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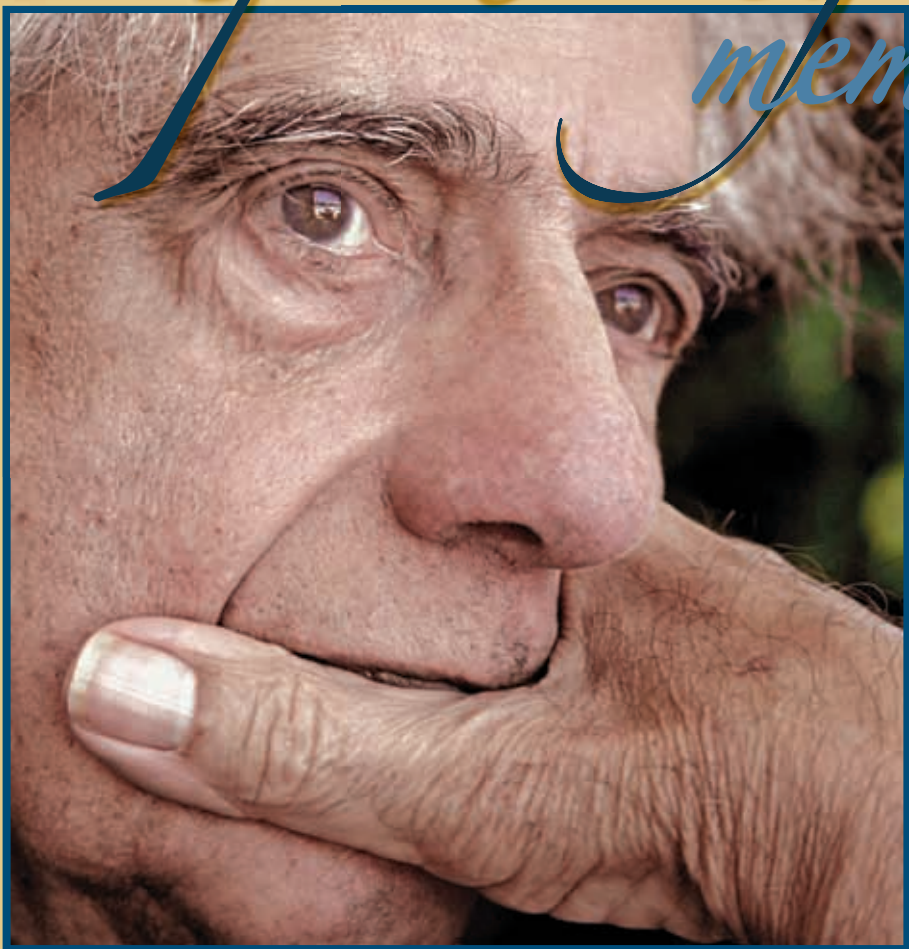
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Capturing memories



One La Jolla's book on coping with Alzheimer's sheds light on family caregivers' struggles

"These are some of the things my husband used to do: fly a plane, perform surgery, consult worldwide, head a university and medical centers, hit four holes-in-one, and play on the same basketball team as Bob Cousy. These are some of the things my husband can't do anymore: find his way to and from an unfamiliar bathroom, work the coffee maker, play tournament golf, or remember something I told him two minutes ago."

— Excerpt and photo from Judith Fox's book, "I Still Do: Loving and Living with Alzheimer's"

By KENDRA HARTMANN | VILLAGE NEWS

As a photographer with collections in galleries from New York to Los Angeles, Judith Fox had captured images of almost everything imaginable. She had taken photos of people, buildings, animals and trees — and every combination thereof.

The one subject, though, that eluded her lens happened to be right in front of her. Other than the odd snapshot taken while traveling, she had

never used her husband as a model. And ironically, in the end, she found in her husband, Ed Ackell, a most inspiring — if unlikely — muse.

Fox, who has lived in La Jolla since the late 1990s, didn't set out to document Ed's struggle and decline because of Alzheimer's disease. After coming across the photography book, "The Model Wife" by Arthur Ollman, in which Ollman compiles photos by nine photographers who used their wives as subjects, she wondered why there wasn't a similar book called "The Model Husband." Admittedly,

she had never thought of Ed as a model, and she realized there was a serious lack of older subjects — male or female — in the art world, and even less focus on the male physique.

"I had this opportunity to think about this aspect as an artist, and to build a series around my husband," she said.

When Fox started photographing Ed, he had been diagnosed with Alzheimer's for a few years (the disease, in fact, had started showing up even before they married). Without

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Former Secretary of State Condoleezza Rice spoke at an event at The Bishop's School on Jan. 19.
Courtesy photo by Michael Spengler, Studio M Photography

Bishop's students gain valuable insights from a top foreign-policy leader

By MARIKO LAMB | VILLAGE NEWS

Former U.S. Secretary of State Condoleezza Rice paid a special visit to The Bishop's School on Jan. 19 to answer students' questions about her leadership roles in the White House, as well as impart valuable advice to students about how to prepare for life's upcoming endeavors.

The once-in-a-lifetime opportunity was made possible by the Endowed Leadership Lecture Series, which brings role models who have exuded extraordinary leadership and achievements to the Bishop's community.

Rice was also accorded the school's highest honor, the Bishop's Medal, which was presented to her by Head of School Aimeclair Roche at the school wide presentation.

Before her presentation, Rice — who currently teaches political science at

Stanford University and political economy at the graduate business school — was a guest teacher in Jeff Geoghegan's Advanced Placement U.S. History, teaching students about redevelopment after the Civil War.

"The opportunity to have the former secretary of state visit this class will be an unforgettable highlight of a Bishop's education," said Richard del Rio, chair of the school's history and social sciences department. "Condoleezza Rice is both a scholar and top-level policymaker who brings enormous personal skills to her interactions with students."

In her presentation, Rice advised students to discover their passions, challenge themselves, gain exposure to other cultures and not to take privilege for granted.

SEE RICE, Page 11

La Jolla's post office could become another victim of economic downturn

By PATRICIA WALSH | VILLAGE NEWS

The U.S. Postal Service's plan to sell the building at 1140 Wall St. that has housed the La Jolla post office since 1935 has some thinking about what can be done to maintain the status quo.

"The idea is to somehow find the funds to buy the building," said Joe LaCava, a La Jolla Community Planning Association trustee. "We could keep the post office in front and find a use for the other end. They could sell the building and negotiate a lease."

The Postal Service is looking to sell the building and lease a new facility within a mile of the current location, according to Eva Jackson, USPS spokesperson. The move won't affect the 92037 ZIP, P.O. box numbers or hours of operation, she said. CB Richard Ellis (CBRE) has been retained to handle the real estate transaction.

Jackson said the Postal Service needs only about half of the building's 14,451 square feet.

"The building is underutilized, but we still have to maintain it, heat it and cool it. We need a location with only 6,100," she said.

Until 1975, the building housed letter carriers and retail, Jackson said. Carriers were then moved to an annex on Silver Street.

Reporting a net loss of \$5.1 billion last year, the post office could raise much-needed capital by selling the corner-lot building. To return to profitability by 2015, the Postal Service must reduce its operating costs by \$20 billion.

Marc Lipschitz, broker for Prudential, who has 22 years of commercial real estate experience, estimates the value of the property to be \$2.5 to

\$3 million. But, he added, "It is difficult to place a value or premium on what an owner, user or developer would pay for this unique opportunity in the village." The Postal Service expects to have its official appraisal on the property in March.

"That gives us some time," LaCava said. "The discussion is what should be the strategy [to buy the building]. The feeling is we have enough stores and restaurants, here's a different kind of facility that has a civic use."

Cathy Hammond, who has had a post office box for 34 years, said she believes the building will be sold in no time, "Unless they ask too much money," she said.

But she's still lamenting the fact that the facility may be gone.

"It's such a quaint part of the vil-

SEE POST OFFICE, Page 5



The La Jolla post office, with the La Valencia Hotel in the background, has occupied the building at 1140 Wall St. since 1935.
DON BALCH | Village News

OBITUARY

Barbara Ball Bardrick of La Jolla died peacefully at home on Jan. 18 surrounded by her daughters Megan, Lauren, Alison and Cameron.

She was a jewelry and clothing designer, photographer, world traveler, Argentine tango enthusiast and a lover of beauty and life. She was predeceased by her husband Leslie Hodge, former conductor of the San Diego Symphony.

A memorial service will be held in the spring. In lieu of flowers, memorial donations can be made to the San Diego Hospice Foundation, 4311 Third Ave., San Diego, 92103 or online at www.sdhospice.org.



John G. Watson

La Jolla man gets life without parole for strangling death of retired exec

By NEAL PUTNAM | VILLAGE NEWS

A La Jolla man who strangled retired biotech executive John G. Watson in 2010 for financial gain was sentenced Jan. 20 to life in prison without the possibility of parole.

The judge ordered Kent Keigwin, 61, to pay more than \$3,000 for Watson's funeral, but didn't order any restitution because ultimately, Keigwin was never able to collect the \$8.9 million he tried to illegally obtain by stealing Watson's identity.

Several friends of Watson, 65, showed up at the sentencing. Some said Watson met Keigwin several years ago at a ski club, but were only acquaintances.

"We miss him greatly, but his impact will never fade in our lives," said Beth Martinez.

Keigwin, a financial advisor, entered Watson's apartment at 8111 Camino Del Oro in La Jolla on June 8, 2010, and shot Watson with a stun gun, disabling him. He then strangled Watson, took his computer, wallet and other possessions.

Friends of Watson showed up at Watson's door that day when he didn't keep an appointment. A building manager let them inside, and after finding his body, they called police.

Two days later, at 5:30 a.m., Keigwin returned to the building, and, stepping off the elevator at the floor where Watson lived, ran into police officers and evidence technicians who were still processing the scene.

Keigwin had empty bags and a flashlight and could offer police no explanation why he was there. He was in possession of Watson's keys and police found Watson's computer in his car after he was arrested.



Retired biotech executive John G. Watson was remembered for being modest, though he was a multi-millionaire. Courtesy photo

"I've always been shocked to see people like you who take a life for greed," said San Diego Superior Court Judge Fred Link, addressing Keigwin. "This is a cold-blooded, calculated ... murder."

"I have no mercy for you. Whatever happens to you, happens to you," said Link.

The judge turned down the request by Deputy District Attorney Sharla Evert to impose an additional 11 years for other crimes the jury convicted Keigwin of, like forgery, burglary, attempted grand theft and using Watson's credit cards. He was convicted Nov. 18.

Link also turned down the request of defense attorney Stacy Gulley to dismiss the special circumstances of murder for financial gain and murder during a robbery. These charges were the basis for the life term without parole.

Martinez said Watson was a multi-millionaire, but didn't live like one because he drove a 14-year old Saab and stayed in a modest two-bedroom apart-

ment. She said he had "worked hard and sacrificed for over 40 years building his nest egg" and was enjoying his retirement.

Watson worked in the pharmaceutical industry and Martinez said, "helpful and life-saving drugs are being used today" due to Watson. "We will miss his robust laugh, his quick wit, and our stimulating and lively conversations," she said.

Keigwin spoke briefly at the sentencing.

"I am sorry for the death of John Watson," he said. "I will spend the rest of my life seeking God."

A probation officer wrote that Keigwin claimed a Christian conversion in jail after earlier being an agnostic most of his life.

Keigwin was fined \$612. Link noted he had served 589 days in jail, but since he received a life term without parole, he cannot receive credit for those days.

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-Diane York, The Spa of La



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Judith Fox's book "I Still Do: Loving and Living with Alzheimer's" depicts her husband, Ed, as he navigates daily life with the disease. Fox's own written text helps illustrate the photos.

"What Ed wants most is friends, buddies, the kind of men who used to gather around him when he was president of a university and a hero on the golf course. What he wants is to sit over a beer with these men after a game of golf and talk about politics, business, and sports. He wants his old life back," she writes.



FOX

CONTINUED FROM Page 1

any specific direction for her photos, Fox started documenting Ed's daily activities — Ed sleeping, playing golf, eating, goofing around. After she had compiled a number of photos, she showed them to Ollman, who thought she had the makings for a book.

It was only at this point, Fox said, that she started to consider how she might include the aspect of living with Alzheimer's in the photo project.

After all, the photos showed exactly that: Ed living with Alzheimer's and doing — or not doing — all the things he had done before the diagnosis. Why couldn't this stark portrayal of Ed's daily life also double as a commentary on the disease?

Ollman, however, discouraged her from taking that approach.

"Arthur suggested I not bring in Alzheimer's to the book because publishers don't like to cross-market books and Alzheimer's is a

difficult subject to sell," she said. "People are uncomfortable with it."

