16 new lights had been purchased, but that 32 more were still needed for the area that has been without reliable street lighting for several months because of an outdated lighting circuit. Kafka and Collier urged residents to call the city to complain and hopefully push the reparation of the system.

"We don't want committees phoning the city, we want thousands of citizens calling to complain about the street lights," Collier said.

The number for street repair requests is (619) 527-7500.

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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.

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GREEN

CONTINUED FROM Page 1

Lerach now practices her own form of sustainable, local farming. She has an extensive garden where she provides most of the citrus, herbs and edible flowers for Cups and she periodically hosts dinners for local leaders in the sustainable farming movement. Creating a sense of community around local food is one of Lerach's most pressing goals.

"One thing we need in La Jolla is a community garden that all of the kids from all of the schools could participate in and get to know what it feels like to grow something yourself," she said. "In America, we've created the most efficient food system in the world, but our efficiency has become our downfall. I feel like we lost a generation in terms of a personal connection with food. If we can recreate that connection, I believe it will carry over into other green practices."

DAVE WEIL

Weil likes to joke that he hopes one day he'll be out of a job. If he could have his way, there would be no need for his particular set of skills.

It's a strange hope in today's economic climate, to be sure. Weil is the director of sustainable operations at the Univer-

sity of California, San Diego, and though he loves what he does, he would prefer it if his expertise was not so marketable.

A retired Navy officer from the Civil Engineer Corps, Weil said he has always been "interested in maintaining the environment." Growing up in San Diego, he spent a lot of time on the water and learned early on the importance of maintaining the delicate balance of the ocean environment.

Now at the helm of UCSD's cutting-edge forays into sustainability, Weil gets to see the work he does — like spearheading efforts to get a 1.2-megawatt solar photovoltaic system up and running — wield its influence on the campus. What's more, he can witness his impact on the future, even if he might not be around to see the day when jobs like his are obsolete.

"One thing I'm the most proud of is how we've been able to incorporate and involve students," Weil said.

UCSD has emerged as a leader among other University of California campuses — and beyond — when it comes to green initiatives. Weil's staff at UCSD's Sustainability Resource Center (SRC) leads tours of the campus' green efforts for groups from other UC campuses looking to green up themselves, in addition to the tours led for people from all over the world.

Visitors who come to see the campus' eco-friendly efforts up close are shown the various current and future initiatives happening at the school, including a 30-megawatt natural-gas-fired combined heat and power system, the site of the 2.8-megawatt fuel cell to be completed in 2011 (the largest on any college campus) and the university's "Solar Grove," a grouping of Solar Trees atop two of the campus' parking structures.

Staying ahead of the sustainability curve is no easy task, and Weil said a lot of his time is spent keeping up with green technology trends and figuring out how they can be implemented on UCSD's campus.

"Everything we do is new," he said. "Some of it has really never been done before and we have to figure a lot of things out. It takes a lot of time to stay on top of it all."

The effort he puts into staying at the forefront doesn't go unappreciated. Weil's staff at the SRC says his efforts are invaluable when it comes to doing their own jobs.

"Dave keeps a finger on the pulse of sustainability, and that allows us to do our jobs," said Kristin Hansen, sustainability analyst at the SRC. "People turn to him for information, and he relays it to us. We need that because there's just no precedent for sustainability."

Though UCSD is making big strides in sustainable technology, Weil believes his job is safe for now.

"We consider ourselves leaders in sustainability, but we can always do more," he said. "A culture of sustainability just grew up with this campus. Overall, we want to be good environmental stewards."

BOB NOBLE

As an undergraduate student at the University of California, Berkeley in the early 1970s, Noble felt like he just didn't quite fit in. He loved math and physics, so he studied those. He also loved art, so he pursued that, too.

"I felt like a man with no country," he said. "I certainly didn't fit in with the calculus crowd. I enjoyed the artists, but they didn't care anything about physics."

Noble decided that architecture would be a good combination of both worlds, and when he took a course called Environmental Control Systems in 1973, his mind was made up.

"I was fascinated that you could design a building that would use sunlight to both generate and avoid generating heat," he said. "It was in line with my interests of healthy living."

Noble soon discovered that, if he had indeed found his calling in green archi-

itecture, the path to success was not a well-traveled one.

"As a young architect pursuing the development of environmentally-friendly buildings, I realized you really had to be innovative because not a lot existed then," he said. "Basically, if you couldn't see it, you had to make it."

Make it he did. Noble is now the founder and CEO of Envision Solar, and the inventor of the Solar Tree, a solar canopy with a single column acting as a trunk and a flexible "branch" that tracks the sun's movement for maximum energy output. The trees are being "planted" on parking structures in an effort Noble likes to call "solar forestation."

The trees come complete with an electric vehicle charging station, so when that movement begins to take off — as Noble strongly believes it will — the Solar Tree will be right in the thick of it.

"Electric cars and the infrastructure that will allow them to run are inseparable," he said. "The vehicles are wonderful in many ways, but the electricity has to come from somewhere. If you have a new electric car, but the electricity produced to run it comes from a polluting plant nearby, this is a problem and you may be creating more damage than you want. Offsetting that usage should come from locally produced renewable energy, like solar."

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An open letter to Mayor Sanders, Deborah Barrow and the City Council



View
from 52
SANDY LIPPE

The sound of noise from Little League at our San Diego parks is so comforting to me. While I pretend to be just walking my dog at Standley Park in University City (UC), in truth I am watching the wonder of being an American, a San Diegan involved in baseball. I love to see all the ball fields filled with children, from T-ball dreamers to tested veterans. Coaches pace and pitch ideas to their charges: "Watch the runner on first." "Two out, two out. Get ready." Faithful parents line up their chairs in anticipation of that official call from the umpire: "Play ball."

I watch the action and remember my own son's days of dreams about baseball as a Little Leaguer, his dirty uniforms and earth-stained socks that nearly broke the washing machine. Thank God for parks like Standley, Nobel and La Jolla, and thank God for the volunteers who provide Little League and sports teams all year long: soccer, football, softball and basketball.

Two blocks from Standley is the UC public library. The sound of silence in libraries is no longer possible. Our librarians have reinvented the libraries as community centers full of joyful participants. Those in the trenches know how libraries have changed with technology. Spending off-hours at the library working on a display case design, I heard and watched people bang on the door to get in — a lot of people. By the time the library opened, a long line waited outside.

However, the news must not have floated up to the 11th floor of the city administration building, where the mayor's proposed budget slashed and burned the park, recreation center and library. It is obvious that those who work in that rarified air of Floor No. 11 have no idea what is happening on the first floor of community libraries and recreation centers.

Having been blessed with being a grandma to two boys, ages six and eight months, and two girls, ages five and two,

I've spent a lot of time at parks across the city and in libraries across the county because county library hours are much longer. Watching a six-year-old sound out words while sitting hip-to-hip with his grandma in a library is some kind of miracle. Taking the toddlers to story time is a dream come true. Because of the shortened hours and my shortened memory, I always forget which day the libraries open early and which day they close late.

Each Monday I visit with the kids, and it breaks my heart to know I can't take them to the library. Sometimes I drive to 4S Ranch near Rancho Bernardo. Other times I hike up to Encinitas. I crave libraries the way pregnant women crave certain foods. San Diego libraries are so full of life and used by people of all ages.

Deborah Barrow is the head librarian overseeing all 36 libraries in San Diego. Six million people visit these libraries annually. What an unbelievable responsibility for her. I bet these branch libraries are like children to her. She is forced to be a spokesperson of the mayor's edict about halving the already anemic schedule of library hours. If I were Ms. Barrows I would tell the mayor in his 11th floor office of the city administration building far away from the crowded libraries that I couldn't be the messenger of his madness, that the children in San Diego need to have these libraries open more, not less. Find the money somewhere else.

