

LA JOLLA VILLAGE NEWS

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SAN DIEGO COMMUNITY NEWSPAPER GROUP

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The sun sets on another year...

Photo by Don Balch

Another year comes to an end, but a new one has dawned. It's the perfect time to reflect on the past and glimpse the future. As the calendar changes, we contemplate the events, accomplishments, births and passings of 2012. We also anticipate the changes coming in 2013, and the *La Jolla Village News* looks forward to some exciting developments in the coming year. Don't be surprised if you don't see us next week — but be sure to keep an eye out for some thrilling improvements as we look forward to continuing to serve the readers of La Jolla. Happy New Year!

QuickHits

Find out if your home has history

For those who feel like they're living in a piece of La Jolla's history, now's the time to find out for sure just how significant their home's past may be. On Jan. 12, the La Jolla Historical Society will host a historic home-designation workshop to help homeowners wade through the how's and why's of historic designation. For \$20 (\$15 for society members), participants will learn the criteria the city uses in determining historic significance, how to conduct archival research and how to analyze the information found, how to

submit information to the city and — perhaps most importantly — what the benefits and responsibilities of historic home ownership are. The workshop will be held at the society's Balmer Annex, located at 780 Prospect St. from 8:30 to 11:30 a.m. For more information, visit www.lajolla-history.org/events or call (858) 459-5335.

SDG&E: Stay alert when inspectors come calling

Amid reports of criminals posing as utility company inspectors, representatives from SDG&E have issued an alert to residents to remain vigilant when strangers knock on the door and ask for access to the home.

"SDG&E workers on company business are required to carry a

photo ID badge and employee uniforms usually have the SDG&E logo," said a representative in a written statement. "Always ask for identification before allowing anyone inside your home.

Most of the time, an SDG&E employee will visit in response to a service request. If no one scheduled an appointment, call SDG&E at (800) 411-SDGE (7343) before allowing anyone inside. Occasionally, SDG&E employees will stop by without an appointment but they will always have photo ID."

If residents have any doubt about a worker, the report urged them not to open the door and call the company. SDG&E customer service representatives are available 24 hours a day.

— Staff and contribution

Like them or not, new laws set to grow teeth

From social media to anti-bullying, funeral protests to DUI blood tests, change is afoot

By MARIKO LAMB | VILLAGE NEWS

With every new year comes a fresh set of federal, state and local laws — some that affect taxpayers' pocket-books or their ways of life, others that seem utterly trivial or will be applied only in rare circumstances.

The following is a spotlight on some of the new state laws that took effect Jan. 1, legislation that will reshape the landscape of business, education, health, safety and environmental laws in California.

BUSINESS

• **Social media privacy in the workplace:** The privacy of employees' and job applicants' social-media accounts are now a bit more secure with the passage of AB 1844 in September. The new law forbids employers from asking for user names, passwords or other information to

access employees' or job applicants' social-media accounts like Facebook or Twitter. While the law protects employees from being compelled to divulge such information, don't start trashing the boss just yet. The legislation does not apply to passwords used to access employer-issued electronic devices and does not infringe on employers' existing rights to investigate workplace misconduct.

• **Home/commercial goodies:** The California Homemade Food Act, or AB 1616, allows "low-risk" foods like baked goods, candies, jams or tortillas made in private homes to be sold commercially with limited regulatory oversight.

TRANSPORTATION, DRIVER SAFETY

• **Registration fees:** San Diego County motor-vehicle registration fees will increase from \$1 to \$2, adding a new source of revenue to

help combat vehicle thefts under AB 1404. Boat owners, too, will see registration fees increase up to \$10 to help fund a quagga and zebra-mussel infestation prevention program under AB 2443.

• **Hands-free texting:** AB 1536



permits drivers to text, email or read messages on a portable electronic device while driving — but only by use of hands-free voice-to-text technologies.

gies.

• **DUI changes:** Urine tests are no longer an option for drivers suspected of driving under the influence. With certain rare exceptions, blood tests — widely considered to be more accurate — are now mandatory under AB 2020.

• **Meters:** Drivers are permitted to park in spaces with broken parking meters for the time allotted without receiving a parking ticket as the result of SB 1388.

• **Tolls:** Low-emission and clean-fuel vehicles with valid clean-air vehicle stickers are exempt from toll charges otherwise imposed on single-occupant vehicles in high-occupancy toll lanes under AB 2405.

• **Showing proof:** The passage of AB 1708 permits drivers to use smart-phones to demonstrate proof of insurance.

EDUCATION



• **Anti-bullying campaign:** To further protect students against cyber-bullying, state legislators passed AB 1732, which prohibits acts of electronic bullying acts like the impersonation of another student on

SEE LAWS, Page 5

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As a new year starts, so begins a new season of seals

Filner extends rope barrier amid concerns over legality and jurisdiction

By **MARIKO LAMB** | VILLAGE NEWS

Just as expectant mother seals launched into the start of their annual pupping season at Children's Pool beach on Dec. 15, a gathering of pro-seal activists from the La Jolla Friends of the Seals, a handful of beach-going bystanders and newly elected San Diego Mayor Bob Filner paid a visit to the cove to observe seals lounging just beyond a narrow yellow rope barrier.

Like clockwork, the infamous yellow rope, which is erected annually during the seals' pupping season from Dec. 15 to May 15, was installed on the beach alongside signage to encourage onlookers to keep a safe dis-

tance from the rookery.

Due to a clerical error in 2010, however, city staff approved permits for a 130-foot barrier, not one that stretches 152 feet in length, as it was initially intended. Although the California Coastal Commission (CCC) unanimously approved the installation of a year-round 152-foot rope in July 2012, denial of the same year-round rope by the San Diego Planning Commission overturned the CCC's ruling, leaving the city with the quagmire of the 130-foot rope that was previously approved for six months at a time.

Filner, a vocal proponent of a year-round rope barrier and protected

marine mammal reserve, ordered the city's Park and Recreation Department staff to extend the guideline rope to 152 feet, as well as proceed with obtaining the appropriate amendments to the existing permits to make the extension legal. The problem, however, lies in the uncertainty about which entity, the CCC or city, is responsible for approving the amendments to the site development and coastal development permits.

According to a legal memorandum issued by the City Attorney's Office on Dec. 24, the CCC is responsible for approving revisions to the coastal development permit, while the city retains jurisdiction over the amendment of the site development permit. Should the mayor fail to obtain proper permit revisions, however, the city may be subject to penalties imposed in superior court.

As of Dec. 21, whether properly permitted or not, that little yellow rope stands at 152 feet in length, much to



Visitors and activists – those both for and against the rope reminding humans to keep a safe distance from the seals – gathered at Children's Pool on Dec. 27 to witness the first stages of the pupping season, which began Dec. 15.