The more she thought about it, however, the more Fox said she rejected the notion that Alzheimer's couldn't — or shouldn't — be talked about.

"The more our journey went on, the more I realized how isolated caregivers feel," she said. "At the time, Alzheimer's was very in the closet. People didn't talk about it. And I felt like I was in a position at that point to help contribute to the very beginnings of a conversation about Alzheimer's and help people who are caregivers realize they're not alone."

As it turns out, that is a common sentiment among those caring for family members with conditions like Alzheimer's — that they must shoulder the burden alone. So much so that 25 years ago, a nonprofit organization was started up to help caregivers in exactly that situation.

The Southern Caregiver Resource Center was founded with the goal of providing much-needed services, like respite, case management, counseling and support groups for caregivers who were stuck in the cycle of trying to do everything for their loved one themselves. Fox said she, too, was mired in this mindset.

"I chose not to give myself permission to have day off for eight years," Fox said of caring for Ed. "One of the difficulties of caring for someone with Alzheimer's is that it's a constant job. If you're vigilant and a worrier — and I'm both — you're always trying to anticipate what could go wrong and you're always on watch. It's a very difficult state to sustain."

Fox finally did allow help to come in, and though it was difficult to relinquish some control, she said, it was



Author and photographer Judith Fox.
Courtesy photo by Aaron Serafino

the best thing for her — and Ed — at that point.

"I'm not patting myself on the back for waiting eight years. I waited too long," she said. "I think that we, as caregivers, are very reluctant to admit we can't do it all ourselves."

One of the reasons it can be so difficult to give up control — and one of the reasons Alzheimer's is so difficult to live with — is the amount of uncertainty surrounding the disease, Fox said. With no clear introduction or indicators, Alzheimer's, she said, "rolls in like a fog."

"It's a very difficult disease, very slippery," she said. "When someone has cancer, for example, you can see it

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"Scenic View of the Village," the mural inside La Jolla's post office, above, was painted by Belle Baranceanu in 1935-36, the same time the building was constructed by the U.S. Treasury Department of Public Buildings under the supervision of architect Louis A. Simon. The building was expanded in the 1960s. Photos by DON BALCH | Village News



POST OFFICE

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lage," she said. "What would they do with this building? This block is old and established. To put something high and modern here would not fit in."

John Christofferson, managing partner of Latte by the Sea, a coffee stand across the street from the post office, said he is concerned about how sale of the building would reduce traffic and customers for his business.

"If they put a Ferrari dealership here and 10 people show up a day, it will be so much different," he said.

In 2010 when the U.S. Postal Service marked its 75th anniversary, the La Jolla Historical Society attempted to get the building listed on the National Register of Historic Places, a plan the Postal Service backed. However, a com-

bination of time constraints and the assessment of the building compared to others seeking designation stopped the application.

Diane Kane, a retired senior planner with the San Diego's Historical Resources Board, was involved in the process and believes today the building would qualify for the historic register.

Built in 1935 by the U.S. Treasury Department of Public Buildings under the supervision of architect Louis A. Simon, the building was expanded in the 1960s, changing the lobby and doubling its size, Kane said.

"Stacked up against small original post offices, La Jolla didn't make the cut [for the historic designation]," she said.

Additionally, the "Scenic View of the Village" mural by Belle Baranceanu that winds around the lobby walls wasn't considered artistically significant. The final criterion to obtain the designation was to show how the post office helped developed La Jolla's downtown. While Kane said that could be demonstrated, there wasn't enough time to document the facts before the 75th anniversary.

"If we can get historical designation now, the building could be sold with a restrictive covenant," Kane said. "It's an invaluable community treasure and we need to keep it as a public building."

With no police substation or fire station in the heart of the village, the post office is, for LaCava, the last of a dying breed. It's the workhorse of daily life that gets little to no attention until its possible demise, he said.

"It's interesting what issues really get people excited," LaCava said. "Not policy, but common things that touch everyone's lives, like pot holes."

And the post office.

Surfers get the lowdown on saving lives

By MORGAN CARMODY | VILLAGE NEWS

The past few months have seen several surfer deaths in San Diego County—including La Jolla local, Ted "Shred" Smith at Windansea Beach—due to sudden cardiac arrest in the water.

In response to the recent tragedies, San Diego Project Heartbeat has teamed up with Bird's Surf Shed to offer free basic CPR and AED (automatic electronic defibrillator) training. The surf shop will host a clinic—taught by volunteer San Diego EMTs, paramedics and lifeguards—designed to save lives through education on Jan. 27 from 6 to 8 p.m.

Ryan Levinson, an EMT and CPR instructor for Project Heartbeat said the clinic will cover "just the basics."

"It will give people enough knowledge to provide [CPR and operate an AED if needed]," he said.

It will not, however, offer CPR certification.

"The No. 1 thing that saves lives is early CPR and early defibrillation," Levinson said. "People don't understand how easy it is to learn CPR. The very basics would be the difference between saving someone's life or not."

The training will focus on how to do compressions correctly in an effort to get oxygen back to the brain. Levinson said mouth-to-mouth is no longer a part of CPR, hence the focus on proper chest compressions.

It is important to note that cardiac arrest can happen to anyone at any time, regardless of one's physical condition, Levinson said. The surfers who died during the holiday season were veteran surfers, not newcomers to the sport.

Ron Fay, a 56-year-old University City surfer who described himself as "concerned, cautious and prepared," said that though there are obvious dangers lurking in ocean waters, it is important to be aware of all the risks involved.

"My biggest concern in the water is getting eaten by a shark," he said. "However, I try to keep in excellent shape at 56 because of the [health/cardiac risks]."

AEDs are available at each lifeguard stand and at public buildings, as well as at some restaurants. The training will demonstrate the proper use of the same kind of AEDs that lifeguards are equipped with.

According to Project Heartbeat's website, the organization focuses on improving the "survivability of sudden cardiac-arrest victims in San Diego by placing AEDs everywhere a life can be saved by making AEDs as accessible as fire extinguishers in any and all public and private arenas."

The event is open to surfers and non-surfers alike. RSVPs are requested at Bird's Surf SHED via Facebook or phone.

"Regarding chest compressions and CPR, even if you don't come [to this event], doing something is better than nothing," Levinson said.

What: Free opportunity for surfers and the public to learn basic CPR/AED skills

Where: Bird's Surf Shed, 1091 West Morena Blvd.

When: Friday, Jan. 27 6 to 8 p.m.

RSVP: www.facebook.com/Birds-SurfShed or (619) 276-2473

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FOX

CONTINUED FROM Page 4

on an X-ray. It's something you can put your hands on, it's tangible. But the nature of this disease is very mystifying.

"There are moments of extreme lucidity, even now for Ed," Fox continued. "You're always questioning yourself, thinking, 'I'm having this great conversation with this person. Is the diagnosis correct?' Anyone who's a caregiver is on constant roller coaster. We want to hope as human beings."

It's that hope that Fox is counting on to help bring Alzheimer's into the spotlight. The problem, she said, is only getting worse as the population ages and pretty soon, we may find ourselves in a tight spot.

"As global society, we're not even close to being prepared for the tsunami of Alzheimer's that's coming," she said. "As a society, we're not even dealing with current reality. We will be under water soon. One of my hopes is that as people understand how huge our needs are and what Alzheimer's really means to us all as individuals and families and communities, they will start to do something about it."

In that spirit, Fox will be the keynote speaker at the 25th anniversary celebration for SCRC on Feb. 11 at the San Diego Marriott Del Mar. Since her photo book depicting Ed's life with Alzheimer's, "I Still Do: Loving and Living with Alzheimer's," was published in 2009, Fox has spent a lot of time traveling around, advocating on behalf of Alzheimer's research and the needs of caregivers. In San Diego, she said, we're relatively lucky to have institutions doing research, like the Salk Institute and UCSD's Alzheimer's Disease Research Center — one of the first in the country — as well as organizations like SCRC to help caregivers lay the course for dealing with conditions like Alzheimer's and associated dementias.

Marianna Randolph, a licensed clinical social worker and family consultant at SCRC, said she sees the necessity in finding a support system when dealing with sick loved ones.

"Aging and caregiving are complex worlds and [SCRC] helps family caregivers navigate through their journey," she said. "It's hard. No one gives you clear-cut answers. Sure, there are books on caregiving, but each caregiving situation is unique and it helps to know that you can call a professional who is going to help you find options related to your specific situation."

For Fox, Ed's situation resembled a slow slide, and her photos depict the ordinary struggles of the everyday. Ed shaves at the mirror, smiles coyly at his wife behind the lens, sits alone in a courtyard, soaks up the sun on a rock. In some pictures he seems distraught, in others carefree. The photos show the mundane details of life — Alzheimer's or not.

"It's important to realize that people with Alzheimer's still have lives," she said. "Though their lives become increasingly narrow."

As Fox photographed Ed, she said, their bond grew deeper. The lens, rather than creating a barrier between

photographer and subject, served to unite them in their shared experience.

"It was an additional way of partnering with Ed," she said. "We did this together, for as long as he could understand it. It was actually a lot of fun. More than a catharsis, it was another way of loving him, respecting him and acknowledging him. Ultimately, it will be more important as time goes on. It's a way for me to keep my memories, as well."

A couple of years ago, Fox moved Ed into a fulltime care facility close to their home. She visits him regularly, and while the lucid moments are becoming fewer and farther between, the love between them, she said, is still there.

"We're still able to communicate and have an exchange, but it has gotten and is getting increasingly limited," she said. "I do a lot of interpreting. We can always hold hands and talk in simple terms."

The decline, she said, was impossibly difficult for Ed, whom she describes as a "brilliant man" — he was a doctor, pilot, academic and former president of Virginia Commonwealth University — when he wasn't able to do the things he did before, like discussing politics with friends. She was

mindful of how photographing him at his most vulnerable would make him feel, but when he gave her the go-ahead, she realized her book could be more than something nice to look at. It could provide, she saw, a narrative for those who can't be inside the head of someone with Alzheimer's.

"Because Ed is articulate, I'm able to understand it better than I would otherwise," she said. "It's very painful. If you can imagine what it's like to not be comfortable in your own skin, where your surroundings never seem safe or familiar. People with Alzheimer's don't feel grounded. Those of us who don't suffer from it take that feeling for granted. Even if we're having a terrible day, we understand why. We can trust the world around us, even if it doesn't feel friendly."

"That's part of why I did my book — it's important to talk about and get comfortable with it," she said. "I've talked to people around the globe dealing with Alzheimer's, and the issues are always the same. I know I'm fortunate that I have options, but I think very often about the millions of people who don't have options and how incredibly difficult their lives must be."

Former First Lady Rosalynn Carter will be the honorary chair at SCRC's 25th anniversary benefit, for which Fox will present the key address. The event will feature live music from Emmy Award-winning and Grammy-nominated artist Allan Phillips, a performance by professional salsa dancers, food and spirits from Arterra Restaurant and Lounge and a live auction. Tickets are \$225 and can be reserved at www.caregivercenter.org or by calling Roberto Velasquez at (858) 268-4432 x114, or via email at rvelasquez@caregivercenter.org.

For more information on Fox's current photographic work, including her project, "Sea of Dreams," for which she has photographed images from the same undisclosed La Jolla location for almost a decade, visit www.judithfox.com.

NEWS**briefs**

YMCA sets fundraising campaign in motion

The La Jolla YMCA announced it is in need of funds to help people in the community who can't afford to participate in its programs. The club launched its annual campaign to raise the \$435,000 to support its members.

"When most people think of La Jolla they think of affluent families, but we have over 600 single-parent families who participate in our preschool as well as our before-and-after school programs," said associate executive director Jason Milosh. "So we need additional funds to continue to provide quality care to those families. The money we raise also goes toward funding our camps, youth sports programs, gymnastics, aquatics and family-strengthening programs."

The donations will also help develop new youth, teen, family and senior activities that meet the needs of the community. Ninety-two cents of every dollar from donations will be put directly to work in programs and donations are tax deductible.

The La Jolla Y serves more than 18,000 people annually throughout the communities of La Jolla, University City, North Clairemont, Sorrento Valley, Carmel Valley and North Pacific Beach. For more information or to make a donation, visit www.lajolla-ymca.org/giving. Donations can also be made by mail or in person at 8355 Cliffridge Ave.; La Jolla, 92037.

LJCPA puts out a call for annual elections

The La Jolla Community Planning Association will hold its annual trustee election on March 1 to fill six seats of a three-year term that expire

in March 2015 plus one vacant seat with a term that expires in March 2013.