Walter Conkrite once said, "Whatever the cost of libraries, the price is cheap compared to that of an ignorant nation."

Let the City Council work half-time at half pay, and the mayor too, as someone proposed. Open wide the doors of libraries, recreation centers and parks. Bill Clinton recently said, "Aspirations of ordinary people are being overlooked as the nation tries to work through budget woes." Let's make certain our voices are heard on behalf of the children. Tonight, April 21, show up at Kearny High School from 6 to 7 p.m. at 7651 Wellington Way, 92111, or on April 28 at Vi Jacobs Center from 6 to 7 p.m., 404 Euclid, 92114, to tell the mayor libraries and rec centers are the hearts of the communities, well used and well worth the investment.

Mural an effort of every student at Standley



Standley Middle School students got a huge lesson in art last month. The week before spring break, each student had paintbrush in hand and was painting elaborate murals up and down the halls of the school, located at 6298 Radcliffe Drive. A few painted panels will also be displayed outside as well. There were paintings of a number of things, from birds to California flowers. The project was carried out with the help of one student's artist grandparents, who came to La Jolla from Wisconsin for the project.

Courtesy photo

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Fun the focus of YMCA kids' health event



Top: YMCA lifeguard Nick Goldman takes a splash at the April 16 Healthy Kids' Day at the YMCA, located at 8355 Cliffridge Ave. The willing dunk tank volunteer let kids throw a baseball at a target, resulting in a constant drenching. **Left:** Kids hurl balls at each other during a dodge ball activity at the La Jolla YMCA Healthy Kids Day.

DON BALCH | Village News



An exhibit
about
a boat

On April 7, the University of California, San Diego community saw the premiere of "The Boat/El Barco" by Robin Sanford Roberts, the third public art installation at the university. Celebrating the 40th anniversary of the Thurgood Marshall College, the commissioned art, located on the west slope of a grass field adjacent to the Marshall Administration Building, is a "meditation of the perils of open water migration between Mexico and the United States."

DON BALCH | Village News

Heels to the
HILLS

Photos by Claire Harlin

RUN

CONTINUED FROM Page 1

pretty comparable to how I have felt after completing 26.2 miles.

Don't get me wrong; I fully recommend taking on this challenge. The course is beautiful, providing sweeping ocean views countered by the quaintness of running through expertly manicured residential neighborhoods. And the feeling of flying down that final hill toward the Pacific Ocean to the sound of cheering spectators in beautiful La Jolla is like no other.

I would warn, however, that you come prepared, and I don't just mean physically. Yes, of course, do some hill repeats and include elevation changes in your training runs, but most of all, don't underestimate the behemoth that is the Torrey Pines hill. Repeat to yourself, over and over if you have to, that it won't last forever. Know that, eventually, you will cross that finish line. And most of all, keep in mind that you'll be all the stronger for it.



A runner exchanges high fives with her supporters at the finish line of the La Jolla Half.



La Jolla Village News reporter Kendra Hartmann, standing with Village News editor Claire Harlin (left), wears her medal after completing the La Jolla Half Marathon on April 17 with a time of 2:00:46. Harlin spent the previous day volunteering with Kiwanis Club members and UCSD students, who came together to register thousands of runners from all over the world.

Courtesy photo



Right: A young support shows support at Torrey Pines. **Below:** Runners cascade down Coast Highway 101 just before ascending Torrey Pines' challenging hill.



Below: Race observers take photos and cheer as their awaited runner treks by on South Coast Highway 101. The two girls, holding a sign that read "Good job Kris," arrived at Torrey Pines State Park around 8:30 a.m. to snag a special photo.



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Announcements, photos and story ideas are welcomed. We ask that content be sent at least one week prior to publication and include valid contact information.

OPINIONS

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THURSDAY, APRIL 21, 2011 | VOL. 16, No. 31

Getting your flower fix



Wildflowers flow down an ocean bluff at a La Jolla Farms estate that was part of a previous La Jolla Secret Garden tour. This year's tour is scheduled for May 14. *Courtesy photo*

Daff-o-deal

You know it's spring when Trader Joe's puts out ten-stem bunches of daffodils for \$1.29. They come closed in buckets by the register, but open quickly when their stems are trimmed (about a half-inch) and they are welcomed into a sunny home. There's a Trader Joe's at 8657 Villa La Jolla Dr.

By **CLAIRE HARLIN** | VILLAGE NEWS

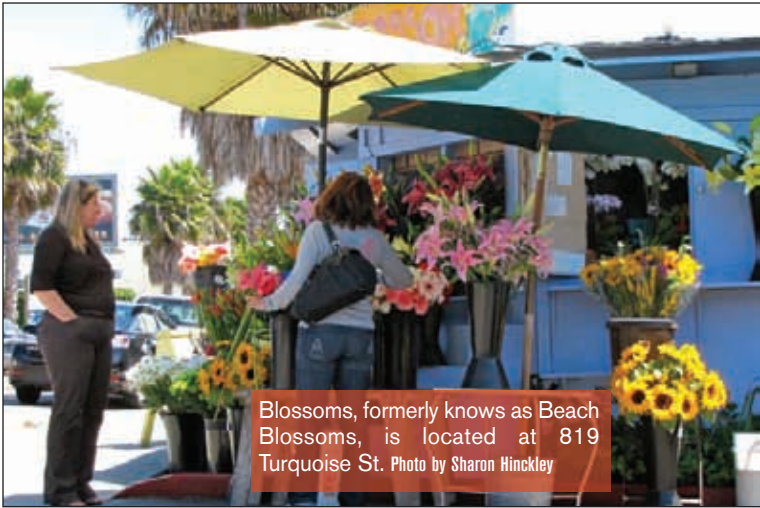
There is no shortage of flowers in Southern California this time of year. But you don't have to trek north to the Carlsbad flower fields or east to the blooming Anza-Borrego desert to get your flower fix. From shops to guided walks, there are a number of flower finds right here in La Jolla.

A perennial experience

The La Jolla Historical Society will hold its 13th annual Secret Garden Tour of Old La Jolla on May 14, and tickets are in high-demand (they sell out every year). So for those planning to take the exclusive stroll through the gardens of La Jolla's most cherished estates, it's time to make reservations.

The locations of the gardens that will be showcased are, as always, a secret until the day of the event. But the historical society has revealed a little bit about what's in store this year — including edible landscapes, oceanfront gardens, lives artists, tabletop décor and exclusive estates.

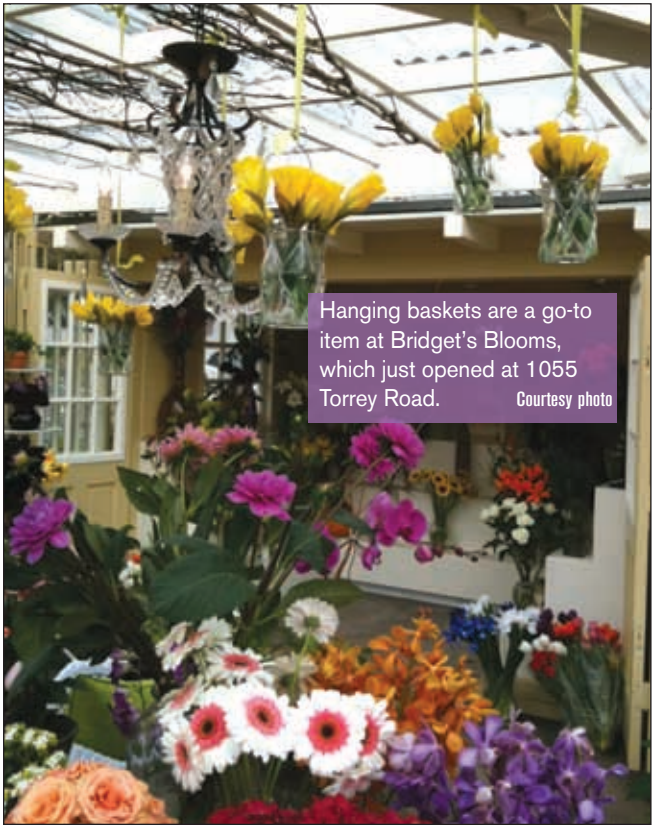
Platinum and self-guided tours are available, with the platinum (\$140 for society members and \$150 for non-members) offering brunch at the Estancia La Jolla Hotel & Spa, an additional exclusive secret garden, shuttle service, docent guides and a special commemorative gift. To make reservations, call (858) 459-5335 ext. 5 or visit to www.lajollahistory.org.