DON BALCH | Village News



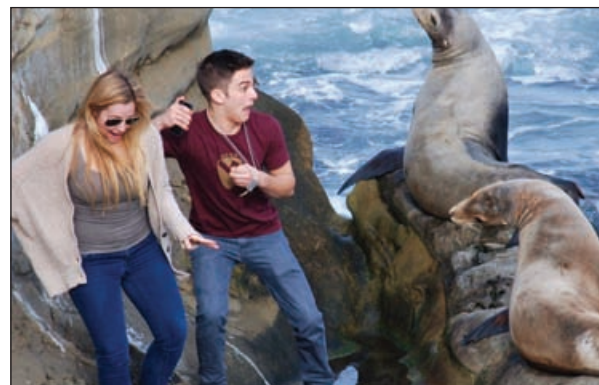
Studio Stratton Kitchen Design Studio

Located on Girard Ave. in the village of La Jolla, Studio Stratton offers complete kitchen design services. Their commitment to creative and functional design springs from over 27 years experience right here in San Diego. Owner Lance Stratton apprenticed under some of San Diego's finest residential architects, and spent 12 years at Dewhurst & Associates in design and project management. Having mastered the disciplines of his craft, Lance now works with the nation's finest brands of cabinetry and appliances including William Ohs, Plato Woodwork, Irpina, and Columbia Cabinets. His design work is regularly featured in local and national publications, and he continues to be commissioned by many of San Diego's most discriminating homeowners and designers. At Studio Stratton they are more than capable of rendering a design that is uniquely yours. Visit them on line @ www.studiostratton.com <<http://www.studiostratton.com/>> or contact the studio directly at 858-459-3757 for a complimentary design consultation.



Hoping to have an up-close encounter with a seal, two visitors to Children's Pool get more than they bargained for, perhaps making the case for a barrier keeping humans away from pinnipeds. During the pupping season, the rope serves as a protection for the sensitive young pups – as well as protection for less-than-judicious human visitors from defensive mother seals.

JIM GRANT | Village News



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Trolley extension plans driving forward in new year

By **MARIKO LAMB** | VILLAGE NEWS

Plans to extend trolley service from downtown San Diego to University City are moving forward in the new year as the San Diego Association of Governments (SANDAG) continues work on environmental documents and necessary technical studies for the \$1.7 billion Mid-Coast Corridor Transit Project, a proposed 11-mile extension of the Blue Line trolley from the Old Town Transit Center to University City.

City leaders boast a number of economic, environmental and commuter benefits for the extension, such as linking San Diego universities, creating a one-ride route from the international

border to University City, and increasing access to jobs along the corridor.

"The trolley extension will improve quality of life for La Jollans by reducing area traffic congestion and gridlock, reducing vehicle emissions and supporting the viability of local employment centers," said District 1 City Councilwoman Sherri Lightner. "It also provides another public transit option for La Jollans traveling to or from downtown."

Transit officials say commuters using the Blue Line trolley can expect an easy 30-minute ride from San Diego's Santa Fe Depot downtown to UCSD once the line is completed.

The new extension primarily traces



Interstate 5 north from the Old Town Transit Center to University City. Eight new stations are proposed in the plan, including stops at Tecolote Road, Clairemont Drive, Balboa Avenue,

SEE TROLLEY, Page 4

The \$1.7 billion Mid-Coast Corridor Transit Project will extend the Blue Line north to University City from the Old Town Transit Station. Eight new stations are being proposed as part of the project, with Westfield UTC serving as the final destination on the Blue Line. Courtesy of SANDAG



NEWSbriefs

Drunk motorist in Torrey Highlands admits guilt

A drunken driver who drove the wrong way on a freeway in Torrey Highlands and put another driver in a wheelchair pleaded guilty Dec. 19 to drunken driving causing serious injury.

Jennifer K. Sase, 38, of Santee, drove the wrong way on state Route 56 on April 18 at 11:25 p.m. and hit a car driven by Sayeh Solati, 61, which overturned near the exit for Camino del Sur.

Solati suffered fractures to her neck, foot, knee and two fingers, according to court records. She also suffered bleeding in the brain, and she will require a knee-replacement operation.

She uses a wheelchair now because of damage to her knee.

Sase agreed to accept a one-year jail term. San Diego Superior Court Judge Eugenia Eyherabide set sentencing for Jan. 30 and state prison has been ruled out. Sase remains free on \$25,000 bond.

Sase admitted she inflicted great bodily injuries to Solati. Sase's blood-alcohol level was 0.18, twice the legal limit.

A California Highway Patrol officer smelled alcohol on her breath and she admitted to drinking before she drove.

According to the arrest warrant declaration, a CHP officer wrote that Sase didn't know she was driving the wrong way on a freeway due to her intoxication.

— Neal Putnam

Suspect back in custody after being shot by Torrey Pines ranger

A transient who was shot by park ranger at Torrey Pines State Natural Reserve faces a Jan. 22 preliminary hearing on two felony assault charges.

Charles Dustin Collins, 29, was arraigned in his hospital bed at Scripps Memorial Hospital after he had surgery to repair a torso wound from the Dec. 13 incident.

The state park ranger heard an earlier report about a naked man in the park and confronted Collins at a tent where he was living. According to the charges, Collins came out of the tent with a knife in a threatening manner and the ranger fired a shot at him.

San Diego Superior Court Judge

Peter Gallagher set bail at \$100,000. Collins has denied the charges and he remains in custody.

— Neal Putnam

Students' kidnapper to get 14-year sentence

The man who kidnapped and robbed two UCSD students in La Jolla before

forcing them to drive him to Pacific Beach to escape pleaded guilty and has agreed to accept a 14-year prison term at his sentencing on Jan. 9.

Miguel Torres Espinoza, 29, of San Diego admitted to kidnapping Raymond Chung and his girlfriend, Jessica Liu,

SEE BRIEFS, Page 4



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Transit officials say the commute from downtown San Diego's Santa Fe Depot to UCSD will only take about 30 minutes on the new Mid-Coast trolley line.

Photo courtesy of SANDAG

TROLLEY

CONTINUED FROM Page 3

Nobel Drive, UCSD West, UCSD East, Executive Drive and Westfield UTC. SANDAG is also studying the feasibility of an additional station at the VA San Diego Healthcare System.

"I support consideration of a trolley station at the VA Medical Center. Details about the costs and benefits of the addition of this station will be included in the environmental and technical studies which are not yet complete," said Lightner.

Project expenses — which jumped \$460 million over the past two years due to mounting costs for additional trolley cars, construction, infrastructure and parking — will be funded from the Federal Transit Administration's (FTA) New Starts program, as well as local TransNet funds. To date, a total of \$39.2 million has been invested in the project for planning, preliminary engineering and right-of-way acquisition.

SANDAG and the Federal Transit Administration (FTA) are currently preparing draft environmental documents, which will be available for public review in the near future. Following a 60-day public review period, the trolley extension is expected to receive its final environmental approvals late this year and could begin construction in 2015. The line is slated to open to the public in 2018.

For more information and updates about the mid-coast trolley line, visit www.sandag.org/midcoast.

BRIEFS

CONTINUED FROM Page 3

both 20, in the parking lot of the CVS Pharmacy on Villa La Jolla Drive on Sept. 11 around 11 p.m.

He forced the couple to drive to their bank ATM and withdraw \$420. Both students believed the gun Espinoza displayed to them was real, but it later turned out to be an air pistol.

Espinoza also stole Liu's laptop and Chung's wallet and cell phone. After taking the money, he demanded to be let out of the car in a residential area of Pacific Beach. The students called police, who found Espinoza running uphill on Loring Street at Soledad Mountain Road.

Espinoza pleaded guilty to two kidnapping counts and two robbery charges. He could have received two life terms on the kidnapping-for-robbery charges.

— Neal Putnam

BEYOND *limits*

JOHNNY McDONALD

A history on the green, Salk sleep studies and upcoming scenes at the Playhouse

Tiger Woods has decided to begin his 2013 golf campaign not on the United States PGA Tour but in the Middle East, Jan. 17-20.