Those interested in running must have attended at least three meetings in the last year, and should indicate their interest in becoming a trustee by the Feb. 2 meeting by sending an email to or advising a current trustee, or by announcing it at the meeting. Emails expressing interest can be sent to info@lajollacpa.org. A candidate forum will be held on that day.

To be a candidate, members must be in good standing and must have attended at least three LJCPA meetings during the 12 months prior to the March 1 elections. Attendance can be verified at www.lajollacpa.org/members.html.

At the LJCPA's January meeting, trustee Joe LaCava reminded potential trustees and members of the asso-

SEE BRIEFS, Page 10

LETTERS TO THE EDITOR

Marine Life Protection Act not a boon for everyone

Re: "Underwater Parks Day a lure for landlubbers and ocean lovers" (Jan. 12, Page 9):

I always enjoy the underwater photographs of contributor Judith Lea Garfield, but her attempts at political commentary should be left to others. Specifically, her comments on the Marine Life Protection Act (MLPA) are both inaccurate and naive.

Contrary to her claim, California voters never "said 'yes' to the MLPA." This was not an initiative placed on the ballot, but a legislative bill. And it wasn't "bipartisan." Votes in various Senate and Assembly committees were essentially along party lines. Republican Gov. Pete Wilson vetoed the first rendition of this act in 1998; Democrat Gov. Gray Davis signed its successor the following year.

The primary thrust of the MLPA is the establishment of coastal no-take reserves where all "take" (e.g., fishing) is banned. Falsely advertised as "science-based," they are in reality founded on the utopian concept that, left alone, problem areas of our coastline will be healed by Mother Nature. Prohibited within these reserves are most proven marine management techniques.

For instance, periodic population explosions of kelp-destroying sea urchins can no longer be managed within these reserves. Also, federal law now permits communities to control nuisance seals and sea lions. But within no-take reserves, our

growing hordes of pinnipeds (eating up to 8 percent of their weight each day) must be allowed to multiply and consume local sea life without any restrictions whatsoever. Permitting uncontrolled predation by urchins, marine mammals or anything else is clearly a perverted concept of "marine life protection."

It is increasingly common to be told by activists that "the oceans are in crisis." That may be true in some parts of the planet, but certainly not in California. Our coastal waters are strictly controlled, especially when it comes to commercial and sport fishing. If a species of fish appears to be below desired levels, it is common for the state Fish and Game Department to adjust the take of that fish by regulating the size, season, daily catch limit and/or fishing equipment. The range of restrictions, depending on the health of the fish species, can range from no limitations whatsoever to a total ban. The proven successes of this management technique cannot be rationally disputed.

But the MLPA approach now implemented along our coast will, based on a fictitious crisis, take large swaths of coastline where our children will be banned from catching a surfperch, digging a sand crab or grabbing a grunion. The motivations for the MLPA's excesses are troublesome. Environmental utopianism is just one. Probably more powerful is the rapidly growing animal-rights movement; once focused on hunting, it is now targeting fishing.

And, as is often the case, money is

a factor. Despite the lure of lucrative study grants, numerous marine biologists have decried the dubious science of the MLPA. Unfortunately, too many researchers have succumbed to this conflict of interest and have openly supported this harmful legislation. They must be aware that their studies and experiments will have little scientific validity because most will not be reproducible due to the variability of ocean conditions.

Nevertheless, funding by both private foundations and taxpayers will ensure unending funds for study grants. The final conclusions of such studies are predictable: Either they will determine that the coastal closures "work" (however that is defined), which indicates that more reserves should be created — or that they don't work because they are too small and therefore should be made larger. The MLPA fishing bans imposed upon our community will never go away.

Carl B. Lind
La Jolla

Has LJVN entered the ranks of *Playboy*?

Oh, wow, are you saving me money or what! Pages 12 and 13 of the Jan. 19 issue can easily replace the centerfold pictures found in *Playboy* magazine. If this is a "family oriented" newspaper, many of the pictures on these pages should've been relegated to the trash bin. You should be more discreet in what you print!

Lou Cumming
La Jolla



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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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Cluster group brings teachers together

About 85 public school elementary teachers in La Jolla came together on Jan. 18 to learn new strategies for teaching mathematics at a training supported by the La Jolla Cluster Association (LJCA).

The gathering marked the first time that different public schools in La Jolla brought their educators together for professional development. The principals of La Jolla, Bird Rock and Torrey Pines elementary schools organized the event. San Diego Unified School District math experts showed a video and led grade-level group discussions, while guests enjoyed a delicious lunch, courtesy of Girard Gourmet, which provided the LJCA a group discount rate.

At its most recent meeting, the LJCA board heard an update on efforts by the community education committee to

start a speaker series.

Three events have been scheduled this spring:

- **"Race to Nowhere" documentary film screening**, 6:30 p.m., March 22, Parker Auditorium, La Jolla High School, \$10. To purchase tickets, visit www.racetonowhere.com/screenings/la-jolla-high-school-parker-auditorium

- **Talk and book-signing by Lynn O'Shaughnessy**, author of "The College Solution: A Guide for Everyone Looking for the Right School at the Right Price," 6:30 p.m., April 26, Parker Auditorium, La Jolla High School, \$10.

- **Talk and book-signing by Richard Louv**, author of "Last Child in the Woods and the Nature Principle," 6:30 p.m., May 17, Parker Auditorium, La Jolla High School, \$10.

Warwick's Book Store will be selling copies of O'Shaughnessy's and Louv's books after their talks.

The financial woes of the district were discussed briefly at the meeting. John May, a parent who chairs the finance committee, described a recent meeting of all the campus foundation leaders in the cluster. He said the group discussed the district's financial situation and shared information about what programs the various foundations are supporting.

Governance is another priority of the cluster, which is moving forward with its efforts to create a partnership agreement with San Diego Unified School District, said Rob Tindall, a teacher at Muirlands Middle.

After a year of surveying teachers and holding open meetings, the agreement committee is now preparing to contact labor union and district representatives, he said.

Student safety is always a cluster concern. To relieve traffic around Muirlands Middle and La Jolla High, the LJCA is working with the La Jolla YMCA to create a neighborhood bus service. Parent Fran Shimp explained how the buses will begin to transport students to Muirlands Middle and La Jolla High School starting Jan. 30. The cost is \$75 a month. The application form is available at the YMCA or can be downloaded at www.lajollaccluster.com. LJCA represents the five public schools in La Jolla (La Jolla High, Muirlands Middle and the three elementary schools). The five principals sit on the governing board, along with 10 teachers and 10 parents. The board meets regularly at the Muirlands Middle School library.

— Sharon Jones



Parent Erica Wortham purchases popcorn from Sharon Miller at the annual Family Movie Night at La Jolla Elementary School on Jan. 20. La Jolla Elementary families snuggled in sleeping bags and blankets, ate hot dogs and popcorn, and watched "Despicable Me" at the free event. Parent Laurie Weiss organized the event and oversaw a crew of volunteers at the fifth-grade snack bar.

Courtesy photo by Sharon Jones



La Jolla Lacrosse Club will begin its 15th season with tryouts and assessments on Feb. 4. The season goes through May. Courtesy photo

La Jolla Lacrosse Club celebrates 15 years

La Jolla Lacrosse Club is celebrating its 15th season. Tryouts and assessments will be held on Saturday, Feb. 4 at La Jolla High School and the season will begin on Feb. 13 and will last through May.

Last spring, more than 90 boys played in the league for La Jolla. Led by coach Tommy Duerr, a former national champion and team captain at Johns Hopkins and two other Johns Hopkins national champions and All Americans, this season is poised to be the program's best ever.

Teams are separated into two age groups: first through fourth grade and fifth through eighth grade. La Jolla Lacrosse is anticipating fielding four teams so that everyone has the chance to play in every game. With more than 70 teams in the San Diego County

Lacrosse Association League, there will be plenty of competition for players to hone their skills and love for the game.

Unlike many other sports, La Jolla Lacrosse is sensitive to the busy schedules of both parents and students. Elementary school students typically have one practice and one game each week. Middle school players typically will have two practices and one game per week. Practices are at the French American School and home games are Sundays at Torrey Pines Elementary School.

Season signup is available now at www.lajollalacrosse.com.

For more information, email ljlacrosse@yahoo.com.

— Contribution

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TIDE LINES



At rest in the safety of its den, a bimac octopus's curled tentacles wrap close around the body. Near the black-slitted eye lies a prominent funnel, part of the animal's jet propulsion machinery.

©2012 Judith Lea Garfield

At right, having long arms and lots of them can foil escape as this red octopus likely realized, maybe its last thought before becoming dinner for a sarcastic fringehead (*Neoclinus blanchardi*).

Courtesy photo by Gayle Van Leer

Octopus
arms
not
evenhanded



By JUDITH LEA GARFIELD | VILLAGE NEWS

Other than an octopus, I can think of no other underwater critter clever enough to play peek-a-boo. I’ll be finning along one of the terraced walls gracing the submarine canyon off La Jolla Shores when we spot each other. I back off and sink down out of the mollusk’s view. It’s only a matter of time until my playmate leans out of the den’s opening, then inches over to see where

I went and what I’m doing. I move out of sight again, and the octopus follows. I’m not the only who knows how to play the game.

Like a newborn human, an octopus has a large head in relation to its body, the better to hold the complex brain endowed within. Who knows what it thinks, but I imagine an octopus is drawn to staring at me — a giant, bubbling blob — for reasons not unlike most humans transfixed watching a train wreck (most reality pro-

grams can suffice as examples). We aquanauts are a noisy, clumsy, flailing bunch, whereas an octopus moves with a fluid grace along the seafloor, curled tentacle tips barely brushing aside sand grains, as they constantly change their outerwear to coordinate with new backgrounds appearing beneath them. From a societal stance, under water we are hoi polloi; they are blue bloods (both literally and figuratively).

Of the three octopus species found off our coast, two “bimac” octopi (*Octopus bimaculatus*, *Octopus bimaculoides*), typically top out size-wise at a foot-and-a-half from tentacle tip to opposite tentacle tip, while the diminutive red octopus (*Octopus rubescens*) sports a tentacle-to-tentacle stretch of about 4 inches. Bimac octopi lodge mostly in dens made from the canyon’s clay walls while half-pint red octos popularly nestle among living and inert relief on the bottom. Like much of high society, octopi are notorious jet setters.

Transport by jet propulsion involves ambient water being forcefully pushed out of the body cavity via a flexible siphon. Aim the funnel in whatever angle necessary and all systems ready for takeoff. Tentacles need not apply for the job. In fact, when it comes to movement, an octopus can rightly brag, “Look ma, no arms!” A diver friend discovered this first hand on a recent night dive when a full-on octoamputee pulsed by him with nary an arm to its name.

Certainly nobody who’s anybody would be without a coat of arms, and the octopus has them in abundance. When engaged in business with prey (like crabs and some fish), having suckered arms are integral to closing the deal. They snatch and hold the victim in place until it is subdued by a toxin released from the salivary gland. Now the beaklike jaw can dispatch the carcass at leisure, exercising a sandpaper-like tongue to delicately strip off every morsel. Now that’s class!

But there’s more to those arms than just a coat and an embrace because octopus arms are bionic. To best explain, revisit the size of an octopus brain and we may agree that complex decision making must be going on around the clock up there, which includes captaining all those arms. However, with so many appendages to keep track of, in a clever nod to evolution, an octopus has eight (!) nervous systems manning the finer decisions. Thus, the octopus’s brain decides it wants an arm to move but it’s up to each of the eight indepen-

dent contractors to decide which arm(s) will do so.

With so many available arm options, might there be a preference? Can an octopus be right-handed or left-handed? In some octopi studies, when blindfolded octopi were required to choose, they typically employed the arm closest to the object of interaction, meaning they had no preference. However, with eyesight restored, octopi subjects used a favorite tentacle to inspect or handle objects (despite all eight arms being equally nimble). This exciting result connects an octopus, the intellectual giants of the invertebrate world, with vertebrates, because most animals with a backbone also have a preferred eye (whether or not they have actual arms and fingers).

I know any number of avid divers who won’t pass up a lobster feast, clam bake or bowl of fish stew but won’t touch octopus. Who wants to dine on someone you know is really smart and has personality plus? Did I mention agility skills? Octopi can learn to grab certain colored balls, navigate mazes and open jars. And the brainiacs can learn to do these things just by watching their peers. Octopi, I gotta hand it to you. You are the crème de la crème of underwater society.

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



Foraging at night, a bimac octopus matches its reddish tentacles to the red algae while registering most of its coloring on the sandy side.

©2012 Judith Lea Garfield

What's the scoop?