Blossoms, formerly known as Beach Blossoms, is located at 819 Turquoise St. Photo by Sharon Hinckley



Lori Anzor, owner of Blossoms, often orders specialty flowers such as these blue roses, which have been a hit recently. “On Valentine's Day,” she said, “the second we put them out they were gone.” Photo by Sharon Hinckley



Hanging baskets are a go-to item at Bridget's Blooms, which just opened at 1055 Torrey Road. *Courtesy photo*

Bridget's back in full bloom

Ten years ago, La Jolla native Bridget Lacey ended a 20-year stint in the flower business to start a family — but her passion for being a flower shop owner didn't fully wilt. Two kids later, Lacey has opened Bridget's Blooms, and outdoor flower shop at 1055 Torrey Pines Road, across from "Come On In" Café.

Lacey, the former owner of Bloomers in La Jolla, said she is glad to be back and making arrangements. And this time around, the business is a family affair.

"It's a family business with my husband, my children and my sister involved," she said. "I'm so happy to be back!"

Good excuse to wash the car

Twenty bucks often doesn't buy much these days, but at Blossoms flower shop at 819 Turquoise St., it'll get you a create-your-own bouquet.

Celebrating 19 years at this Turquoise Street location (in the La Jolla Car Wash parking lot), owner Lori Anzor said many of her clients are walk-bys who can't help putting together a bouquet or even buying a single flower. While she said the majority of her regular clients are La Jollans looking for good quality at an inexpensive price, many people drive from other areas of San Diego just to buy flowers at Blossoms (formerly known as Beach Blossoms). Anzor also provides services for weddings and other events.

But besides the flowers, many come by the flower stand to visit Murphy, Anzor's black Labrador companion who always accompanies her to work.

"It's funny," she said, "because people come up looking for him and I'm like, 'What about me?'"

La Jolla green dining guide

• George's At the Cove:

A three-star green certified restaurant, George's offers diners three options for contemporary California cuisine: California Modern, Ocean Terrace and George's Bar. The menus, by chef Trey Foshee feature seasonal, local offerings, mostly gathered daily from Chino Farms in Rancho Santa Fe. **1250 Prospect St., (858) 454-4244.**

• Cups La Jolla:

Also a three-star green certified restaurant, there's more to Cups than just organic cupcakes and strawberry milk on tap. The cupcakeery also offers cooking classes on topics ranging from how to cook up farm-fresh, seasonal veggies to mastering Vietnamese cooking to cupcake decorating for kids. The restaurant has gone out of its way to be environmentally responsible — the tables and chairs are even made from sustainable monkey pod trees. Everything is created from local, sustainable products, and some ingredients come literally from owner Michelle Lerach's backyard. **7857 Girard Ave., (858) 459-2877**

• Sammy's Woodfired Pizza:

Sammy's uses local and sustainable ingredients in its recipes, including organic produce that is delivered “farm to table” in 24 hours or less with no chemicals or artificial flavors, chicken that is never frozen and house-purified water. **702 Pearl St., (858) 456-5222**

• Burger Lounge:

Burger Lounge uses beef from a small farm where the free-range cows subsist on a diet of prairie grass, with no hormones, antibiotics, grain or corn. The charter certified green restaurant restaurant aims to reduce animal waste, point source pollution and soil erosion. In addition, the grazing techniques utilized by its beef farmers contribute to carbon sequestration. **1101 Wall St., (858) 456-0196**

• Sprinkles Cupcakes:

Sprinkles uses bakery boxes, plates, napkins, shopping bags and gift boxes made from recycled materials and purchases high quality dairy and produce from local farms where available. Other efforts include the use of green cleaning products and programs to maximize waste recycling and minimize water usage. To celebrate Earth Day, Sprinkles La Jolla is donating the proceeds from their vanilla cupcakes to San Diego Coastkeeper from April 18 to 22. **8855 Villa La Jolla Drive, (858) 457-3800**

— Kendra Hartmann

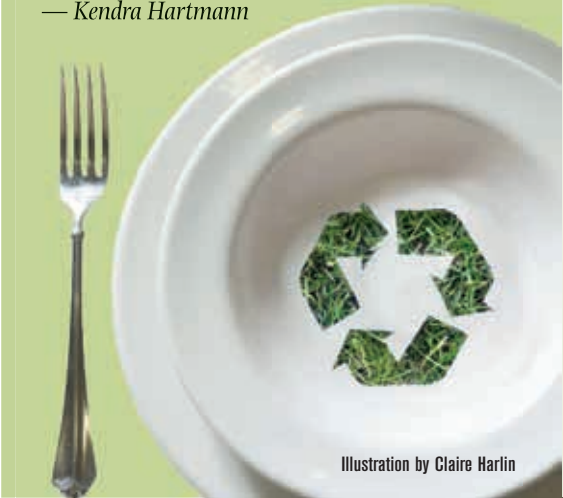


Illustration by Claire Harlin

Theo Bleckmann brings 'avante garde' jazz to the Loft

Musician known for creating alien language in film 'Men in Black'

By BART MENDOZA | VILLAGE NEWS

On April 22, the Loft at the University of California, San Diego will host "Songs for Voice, Loops and Toys," a performance from Grammy-nominated vocalist Theo Bleckmann.

Part of the venue's Future Sounds series, Bleckmann performs a solo voice program, using sound loops and toys of the sort found in a 99-Cent Store. His set mixes original compositions with improvised vocal music, blending in jazz standards such as "Life is Just A Bowl of Cherries," with tunes from the likes of Meredith Monk. A gifted singer, Bleckmann's music challenges the listener, showing the beauty and complexity of the human voice.

"When people hear 'avante garde,' they always think 'headache,'" Bleckmann said. "They think it's difficult to digest. I think it's quite the opposite, actually."

Though he was a soprano as a child, performing in public by the age of eight, Bleckmann's original goal was to be a visual artist, shifting to music full time after his voice broke. Accord-

ing to Bleckmann, his earliest musical inspirations were "very basic."

"As a kid, I just listened to children's records or just whatever I could get," he said. "Actually, one of my first inspirations was Kate Bush. I heard her very early on when I was 14. I was so inspired, not only by her singing, which was kind of odd and high and just different, but also by her songwriting, her music and her sounds. She has a lot of ambience and other sounds which she bring into her [songs]."

By the time he debuted in concert debut at age 17, Bleckmann had grav-

val on Aug. 7.

Beckmann has released 13 albums since his recording debut in 1992, most recently the 2010 "I Dwell In Possibility." The scope of his work is most evident in his collaborative discography. He has put out an album a year since 2005, with 39 additional guest or side project appearances to his credit, dating back to 1993. While Bleckmann's music is considered "avante garde" to some, that quality led to his work being exposed to a large segment of the population when he created a space alien language for the Steven Spielberg film "Men In Black." Prolific to a fault, he's also worked on film-related projects such as "Star Trek: Envoy and Kundun" and appeared on CBS-TV's "The Late Show with David Letterman."