He made the announcement in an interview in Singapore, where he was conducting a clinic for youthful golfers.

Unless he makes a quick change of mind, he'll skip the Farmers Insurance Open, taking place Jan. 24-27 — a surprise, because Torrey Pines has been his favorite playground, where he's won six times with total winnings of nearly \$5.75 million.

Should he return sometime to play at TP, golfing rival Phil Mickelson will be cooking up a few north course adjustments. Mickelson's design company has been selected by the city of San Diego's Golf Operations department to renovate the course.

The \$7 million project will include 18 new greens, renovated bunkers and tees, improved irrigation practices and possibly some new tees for tournament play.

Mickelson has played many times at Torrey Pines, starting at an early age, and as a pro he's won the tourney three times.

Reportedly, Woods likes to play in Abu Dhabi's "land of plenty," where they sweeten the pot with promotional incentives. He tied for third last year.

Woods' game has improved, winning three times on tour, though he finished 125th on the tour's money list.

This will be the 61st year a PGA Tour event will be held in San Diego (46 times at Torrey Pines). It began as the San Diego Open in Chula Vista in 1952, and two years later, La Jolla Gene Littler won as an amateur. The pro winner that year, Dutch Harrison, won \$3,700. This year's winner can pocket nearly \$1.1 million.

Practice rounds begin Jan. 21, with the pro-am starting two days later. The

For golf fans who want to stay close to the action at the Farmers Insurance Open, Hotel La Jolla is offering three custom packages for the tournament week of Jan. 21-27.

• **9th Tee Club VIP 3-Night Package** — \$419 per night, double occupancy. Includes four one-day tickets to the tournament and access to the private 9th Tee Club, luncheon and bar service; live TV coverage; shuttle service to the tournament or free parking; programs and daily pairing sheets.

• **9th Tee Club VIP 2-Night Package** — \$369 per night double occupancy. Includes two one-day tickets to the tournament and access to the 9th Tee Club.

• **Open Golf, 1-Night Package** — \$249 per night double occupancy. Includes a deluxe room with ocean view; daily entry for two; complimentary shuttle.

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LAWS

CONTINUED FROM Page 1

a social network or Internet site, the pervasive harassment of an individual using a false profile or the creation of a "burn page" targeted toward an individual. Online bullying campaigns are punishable under state and school anti-bullying provisions.

HEALTH & SAFETY

• **Risk-free reporting:** Drug-overdose victims or bystanders wanting to report a drug-overdose incident may now summon medical help without fear of arrest



under AB 472.

• **Birth control:** AB 2348 permits registered nurses to dispense birth-control contraceptives directly to a patient in primary-care clinics instead of requiring women to see a doctor.

• **Mammogram coverage:** AB 127 amends the health and safety code and the insurance code to require health-insurance policies to cover mammograms upon referral by healthcare practitioners.



ENVIRONMENT

• **Recycling:** SB 1219 extends an existing program that requires large-scale grocers in California to collect recycled plastic bags at their stores, including dry-cleaning bags, shrink wrap and bread bags.



MILITARY



• **Respect for mourners:** The deceased can now rest in peace, thanks to the passage of SB 661, which makes it a crime — punishable by a fine up to \$1,000, imprisonment in a county jail for up to six months, or both — to disturb or interfere with a funeral service. Beginning one hour before and ending one hour after the conclusion of a service, protesters at funerals must keep a distance of at least 300 feet from the burial or memorial site to protect grieving families from added distress.

LGBT

• **Gay-conversion therapies (almost) banned:** One of the more controversial laws topping this year's list bans psychotherapists from performing sexual-orientation-change efforts or so called



"gay-conversion therapies." Such treatments are purported to convert gay, lesbian or bisexual minors into heterosexuals, but are currently tied up in lawsuits, delaying the implementation of this bill until the legal challenges are concluded. The bill, which Gov. Jerry Brown signed into law in late September, was challenged by the Liberty Counsel, which was granted an injunction on behalf of therapy patients, counselors and the National Association of Research and Therapy of Homosexuality. California's ban would mark the first state to prohibit such practices.

RELIGION

• **Clergy's right to refuse performance of nuptials:** Under the protection of SB 1140, clergy are permitted to refuse to perform marriage nuptials if the union violates the priest's, pastor's or rabbi's religious

beliefs, often involving same-sex marriages. The law — which was proposed in anticipation of the reversal of California's voter-approved ban on same-sex marriage — also protects religious assemblies from losing tax-exempt status should they refuse to solemnize such nuptials.

• **Religious freedom in the workplace:** Employees with expressed religious affiliations are further protected under AB 1964 from discrimination in the workplace based on their dress or grooming practices according to their religious observance requirements.



IMMIGRATION

• **Fewer restrictions:** AB 2189 allows undocumented immigrants who qualify for a new federal work permit to be eligible to obtain a driver license.

For a full list of new laws that took effect Jan. 1 in California, visit www.leginfo.ca.gov/pdf/BillsEnacted-Report2012.pdf.

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Ask The Lawyer

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Answer: When you open an IRA you fill out a form and you list one or more Beneficiaries. If you have not reviewed these Beneficiary Designations Forms lately, you should do so now. If you fail to list a beneficiary or if they have died, the asset is part or your estate and may be subject to probate. You want to avoid this court procedure.

The best way to list the beneficiaries is to name an individual or list of individuals. If the spouse is the appropriate beneficiary, it is best to list them as the beneficiary. The spouse can rollover the IRA into their own IRA. Other individuals can rollover the IRA into an inherited IRA, but they will be required to take a yearly minimum distribution. This amount is based on the beneficiaries' life expectancy and the financial institution will figure it out for you. In certain circumstances you can name a trust as a beneficiary and it can get the same rollover treatment. Check with your financial institution and your estate planning attorney. The benefit of a rollover IRA is that the funds can continue to have tax deferred treatment. The interest income and dividends will not be taxed until the money is taken out of the IRA. Now I have a question for you— Have you funded your Roth IRA yet?



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From right to left: Eileen Benedict, Peter Mlynar, Nicole Zetouna, Vicki Mlynar

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Therapy for Alzheimer's Patients

Even though at this time there is no cure for Alzheimer's disease, researchers have been looking into therapies that can improve a person's quality of life, possibly lessen some of their symptoms and help them function better.

Notepad Computers – These same lightweight touchscreen computers, with puzzles, games and apps, are being used to exercise the person's mind, help them improve their dexterity and even help remind them of things. The games help the person feel that they've accomplished a task and are successful.

Bright Lights – A study that was published in the Journal of the AMA found that either intensive light therapy or UV light therapy has helped a person with memory issues have better cognition and helps improve their mood. It may be especially helpful with sundowning behavior.

Art – This is increasingly being seen at museums around the country, where there are programs for people with Alzheimer's to view and create art. The result of this therapy lasts well past the therapy session.

"Comfort Food" – It is being researched that letting the person have that extra piece of pie or that nighttime drink makes the person more content and peaceful. This could cause them to need less medication.

Tell a Story – Having the Alzheimer's patient in a group, looking at pictures and making up a story about that picture is helping the person be creative as well as helps them socialize.

No therapy at this time can reverse Alzheimer's but more people are working to help improve the quality of life of these people. For more help in dealing with an Alzheimer's patient, call the RN Care Managers at Innovative Healthcare Consultants at 1.877.731.1442 or see us online at www.innovativehc.com.