Highlighting
La Jolla
businesses



La Jolla Karate instructor Josh Trent teaches a group of children. Courtesy photo

New karate classes provide powerful tools to build character

By **MARIKO LAMB** | VILLAGE NEWS

The award-winning instructors at La Jolla Karate, who have been instructing students in North County for 25 years, are now enrolling students at their recently relocated La Jolla location at 7838 Herschel Ave. for martial arts and character-development classes for all ages.

Senior instructor Mark Truscott has more than 30 years of experience in martial arts, and along with associate Josh Trent provides energetic classes for children and adults of all ages.

An industry-leading Powerful Words Character Development program is incorporated as the backbone of the school's curriculum for students to learn how to become community leaders and confident individuals.

Child and adolescent development specialist Robyn Silverman created the comprehensive character development program specially for La Jolla Karate with easy-to-follow lessons that provide each student with fundamental tools that will allow them to succeed both mentally and physically in the context of an organized karate class.

"Ultimately, our aim is to help our students embrace the person that they are, respect those around them and share

their appreciation at home, in school, at La Jolla Karate and within their community while having a terrific time learning at our facility," said Truscott.

Each month, students have the opportunity to get positively recognized for their completion of an age-appropriate Powerful Project and instructors will emphasize a Powerful Word of the Month, a concept that can be reiterated at home.

This month, La Jolla Karate will emphasize the word "acceptance," teaching students everything from its definition to its application in day-to-day life with lessons and projects.

Silverman also provides parents of students in the program with an opportunity to write her with questions or concerns in a Dear Dr. Robyn column in the Parents Perch newsletter, which describes the Powerful Word of the Month and how it will be taught in the studio.

Ian Sheres, program director and co-owner of La Jolla Karate, said the short and long term benefits of the program.

"Every new student must complete four karate challenges before they can wear their first belt. This reinforces what parents and teachers want immediately. Just like anything worthwhile in life,

every belt at La Jolla Karate is earned," he said. "Long-term benefits such as increased focus and discipline build strong community members inside and out."

La Jolla Karate also offers classes for adults to get in a challenging workout and attain their optimal fitness levels in a way that is beneficial in more ways than one.

"Our M.A.X program, designed for adults, provides a fun way to get in great shape by combining martial arts and self-defense techniques with strength-building full-body exercises," Sheres said.

La Jolla Karate is already helping out the community through a Life Lessons/Character Counts program at Bird Rock Elementary School to teach children basic self-defense and karate techniques, reinforce character-building development, and raise money for the local elementary school. The price of the four-session program is \$69 and all of the proceeds from the program go directly back to the school through the Bird Rock Elementary Foundation.

For more information about La Jolla Karate or to sign up for classes, visit www.lajollakarate.com or call (858) 255-8384.

BRIEFS

CONTINUED FROM Page 6

ciation that attendance of at least one meeting per year is required to maintain membership.

"About one-third of our members will lose their eligibility if they don't attend the meeting in February," he said.

One golfer's trash is another's compost

Ever wonder what happens to all the trash that piles up after a big event like The Farmers Insurance Open at Torrey Pines? The PGA tournament and Waste Management recently announced details of a sustainability program to divert waste accrued during the event from landfills and into recycling and composting facilities.

Waste Management's Think Green® representatives will be stationed throughout the tournament to encourage vendors and event goers to utilize recycling and compost bins along the course. Additionally, the company will pick up trash and recyclables using its natural gas-fueled trucks; recycle all commodities such as cans, paper and cardboard; and collect food waste for reuse.

Details of the sustainability program include:

- **Collected food waste** will be converted into green energy and any unused food from the event will be donated to the San Diego Food Bank

- **All generators** used at the tournament will be powered by biodiesel fuel

- **Recyclable bottles and cans** placed in blue bags will fund San Diego's Boy Scouts Troops; carpet in all of the tournament suites will be

donated or recycled; and all of the tournament signs will be reused keeping waste out of the landfill

- **Patrons are encouraged to ride bicycles** to the tournament to help raise funds for the San Diego County Bicycle Coalition (SDCBC) with a bicycle valet at tournament entrance, N. Torrey Pines Rd. For every fan that checks in at Bicycle Valet, the Farmers Insurance Open will donate \$10 to SDCBC.

In addition to its sustainability program, Waste Management is also sponsoring a fundraiser, "Rock Ball Presented by Waste Management," on Saturday, Jan. 28 from 4 to 8 p.m. at the Century Club Pavilion. National recording artist Kelley James will headline the event and proceeds will benefit the Boys and Girls Club of San Dieguito. Tickets to the event are available at www.farmersinsuranceopen.com/rockball.php.

A new way to access La Jolla's history

The La Jolla Historical Society announced the launch of its new and improved website, www.lajolla-history.org. The site includes new features, making it easier to make a donation to the society and to learn about the society's upcoming events. It also added tools like a search feature and access to the society's social media outlets. Information on historical resources and tablet-friendly content and videos were also new additions to the site.

The Historical Society invites visitors to provide feedback on the improved site at the "website feedback" form on the bottom of each page.

A Jodi Sawyer

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Jodi has been a nurse for the past 15 years and is one of the first RN's in Southern California to work with lasers. She trains doctors and nurses for the Medicis Aesthetics and is recognized as the #1 Nurse Injector in San Diego for Restylane for the past years in 2007, 2008, 2009, 2010, and newly awarded in 2011. Jodi was recently selected as a Contributing Advisor specializing in the Aesthetics field for the "Dr. Oz Show". (www.doctoroz.com)

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RICE
CONTINUED FROM Page 1

“Find what you are passionate about, even if it doesn’t look like something that you’re supposed to be passionate about,” she said. “Don’t let somebody else define your passion by your gender or your race or where you come from. Just find what you love to do.”

She said although there is “no earthly reason why a black girl from Alabama ought to want to become a Soviet specialist,” she was hooked after taking her first course in international politics under her mentor Josef Korbel.

In addition to seeking out passions, she urged students to challenge themselves by trying something hard.

“Those of you who love to read and write, take more math, and those of you who love math, read and write more,” she said. “You will find greater fulfillment in overcoming that which is hard than just continuing to do that which you do well.”

She jested that conquering geometry was one of the “great moments of my life.”

For seniors who are readying themselves for college, she stressed the importance of maintaining good health, findings mentors and heeding parents’ good advice.

“I want you, too, to try to prepare yourself for a world that is getting smaller by exposing yourself to other cultures and other languages,” she said. “When you learn another language, you will find that you have exposure to a people and their culture that you can get in no other way.”

Her final words of wisdom included a plea to the students to never take for granted the privileges accorded to them.

“Don’t feel that you are having all of these wonderful experiences that you are because you are somehow entitled to it. Consider it a privilege,” she said. “There are many, many people who are just as smart, just as intelligent, just as capable, who never get the chances and opportunities that you are getting.”

Those who don’t take for granted the value of a great education, American freedoms and prosperity will extend a helping hand to those less-privileged, she said.

“Maybe you’ll decide to tutor a kid at a

boys and girls club. Maybe you’ll decide to go and help a young kid who doesn’t have the benefits that you have to learn to shoot a basketball or play an instrument,” she said. “When you do that, you will guard not just against the sense that you are entitled to this wonderful education, but you will also guard against entitlement’s twin brother — grievement.”

She urged students to imagine the lives of people living on the “wrong side of the tracks” in San Diego and around the world. Instead of asking, “Why don’t I have more?” students should say to themselves “Why do I have so much?,” she said.

“You are very privileged young people. Use that privilege. Don’t take it for granted,” she said. “Take full advantage of all that you’ve got and you will have a life ahead of you full of fulfillment, productivity and meaning — and that’s all that you can ask.”

Following her presentation, Rice sat down with NBC San Diego’s news anchor Rory Devine, who moderated a Q&A session with students with questions about foreign policy, role models, success and her experience at the White House on 9/11.



Senior Hayley Bohart asks Condoleezza Rice a question following the former secretary of state’s address to the students of The Bishop’s School. Bohart asked, “We have seen the so-called Arab Spring, with the uprisings of the people in Egypt, Libya and Syria. Was our success in Iraq with the formation of a constitutional government a factor that convinced the Arabs in the region to begin to demand some personal liberties from the other authoritarian regimes?”

Rice’s answer: “In the Arab Spring in Iraq, I think what is being demonstrated is that every man, woman and child wants to live in freedom. You’re seeing these uprisings because people are insisting on their freedoms.

“Constitutions matter because these institutions are ways for people to exercise their rights peacefully. The great vulnerability of an authoritarian regime is that people cannot change their government, so they will do it violently. Even with all the violence that is out there, the Middle East is far better off with the potential for democratic regimes, and yes, I think Iraq has had an impact on what has transpired in the Middle East.”

Photo by Michael Spengler, Studio M Photography

If you could question Condoleezza Rice, what would you ask? Here is what Bishop’s students asked the former secretary of state:

Justin Porter, 6th grade

Q: Your amazing achievements make you a positive role model for many young adults. Who was your role model when you were growing up?

A: I had a grandfather who had managed to get himself college educated, despite the fact that he grew up as a very poor sharecropper’s son, and I thought, “If he managed to get himself college educated, then I can do anything.”

Throughout my life, I was fortunate to meet people who taught me, like a man named Josef Korbel, my teacher in international politics. He had been a refugee, first from Nazism and then from Communism after World War II, and he had re-established his amazing life, and I always thought, “I’d really like to be like him.”

I always looked at people who had overcome hardships. It gave me a reason to believe that I had no reason to fail with all the advantages I had.

Alejandra Gallegos, 10th grade

Q: What is your definition of success?

A: To me, the most successful people are people who find meaning in their lives.

I really believe the most important thing in life is to have people who love you and people who you love, because that is the most fulfilling part of being human. You can’t be successful ... if you’re always chasing either financial or professional success at the expense of your relationships.

I hope that at the end of my life, I’ll be able to look back and say I had an impact on what I did professionally, I was in line with my own religious beliefs, [and] most importantly, I had an impact on people.

Josh Clapper, 12th grade

Q: A major focus of your time as secretary of state was the Annapolis Conference in 2007. The subject of this conference was the long-standing Israeli-Palestinian conflict. Given that conference’s failure to achieve a more permanent peace, what words do you have for future foreign policy leaders as the U.S. re-crafts its position on the Middle East and its conflict-prone countries?

A: The Annapolis Conference was indeed to bring Israelis and Palestinians together, and we did bring them together. In fact, they were awfully close to an

agreement, and it’s really quite frustrating that they didn’t quite get there. Prime Minister Olmert of Israel made an offer to President Abbas that, frankly, he probably should have taken.

There has to be a two-state solution – a Jewish democratic state of Israel and a state for the Palestinians. They have to live in security and peace, they have to share the land, they have to overcome their narratives of conflict, and they have to reconcile. There’s only one pathway to that, and that is negotiation. My hope would be that they can get back to the negotiating table and start getting at the issues because they need security in order to make it possible for generations of Palestinians and Israelis to prosper.

Hanna Bourne, 11th grade

Q: How did President Bush arrive at the decision of entering a war with Iraq? Knowing what you know now, is there anything you would have done differently?

A: The decision to invade Iraq was not because we wanted to bring democracy to Iraq. We went into Iraq because we thought Saddam Hussein was a security threat, but once you got rid of Saddam Hussein, we believed the only way the Iraqi people would reconcile would be through democratic institutions.

There is a maxim, “What you know today can affect what you do tomorrow, but not what you did yesterday.” We thought they had stockpiles of weapons of mass destruction. I would do it probably in the way that we did it, but I would do the reconstruction differently. Where we really didn’t succeed was in quelling the violence in Iraq among the insurgents. We probably didn’t have enough troops on the ground. We were not successful in rebuilding the country because we put too much focus on Baghdad and not enough focus on what was a very big country, and we really didn’t know how to work with the tribes, which we learned to do in 2005, 2006, 2007. So yes, there are several things I would have done differently, but the one thing I wouldn’t do differently – I would not leave Saddam Hussein in power.

Adeline Shin, 9th grade

Q: Most of us here were quite young with 9/11 happened, and we don’t remember much about it. What was it like to experience the disaster from the White House?

A: On that day, I was at my desk and I received a note that a plane had hit the World Trade Center, and I said “What a strange accident.” I called President Bush who was in Florida for an educational event, and he said, “What a strange accident.”

When I got off the phone, I went back down to my staff meeting, and a staff member had given me a note that said the second plane had hit the World Trade Center, and I thought, “My God, this is a terrorist attack.”