Though Bleckmann primarily performs solo, he said he enjoys most is collaboration, not only between musicians on select dates and recordings, but also the give-and-take between performers and their audience.

"The reason why I didn't become a visual artist was mainly because I envisioned myself being alone for the rest of my life. And that I couldn't deal with," he said. "Just drawing from myself every day, having only myself as inspiration was just not my life [plan]. I love what happens when you're working with other people. That's why I'm in music."

WHO: Theo Bleckmann

WHAT: "avante garde" jazz music

WHEN: Friday, April 22 at 8 p.m.

WHERE: The Loft @ UCSD, Price Center East

HOW MUCH: \$15 to \$20 (\$10 UCSD students)

INFO AT: www.artpwr.com/events/721

itated towards jazz.

"First, I started with instrumental jazz like Coltrane and Miles. Later, I got into singers," he said.

Upcoming projects for Bleckmann include an album of Kate Bush compositions titled "Hello Earth."

Today, Bleckmann tours year-round, particularly in Europe, performing both solo and with groups ranging from the Bauhaus String Quartet to the John Hollenbeck Large Ensemble, who he will joining for an appearance at the Newport Jazz Festi-

More than just a horn quintet



From left: Dave Pollock (trombone), Andrew Elstob (trumpet), Brent Dutton (tuba), John Wilds (trumpet) and Barry Toombs (horn) make up Westwind Brass. Courtesy photo

A brass ensemble might not be the first thing you'd consider when searching out world music, but the Westwind Brass, who performed at the Neurosciences Institute on April 18, is much more than just a traditional horn quintet. An ensemble-in-residence at San Diego State University, the group includes Dave Pollock (trombone), Andrew Elstob (trumpet), John Wilds (trumpet) Barry Toombs (horn) and artistic director Brent Dutton (tuba).

The performance, "And the World Resounds," invited listeners to do a bit of aural globetrotting.

"The music is from all over the world and different historical times too," Dutton said. "When I do the verbal program notes from the stage, I tell people it's kind of like you're taking a cruise, first class of course, around the world and you're sampling the musical

cultures of many different places."

The Westwind Brass was founded in 1986 as a student chamber group, with Dutton as coach. When the members graduated, they decided to expand into a professional brass quintet.

While the group is successful today, with world tours and six albums to their credit, the original prognosis for the project was not good.

"Of the people who form groups like that, usually one in about a hundred succeed," Dutton said. The group has instituted several educational programs, performing at area schools frequently through the year.

"I think that to be able to play music live for [kids] and have them be able to ask questions and interact is incredibly valuable," he said.

— Bart Mendoza

ON THE MENU: NEW DELIGHTS WITH AN OCEAN ON THE SIDE.

Easter Brunch Buffet

Sunday, April 24, from 10 a.m. to 2:30 p.m.
\$42 per person, special children's pricing*

Enjoy an oceanfront Easter Brunch Buffet featuring Strawberry Rhubarb French Toast, Braised Short Rib Salad, Shrimp and Dorado Ceviche, Julian Hard Cider BBQ Bone-In Ham, a Children's Station, and decadent desserts like Organic Lemon Meringue Tart and Nutella Bread Pudding.

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\$42 per person, special children's pricing*

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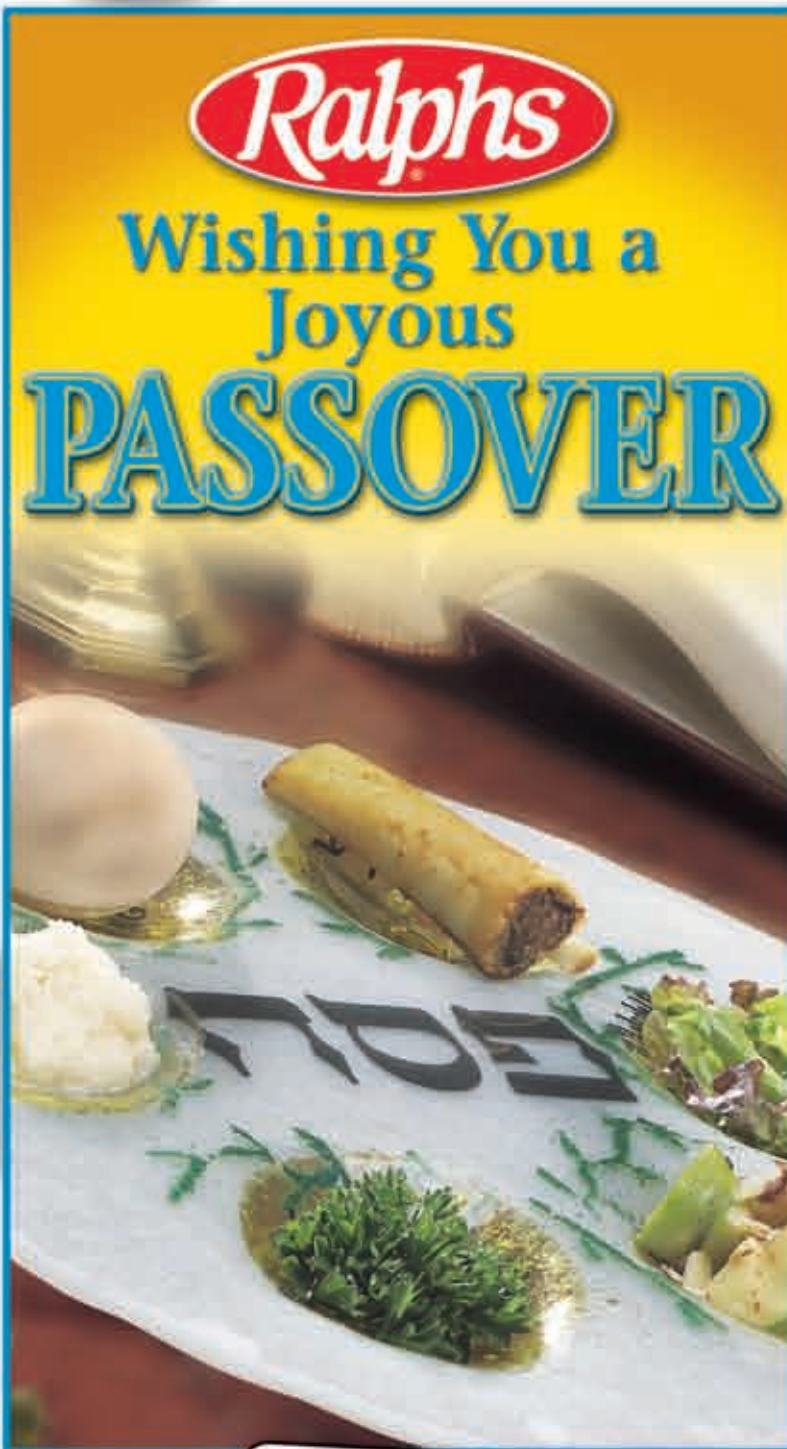
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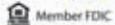
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Discover paleo-Africa

Renowned paleoanthropologist and integrative biology professor Tim White of the University of California, Berkeley will discuss his team's amazing discoveries in African deserts and other locations around the world as the sixth recipient of the annual Richard H. and Glenda G. Rosenblatt Lectureship in Evolutionary Biology, scheduled for 3 p.m. on April 26. The lecture is free, open to the public and set to happen at the Scripps Seaside Forum, 8610 Kennel Way.

White and his colleagues, who have worked in the Afar desert of Ethiopia for the last 25 years, have discovered a series of human ancestor fossils dating back nearly six million years. They garnered worldwide attention in 2009 with the discovery of Ardipithecus, a human ancestor that lived some 4.4 million years ago, likely soon after the dawn of humankind.