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"This is the coolest shop ever."

- Heather Ford, Fox5 News, 12/11/12

"I'll let you in on a little secret, this is the best date place around now."

- Brad Perry, KUSI TV, 12/10/12

Attention Gentlemen: If you really want to impress this holiday season, book a class at Tijon and create a custom scent for your special someone.

- Michelle Guerin, U-T San Diego, 12/6/12

Grab Bars Provide Safety for Seniors

SAN DIEGO GRAB BARS is dedicated to helping you stay independent and safe in your own home. We offer grab bars, shower seats, and hand held shower heads to help make the bathroom a safer environment. And while the bathroom is where people normally think that they need grab bars, we can install hand rails and grab bars anywhere in your home: next to the bed, at the top of the stair case, in the hall or outside the back door.

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Falls are one of the main reasons people leave home and move into assisted care. Let us help you prevent falls and stay in the home you love.

LA JOLLA AND GOLDEN TRIANGLE CHAMBER OF COMMERCE JANUARY NEWSLETTER

On behalf of the Board of Directors and Ambassadors of the LJGTCC I wish all of you a **Very Happy and Most Productive New Year.**

Our last mixer of year was held at the **La Jolla Wellness Studio**. Our hosts Ted and Tom Barduson have opened a very intense workout studio. Their staff trainer, Eileen Benedict, showed each of us how use the high tech equipment to burn the most calories in the least amount of time. And we all got great workouts in just a few minutes.

Our January mixer will be held at the offices of **Always Professional Senior Care** which provides in-home services to seniors. Our host will be providing wine and appetizers in addition to a variety of soft drinks. Please join us at 737 Pearl Street #109 on January 8th at 5:30 for great networking. There is plenty of easy parking available.

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-Retired, Norm Pressley, 86



I do not recommend things often, but my experience in being a tri-athlete and avid runner compels me to tell people how great the La Jolla Wellness Studio's workout is for me. It is not only great for those who are getting in shape, but also those who need to get better in shape.

-CEO RoadRunner Sports, Mike Gottfredson, 60



My profession keeps me very busy. I work out about 3 times a week for about an hour. The La Jolla Wellness Studio is the first workout that has been short enough to consistently do it! I leave refreshed and invigorated.

- Realtor, Lisa Colgate, 45



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LIMITS

CONTINUED FROM Page 5

defending champion is Brandt Snedeker, who beat Kyle Stanley last year in a two-hole playoff.

MATTER OF RHYTHMS

When we start to fall asleep, most of us think we're tired because our bodies need rest. More accurately, scientists define the reason as circadian rhythms that affect our bodies at the level of individual organs and even genes.

Circadian rhythms are physical, mental and behavioral changes that follow a roughly 24-hour cycle, responding primarily to light and darkness in an organism's environment.

They are found in most living things, including animals and plants.

Scientists at the Salk Institute have determined the specific genetic switches that sync liver activity to the circadian cycle. Their findings give insight into the mechanisms behind health-threatening conditions like high blood sugar and high cholesterol.

"We know that genes in the liver turn on and off at different times of day and they're involved in metaboliz-

ing substances such as fat and cholesterol," said Satchidananda Panda, co-corresponding author on the paper and associate professor in Salk's Regulatory Biology Laboratory. "To understand what turns those genes on or off we had to find the switches."

Surprisingly, they discovered that among those switches was chromatin, the protein complex that tightly packages DNA in the cell nucleus. While chromatin is known for the role it plays in controlling genes, it was not previously suspected of being affected by circadian cycles.

Panda and his colleagues report their results in the December issue of Cell Metabolism.

TWO PLAYS ADDED

"His Girl Friday," John Guare's adaptation of Ben Hecht and Charles MacArthur's "The Front Page" and Rex Pickett's "Sideways," have been added to the La Jolla Playhouse's 2013-14 season. They'll kick off the season in June and July in the Mandell Weiss Theatre.

— Johnny McDonald is a longtime writer and columnist for the San Diego Community Newspaper Group. He can be reached at johnny23@cox.net.



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FRIDAY, JANUARY 4, 2013 | VOL. 18, No. 13

Hershey Felder tells extraordinary tale of an ordinary man



Hershey Felder's new play, opening Jan. 4 at the Birch North Park Theatre, tells the tale of the first medic on the scene the night Abraham Lincoln was shot. Courtesy photo

By MARIKO LAMB | VILLAGE NEWS

Some people are immortalized as legend in history books, while others are forgotten after their moment in history has passed. Founding fathers, ancient philosophers and literary masters have their stories told time and again by the world's playwrights and authors, but sometimes the most interesting tales come from the men and women who walk among us each day, whose lives are often excluded from the scripts. Playwright, actor and composer Hershey Felder, renowned for his productions illustrating the lives of the world's great composers like George Gershwin, Frederic Chopin, Ludwig van Beethoven and Leonard Bernstein, again tells the

moment during President Abraham Lincoln's final hour at Ford's Theater. Leale — just 23 years old on that day — was the first medic on scene the night America's 16th president was shot, and Leale found himself as the president's lead caretaker throughout the fatal ordeal. "I was extremely touched by the story of an average young man who suddenly found himself at the center of history with quite literally the weight of an entire presidency — and perhaps the weight of the entire free world — on his shoulders," said Felder. "Just thinking about what he did and how he handled himself with such grace, never calling attention to his actions, but instead spending the rest of his life doing as

much as he could for others, and still questioning if he did enough." The initial focus of Felder's original production, "Lincoln: An American Story," which debuted in Pasadena last year, was to bring Lincoln to life on stage through the eyes of this unknown army surgeon. "What I discovered through the process and through the live performance of the work was that the man we wanted to know about was the man telling us the story," he said. "He wasn't just a conduit anymore; he was the one to whom this story happened. And because he is one of us, his story became a valuable one." While living in La Jolla, Felder re-created the production and its musical scores with a shift in focus to one he says is more organic and layered with inherent truths, not one that is clouded by big ideas and conceits that distract from the richness of the story itself. "A piece of theater must live and breathe on its own terms," he said. "After all these years — some 17 — on stage creating new productions and characters and then playing them for a total of more than 4,000 performances, there is something I learned and accepted some time ago: there are no shortcuts. The methodology and process may go a

SEE FELDER, Page 12

Get a taste of what's cookin' in San Diego

California Restaurant Association's semi-annual San Diego Restaurant Week (SDRW) is back again Jan. 13-18 to kick the new year off with sumptuous dining options in a dozen neighborhoods throughout the county. Talented local chefs at more than 180 of San Diego's dining establishments will dish out a taste of their culinary skill with prix fixe lunch and dinner menus at discounted prices for six days. With San Diego cuisine and atmospheres ranging in style from traditional to exotic, fine fare to relaxed brewpubs and everything in between, even the most discerning diner is certain to find something on the menu to delight his or her taste buds. Two-course lunch options include \$10, \$15 or \$20 menus and three-course dinner options include \$20, \$30 and \$40 menus to choose from. No tickets are required to participate. Simply stop by or make a reservation at any of SDRW's participating restaurants. LA JOLLA RESTAURANTS: • Amardeen, dinner \$20 • Apollonia, dinner \$20 • Arterra Restaurant & Lounge, dinner \$40 • Brockton Villa, dinner \$30 • Café Japengo, dinner \$40 • Chedi Thai Bistro, lunch \$10, dinner \$20

- Crab Catcher, lunch \$15, dinner, \$30
 - George's California Modern, dinner \$40
 - George's Ocean Terrace, lunch \$20, dinner \$40
 - Herringbone, lunch \$15, dinner \$40
 - La Jolla Strip Club, lunch \$15, dinner \$30
 - NINE-TEN Restaurant, dinner \$40
 - Roppongi, lunch \$15, dinner \$30
 - Seasons 52, lunch \$20, dinner \$40
 - Tapenade Restaurant, dinner \$40
 - The Fishery, dinner \$40
 - The Grill at The Lodge at Torrey Pines, \$40
 - The Marine Room, dinner \$40
 - The Shores Restaurant, lunch \$15, dinner \$30
 - The Steakhouse at Azul, dinner \$40
 - Whiskn-ladle, dinner \$40
- For a full list of participating restaurants, visit www-sandiegorestaurant-week.com.