Then, I went into the Situation Room to call the other national security principals – and I look behind me and the plane hit the Pentagon. At that point, the Secret Service came and said, “Dr. Rice, you have got to get in the bunker. Planes are flying into buildings all over Washington. The White House is going to be next.” Now, when the Secret Service wants you to go someplace, they don’t so much as lead you, they kind of pick you up and take you. So I have this vague recollection of being sort of levitated toward the bunker.

When the president was on the phone, I did something I would never do again and have never done before. I raised my voice to the president of the United States. He said, “I’m coming back.” I said, “Stay where you are. The United States

Andres Worstell, 7th grade

Q: How do you argue against a president when you disagree with their action, statement or decision?

A: You need to have a relationship with the president that is open and honest and where you can tell the president

exactly what you think. The president should be able to rely on you and to expect that you’re not going to have that argument in the *New York Times* – that you are going to have that argument privately ... and that you care to have a very open discussion.

Now, if the president ultimately disagrees with you and takes another course, if it is something that somehow violates your values, you have one choice, and that is to resign.

If you feel that it is a decision that you disagree with but it doesn’t violate your principles, you recognize that he’s the president of the United States, he’s the one who was elected, not me, so I will back his decision, because he is the one who gets to decide. But the most important key is to have the most open relationship with him as possible so you can express your views to him.

Best Wishes for 2012 from

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MUSTSEE

The local nonprofit Chinese language school at La Jolla Country Day School invites community members to celebrate a fun-filled Chinese New Year Festival at the school, located at 9490 Genesee Ave., on Jan. 29 from 1:30 to 4:30 p.m.

The festival will be complete with class performances, a festive lion dance, cultural activities, a silent auction, delicious and authentic Chinese fare, and fun games to celebrate the Year of the Dragon.

Auction items will include limited edition fine art, tickets to local venues, collectible gift sets, a Yani Tseng-autographed golf ball, and much more.

Mouthwatering food options will include Chow Mein, Chinese cake, tea eggs, braised pork rice, boba tea and Taiwanese sausage.

Presale ticket prices are \$20 for 22 food and game tickets, or \$20 for 20 tickets on the day of the event.

For more information, call (858) 205-7322 or email SDCAP-TA@gmail.com.



The La Jolla Historical Society will be presenting a three-hour informational workshop on Jan. 28 from 8:30 to 11:30 a.m. to help community members find out whether they own a property that is worthy of official historic recognition.

Topics covered include the city's designation criteria, how and where to conduct archival research, how to analyze the information uncovered, how to write up findings for city review, and what the benefits and responsibilities are of historic home ownership.

The workshop will include informational handouts and opportunities to ask questions to an expert panel of speakers, as well as speak with homeowners who have successfully

navigated through the process of designating their properties as historic.

Scheduled workshop speakers include architect

Ione Stiegler, architectural historian Diane Kane, and senior planner at the San Diego Historical Resources Board Kelly Stanco.

Tickets to the workshop are \$15 for the general public and \$10 for society members.

For tickets or more information, visit www.lajolla-history.org or call workshop coordinator Connie Branscomb at (858) 454-6871.



THURSDAY, Jan. 26

• "Superfoods for Health & Flavor,"

6 p.m., Cups Lounge and Culinary, 7857 Girard Ave., chef Jesus Gonzalez teaches a class about the special category of "superfoods" — calorie-sparse, nutrient-dense, real unprocessed foods that are high in anti-oxidants that ward off disease, (858) 459-2877, www.cupslj.com, \$65

• Jonathan Kreisberg Quartet,

7:30 p.m., Athenaeum, 1008 Wall St., (858) 454-5872, www.ljathenaeum.org, \$21 members, \$26 nonmembers

• "Madeline" storytime and character appearance, 4 p.m., Warwick's, 7812 Girard Ave., (858) 454-0347, www.warwicks.com, free

• "Running the Rift," 7:30 p.m., Warwick's, 7812 Girard Ave., award-winning author Naomi Benaron will discuss and sign her Bellwether Prize-winning novel, (858) 454-0347,

www.warwicks.com, free

• "Is America Irrelevant?" 3:30 p.m., UCSD's Social Sciences building, 9500 Gilman Drive, UCSD professor David Victor focuses on the global effort to manage climate change, (858) 534-2230, <http://iicas.ucsd.edu>, free

• "Education in Action: Mobilizing the Next Generation for Social Reform," 8:30 a.m. to 5:30 p.m., UCSD's Cross Cultural Center, 9500 Gilman Drive, (858) 454-2230, <http://sixth.ucsd.edu>, free

• "He Walked Through Walls," 7 p.m., Lawrence Family Jewish Community Center, 4126 Executive Drive, book discussion and signing with Myriam Miedzian, who shares the story of how her father survived three 20th-century wars, (858) 457-3030, www.lfjcc.org, \$10 nonmember, \$8 member

• Distinguished Speaker Series, 5:30 p.m., Riford Center, 6811 La Jolla Blvd., Scripps Institution of Oceanography scientist Walter Munk kicks off the year's series, light refreshments served, RSVP required, (858) 459-0831, www.rifordcenter.org, free

• The Gracia Molina de Pick Feminist Lecture Series, 5 p.m., UCSD Institute of the Americas, 9500 Gilman Drive, Maylei Blackwell discusses her latest book, "Chicana Power! Contested Histories of Feminism in the Chicano Movement," (858) 822-4059, hcervantes@ucsd.edu

FRIDAY, Jan. 27

• Calder Quartet, 8 p.m., The Loft, 9500 Gilman Drive, (858) 534-8497, www.artpwr.com, \$25 reserved seating, \$15 general admission, \$5 UCSD student

• "Loss of Freedom?" 11 a.m., La Jolla Village Square, 8657 Villa La Jolla Drive, Judge James Stiven considers new state laws that threaten the right to vote and legal immigration, (858) 453-8434, free

• San Diego Bootstrappers Breakfast, 7:30 to 9 a.m., Coco's Restaurant, 4280 Nobel Drive, breakfast meeting for entrepreneurs of early stage technology startups, (408) 252-9676, www.bootstrappersbreakfast.com, \$5 plus cost of breakfast and tip

SATURDAY, Jan. 28

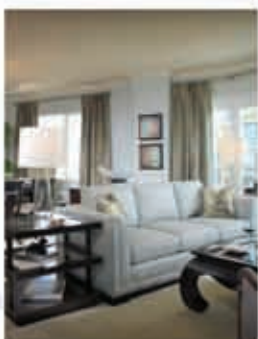
• Guided walking tour of historic La Jolla, 10 a.m., Wisteria Cottage, 780 Prospect St., RSVP required, (858) 480-6424, \$10, children 12 and under free

• "Loss of Freedom?" 11 a.m., La Jolla Village Square, 8657 Villa La Jolla Drive, (858) 453-8434, free

• "Finding God in a War Zone," 5:11 to 6 p.m., University City United Church, 2877 Governor Drive, Jewish

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Ladies who lunch and a very French rendezvous



MM: left: Jill Nahama, Esther Nahama (event chair), Beverly Unger, Reinette Levine (event chair) and Marvin Levine

LP: below: Sallie Warren (LP immediate past president), William J. Kellogg (LJBTC president), Lisa Albanez (LP president), Jim Toth (Spirit of Giving Award honoree), Pat Marsch (JB 2011 co-chair and VP of grants)



MM: below: Joe and Linda Satz, Nancy Laturno Bojanic (MM founding executive director) and Radomir Bojanic



There are ladies who lunch, and then there are the ladies of Las Patronas (LP), who have much more going on in their minds than gossip, martinis and the latest fashions. The LP members met for lunch last week and handed out nice gifts to a dozen acquaintances they'd invited to join them. The gifts were checks, and every one of them was written for more than \$20,000.

Held at the La Jolla Beach and Tennis Club (LJBTC), it was LP's annual Beneficiary Luncheon — and a major highlight of the year. As everyone in La Jolla knows (or soon learns), LP invites some of the brightest and most talented La Jolla women to join the limited membership of its philanthropic organization. They become "actives," working diligently for the next six (or seven) years raising money for worthy causes. Since 1946, LP has annually held its Jewel Ball, widely considered the most prestigious social event in the greater San Diego area. It takes the entire membership a full year of diligent labor to conceptualize and plan the event, and to build the elaborate sets and decorations that transform the perennial venue (always the LJBTC grounds, just steps from the site of the luncheon) to match the unique theme selected for that year's Ball. Putting everything in place before the guests arrive takes four grueling days and nights of feverish effort before the members can go from grubbies to gowns and enjoy the lavish party. When it's over (at 1 a.m.), they go right to work disassembling everything, so normal business at the LJBTC can resume. But the work is quite worthwhile — over the years, they've raised more than \$15 million. The 2011 Ball, themed "Sapphire," brought in more than \$600,000 alone, and the purpose of this luncheon was to present much of that money to 12 major beneficiaries. Smaller grants (under \$20,000 each) had already been distributed to 33 minor beneficiaries. All recipients are nonprofit community organizations working in the areas of health, education, social services and



LP: above: Erin Wyer (JB 2012 co-chair), Cathy Carroll (JB 2012 co-chair), Elaine Murphy (JB 2012 chair and JB 2011 co-chair), Sue Wagener (JB 2011 chair)



MM: above: Paul Meschler, Alexandra Pearson (MM board chair), Laurel McCrink, Mary and Russell Johnson



MM: above: Irma Gigli, Irene Chandler, Arlene and Richard Esgate, Margie Eldredge, Veryl Mortenson



LP: above: Wendy Robinson (SD Fire Rescue Foundation [grant recipient]), Liz Gotfredson, Javier Mainar (Fire Chief, SD Fire Rescue Department [grant recipient]), Linda Dicker, Cari Massad



LP: above: Marlena Poulin, Dr. Don Kikkawa (Shiley Eye Center [grant recipient]), Suzanne Melvin, Dr. Henry Ferreyra (Shiley Eye Center [grant recipient]), Kim Alessio

cultural arts. They are selected through a very careful and rigorous screening process.

The luncheon was also the occasion for the presentation of LP's annual Spirit of Giving Award, given this year to Jim Roth for his tireless dedication, providing audio/video and production services for the Jewel Ball over 24 years. Elaine Murphy closed with a tantalizing presentation about the 2012 Ball, "Passeggiata," which she'll chair. The ambiance will be Rome, circa 1960. Mark your calendar for Aug. 4.

Mainly Mozart celebrated its 24th year last Sunday with a gala fundraiser at the Westgate Hotel. With its 18th century antiques, bronze sculptures and Baccarat crystal chandeliers, the setting matched the event's historic French theme: "Rendezvous with Mozart at Versailles." The fun began in the Grand Lobby, where guests sipped champagne with friends while the "Parisian Holiday" trio entertained.

Soon, they were called to ascend the great staircase (some preferred the elevator) to the second floor foyer. There, they found a wine reception, a light buffet of fruits — and a huge silent auction, offering an array of items topped by ten

"Exclusive Packages" whose value totaled nearly \$70,000. The top item was, naturally, a deluxe Parisian Rendezvous for two (value: \$15,000).

There were two concert performances in the Versailles Ballroom, both combining the violin of Cleveland Orchestra Concertmaster William Preucil and the piano of Los Angeles Philharmonic Principal Keyboardist Joanne Pearce Martin. Playing with the virtuosity for which Mainly Mozart musicians are well noted, they excelled in pieces by Mozart, Brahms and others.

A buffet in the Fontainebleau Restaurant offered a feast of fine cheeses, meats, and en croute treats — all très français. Desserts, including crepes made to order, were served in the adjacent Regency Room. Sadly, there won't be another Mainly Mozart gala until a Saturday evening in June of 2013, when it celebrates its 25th anniversary.

Tomorrow, on Mozart's 256th birthday, Mainly Mozart's Winter Series begins right here in La Jolla, in the Neurosciences Institute's acoustically perfect auditorium. Other performances follow in Carlsbad and Rancho Santa Fe. The expanded Festival series opens in April and concludes on June 23.

Jersey Mike's Brings A History of Good Taste to La Jolla

On Jan. 18, some brothers from New Jersey opened an authentic Jersey sub shop at 7836 Herschel Ave. in La Jolla.

Jersey Mike's, a sub shop that embodies the Jersey Shore, serves up classic sub sandwiches, wraps and salads for dine in or takeout.

The Kenny brothers, owners of the local franchises, are real Jersey boys, who can be seen crafting subs at both the La Jolla and Solana Beach locations. Their subs have been so well received across the nation, they've earned the coveted title of No. 1 sub in the country by the Travel Channel's "Sandwich Paradise."

With the original shop in Point Pleasant, N.J., the La Jolla location adds to the more than 500 Jersey Mike's shops nationwide. The next stop for the shop will be in Pacific Beach, opening soon at 1975 Garnet Ave.