THURSDAY, April 21

- **3rd Thursday Open House, 5 to 7 p.m.**, Museum of Contemporary Art, 700 Prospect St., (858) 454-3541, www.mcasd.org
- **La Jolla Town Council Sunset mixer, 5 p.m.**, Vigilucci's, 909 Prospect St., (858) 454.1444, www.lajollatowncouncil.org, \$5 for members, \$10 for non-members
- **Tree planting at UCSD, 9 to 11 a.m.**, east side of Sixth College Apartments along Gilman Drive, volunteers will help plant sycamore trees to celebrate Earth Week, <http://earthweek.ucsd.edu>
- **Poetry workshop, 2 p.m.**, La Jolla/Riford Library, 7555 Draper Ave., bring a poem, your own or one by your favorite author to read, talk over and enjoy with others, (858) 412-6351, www.lajollalibrary.org, free
- **UCSD By Design: Charles Jencks, 7 p.m.**, MCASD La Jolla, 700 Prospect St., architectural lecture, (858) 454-3541, www.mcasd.org, free
- **Art lecture Roman ruins: Ancient Italy from the Riviera to Calabria, 7:30 p.m.**, Jacobs Music Room, 1008 Wall St., exploring archeological treasure of Pompeii, (858) 454-5872, www.ljathenaeum.org, \$12 members, \$17 non-members
- **Author event: Laurel Corona, "Finding Emilie," 7:30 p.m.**, Warwick's, 7812 Girard Ave., (858) 454-0347, www.warwicks.com, free
- **Janu and the Whalesharks, the Howls, the Smart Brothers, 8:30 p.m.**, The Loft @ UCSD, 9500 Gilman Drive, www.artpwr.com, \$8 students, \$10 general

FRIDAY, April 22

- **Fresh Sound: Theo Bleckmann, songs for voice, loops, and toys, 8 p.m.**, The Loft at UCSD, 9500 Gilman Drive, solo voice program, a cappella, electronically processed and improvised vocal music, www.artpwr.com, \$10 students, \$20 reserved, \$15 general

SATURDAY, April 23

- **5:11 Contemporary worship gatherings, 5:11 p.m.** University City United Church, 2877 Governor Drive, child care and refreshments provided, (858) 453-3444, muelbert@hotmail.com
- **Dance Circus, 1 p.m.**, Sherwood Auditorium, 700 Prospect St., performance featuring an array of dance styles including tap, hip-hop, ballet, bellydance, hula and more, benefiting Tap Fever dance scholarships for

dance programs for people with disabilities, www.tapfever.com, \$10

• **Author event: Mary McDonough, "Lessons from the Mountain," 7 p.m.**, D.G. Wills, 7461 Girard Ave, book-signing and author event with star of The Waltons, (858) 456-1800, www.dgwillsbooks.com, free

TUESDAY, April 26

- **LJCPA La Jolla Shores Permit Review Committee, 4 p.m.**, La Jolla Recreation Center, 615 Prospect St., (858) 456-7900, info@lajollacpa.org
- **Popcorn and a movie: "Toy Story 3," 2 p.m.**, La Jolla / Riford Library, 7555 Draper Ave., www.lajollalibrary.org, free
- **Lecture-concert series: Music and Art Since 1945, 7:30 p.m.**, Joan & Irwin Jacobs Music Room, 1008 Wall St., (858) 454-5872, \$14 members, \$19 non-members

WEDNESDAY, April 27

- **Crafts for kids, 2 p.m.**, La Jolla/Riford Library, 7555 Draper Ave., for kids ages 5-12, (858) 552-1657, www.lajollalibrary.org, free
- **Children's storytime, 3 p.m.**, The Athenaeum, 1008 Wall St., (858) 454-5872, www.ljathenaeum.org, free

THURSDAY, April 28

- **LJCPA Traffic and Transportation Board, 4 p.m.**, La Jolla Recreation Center, 615 Prospect St., (858) 456-7900, info@lajollacpa.org
- **"Working with La Jolla's History," 7 p.m.**, Wisteria Cottage, 780 Prospect St., how an artist can restore historic houses and create places with scale, joy and beauty, hosted by artist and designer Matthew Welsh, (858) 459-5335, www.lajollahistory.org, \$10 members, \$15 non-members
- **Author Luanne Rice, 7:30 p.m.**, Warwick's, 7812 Girard Ave., author will discuss and sign her new novel, "The Silver Boat," (858) 454-0347, www.warwicks.com, free
- **Afro Classics, 8:30 p.m.**, The Loft @ UCSD, 9500 Gilman Drive, L.A. rap duo, www.artpwr.com, \$10 students, \$12 general
- **Art lecture Roman ruins: Ancient Italy from the Riviera to Calabria, 7:30 p.m.**, Joan & Irwin Jacobs Music Room, 1008 Wall St., exploring ruins of Italy, including those of emperor Tiberius, suburban villas near Stabiae and the Roman town of Paestum, (858) 454-5872, www.ljathenaeum.org, \$12 members, \$17 non-members

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Egg-cellent events

SATURDAY, April 23

- **Easter Egg Hunt, 9:30 a.m.**, University City United Church, 2877 Governor Drive, children ages preschool through fifth grade, (858) 453-3444, ljhsfoundation@gmail.com, free but parents should drop off six filled plastic eggs per child at the church prior to the event
- **Spring Egg Hunt**, ages 2 and under at 10 a.m., ages 3 and 4 at 10:30 a.m., ages 5 and 6 at 11 a.m., ages 7 to 9 at 11:30 a.m., ages 10 to 12 at noon (bring your own basket), \$3 meet-and-greet with Peter Rabbit in auditorium (goodie bag included), La Jolla Recreation Center, 625 Prospect St., (858) 552-1658
- **San Diego Dive Club's Annual Underwater Easter Egg Hunt, 9 a.m. to 11:15 a.m.**, divers and their families are invited to participate in the Easter Egg Hunt and share a great breakfast of pancakes of all shapes and types, served piping hot with sausage or bacon and topped off with hot coffee, cocoa or juice (breakfast served from 8 a.m. to noon), hunt takes place near the Marine Canyon at La Jolla Shores and divers meet near the main lifeguard station, prizes given to teams that find the most eggs, young attendees treated to Easter egg hunt at 10 a.m. at Kellogg Park, www.sandiegodiveclub.com

SUNDAY, April 24

- **Easter sunrise service** with panoramic views at Mount Soledad, a decades-old tradition
- **Easter brunch at La Valencia**, featuring specialties such as banana pancakes with assorted fresh fruits and syrups, snow crab claws with remoulade, prime beef rib eye au jus, as well as selection of salads, sides, seafood and sweets, seating at 11 a.m., Easter activities for kids to take place in garden from 11 a.m. to 3 p.m., including an Easter egg hunt and special guest appearance from the Easter Bunny, \$72 adults, \$32 kids, reservations at (858) 551-3744



A carousel, and a carnivale

Starry, starry nights



with Vincent Andrunas

Since its 1951 founding, The Arc of San Diego has become the county's largest, most comprehensive nonprofit service provider for people with disabilities, empowering disabled children and adults (and their families) by creating opportunities for them to achieve their individual goals within the community. But the organization didn't hold any fundraising social events until Phyllis Parrish chaired its March 2010 black-tie gala, "The Jewels of San Diego." For this year's "Jewels" gala, on April 9, she introduced a fresh new twist, organizing Arc's first fashion show — and what a theatrical production it was!

Titled "Carrousel du Louvre," the French-themed event unfolded in the Sheraton Harbor Island Hotel's huge tent. It began with a champagne reception amid boutique shopping vendors offering clothing and accessories, surrounded by a 90-item silent auction.