— Mariko Lamb

La Jolla's live MUSIC SCENE

By BART MENDOZA

MUSTHEAR: Nashville Comes to La Jolla

Singer-songwriter fans won't want to miss Nashville Comes to La Jolla, a special concert taking place on Jan. 4 at the La Jolla Lutheran Church. On hand will be tunesmiths Steve

Seskin, Craig Carothers and Grammy Award-winner Don Henry, collectively responsible for writing a sizeable portion of the country music Top 40 parade in recent years, including hits from Tim McGraw, Blake Shelton, Keith Urban and Kenny Chesney, as well as standards for the likes of Ray Charles and Patti Page. The

trio will play their best tunes, as well as share the stories behind the songs and give an insight into the magic that goes into writing a hit song.

Nashville Comes to La Jolla: Friday, Jan. 4 at La Jolla Lutheran Church, 7111 La Jolla Blvd.



Steve Seskin will perform with Craig Carothers and Don Henry at Nashville Comes to La Jolla on Jan. 4.

For a full list of venues' addresses and contact information, visit www.sdnews.com

	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Jan. 4-9		<ul style="list-style-type: none">• Tomcat Courtney, blues legend, 6 p.m., Café-Bar Europa• GipsyMenco, Old-World flamenco and modern jazz with Spanish guitar, 7 p.m., La Sala Lobby, La Valencia Hotel• Steve Seskin, hit country music songwriter & friends, 7:30 p.m., La Jolla Lutheran Church• Tad Sisler, vocals, piano, keyboards, 8 p.m., Manhattan of La Jolla• FUNdamental Fridays, DJ night, 8 p.m., Barfly• Cougar Canyon Band, country and classic rock covers, 9 p.m., Beaumont's	<ul style="list-style-type: none">• Tomcat Courtney, blues legend, 6 p.m., Café-Bar Europa• Tad Sisler, vocals, piano, keyboards, 8 p.m., Manhattan of La Jolla• Superstar Saturdays, DJ night, 8 p.m., Barfly• Slower, jazz and updated rock classics, 9 p.m., Beaumont's	<ul style="list-style-type: none">• Santiago, acoustic covers, 11 a.m., Beaumont's• Sounds Like Four, jazz, 4 p.m., Café-Bar Europa• Choro Brazil, salsa and Latin rhythms, 7 p.m., Café-Bar Europa	<ul style="list-style-type: none">• Shedburners, jazz, funk and blues, 7 p.m., Café-Bar Europa	<ul style="list-style-type: none">• Afro Jazziaacs, Latin & Brazilian jazz guitar, 7:30 p.m., Café-Bar Europa	<ul style="list-style-type: none">• Talia Ceravolo, singer songwriter, 5 p.m., Café-Bar Europa• Tomcat Courtney, blues legend, 6:30 p.m., Café-Bar Europa• James Romine, Latin American singer-songwriter, 7:30 p.m., Café-Bar Europa
Jan. 10-16	<ul style="list-style-type: none">• Tad Sisler, vocals, piano, keyboards, 7 p.m., Manhattan of La Jolla• Lotus, DJ night, 8 p.m., Barfly• Allegra, acoustic covers, 8 p.m., Beaumont's• Taluna, Gypsy dance music, 9 p.m., Café-Bar Europa	<ul style="list-style-type: none">• Rand Steiger, electronics and improvisational music, 5 p.m., Calit 2 Auditorium, UCSD• Tomcat Courtney, blues legend, 6 p.m., Café-Bar Europa• GipsyMenco, Old-World flamenco and modern jazz with Spanish guitar, 7 p.m., La Sala Lobby, La Valencia Hotel• Tad Sisler, vocals, piano, keyboards, 8 p.m., Manhattan of La Jolla• Fly Fridays, DJ night, 8 p.m., Barfly• Scratch, classic rock covers, 9 p.m., Beaumont's	<ul style="list-style-type: none">• Tomcat Courtney, blues legend, 6 p.m., Café-Bar Europa• Jonathan Karrant, standards from jazz to Sinatra, 7 p.m., La Sala Lobby, La Valencia Hotel• Tad Sisler, vocals, piano, keyboards, 8 p.m., Manhattan of La Jolla• Jonathan Hepfer, percussionist, 8 p.m., CPMC Concert Hall, UCSD• Superstar Saturdays, DJ night, 8 p.m., Barfly• Dirty Bird, classic rock, 9 p.m., Beaumont's	<ul style="list-style-type: none">• Sounds Like Four, jazz, 4 p.m., Café-Bar Europa• Eric Derr, classical, 5 p.m., CPMC Theatre, UCSD• Blue 44, nu jazz, 7 p.m., Café-Bar Europa	<ul style="list-style-type: none">• The Danny Green Trio, jazz, noon, La Jolla Athenaeum• Shedburners, jazz, funk and blues, 7 p.m., Café-Bar Europa• John Cain Group, jazz, 7:30 p.m., Eddie V's	<ul style="list-style-type: none">• Camera Lucida, Beethoven and Mozart tunes, 7:30 p.m., CPMC Concert Hall	<ul style="list-style-type: none">• Talia Ceravolo, singer songwriter, 5 p.m., Café-Bar Europa• Tomcat Courtney, blues legend, 6:30 p.m., Café-Bar Europa• James Romine, Latin American singer-songwriter, 7:30 p.m., Café-Bar Europa• Allegra, acoustic covers, 8 p.m., Beaumont's



Emmet Holden and Dr. Holly Casele Holden (hosts), Suzanne Pope (St. Germaine president), Bonnie Hage (event chairwoman) and Scody Hage

That famous silver bowl...



Marilyn Barrett, Merle Lotherington, Peggy Preuss, Carrie Luetzow, Sharon Lawrence



Cynthia Kronemyer, Shay Stephens, Phyllis Parrish, Susie Spanos, Sarah Burton-Hawkins

Starry, starry nights



with Vincent Andrunas

The 29th edition of a famous traditional event was held in December, this time at the 7,000-square-foot craftsman home of Dr. Holly Casele Holden and Emmet Holden in La Jolla's exclusive Muirlands district. Designed by San Diego architect John Berry and originally built in 1965, the stunning home overlooks the Pacific from an ideally situated 20,000-square-foot lot. Meticulously renovated in 2006, the residence's beautifully landscaped grounds include a detailed, kid-size children's playhouse with its own loft.