Menu items include the popular original Italian sub with provolone, ham, prosciuttini, cap-



pacuolo, salami and pepperoni; a meat-lover's dream.

Mike's also offers hot subs like the famous Philly cheese steak. East Coast transplants, meanwhile, will be ecstatic to know that they can get their fill of Tastykakes — a rare treat on the West Coast — at Jersey Mike's.

Guests are encouraged to order subs "Mike's way:" with onions, lettuce, tomatoes, olive oil, vinegar and spices.

It all started in 1956 at the Jersey Shore with a single neighborhood shop dedicated to serving authentic subs. Today the authentic taste is available nationwide. Their secret? Everything about Jersey Mike's is high quality. They serve only certified Angus beef top rounds that are trimmed and cooked right in the store. The meats and cheeses are all top-quality premium brands. Their bread is baked fresh each day on the premises. The best thing? Everything's prepared right in front of you. This is what makes Jersey Mike's the most authentic tasting submarine sandwich available.

The Kenny brothers have helped bring the great taste of the Jersey Shore to the West Coast. After completing their education, they invested in the subs they have enjoyed their whole life. Growing up just a bike ride away from the original ship, it seemed natural to them to serve Jersey Mike's fresh subs to an amazing community like La Jolla, Solana Beach and soon, Pacific Beach.

Jersey Mike's will offer bicycle delivery with a three-sub minimum order. A \$5.50 delivery fee will apply. The shop also offers catering, and for in-store diners, there is both indoor and outdoor seating. Store hours are 7 a.m. to 9 p.m., daily.

For more information, visit jerseymikes.com or call (858) 200-9888.

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Bite of Boston

Bite of Boston (BoB) is a family-owned eatery which offers an array of East coast-style seafood, soups, breads and meats flown in weekly from Massachusetts. Lobster rolls are available seven days a week. Enjoy Fish & Chips, fried shrimp and Ipswich fried clams every Fri, Sat, Sun. More than 30 sandwiches on the menu including the Philly Cheesesteak, Prime Rib, Turkey, and a variety of low-cal options. Call in for take-out or delivery. Check the BoB website for menu specials!

Cafe Milano

Owner/Chef Pasquale Cianni, brought Northern Italian cuisine to La Jolla 12 years ago & has been successfully pleasing both local residents & out of towners, even out of the country guests, with his home made pappardelle pasta, veal ossobuco, lobster ravioli and other many authentic Italian dishes. Cafe Milano offers your palate an exciting & incredible experience for the whole family at affordable prices. Early Bird Special: 4:30 p.m. and 6:30 p.m. and choose a select soup or salad, menu entrée, and dessert for \$17.95.

Donovan's Steak House

They may look good enough to eat, but the paintings and sculptures at Donovan's of La Jolla are strictly off limits – so you'll have to content yourself with the USDA prime beef, the eatery's star attraction. If steak isn't in the plan, pork and veal chops and succulent seafood will satisfy the most discriminating of palates. And at Donovan's, fresh seasonal vegetables and your choice of potato are always included with each entrée.

Girard Gourmet "From our garden to your plate"

Girard Gourmet has been La Jolla's headquarters for fresh, healthy, tasty breakfast, lunch & dinner for the past 25 years. Locals always find their favorite dish at Girard Gourmet. Others eagerly await to find out Francois' Julian Harvest to plan their dinner menu. Whether it's the Pear Cambazola Salad or Soup & Sandwich combo for lunch, Beef Burgundy or Chicken Pot Pie for dinner, or the unlimited selection of scrumptious desserts, you will always leave Girard Gourmet with a smile on your face!

The Spot

Though this restaurant is within spitting distance of several ritzy hotels, it manages to maintain a laid-back charm. Witness the painting of an old, pot-bellied surfer just inside the door. The restaurant is divided into a narrow bar area on the left and a dining room on the right; both have wood paneling and brown leather booths. The menu ranges from burgers and grilled snapper tacos to lobster tails and bacon-wrapped filet mignon.

Station Sushi

Station Sushi can handle your late night private party for 20 - 40 people (10 person minimum-10:30 pm to 1:30 am). And the best part is for only \$40. per person it's All-you-can-eat AND drink (some restrictions apply). Join us for Happy Hour Sunday-Thursday 5:30 to 7 pm. We are now open for lunch Monday-Friday 12-2 pm. Dinner Monday-Sunday 5:30-close. Full Bar. www.stationsushi-birdrock.com

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The Broken Yolk Café offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are over 20 different omelets to choose from as well as a wide variety of other breakfast favorites which include pancakes, waffles and French toast. Feel more like lunch? Try one of our juicy ½ pound burgers or one of our large sandwiches.

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Overall Restaurant	_____
Overall restaurant service	_____
New restaurant	_____
Best Chef	_____
Breakfast	_____
Lunch	_____
Dinner	_____
Take-out	_____
Sunday brunch	_____
Family restaurant	_____
Best Atmosphere	_____
Restaurant Service	_____
Restaurant w/ Wine List	_____
Wine Shop	_____
Wine Bar	_____
Local Winery	_____
Beer Selection	_____
Sports Bar	_____
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Live music	_____
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Happy hour	_____
Best Comfort Food	_____
Late Night Eatery	_____
Place to go on a budget	_____
Place for a birthday party	_____
Most romantic	_____
Best ocean view	_____
Appetizer	_____
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Burger	_____
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Omelette	_____
Pastry	_____
Pizza	_____
Pita	_____
Salad bar	_____
Sandwich	_____
Senior Special	_____
Steak	_____
Sushi	_____
Seafood	_____
American	_____
BBQ	_____
Asian fusion	_____
Thai	_____
Chinese	_____
Pho	_____
Greek	_____
French	_____
Indian	_____
Italian	_____
Korean	_____
Mediterranean	_____
Mexican	_____
Mexican (fast food)	_____
Bakery	_____
Bar	_____
Cafe	_____
Catering	_____
Coffee shop	_____
Deli	_____
Gellato	_____
Ice cream / frozen yogurt	_____
Vegetarian	_____
Patio dinning	_____
Senior special	_____
Wings	_____

EVENTS

EVENTS

CONTINUED FROM Page 12

rabbi and Navy chaplain, Cmdr. Joel D. Newman, will be speaking about experiences ministering to soldiers, (858) 453-3444, free

SUNDAY, Jan. 29

• **Family Concert Series**, 4 p.m., La Jolla United Methodist Church, 6063 La Jolla Blvd., resident accompanist Ronel Wishnuff will be joined by Jared Jacobsen, former San Diego Civic organist, to perform selections of musical duets and individual pieces, along with a 20-minute show and tell prior to the performance, (858) 454-7108, www.lajollaunitedmethodist.org, free

• **“Jazz Gone Global,”** 3 p.m., Conrad Prebys Music Center, 9500 Gilman Drive, concert by pianist Cecil Lytle and trumpeter Gilbert Castellanos exploring jazz from New Orleans and the American South to New York and Paris, France, all ticket sales and donations benefit the endowed Lytle Scholarships at UCSD, (858) 534-1507, <http://rels.ucsd.edu>, \$50 general admission, \$10 students

• **“Confessions of a Cereal/Serial Dater: A Guide to Internet Dating,”** noon, Warwick's, 7812 Girard Ave., Sharon Scholfield discusses and signs her self-proclaimed “funny little guide to helping you along the way” through Internet dating, (602) 576-4842, hazelsher159@yahoo.com, free

MONDAY, Jan. 30

• **“Pergolesi Transformed: the Bach/Pergolesi Psalm 51,”** 8 p.m., St. James by-the-Sea Episcopal Church,

743 Prospect St., concert with music by Handel and Bach's setting of Psalm 51 based on Stabat Mater of Pergolesi, (619) 291-8246, www.sdems.org, \$30-\$35 general admission, \$28-\$32 members

• **“American Royalty,”** 8 p.m., The Loft, 9500 Gilman Drive, electronic performance, (858) 534-8497, www.artpwr.com, \$12 general admission, \$8 UCSD student, Loft members free at door

• **Mini-concert**, noon, Athenaeum, 1008 Wall St., Kasey Kaye performs her classical solo, (858) 454-5872, www.ljathenaeum.org, free

TUESDAY, Jan. 31

• **“Board & Brew,”** 6 p.m., The Loft, 9500 Gilman Drive, play board games while enjoying specialty flatbreads, craft brews and soda floats from Zanzibar, (858) 534-8497, www.artpwr.com, free

• **“The Sacred and the Profane in Art,”** 7:30 p.m., Athenaeum, 1008 Wall St., art lecture by Linda Blair from the Greeks to the Renaissance, (858) 454-5872, www.ljathenaeum.org, \$12 members, \$17 nonmembers

• **“Gustavo Romero: Portrait in Piano,”** 7 p.m., The Neurosciences Institute, 10640 John Jay Hopkins Drive, debut screening of the documentary with a live interview on the film's creation hosted by writer Michael T. Crowell with artist Gustavo Romero and director Jonathan Bewley, (858) 626-2000, www.snapshots-foundation.com, \$10

• **“Midnight in Paris,”** 2 p.m., La Jolla Library, 7555 Draper Ave., free movie and popcorn, (858) 272-2905, www.lajollalibrary.org, free

WEDNESDAY, Feb. 1

• **Children's storytime**, 3 p.m., Athenaeum, 1008 Wall St., (858) 454-5872, www.ljathenaeum.org, free

• **“Magic Lantern Exhibit: An Early Window to Africa and the African Diaspora,”** 3 p.m., UCSD Arts Library, 9500 Gilman Drive, opening reception for the library exhibit, (858) 822-5758, spaulson@ucsd.edu, free

THURSDAY, Feb. 2

• **Principal chat**, 1 p.m., Muirlands Middle School, 1056 Nautilus St., Principal Chris Hargrove discusses planned changes to the middle school curriculum for the upcoming year, mohara1@san.rr.com, free

• **“Conflict,”** 7 p.m., D.G. Wills Books, 7461 Girard Ave., San Francisco Zen Buddhist priest and poet Norman Fischer will read from his new book, (858) 456-1800, www.dgwills-books.com, free

• **“Blurred Lines: Art, Architecture, and the Cognitive Sciences,”** 7 p.m., The Neurosciences Institute, 10640 John Jay Hopkins Drive, lecture by UCSD cognitive science professor David Kirsh and architect Jennifer Luce, (858) 626-2000, www.bronowski-forum.org, free

• **“Crying Woman,”** 8 p.m., Price Center Theatre, 9500 Gilman Drive, film screening of Beijing filmmaker Liu Bingjian's third feature, which struck a chord for its humorous and honest portrayal of Chinese life in a film that was banned in China, pre-screening party at 7 p.m. and post-screening conversation with the director, (858) 534-8497, www.artpwr.com, \$8 non-members, \$4 members

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Planning Income Strategies for Your Retirement

Will I have enough money in retirement? It's a question more and more Americans are asking. Baby boomers in particular wonder if they'll be able to live comfortably and securely when they leave the workaday world. The good news is that you may be able to retire with confidence and enough assets — if you get organized. That means thinking about what you want retirement to be, reviewing your current investments and benefits, and taking maximum advantage of some investment vehicles designed to provide retirement income. As with so many things, the key is to set clear goals and then pursue them.

"People who are getting ready for retirement are more financially responsible than their counterparts who are not planning for retirement," says David Karr, a CPA with the accounting firm of David E. Karr and Associates, LLC, in Rockville, Md. "People who spend less than they make and take maximum advantage of the opportunities presented them to save for retirement, these people understand that life is not all about today. If you want a nice retirement life, you need to start planning as early as possible."

Setting retirement goals is not just about dollars and sense. It's also about drawing on your values and hopes to create a satisfying life. For some, that may mean continuing to work past age 65, or even starting a new career. Others, of course, may be ready to stop laboring and start relaxing, volunteering, traveling or pursuing a pastime.

Because each individual's idea of the perfect retirement is different, everybody will have different financial needs. Try to determine what yours will be based on your vision of

being retired. Don't accept the conventional wisdom that says all of us will require 60 to 80% of our income when we stop working. Instead, try to estimate a budget for your specific vision of retirement.

Start by noting what you spend on the basics — food, shelter, clothing, health care and transportation. Include expenses for raising children and the mortgage, if it still needs to be paid off. Also, if you keep working, account for any income you anticipate. Add costs for travel, hobbies, entertaining, donations and a second home, if that's something you've worked toward attaining. Think about what might happen to your taxes and apply that information accordingly. While admittedly imprecise, this estimate should be a fair starting place for creating a retirement budget.

As you look ahead, be sure to consider that, realistically, you may be retired for a long time, and your finances need to reflect that fact.