Luncheon guests (numbering over 300) were seated at tables around a large runway. The stage backdrop was a huge, strikingly realistic painted mural of a Paris street scene and the Eiffel Tower. Emcee Carol LeBeau welcomed everyone, Arc President David Schneider delivered opening remarks, and John Parrish introduced the honorary Jewels chairs, which included himself and wife Phyllis, Marilyn and Kim Fletcher, Lee and Frank Goldberg, Jeanne Jones and Don Breitenberg, Joye Blount and Jessie Knight, Sandy Red-

man and Jeff Mueller, and Sally and John Thornton.

A substantial lunch was served, and the San Diego Master Chorale entertained. Songs included "California Girls," with lyrics cleverly re-written to describe the women of "The Jewels." After Steve Hamann's very successful live auction and Fund-an-Item pledges, past and present board chairs Ed Walton and Jim Reynolds introduced the "real" stars of the event, Rich and Gaby Sulpizio. The exceptionally philanthropic couple donated \$1 million for Arc's Sulpizio Family Center (for developmentally disabled children and adults), and their generosity clearly hasn't stopped yet! Recognizing their numerous gifts to the community, Mayor Jerry Sanders' office presented a proclamation declaring it Rich and Gaby Sulpizio Day in San Diego.

The highly-successful event concluded with a stunning fashion show by Leonard Simpson of Fashion Forward. Very French and *très chic*, his show featured about a dozen lovely models showing designs from 18 stores in three "acts." First on stage were models in elaborate dresses made entirely of magazine and newspaper pages (dry clean only, obviously). Throughout the show, clothing and accessories were artfully selected and exceptionally stylish. It was like a dramatic Broadway production, with scenes inspired by Moulin Rouge, Phantom of the Opera and more.

Oh — and some guys modeled menswear, too.

...

That evening, the American Cancer Society Border Sierra Region's annual "Carnivale Royale" gala attracted nearly 350 guests to the Del Mar Fairgrounds. Partygoers were greeted by numerous costumed stilt walkers and other carny characters, enjoyed hors d'oeuvres and specialty cocktails among midway games of chance, and

consulted a fortune teller of dubious veracity. (Her sign read "Fortune telling. Table rapping. See the future. Speak with the dead." So, what's not to believe?) People bid on silent auction items and enjoyed the trapeze act, as The Soultones played golden oldies.

Guests were seated for dinner, and regional VP Stephen Browning welcomed them as the program began. Steve Hamann ran the auctions and pledges at this event, too, and the first pledge was for \$10,000. A video (on two screens) showed the society's work. Honorary co-chairs Charles and Anne Dick, and Douglas and Nancy Barnhart, spoke. Nancy said "One of every two men, and one of every three women in America, will be diagnosed with cancer. No one gets through this alone."

Susie Spanos received the Celebration of Life Award, an "esteemed award given to a high-profile individual who has survived cancer and has made a significant contribution in the fight against cancer." Because of Susie, the NFL gave the Cancer Society \$1 million this year alone. Browning presented the award — a crystal bowl. Susie said "I love crystal!" "It's glass," Stephen replied. (He was joking, of course ...) With the program concluded, The Soultones returned to play. Susie and husband Dean Spanos were invited to open the first dance, and were soon joined by the other guests.



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Carrousel: 1. John and Phyllis Parrish, Jeanne Jones, Jordan, Gaby and Rich Sulpizio 2. Sheryl White, Jim and Denise Reynolds (he's board chair of The Arc of San Diego Foundation), Noreen and Ed Walton (he's immediate past board chair of The Arc of San Diego Foundation) 3. Jeanne Larson, Marilyn Fletcher, Dixie Unruh, Lili Chou, Windie Knoth **Carnivale:** 4. Dan and Linda Masters, Nancy Frank, Nancy and Jason Thornton 5. Douglas and Nancy Barnhart with Anne and Charles Dick (all are honorary co-chairs), R. Stephen Browning (vice president, American Cancer Society Orange County and Border Sierra Region) 6. John Spanos, Jodi Badgley, Dean and Susie Spanos (she's the Celebration of Life Award honoree), Kamri Collins, AG Spanos

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The 28th Annual Fiesta Old Town Cinco De Mayo is the largest Cinco de Mayo celebra-

tion north of the border. This FREE two-day fiesta takes place on Saturday, April 30th, from 11:00 AM to 10:00 PM and Sunday, May 1st, from 10:00 AM to 5:00 PM.

The fiesta has an incredible variety of festivities and entertainment for the whole family to enjoy including a special kids area and stage. Los niños will shriek with excite-

ment as they engage in an array of interactive activities.

There is no time for a siesta, as you stroll through the street of Old Town you will hear sizzling flamenco beats, Norteno flairs and traditional Mariachi music coming from the two stages of live entertainment.

Explore the lively streets of the bustling Mercado where you can purchase an array of merchandise; handmade leather pieces, beautiful jewelry and many more treasures that line San Diego Avenue.

Venture over to Lowrider lane where you will be blown away by the glistening rims and gravity-defying hydraulics of these custom art masterpieces.

Cool off with a refreshing ice cold beer in the beer garden or become a tequila connoisseur in the high-end tequila sampling area. Finish off your appetite by visiting over 20 delicious restaurants to enjoy zesty food specials.

Be sure to take a ride in a stagecoach or explore the museums and specialty stores that Old Town has to offer. Don't miss out on this opportunity to be surrounded in the history and culture of Mexico!



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How To Avoid Gaining Weight When Eating Out

No matter if you are grabbing a snack from the convenience store, attending a family party or dining out, we all eat away from home. But your favorite restaurant meals or fast foods can be hazardous to your waistline if you're not careful.

"We are the most overfed and under-nourished population in the world. So obviously, we have to make smarter choices if we want to lose weight and be healthy," says Jane Percy, author of the new book, "Lighten Up! Win at Losing."

Not eating out isn't possible these days, especially if you don't want to stop seeing friends or sharing meals with family. But by making smart choices and sticking to healthy habits, it's possible to enjoy the company of loved ones without gaining weight. Percy offers several tips to help you eat out and stay on the health track:

- Plan It Out**
Before attending a party or big dinner, eat wisely in the days preceding it. That day, plan breakfast and lunch so that you don't consume too many calories.
- Don't start a party hungry, as you're likely to overeat. Have a small snack beforehand, such as fruit, nuts and raw vegetables. And drink a glass of water upon arriving, to keep you feeling fuller.
- Most of all, don't feel like you have to finish everything on your plate. Taking home leftovers will flatter the cook and save you from overeating.
- Make Smart Choices**
When eating out, don't be afraid to exercise your right to choose. A few smart substitutions can help create a healthy meal at almost any restaurant. Or ask your waiter if the restaurant serves half portions.
- "Most restaurant owners and waiters really do want customers to have the meal they need and desire, so it's your absolute right to ask for menu adaptations," says Percy.

Try to choose restaurants that prepare fresh fish really well. If you add a salad and vegetables and forego starchy potatoes, you can create a healthy meal while enjoying the company of friends and family.

Step It Up

If you've got a big meal or vacation planned, don't forget to exercise! In fact, add a little extra activity if you can, such as walking, to burn off extra calories.

Other metabolism-increasing activities are also great for overall weight loss, like eating breakfast every morning. Green tea has also been shown to heat up your metabolism and, given its caffeine content, is a good substitute for coffee.

Lastly, things like proper breathing or self-hypnosis can help. Stress hormones like cortisol have been shown to increase belly fat, but slow deep breaths can help lower blood pressure and cortisol levels. And relaxation through self-hypnosis can help reduce stress levels, as well.

More tips on healthy living are available in "Lighten Up!" and online at www.RiverLightCenter.com.