It was the annual Silver Tea, held by a group that used to be called the St. Germaine Auxiliary to the Child Abuse Prevention Foundation. Although that

somewhat longwinded moniker was aptly descriptive, the auxiliary later formed its own 501(c)(3) organization, renaming itself St. Germaine Children's Charity (SGCC) in 2006. They sponsor social service agencies responsible for the care, shelter and treatment of abused, abandoned and neglected children from birth to age 18, supplying everything from cash assistance to new and used clothing, and from playthings to donations of time by caring volunteers.

Since its 1984 founding, SGCC has awarded nearly \$4.5 million in grants and in-kind donations (to say nothing of all those countless hours of volunteer work) to the greater San Diego community. It's all supported through fundraising events and donations, and staffed entirely by volunteers. All administrative costs are covered by membership dues. With the understanding that almost all child abusers were themselves abused as children, SGCC strives to break the cycle of abuse by working not just with the parents, but also directly with the children.

The Silver Tea is SGCC's primary fundraiser. Drawing anywhere from 300 to 400 guests, a significant part of the

event's attraction is its venue — traditionally a different carefully selected fabulous private home each year. It's become so popular that even quite a large home could become overcrowded, so about half the guests are invited to arrive at the outset and the rest are asked to join the party halfway through (by which time many of the original guests have left). The plan keeps the party population manageable, assuring everyone a comfortable opportunity to enjoy the beauty of the venue and the extensive holiday decorations associated with the season. Bonnie Hage was chair of this year's elegant event, and past Silver Teas chairladies took turns pouring tea for the guests, who also enjoyed lovingly prepared finger sandwiches, cookies and confections. Those not particularly predisposed to sipping tea were delighted to find that wine had also been thoughtfully provided.

The event derives its name from the large silver bowl traditionally situated near the entrance. Generous guests deposit therein cash and checks, mindful of both the cause and the season. This

year's Silver Tea netted about \$125,000 to support SGCC's work — a rather significant sum for an organization having just 320 members, of which only about 10 are men. (That lopsided ratio may change significantly if the men in our community ever get wind of the fact that there are more than 30 times as many women as men in the group.)

SGCC members received enthusiastic and willing assistance again this year from students studying culinary arts in Mira Mesa High School's Regional Occupational Program. Arriving at 10 a.m., they worked tirelessly throughout the event, earning valuable experience while also serving the community and clearly having a great time. New for this year were strolling holiday carolers,

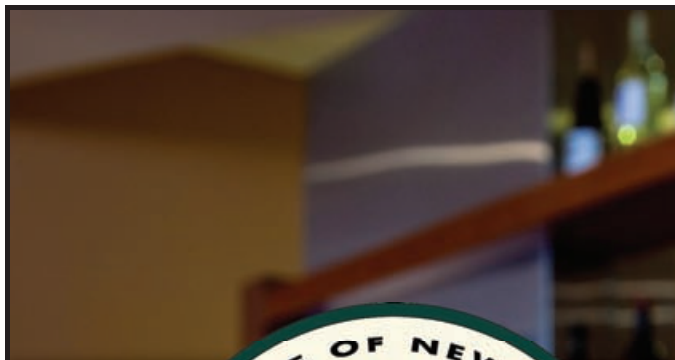
including well-known professional singers Eve Selis and Matty Mills. They were so warmly received that it seems this idea should be reprised in future years!



Anne Chodorow, Melissa Murfey, Robyne Daniels, Micaela Jeffery, Sandra Vitins-McKee



Erin Preuss, Kelly Kent, Kristi Pfister, Melissa Schmidt, Alexis McCandless



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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.

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MUSICHELP

Bird Rock Elementary is doing its part to clean up Mother Earth by hosting an e-waste recycling day on Jan. 12 in conjunction with locally based recycling solutions company Cali Resources Recycling, owned by Bird Rock Elementary parent Carlos Kelvin. From 9 a.m. to 1 p.m., community members are invited to drop off unwanted electronics in the teacher's parking lot at the Beaumont Alley entrance to the school, located at 5371 La Jolla Hermosa Ave. Items accepted include everything from phones and computer monitors to VCRs and answering machines. Cali Resources Recycling will ensure that all donated electronics are properly recycled, which not only does right by the environment, but assures donors that sensitive information on phones, computers and pagers are safely and securely discarded. All donations made at the event will benefit Bird Rock Elementary School. For more information, call (619) 661-5741.



MUSICSHOP

See just how much your antique jewelry and purses are worth at Blue Vault Secure's free Vintage Jewelry Day appraisal event on Jan. 12. Local appraiser and auction house professional Christine Saltzman will be on hand to evaluate the value treasures in your closet or jewelry chest hold with free informal auction estimates from 11 a.m. to 3 p.m. at BlueVault San Diego, located at 5638 Mission Center Rd., Ste. 104. To sign up for a free time slot, visit www.BlueVault-Secure.com or call (619) 623-4251.



MUSTASTE

Sprinkles Cupcakes La Jolla is celebrating its two-year anniversary by doing what it does best — satisfying sweet-toothed San Diegans with its delectable treats. On Jan. 13, Sprinkles will give away a free scoop of red velvet ice cream — a sweet cream layered with bites of red velvet cake and cream cheese frosting — to the first 1,000 people who come into the store and buy any of the cupcakery's handcrafted quality cupcakes. Stop by early at Sprinkles, located at 8855 Villa La Jolla Drive, to take advantage of the sweet deal. For more information, visit www.sprinkles.com or call (858) 457-3800.



FELDER

CONTINUED FROM Page 9

little faster because I know what not to do, but finding what to do, then doing [it] is a never-ending quest and one that I hope to spend the rest of my life engaged in."

In his latest rendition, Felder not only dreamt up dazzling musical scores and creative new avenues for the production from his La Jolla home, he also selected his entire production team from right here in San Diego.

"Over the years, performing at the Old Globe, I've come to love San Diego and the public that attends," he said. "Without question, San Diego has some of the finest theater artists in the world, and also some of the nicest individuals to work with. The San Diego theater community is still one that really loves the theater. There is still excitement about new productions. There is still excitement with regard to discovery and there is an extremely high level of craft."

What he hopes his San Diego audience will discover through his production long after the curtain falls is that great people walk among us — sometimes unnoticed — every day.

"There are great people among us, some that we don't know or recognize, and ultimately, all of us have that capacity," he said.

"An American Story for Actor and Orchestra" will premiere at the Birch North Park Theatre on Jan. 4 and runs through Feb. 3. The production is performed as a solo stage show with Felder as its lead accompanied by his own musical scores performed by a live orchestra. To purchase tickets, visit www.birch-northparktheatre.net or call (619) 239-8836.