"If you retire at 65, you have a life expectancy of another 20 to 25 years. That's a long, long time not to have a regular check coming in," Karr says.

Once you have a sense of your financial needs, look at the benefits you're confident you'll receive. Make sure you know what you'll get from your employer. This typically will take only a quick visit to the human resources department.

"Make sure you talk to well-informed people. Make sure they know what they're talking about. Get all the facts. Sometimes there are gross misunderstandings about what you'll get. You want to focus too on when you get benefits," Karr says.

Also, review your savings and investments.

Then check on your Social Security benefits. Once a year, Social Security sends a statement of these. If you don't have one, then use the benefit calculators at the Social Security Web site — www.ssa.gov.

When you know your goals and estimated expenses and income, you can create a written retirement plan that covers investments held in retirement and nonretirement accounts. As you do, it's a good idea to look at several sources of income that you can use to save and invest.

Begin by considering using an Individual Retirement Account. Two types particularly deserve attention — traditional IRAs and Roth IRAs. Traditional IRAs tend to work best for people who believe they'll be in a lower tax bracket during retirement and meet the criteria for making tax-deductible contributions. Earnings and contributions are taxable as ordinary income when withdrawn, and withdrawals prior to age 59½ may trigger a federal 10% penalty. Payments from the account must begin when the investor reaches age 70½.

The Roth IRA generally appeals to people who want tax-deferred earnings, are OK with the idea of making aftertax contributions now in exchange for tax-free distributions in retirement and who expect to be in the same or a higher tax bracket when they retire. Holders of Roth IRAs often use them because they also may need access to their savings. The Roth IRA requires no minimum distribution during the investor's lifetime. With both IRAs, investors make periodic contributions and direct how the money will be invested.

Ultimately, proper planning may help you

get the retirement you desire, if you know what you want and what your options are — and pursue both with resolve and clarity.

You'll want to discuss:

- Your vision and goals for retirement
- How an annuity might help strengthen your retirement plan
- Whether a traditional IRA or Roth IRA makes sense for you

This article was written by Wells Fargo Advisors and provided courtesy of Kevin Linggi, Chartered Retirement Planning Counselor and Jaime Morgan, Financial Advisors in San Diego. (858) 523-7927

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-034801 THE NAME(S) OF BUSINESS: WESTERN YACHT BROKERAGE located at: 2390 SHELTER ISLAND DR. SUITE 111B SAN DIEGO, CA. 92106 is hereby registered by the following owner(s): PHILIP S. KINNISON This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 07/17/87 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 20, 2011 ISSUE DATE(S): JAN 05, 12, 19 AND 26, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-034705 THE NAME(S) OF BUSINESS: STANDLEE PARK SENIORS located at: 4585 GOVERNOR DR. SAN DIEGO, CA. 92122 is hereby registered by the following owner(s): BEN WROBLEWSKI, VERN HOLMBERG This business is being conducted by: A GENERAL PARTNERSHIP The transaction of business began on: 07/17/87 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 19, 2011 ISSUE DATE(S): JAN 05, 12, 19 AND 26, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-033699 THE NAME(S) OF BUSINESS: XPAND STRATEGIES located at: 2261 EBERS ST. SAN DIEGO, CA. 92107 is hereby registered by the following owner(s): SCOTT REINHARDT 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: DEC 07, 2011 ISSUE DATE(S): JAN 05, 12, 19 AND 26, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-034789 THE NAME(S) OF BUSINESS: LOS DOS PEDRO'S located at: 723 TURQUOISE ST. SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): PEDRO CASTREJON This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 06/20/85 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 20, 2011 ISSUE DATE(S): JAN 05, 12, 19 AND 26, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-035474 THE NAME(S) OF BUSINESS: PUREAIRE TECHNOLOGIES located at: 723 TURQUOISE ST. SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): SETZER & ASSOCIATES This business is being conducted by: A CORPORATION SETZER & ASSOCIATES 2726 SHELTER ISLAND DR., #246 SAN DIEGO, CA. 92106 CALIFORNIA The transaction of business began on: 11/01/11 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 29, 2011 ISSUE DATE(S): JAN 05, 12, 19 AND 26, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-035111 THE NAME(S) OF BUSINESS: OB QUIP STOP MARKET, OCEAN BEACH QUIP STOP MARKET, OB QUIP STOP, OCEAN BEACH QUIP STOP, CAFE BELLA located at: 4984 VOLTAIRE ST. SAN DIEGO, CA. 92107 is hereby registered by the following owner(s): SABRI P. SHAMOUN This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 03/23/03 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San

Diego County on: DEC 23, 2011 ISSUE DATE(S): JAN 05, 12, 19 AND 26, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-035606 THE NAME(S) OF BUSINESS: ASCENT RUGGED MOBILE located at: 330 S. MAGNOLIA AVE. #203 SAN DIEGO, CA. 92020 is hereby registered by the following owner(s): TIMOTHY L. QUINN, MICHAEL HALBERT 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: DEC 30, 2011 ISSUE DATE(S): JAN 05, 12, 19 AND 26, 2012

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL 1350 Front St., Room 5056, San Diego, CA. 92101 (619) 525-4064, Filing Date: December 15, 2011 To Whom It May Concern: The Name(s) of the Applicant(s) is/are: RATSACHAK RESTAURANT GROUP LLC The applicant listed above is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverage at: 2424 HOOVER AVE. BLDG 5A STES F & P NATIONAL CITY, CA. 91950-8552 Type of license(s) applied for: 41-ON-SALE BEER AND WINE - EATING PLACE Issue Date(s): JAN 05, 12 AND 19, 2012

SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 330 WEST BROADWAY SAN DIEGO, CA. 92101

CASE NO: 37-2012-00090094-CU-PT-CTL PETITIONER OR ATTORNEY, TERREN O'REILLY O'CONNOR 622 PACIFIC VIEW DRIVE SAN DIEGO, CA. 92109 310-292-3306 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM TERREN O'REILLY O'CONNOR TO TERREN JAYNE O'CONNOR 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 FEB 23, 2012 TIME : 8:30 AM DEPT: 8 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): JAN 12, 19, 26 AND FEB 02, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-034553 THE NAME(S) OF BUSINESS: SET FREE OB located at: 1978 CABLE ST. SAN DIEGO, CA. 92107 is hereby registered by the following owner(s): JAMES M. KELLEY This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 12/15/2011 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 16, 2011 ISSUE DATE(S): JAN 12, 19, 26 AND FEB 02, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-035475 THE NAME(S) OF BUSINESS: AG CONSULTING GROUP located at: 12630 CARMEL COUNTRY RD #114 SAN DIEGO, CA. 92130 is hereby registered by the following owner(s): AMIR GHASEDIAN, ASGHAR GHASEDIAN This business is being conducted by: A GENERAL PARTNERSHIP The transaction of business began on: 09/01/2011 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 29, 2011 ISSUE DATE(S): JAN 12, 19, 26 AND FEB 02, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-034176 THE NAME(S) OF BUSINESS: DAY OF THE BRIDE located at: 8204 PHYLLIS PLACE SAN DIEGO, CA. 92123 is hereby registered by the following owner(s): DONAH HARVESTON 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: DEC 13, 2011 ISSUE DATE(S): JAN 12, 19, 26 AND FEB 02, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-032093 THE NAME(S) OF BUSINESS: KODO STUDIOS located at: 13280 EVENING CREEK DRIVE SAN DIEGO, CA. 92128 is hereby registered by the following owner(s): KODO INTERACTIVE, LLC. This business is being conducted by: A LIMITED LIABILITY COMPANY KODO INTERACTIVE, LLC. 13280 EVENING CREEK DRIVE, #250 SAN DIEGO, CA. 92128 MARYLAND The transaction of business began on: 11/15/11 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: NOV 17, 2011 ISSUE DATE(S): JAN 19, 26 FEB 02 AND 09, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-035300 THE NAME(S) OF BUSINESS: OHANA HOME SERVICES located at: 3930 LAMONT ST. SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): HEATHER MCCOLL 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: DEC 28, 2011 ISSUE DATE(S): JAN 19, 26 FEB 02 AND 09, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-035397 THE NAME(S) OF BUSINESS: SANDIEGOKOREA.COM located at: 7894 DAGGETT ST. SUITE 202-E SAN DIEGO, CA. 92111 is hereby registered by the following owner(s): HYUN WOO PARK 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: JAN 13, 2012 ISSUE DATE(S): JAN 19, 26 FEB 02 AND 09, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-001014 THE NAME(S) OF BUSINESS: SPOTANEO, SPOTANEOUS, WHERENOW located at: 5555 CORAL REEF AVE. LA JOLLA, CA. 92037 is hereby registered by the following owner(s): CORBIN K. FARGOTH This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 10/13/11 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 11, 2012 ISSUE DATE(S): JAN 19, 26 FEB 02 AND 09, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-035343 THE NAME(S) OF BUSINESS: TAYLOR GRACE DESIGNS, TAYLOR GRACE EVENTS located at: 500 W. HARBOR DRIVE #1316 SAN DIEGO, CA. 92101 is hereby registered by the following owner(s): CMFC ENTERPRISES This business is being conducted by: A CORPORATION CMFC ENTERPRISES 500 W. HARBOR DRIVE #1316 SAN DIEGO, CA. 92101 CALIFORNIA The transaction of business began on: 10/01/11 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on:

DEC 28, 2011 ISSUE DATE(S): JAN 19, 26 FEB 02 AND 09, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-001657 THE NAME(S) OF BUSINESS: CORE REVOLT, DIRTBAG CLOTHING located at: 3106 MISSION BLVD. A-3 SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): DIRTBAG MUSIC INC. This business is being conducted by: A CORPORATION DIRTBAG MUSIC INC 3106 MISSION BLVD. A-3 SAN DIEGO, CA. 92109 DELAWARE The transaction of business began on: 11/01/11 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 18, 2012 ISSUE DATE(S): JAN 26 FEB 02, 09 AND 16, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-000103 THE NAME(S) OF BUSINESS: ARTNFILE MEDIA, HANDINAKS located at: 7621 GOLF CREST DR. SAN DIEGO, CA. 92119 is hereby registered by the following owner(s): HOANGLAN NGUYEN This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 11/01/11 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 03, 2012 ISSUE DATE(S): JAN 26 FEB 02, 09 AND 16, 2012

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL 1350 Front St., Room 5056, San Diego, CA. 92101 (619) 525-4064, Filing Date: January 19, 2012 To Whom It May Concern: The Name(s) of the Applicant(s) is/are: NEWPORT QUIK STOP INC The applicant listed above is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverage at: 4921 NEWPORT AVE. SAN DIEGO, CA. 92107-3112 Type of license(s) applied for: 21-OFF-SALE GENERAL Issue Date(s): JAN 26 FEB 02 AND FEB 09, 2012

SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 330 WEST BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2012-00090945-CU-PT-CTL PETITIONER OR ATTORNEY, TONYA SUE GAREWAL, IN PRO PER 1755 ARCHER ST. SAN DIEGO, CA. 92109 530-228-6094 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM TONYA SUE GAREWAL TO TONYA SUE SABO 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 MAR 06, 2012 TIME : 8:30 AM DEPT: 8 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): JAN 26 FEB 02, 09 AND 16, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-001749 THE NAME(S) OF BUSINESS: HARLOW LIFESTYLE located at: 2526 CHATSWORTH BLVD. SAN DIEGO, CA. 92106 is hereby registered by the following owner(s): DANA REID, ROSICELA MOURITZEN 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: JAN 19, 2012 ISSUE DATE(S): JAN 26 FEB 02, 09 AND 16, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-001425 THE NAME(S) OF BUSINESS: SUE SWEET located at: 604 GRAVILLA ST. SAN DIEGO, CA. 92037 is hereby registered by the following owner(s): COULANGE SYLVIE This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 01/01/12 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 17, 2012 ISSUE DATE(S): JAN 26 FEB 02, 09 AND 16, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-001974 THE NAME(S) OF BUSINESS: AVATI SALON, AVATISALON.COM located at: 4019 AVATI DR. SAN DIEGO, CA. 92117 is hereby registered by the following owner(s): DENISE E. MAYER, BRUCE B. MAYER This business is being conducted by: HUSBAND AND WIFE 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: JAN 23, 2012 ISSUE DATE(S): JAN 26 FEB 02, 09 AND 16, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-035641 THE NAME(S) OF BUSINESS: LA JOLLA PRESCHOOL ACADEMY located at: 6580 SOLEDAD MOUNTAIN ROAD, LA JOLLA CA. 92037 is hereby registered by the following owner(s): SAN DIEGO EARLY CHILDHOOD LEARNING CENTERS This business is being conducted by: A LIMITED LIABILITY COMPANY SAN DIEGO EARLY CHILDHOOD LEARNING CENTERS 1455 WEST MORENA BLVD. SAN DIEGO, CA. 92110 CALIFORNIA The transaction of business began on: 09/01/2000 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 30, 2011 ISSUE DATE(S): JAN 26 FEB 02, 09 AND 16, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-035643 THE NAME(S) OF BUSINESS: BAY PARK EARLY LEARNING CENTER located at: 1955 CHICAGO ST. SAN DIEGO, CA. 92110 is hereby registered by the following owner(s): SAN DIEGO EARLY CHILDHOOD LEARNING CENTERS This business is being conducted by: A LIMITED LIABILITY COMPANY SAN DIEGO EARLY CHILDHOOD LEARNING CENTERS 1455 WEST MORENA BLVD. SAN DIEGO, CA. 92110 CALIFORNIA The transaction of business began on: 09/01/2000 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 30, 2011 ISSUE DATE(S): JAN 26 FEB 02, 09 AND 16, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-001784 THE NAME(S) OF BUSINESS: FINCH'S BISTRO AND WINE BAR located at: 7644 GIRARD AVE LA JOLLA, CA. 92037 is hereby registered by the following owner(s): L2MNT, INC This business is being conducted by: A CORPORATION L2MNT, INC 7644 GIRARD AVENUE SAN DIEGO, CA. 92037 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: JAN 19, 2012 ISSUE DATE(S): JAN 26 FEB 02, 09 AND 16, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-001808 THE NAME(S) OF BUSINESS: HOMES 4 JOLLA VILLAGE, HOMES 4 SD located at: 4370 LA JOLLA VILLAGE DR. #400 SAN DIEGO, CA. 92122 is hereby registered by the following

owner(s): CALIFORNIA REALTY NETWORK INC. This business is being conducted by: A CORPORATION CALIFORNIA REALTY NETWORK INC 36 TIMBERLAND ALISO VIEJO, SAN DIEGO, CA. 92656 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: JAN 19, 2012 ISSUE DATE(S): JAN 26 FEB 02, 09 AND 16, 2012

owner(s): CALIFORNIA REALTY NETWORK INC. This business is being conducted by: A CORPORATION CALIFORNIA REALTY NETWORK INC 36 TIMBERLAND ALISO VIEJO, SAN DIEGO, CA. 92656 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: JAN 19, 2012 ISSUE DATE(S): JAN 26 FEB 02, 09 AND 16, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-002204 THE NAME(S) OF BUSINESS: PACIFIC HORIZON DEVELOPMENT located at: 1314 DEVONSHIRE DR. SAN DIEGO, CA. 92107 is hereby registered by the following owner(s): CHRIS NIRSCHL, SHERRY NIRSCHL This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 07/10/90 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 24, 2012 ISSUE DATE(S): JAN 26 FEB 02, 09 AND 16, 2012

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2011-035419 THE NAME(S) OF BUSINESS: MEDICAL LABORATORY OF SAN DIEGO located at: 4282 GENESEE AVE. SUITE 202 SAN DIEGO, CA. 92117 is hereby registered by the following owner(s): YASUKO KIDOKORO, MD INC APC This business is being conducted by: A CORPORATION YASUKO KIDOKORO, MD INC APC 4282 GENESEE AVENUE SUITE 202 SAN DIEGO, CA. 92117 CALIFORNIA The transaction of business began on: 07/01/2000 The statement was filed with Ernest J.

Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 29, 2011 ISSUE DATE(S): JAN 26 FEB 02, 09 AND 16, 2012

NOTICE OF PETITION TO ADMINISTER ESTATE OF: ROBERTA R. ALLEN CASE NUMBER: 37-2011-00152520-PR-PW-CTL 1. To all heirs, 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): ROBERTA R. ALLEN, aka BOBBE ALLEN. 2. A Petition for Probate has been filed by: CHEMICAL BANK, dba CHEMICAL BANK WEALTH MANAGEMENT, in the Superior Court of California, County of: SAN DIEGO. 3. The Petition for Probate requests that: CHEMICAL BANK, dba CHEMICAL BANK WEALTH MANAGEMENT, 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: February 28, 2012 Time: 9:30 A.M. Dept: PC-1 b.) Address of court: SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, 1409 Fourth Ave., San Diego, CA. 92101, CENTRAL DIVISION 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: EDWARD P. SCHLESIER, ESQ. (213) 989-800 Silverado St. 2nd Floor, La Jolla, CA 92037, Tel: 858-551-2440. ISSUE DATE(S): JAN 26 FEB 02 AND FEB 09, 2012..

Out with the old, in with the new



GUEST VIEW

Nancy Gardner

We do it with years, presidents, mayors, shoes, fad diets, exercise routines, clothes, lovers, homes and sometimes, even cities. Do you remember when you first came to La Jolla? Was the Cove Theater with the omnipresent Spence Wilson still to be relied upon? Was the Universal Boot store on Girard? Were the Red Dragon cottages across from the Cove still occupied? Was the Children's Pool unfettered with ropes, actually for children and still smelling OK? Let's look at our area currently.

Citywide, after several disastrous fiscal years, Jerry Sanders has done a remarkable job getting our city budget balanced. In the process are plans to attract privately financed infrastructure enhancements like a planned new stadium to keep the Chargers and gain visitor revenues from an adjacent new entertainment, concert, sport and community shared-use facility downtown at the end of the MTS line. Also planned are several acres of enhancements to Balboa Park public spaces, including a Plaza de Panama and underground parking. A new convention center is being financed mostly by hotel revenues and will have rooftop parks. According to reports, it will create 7,000 new jobs and bring in some \$300,000 incremental city revenue over 30 years. Mayor Sanders has also attracted new business and has strengthened military relationships and defense contractor opportunities for San Diego's future financial growth. All this while budgeting \$100 million for infrastructure improvements, the largest repaving in city history, upgrading street lights, remote water-meter reading, airport improvements—including a direct connect to Tijuana airfield—and a balanced budget this coming year. Whew!

For La Jolla, an in-depth study has proven it would be more profitable in terms of cost and services for La Jolla to become an independent city. With La Jolla's current tax revenues—the ones we



are allowed to keep—we can choose to accelerate our own infrastructure improvements not waiting to make it to the top of the city's list. As a city, we can rent police, fire and trash services and most likely get quicker responses. According to La Jolla Town

Council trustee Cindy Greatrex, even in the first year while making ransom payments to San Diego for our freedom, we would still be at least \$3 million ahead.

Housing sales seem to be improving locally, especially from Clairemont to the beaches of La Jolla/ Pacific Beach. In La Jolla, December 2011 sales are up over December 2010 sales. December 2011 experienced lower inventory levels than November 2011. Realtors are telling me that available inventory is way down in the \$500,000-and-under bracket in the same area. When inventory stops meeting demand, the market moves from a buyer's market to a seller's market. That is why recent nationwide studies have proven it is becoming increasingly more cost effective to buy than to rent. If 2012 is your year to buy a new home or sell your existing home, you might want to get on with it. Now is an excellent opportunity for you.

It's 2012. We need to elect a president and a mayor. We've gotten new stuff for holiday gifts and we've made elusive resolutions. How do we focus? Now we have a wealth of information to draw upon for making decisions. We have history and memories to guide us. Our parent's decisions set the course of our lives, but now we control our own compass. What resolutions are you ringing in? My personal history tells me that I look better, sleep better, feel better and think better when I'm working out. So my workout routine is in. What changes need to be made as a person, a family, a city, a nation? It starts with you and your moral compass. What's out—or in—for you?

— Nancy K. Gardner CMC Finance, Inc. (858)456-3000

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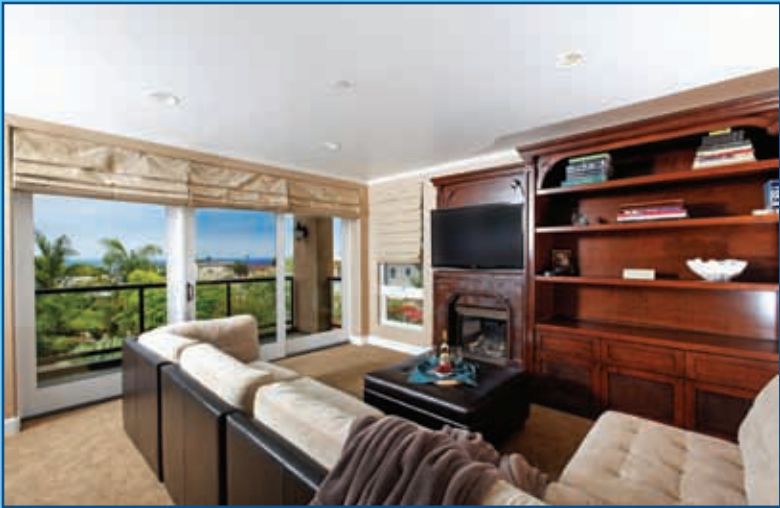
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Sat & Sun 1-4pm	553 Bonair Place	3BR/2.5BA	\$1,249,000	Elizabeth Potter • 858-922-6929
Sat & Sun 1-4pm	7812 Sierra Mar Dr.	5BR/5BA	\$2,975,000	The Daniels Group • 858-344-2230
Sat & Sun 1-4pm	6669 Neptune Place	4BR/4BA	\$3,400,000	Holland Flocke • 858-215-3739
Sat 1-5pm	220 Coast Blvd. #2-E	1BR/1BA	\$499,999	Adam S. Allerton • 619-223-1234
Sat 1-4pm	6617 Avenida De Las Pescas	3BR/3BA	\$1,250,000	Kathleen Williams • 619-944-6520
Sat 1-4:30pm	303 Coast Blvd. #1	2BR/2BA	\$1,150,000-\$1,249,000	Kim Caniglia/ Robert Plotkin • 858-342-5298
Sun 1-4pm	8628 Villa Mallorca	1BR/1BA #D	\$225,000	Randy & Jo-an Upjohn • 858-459-6110
Sun 1-4pm	7342 Eads	1BR/1BA	\$599,000	Susan Weller • 310-508-4757
Sun 1-4pm	785 Bonair Pl.	3BR/3BA	\$975,000	Barbara Richards • 858-337-2117
Sun 11-3pm	6253 Dowling Dr.	4BR/2BA	\$998,000	Claudette Bervin • 858-361-7448
Sun 1-5pm	240 Coast Blvd. #1-D	2BR/2BA	\$1,000,000	Adam S. Allerton • 619-223-1234
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Want "Top Dollar" For Your La Jolla Home?

Experts Say: Start planning for it 60 to 90 days before you sell.
La Jolla (CA) – A recent interview with Jeffrey Middaugh of Coldwell Banker, revealed several helpful tips for anyone who is thinking of selling their La Jolla home.

"Most owners think their homes will sell quickly. Everyone thinks that their home is special and will bring top dollar fast. In fact a lot of all new listings that go on the market eventually expire with the home still unsold."

If you're going to sell your house in the next six months, there are some things you can do now that will help you get top dollar for your home when you do sell it.

There's a free report available that shows you the things that buyers most look for in a home, and how to make your house irresistible to buyers. You'll learn

- Why buyers love model homes and how to make your house show like one.
- A little-known designer's secret that could net you \$1,000 to \$5,000 more when you sell your home.
- How to sell your house in as little as 24 hours – without ever putting it "on the market."
- Three things you can do to get your house on a buyer's "must see" list.

Jeffrey has compiled a free report that he calls **How to Sell Your House for Top Dollar – Fast!** This report details several specific ways to prepare your house for sale and how to make your house irresistible to buyers. Jeffrey says the information in this report is the secret to his success in selling homes so quickly, and the reason he can guarantee to sell any house in less than 90 days.

To get a copy of this free report, How to Sell Your House for Top Dollar – Fast! just call 888-611-8015, ext. 37 for a free 24 hour recorded message. Or order at www.LaJollaFreeHomeReport.com There's no cost or obligation and your report will be mailed today!

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As a La Jolla native and graduate of La Jolla High School, Chris is very excited to partner with David at Prudential CA Realty in La Jolla. A seasoned agent with 10 years of commercial experience and the recipient of the Rising Star of the Year award at his previous brokerage, Duncan is transitioning into residential purchases and sales to leverage his extensive local knowledge for the benefit of the region’s buyers and sellers. Known for his ability to orchestrate successful closings, Chris brings a great attitude and a native knowledge of La Jolla to ensure his clients realize their goals. Chris will focus on La Jolla residential properties and will be working directly with David. Should you have any real estate needs, please contact Chris at 858•405•9981 or at cduncan@prusd.com

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