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LEGAL ADS 900

SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO) GLYN DAVIES, KATHERINE ALCOCK and DOES 1-20 YOU ARE BEING SUED BY PLAINTIFF:LO ESTA DEMANDANDO EL DEMANDANTE) APRIL HIGGINS NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your

county library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. Tiene 30 DIAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta, puede encontrar estos formularios de la corte y más información en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presentación pida al secretario de la corte que le déo un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos sin grupos sin fines de lucro en el sitio web de California Legal Services (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol), o póngendose en contacto con la corte o el colegio de abogados locales. The name and address of the court is: (El nombre y dirección de la corte es): SUPERIOR COURT OF CALIFORNIA, SAN DIEGO COUNTY, Central Division, 330 W. BROADWAY SAN DIEGO, CA 92101 CASE NO: 37-2010-00101455-CU-PA-CTL The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es): George C. Heppner Heppner & Elwood 1901 First Avenue, Suite 114, San Diego, CA 92101 619-235-4300 DATE: OCT 01, 2010 clerk, by: L. URRARTE, Deputy ISSUE DATES: MAR 24 APR 07, 14 AND 21, 2011

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-006807 THE NAME(S) OF BUSINESS: DEDICATED HEALTHCARE PARTNERS located at: 1938 HORNBLEND ST. SAN DIEGO, CA 92109 is hereby registered by the following owner(s): SHAUN HUNSAKER, DANE IENS, JORDAN ADAMS This business is being conducted by: A GENERAL PARTNERSHIP The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 07, 2011 ISSUE DATE(S) : MAR 31 APR 07, 14 AND 21, 2011

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-009389 THE NAME(S) OF BUSINESS: CHARMONTE APARTMENTS, CAPE MAY APARTMENTS located at: 3711 ELLIOTT STREET SAN DIEGO, CA 92106 is hereby registered by the following owner(s): PHYLLIS HAYNES This business is being conducted by: A LIMITED PARTNERSHIP The transaction of business began on: 01/01/90 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 29, 2011 ISSUE DATE(S) : APR 07, 14, 21 AND 28, 2011

SUPERIOR COURT OF CALIFORNIA COUNTY OF SAN DIEGO EAST COUNTY DIVISION 250 E. MAIN ST. EL CAJON, CA 92020 CASE NO: 37-2011-00086809-CU-PT-EC PETITIONER OR ATTORNEY, SUHIL JAJOU 1158 GEORGE WAY EL CAJON, CA 92019 619-988-8889 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM SUHIL JAJOU TO SIMON GORO 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 JUN 01, 2011 TIME: 8:30 AM DEPT: 14 SAME AS NOTED ABOVE ISSUE DATE(S): APR 07, 14, 21 AND 28, 2011

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-006808 THE NAME(S) OF BUSINESS: MJ'S M&R located at: 3089 CLAIREMONT DR. #147 SAN DIEGO, CA 92110 is hereby registered by the following owner(s): JOSEPH T SIMMONDS This business is being conducted by: AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 22, 2011 ISSUE DATE(S) : MAR 31 APR 07, 14 AND 21, 2011

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-008464 THE NAME(S) OF BUSINESS: JP FACILITY SERVICES located at: 1579 MORENA BLVD. ES SAN DIEGO, CA 92110 is hereby registered by the following owner(s): JAMES R. PURNELL This business is being conducted by: AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 22, 2011 ISSUE DATE(S) : MAR 31 APR 07, 14 AND 21, 2011

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-008578 THE NAME(S) OF BUSINESS: MILO GROUP, MICHAEL JOHNSON GROUP located at: 924 HORNBLEND ST #208 SAN DIEGO, CA 92109 is hereby registered by the following owner(s): MICHAEL JOHNSON This business is being conducted by: AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 22, 2011 ISSUE DATE(S) : MAR 31 APR 07, 14 AND 21, 2011

SERVICE BY PUBLICATION: LAURITA LONG, ANTHONY GIBBS, ELIZABETH BART, ANNE PRESLEY, JESSICA BRANT, DARLENE LEE, NICOLE ROCCA ISSUE DATE(S): MAR 31 APR 07, 14, 21, 28 AND MAY 05, 2011

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-008366 THE NAME(S) OF BUSINESS: NATURAL LOG SKATEBOARDS located at: 2561 PIMILCO PL PALMINE, CA 91901 is hereby registered by the following owner(s): THOMAS BRIERTON, ERIK NORDGARD This business is being conducted by: A GENERAL PARTNERSHIP The transaction of business began on: 03/7/11 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 21, 2011 ISSUE DATE(S) : MAR 31 APR 07, 14 AND 21, 2011

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-008831 THE NAME(S) OF BUSINESS: ACCOUNTING 4 U located at: 2710 GRAND AVE #75 SAN DIEGO, CA 92109 is hereby registered by the following owner(s): BEATRICE HARRIS This business is being conducted by: AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 24, 2011 ISSUE DATE(S) : MAR 31 APR 07, 14 AND 21, 2011

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-006714 THE NAME(S) OF BUSINESS: OCEAN BEACH MOTORCYCLE located at: 1875 CABLE ST. SAN DIEGO, CA 92107 is hereby registered by the following owner(s): KAYLE DAVID JOHNSON This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 03/01/11 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 04, 2011 ISSUE DATE(S) : MAR 31 APR 07, 14 AND 21, 2011

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO: 2011-006715 (1) FICTITIOUS BUSINESS NAME(S): OCEAN BEACH MOTORCYCLE (2) LOCATED AT: 1875 CABLE ST. SAN DIEGO, CA 92107 (3) THE FICTITIOUS BUSINESS NAME REFERRED TO ABOVE WAS FILED IN SAN DIEGO COUNTY ON: 06/25/2010, and assigned File No. 2010-017507 (4) IS (ARE) ABANDONED BY THE FOLLOWING REGISTRANT(S): ROBERT FREELAND 4821 CORONADO AVE. SAN DIEGO, CA 92107 CALIFOR-

NIA The statement was filed with David L. Butler, County Clerk of San Diego County on: MAR 04, 2011 Issue date(s): MAR 31 APR 07, 14 AND 21, 2011

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-009138 THE NAME(S) OF BUSINESS: CALIFORNIA WEST CAPITAL, CALIFORNIA WESTERN CAPITAL, CALIFORNIA CAPITAL FINANCE, CALIFORNIA WEST CAPITAL FINANCE, CALIFORNIA WESTERN CAPITAL FINANCE located at: 501 WEST BROADWAY, STE. 800 SAN DIEGO, CA 92101 is hereby registered by the following owner(s): MORTGAGE MARKET EXCHANGE, INC. This business is being conducted by: A CORPORATION MORTGAGE MARKET EXCHANGE, INC. 501 WEST BROADWAY, STE. 800 SAN DIEGO, CA 92101 CALIFORNIA The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 28, 2011 ISSUE DATE(S) : MAR 31 APR 07, 14 AND 21, 2011

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-006807 THE NAME(S) OF BUSINESS: DEDICATED HEALTHCARE PARTNERS located at: 1938 HORNBLEND ST. SAN DIEGO, CA 92109 is hereby registered by the following owner(s): SHAUN HUNSAKER, DANE IENS, JORDAN ADAMS This business is being conducted by: A GENERAL PARTNERSHIP The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 07, 2011 ISSUE DATE(S) : MAR 31 APR 07, 14 AND 21, 2011

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-009389 THE NAME(S) OF BUSINESS: CHARMONTE APARTMENTS, CAPE MAY APARTMENTS located at: 3711 ELLIOTT STREET SAN DIEGO, CA 92106 is hereby registered by the following owner(s): PHYLLIS HAYNES This business is being conducted by: A LIMITED PARTNERSHIP The transaction of business began on: 01/01/90 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 29, 2011 ISSUE DATE(S) : APR 07, 14, 21 AND 28, 2011