THE CALIFORNIA RESTAURANT ASSOCIATION
SAN DIEGO COUNTY CHAPTER

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bbp@sdnews.com
beacon@sdnews.com
EDITOR KENDRA HARTMANN (x133)
ljvn@sdnews.com
REPORTER MARIKO LAMB (x132)
reporter@sdnews.com
PRODUCTION CHRIS BAKER
BARBARA ROGEL
ADVERTISING SALES MIKE FAHEY (x117)
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SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 330 WEST BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2012-00085976-CU-PT-CTL PETITIONER OR ATTORNEY, ANNIE YAN 8155 CAPILL

AVE. APT 4 SAN DIEGO, CA. 92122 415-640-4592 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM ANNIE YAN TO EMERY A. YAN THE COURT ORDERS THAT all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING TO BE HELD ON JAN 11, 2012 TIME : 8:15 AM DEPT 46 4TH FLOOR 220 WEST BROADWAY SAN DIEGO, CA. 92101 ABOVE ISSUE DATE(S): DEC 06, 13, 20 AND JAN 4, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-030911 THE NAME(S) OF BUSINESS: PROFESSIONAL RESTAURANT OPERATIONS - SAN DIEGO located at: 4817 MT. ELBRUS DR. SAN DIEGO, CA. 92117 is hereby registered by the following owner(s): JOHN AZEVEDO 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: NOV 27, 2012 ISSUE DATE(S): DEC 06, 13, 20 AND JAN 4, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-030742 THE NAME(S) OF BUSINESS: RD PROPERTIES, RD VENTURES located at: 4802 MT. ELBRUS DR. SAN DIEGO, CA. 92117 is hereby registered by the following owner(s): DON WINANS, RACHELE WINANS This business is being conducted by: HUSBAND AND WIFE The transaction of business began on: 06/14/99 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: NOV 26, 2012 ISSUE DATE(S): DEC 06, 13, 20 AND JAN 04, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-029738 THE NAME(S) OF BUSINESS: THE BOARDWALK MISSION BEACH located at: 3704 MISSION BLVD. SUITE A SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): KAN-CALI ENTERPRISES LLC This business is being conducted by: A LIMITED LIABILITY COMPANY KAN-CALI ENTERPRISES LLC 3704 MISSION BLVD. SUITE A SAN DIEGO, CA. 92109 CALIFORNIA The transaction of business began on: 05/12/07 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of

San Diego County on: NOV 13, 2012 ISSUE DATE(S): DEC 06, 13, 20 AND JAN 04, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-031298 THE NAME(S) OF BUSINESS: BELA BRAZILIAN SKIN CARE located at: 7730 HERSCHEL AVE. LA JOLLA, CA. 92037 is hereby registered by the following owner(s): ELISA VIEIRA DUSSALT 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: NOV 30, 2012 ISSUE DATE(S): DEC 06, 13, 20 AND JAN 04, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-030826 THE NAME(S) OF BUSINESS: FITNESS INCITE located at: 11362-C VIA RANCHO SAN DIEGO EL CAJON, CA. 92019 is hereby registered by the following owner(s): LESLIE R. MANSOUR This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 10/20/12 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: NOV 26, 2012 ISSUE DATE(S): DEC 06, 13, 20 AND JAN 04, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-031467 THE NAME(S) OF BUSINESS: SURFSET 898 located at: 8950 COSTA VERDE BLVD. #4430 SAN DIEGO, CA. 92122 is hereby registered by the following owner(s): PAIGE PETKEVICIUS, RYAN VIGIL 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 04, 2012 ISSUE DATE(S): DEC 13, 20 JAN 04 AND 10, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-031797 THE NAME(S) OF BUSINESS: MMD ARCHITECTURE located at: 914 SANTA FLORENCE SOLANA BEACH, CA. 92075 is hereby registered by the following owner(s): MICHAEL McDONALD This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 12/06/12 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 6, 2012 ISSUE DATE(S): DEC 13, 20 JAN 4 & 10, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-030234 THE NAME(S) OF BUSINESS: MOBILE SKIN BAR located at: 5050 CASS ST. SAN DIEGO, CA. 92109 is hereby registered by the follow-

ing owner(s): AMANDA WEIGH 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: NOV 16, 2012 ISSUE DATE(S): DEC 13, 20 JAN 04 AND 10, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-032124 THE NAME(S) OF BUSINESS: MEDINA ENTERPRISES located at: 3530 CLAIREMONT MESA BLVD. SAN DIEGO, CA. 92117 is hereby registered by the following owner(s): RUDY MEDINA This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 01/03/12 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 11, 2012 ISSUE DATE(S): DEC 20 JAN 04, 10 AND 17, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-031288 THE NAME(S) OF BUSINESS: PHARMLABS located at: 1859 CABLE ST. SAN DIEGO, CA. 92107 is hereby registered by the following owner(s): GREG MAGDOFF, BRADFORD DENNISTON This business is being conducted by: A GENERAL PARTNERSHIP 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: NOV 30, 2012 ISSUE DATE(S): DEC 20 JAN 04, 10 AND 17, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-032410 THE NAME(S) OF BUSINESS: AMIT FINE ART & PHOTOGRAPHY located at: 8023 CALLE FANITA SANTEE, CA. 92071 is hereby registered by the following owner(s): HEATHER R. FRIEDMAN This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 12/13/12 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 13, 2012 ISSUE DATE(S): DEC 20 JAN 04, 10 AND 17, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-032030 THE NAME(S) OF BUSINESS: GOOD ROPE RECORDS located at: 503 WEST 22ND STREET #3E NEW YORK, NY 10011 is hereby registered by the following owner(s): ANYA MARINA This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 12/02/05 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 10, 2012 ISSUE DATE(S): DEC 20 JAN 04, 10 AND 17, 2013

2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-032768 THE NAME(S) OF BUSINESS: OCEAN CAB located at: 13130 RANCHO PENASQUITOS BLVD. #6 SAN DIEGO, CA. 92129 is hereby registered by the following owner(s): NAM-VAR KHANIZADEH 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 18, 2012 ISSUE DATE(S): DEC 20 JAN 04, 10 AND 17, 2013

SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO) JEFFERY ANNIS, aka JEFFERY L. ANNIS, aka JEFFER-LAWRENCE ANNIS, an individual; Does 1 through 20, inclusive. YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE) AMERICAN EXPRESS CENTURION BANK, a UTAH STATE CHARTERED BANK NOTICE You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the

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20 Tips: Talking to your kids about tough financial times

Fact: 30% of children ages 7-17 years old said their stress levels are higher this year than last year due to financial reasons.

Signs of stress in children/teens: change in eating habits, change in sleepin habits, change in academic grades, loss of interest in hobbies and/or leisure activities

Physical signs: stomachaches, headaches, low immune system - frequent illnesses

* If a child internalizes their stress/worries they can become depressed and have anxiety disorders. Kids can have panic attacks too.

Here are 20 tips for talking to your children about tough financial times:

1. **It's okay to talk to your children about finances.**
2. **Discuss who makes the financial decision in your home.**
3. **When discussing the financial situation, make it clear that it's not their fault. Be empathetic to your child's feelings.**
4. **Normalcy** - try not to make drastic changes or big changes in their schedule. Try to keep everything as normal as possible with their schedules. This will keep the fear level down.
5. **Age does not equal maturity** - an age/number doesn't mean a child is mature. The more mature they are, the more they can handle.
6. **If a child becomes fearful, overwhelmed, stressed and/or anxious, they can act out. A child can become depressed as well. We now see depression as early as 3 - 4 years old. Children can act out and become angry or guilty like it's their fault.**

If you see your child is extremely and/or chronically stressed or showing signs/symptoms of anxiety

and/or depression like irritability, mood swings, sadness, isolation, change in grades, change in the desire to go to school and see friends, participate in activities, change in sleeping and/or eating habits, get outside help and/or tell your school counselor.

7. Reassurance - even if you are worried about the financial future of your family, don't let it show. Reassure your kids everything will be okay. Watch how you express your fear both NON-VERBALLY & VERBALLY. Kids learn through imitation and role modeling. They absorb like sponges; if they see your worried and stressed, they will feel the same way.