SUPERIOR COURT OF CALIFORNIA COUNTY OF SAN DIEGO EAST COUNTY DIVISION 250 E. MAIN ST. EL CAJON, CA 92020 CASE NO: 37-2011-00086809-CU-PT-EC PETITIONER OR ATTORNEY, SUHIL JAJOU 1158 GEORGE WAY EL CAJON, CA 92019 619-988-8889 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM SUHIL JAJOU TO SIMON GORO 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 JUN 01, 2011 TIME: 8:30 AM DEPT: 14 SAME AS NOTED ABOVE ISSUE DATE(S): APR 07, 14, 21 AND 28, 2011

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-007188 THE NAME(S) OF BUSINESS: ALQHA SUNDAY SUPPLY COMPANY located at: 3118 UNIVERSITY AVE. B SAN DIEGO, CA 92104 is hereby registered by the following owner(s): CHRISTIANA KALAMA, WILLIAM WICKENS This business is being conducted by: A GENERAL PARTNERSHIP The transaction of business began on: 01/01/90 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 09, 2011 ISSUE DATE(S) : APR 07, 14, 21 AND 28, 2011

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-008645 THE NAME(S) OF BUSINESS: DATA ZMART located at: 5208 ALTA VISTA ST. SAN DIEGO, CA 92109 is hereby registered by the following owner(s): JKH CORPORATION This business is being conducted by: A CORPORATION JKH CORPORATION 5208 ALTA VISTA ST. SAN DIEGO, CA 92109 CALIFORNIA The transaction of business began on: 01/01/11 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 01, 2011 ISSUE DATE(S) : APR 07, 14, 21 AND 28, 2011

WORKERS' COMPENSATION APPEALS BOARD SPECIAL NOTICE OF LAWSUIT STATE OF CALIFORNIA WCAB No. ADJ617204 TO DEFENDANT, ILLEGALLY UNINSURED EMPLOYER: AVISO: a ad le estan demandando. Le carte puede exigir una decision que le afecte sin que se le ocascho a memos que ad acute prunto. lea la siguiente informacion. DEFENDANT: KNIGHTLY BUILDING SERVICES LLC APPLICANT: Fermin Leyva NOTICIA: A lawsuit, the attached Application for Adjudication of Claim, has been filed with the Workers Compensation Appeals Board against you as the named defendant by the above named applicant(s). You may seek the advice of an attorney in any matter connected with this lawsuit and such attorney should be consulted promptly so that your response may be filed and entered in a timely fashion. If you do not know an attorney, you may call an attorney reference service or a legal aid office (see telephone directory). You may also request assistance / information from an information and Assistance Officer of the Division of Workers' Compensation (see telephone directory). 2) An Answer Application must be filed and served within six days of the service of the Application pursuant to Appeals Board rules; therefore your written response must be filed with the Appeals board promptly, a letter or phone call will not protect your interest. 3) You will be served with a Notice(s) of Hearing and must appear at all hearings or conferences. After such hearing, even absent your appearance, a decision may be made and an award of compensation benefits may issue against you. The award could result in garnishment of your wages, taking of your money or property or other relief. if the appeals Board makes an award against you, your house or other dwelling or other property may be taken to satisfy that award in non-judicial sale, with no exemptions from execution. A lein may also be imposed upon your property without further hearing and before the issuance of an award. 4) You must notify the Appeals Board of the proper address for the service of official notices and papers and notify the Appeals Board of any changes in that address. TAKE ACTION NOW TO PROTECT YOUR INTERESTS! Issued by: WORKERS' COMPENSATION APPEALS BOARD Name and address of Appeals Board: WCAB/San Diego 7575 Metropolitan Road, Ste. 202, San Diego, CA 92102-4402 COMPLETED BY: Name and Address of Applicant's Attorney, Representative (or Applicant if acting without Attorney/Representative): Law Offices of Manuel Rodriguez 2204 S. El Camino Real Ste. 300 Oceanside CA 92054 760-433-9009 NOTICE TO THE PERSON SERVED: You are served as an individual defendant. ISSUE DATE(S): April 14, 21, 28 AND May 05, 2011

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-010344 THE NAME(S) OF BUSINESS: CLOSET CLOSET located at: 200 E. VIA RANCHO PKWY STE 459 ESCONDIDO, CA 92025 is hereby registered by the following owner(s): DKJY INC. This business is being conducted by: A CORPORATION DKJY INC. 4475 MISSION BLVD. B1 SAN DIEGO, CA 92109 CALIFORNIA The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 07, 2011 ISSUE DATE(S) : APR 21, 28 MAY 05 AND 12, 2011

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-009860 THE NAME(S) OF BUSINESS: THE CRITTER SITTER located at: 4960 CORONADO AVE. #7 SAN DIEGO, CA 92107 is hereby registered by the following owner(s): JANETTE TUCKER This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 03/01/11 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 04, 2011 ISSUE DATE(S) : APR 21, 28 MAY 05 AND 12, 2011

DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL NOTICE OF APPLICATION FOR CHANGE IN OWNERSHIP OF ALCOHOLIC BEVERAGE LICENSE: 1350 Front St., Room 5056 San Diego, CA 92101 (619) 525-4064 Filing Date: April 14, 2011 To Whom It May Concern: The Name(s) of the Applicant(s) is/are: HIGH DINE INC The applicant listed above is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 1801 MORENA BLVD. SAN DIEGO, CA 92110 Type of license(s) applied for: 47-ON-SALE GENERAL EATING PLACE ISSUE DATE(S): APRIL 21, 2011

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-009001 THE NAME(S) OF BUSINESS: JUNK DOGS located at: 745 OCEAN CREST RD. CARWIFF, CA 92007 is hereby registered by the following owner(s): DAVID LEDDICK, MIKE MC CLOUD This business is being conducted by: A GENERAL PARTNERSHIP The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 25, 2011 ISSUE DATE(S) : APRIL 14, 21, 28 AND MAY 05, 2011

SUPERIOR COURT OF CALIFORNIA COUNTY OF SAN DIEGO 330 W. BROADWAY HALL OF JUSTICE SAN DIEGO, CA 92101 CASE NO: 37-2011-00088968-CU-PT-CTL PETITIONER OR ATTORNEY, JOHN MICHAEL FREUDIGER 8510 COSTA VERDE BLVD. Apt 2423 SAN DIEGO, CA 92122-1163 510-295-9809 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM JOHN MICHAEL FREUDIGER TO MICHAEL JOHN FREUDIGER 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 MAY 19, 2011 TIME: 8:30 AM DEPT: 8 220 WEST BROADWAY SAN DIEGO, CA 92101 ISSUE DATE(S): APRIL 14, 21, 28 AND MAY 05, 2011

DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL NOTICE OF APPLICATION FOR CHANGE IN OWNERSHIP OF ALCOHOLIC BEVERAGE LICENSE: 1350 Front St., Room 5056 San Diego, CA 92101 (619) 525-4064 Filing Date: April 1, 2011 To Whom It May Concern: The Name(s) of the Applicant(s) is/are: CALIFORNIA XUAN THU CORP The applicant listed above is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 5375 KEARNY VILLAGE RD STE 110 SAN DIEGO, CA 92123-1422 Type of license(s) applied for: 41-ON-SALE BEER AND WINE-EATING PLACE ISSUE DATE(S): APRIL 14, 2011

SUPERIOR COURT OF CALIFORNIA COUNTY OF SAN DIEGO 330 W. BROADWAY HALL OF JUSTICE SAN DIEGO, CA 92101 CASE NO: 37-2011-00088279-CU-PT-CT PETITIONER OR ATTORNEY, FELIPE ROJAS, JR. 319 SOUTH 28 STREET SAN DIEGO, CA 92113 619-218-5539 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM FELIPE ROJAS, JR. TO MARJORIE JANE GORE 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 MAY 10, 2011 TIME: 8:30 AM DEPT: 8 220

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