Also remember - positive and negative behaviors/attitudes are contagious. If your family is in a bad mood constantly it will rub off on the kids. Happier people handle situations better, they are more realistic and recover from negative situations quicker. The more optimistic and happy the parents are, the easier it will be for the family to remain calm and intact. Kids don't understand what a recession is, but they can sense fear and stress.

8. Tell the kids what you're doing to make the situation better: looking for a job, collecting unemployment, the wife or husband took on more hours at work, or you have a good savings. ALWAYS STRESS THAT THIS SITUATION IS TEMPORARY!

9. Basic needs - let the kids know that everything will be okay and nothing much will change. All their basic needs will still be there. There will be food on the table, a house to come home to, a car to pick them up from school, etc.

Cont. on page 23

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Keep Your Home Allergen Free

The weather may be getting cooler, but that doesn't mean people who are impacted by allergens are in the clear. From dust and dander to seasonal pollen, millions of people will sneeze, wheeze and cough their way through the months ahead.

The experts at Sun Products, makers of Snuggle, all and Wisk laundry products, offer these steps to help make your home a safer haven from that which afflicts you. **Bust Dust**

Allergens are hiding all over the home. Regular dusting and vacuuming will eliminate much of the problem. Just be sure to clean your vacuum filter often. And don't overlook fabrics in your home like upholstered chairs and drapes, as dust, mites and other allergens can collect here easily. Don't suffer while cleaning. Use a mask to avoid coming into contact with the allergens you're trying to eliminate. **Wash Safely**

The irony of keeping your home spic and span for the sake of allergy management is that many cleaning supplies can aggravate the problem. Ammonia, for example, can be quite harsh on the eyes and nose. Using a hypoallergenic, fragrance-free, all-purpose cleaner will make scrubbing the bathroom and kitchen a much more pleasant experience.

Likewise, bedding and clothing are notorious for collecting and trapping common allergens. According to a study by Grana, an international science journal, a large t-shirt can trap up to 7 million pollen grains on a peak pollen day.

Native Plant Sale
& Garden Party
Sunday Jan. 6
1pm - 4pm



Coastal Sage Gardening
3685 Voltaire St. 619 223 5229
California Poppies - Photo by Jodi Shagg Inharmonyherbs.com
Music by John Tafolla and Friends

Remove everyday allergens trapped in your garments and bedding with a fragrance free detergent designed for sensitive skin. For example, all free clear detergent, which is the number one detergent brand recommended by dermatologists and allergists for sensitive skin, will eliminate 99 percent of tree and grass pollen, and ragweed pollen, the number one fall allergen. Free of potential irritants like dyes and perfumes, it will also help bust pet dander and dust mite matter. More information can be found at www.all-laundry.com/freeclear/. **Keep Allergens Out**

When you walk around outside your clothes can collect and absorb allergens and irritants. Shoes are magnets for grass, tree and ragweed pollen. Leave your shoes on the porch, especially after walking through grass. Change out of your clothes when you get home, depositing them directly into the hamper.



Stay Vigilant

You can stay informed with pollen-level maps and recent allergen news. Visit the all free clear Facebook page for allergy resources and management tips.



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Legal Ads 900

court will dismiss the case Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. puede encontrar estos formularios de la corte y más información en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol/), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presentación pida al secretario de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más advertencia. Hay otros requisitos legales Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos sin grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org/), en el Centro de Ayuda de las Cortes de California, (www.courtinfo.ca.gov/self-help/espanol/), o poniéndose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos eventos por imponer un gravamen sobrecualquier recuperación de \$10,000 o mas de valor recibida mediante un acuerdo o

una concesion de arbitraje en un caso de derecho civil. Tiene quo pagar el gravamen de la corte antes de que corte pueda desear el caso. The name and address of the court is: (El nombre y dirección de la corte es): SUPERIOR COURT OF CALIFORNIA, SAN DIEGO COUNTY, Central Division, 330. W BROADWAY SAN DIEGO, CA.92101 CASE NO: 37-2012-00099322-CL-BC-CTL The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es): LINA M. MICHAEL (Bar# 237842) MICHAEL & ASSOCIATES, 555 CHARLES DRIVE, SUITE 204 THOUSAND OAKS, CA 91360 DATE: JUN 21, 2012 Clerk, by L. MICALISTER, Deputy ISSUE DATES: JAN 04, 10, 17 AND 24, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-032334 THE NAME(S) OF BUSINESS: APPLIANCE WUSHU CENTER located at: 8898 SUITE J CLAIREMONT MESA BLVD. SAN DIEGO, CA. 92123 is hereby registered by the following owner(s): PHYLLIS E. SAN FILIPPO 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, 2012 ISSUE DATE(S): JAN 04, 10, 17 AND 24, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-032334 THE NAME(S) OF BUSINESS: SAN DIEGO WUSHU CENTER located at: 8898 SUITE J CLAIREMONT MESA BLVD. SAN DIEGO, CA. 92123 is hereby registered by the following owner(s): XIAO TANG LIU 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 20, 2012 ISSUE

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-033305 THE NAME(S) OF BUSINESS: A & C TRANSPORT located at: 6460 CONVOY COURT 12 SAN DIEGO, CA. 92117 is hereby registered by the following owner(s): AE NOG KIM 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 26, 2012 ISSUE DATE(S): JAN 04, 10, 17 AND 24, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-032219 THE NAME(S) OF BUSINESS: THE COFFEE SPOT located at: 6602 CONVOY COURT SAN DIEGO, CA. 92111 is hereby registered by the following owner(s): FARIDEH MONJAZEB 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 24, 2012 ISSUE DATE(S): JAN 04, 10, 17 AND 24, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-031808 THE NAME(S) OF BUSINESS: INSPIRE FITNESS SD located at: 10330 FRIARS RD. SAN DIEGO, CA. 92120 is hereby registered by the following owner(s): ERICA STEELE 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 07, 2012 ISSUE DATE(S): JAN 04, 10, 17 & 24, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-033093 THE NAME(S) OF BUSINESS: NATURAL

VIBRATIONS located at: 99-142 KULINA ST. AIEA, HI. 96701 is hereby registered by the following owner(s): NATURAL VIBRATIONS LLC. This business is being conducted by: A LIMITED LIABILITY COMPANY NATURAL VIBRATIONS LLC. 99-142 KULINA ST. AIEA, HI. 96701 HAWAII The transaction of business began on: 01/01/2000 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 20, 2012 ISSUE DATE(S): JAN 04, 10, 17 AND 24, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-033252 THE NAME(S) OF BUSINESS: POTLUCK CLOTHING INDUSTRIES located at: 8741 LAKE MURRAY BLVD. #6 SAN DIEGO, CA. 92119 is hereby registered by the following owner(s): CHRISTOPHER T. PAYNE 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 24, 2012 ISSUE DATE(S): JAN 04, 10, 17 AND 24, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2012-033712 THE NAME(S) OF BUSINESS: FINEST CITY REAL ESTATE, MISSION VALLEY REAL ESTATE, THE MICHAEL PRICE GROUP, 1031AGT.COM, 1031BKR.COM, MISSIONVALLEYCONDOS.COM located at: 3688 MOUNT ALVAREZ AVENUE SAN DIEGO, CA. 92111 is hereby registered by the following owner(s): MICHAEL C. PRICE This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 04/21/06 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 31, 2012 ISSUE DATE(S): JAN 04, 10, 17 AND 24, 2013

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