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Finding a life of service on the path to spirituality

By KENDRA HARTMANN

More than a dozen years ago, Bonnie Arora read a travel article in the *Union-Tribune* about pilgrimages — journeys undertaken by followers of nearly every spiritual doctrine in search of religious significance. The article stuck with her, especially the part that mentioned the Camino de Santiago, a network of pilgrimage trails dating back to the Middle Ages that cut through Europe, all leading to Santiago de Compostela in northwest Spain.

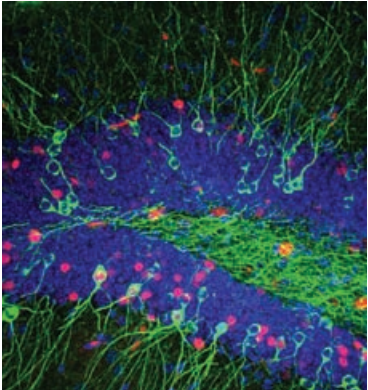
Arora and husband Krishna decided that when they retired, they would attempt a pilgrimage of their own as a way to discover their spiritual and ancestral routes. The La Jolla Golden Triangle Rotarians made a pact to take a Catholic pilgrimage — a nod to Bonnie's Spanish roots — and a Hindu pilgrimage, in honor of Krishna's Indian ancestry.

So in 2002, just a few years free from the workforce, they traveled to Spain to attempt 125 miles of the Camino de Santiago. Unsure how they would fare on such an undertaking — “We’ve always enjoyed taking morning walks before work, but we actually never considered ourselves hikers,” Bonnie said — they decided to play it safe and join a tour group with van support and pre-arranged nightly accommodations. The experience was challenging — with blisters, aches and pains to prove it — but it gave them a taste for the trail that, more than a decade later, they still haven’t had enough of.

Bonnie and Krishna returned in 2005 to complete the entire 500-mile Spanish portion of the trail, and again in 2008 to repeat the last 100 miles (making good on a promise they had made to God that if their



TRAVEL JOURNAL ON THE CAMINO Bonnie and Krishna Arora have trekked across the 500-mile Camino de Santiago pilgrimage trail during several journeys over the course of the last 11 years. On April 20, they will begin the final leg of an additional 500-mile trail, meeting up with their original starting point and bringing their total mileage walked across southern France and Spain to 1,000. Below is Bonnie's pilgrimage passport – all pilgrims must obtain one, get it stamped along the way and present it to the pilgrim office in Santiago de Compostela at the end of the trail to receive a certificate of completion.



Salk researchers discovered how the brain keeps track of similar, but distinct, memories. This microscope image shows neural activity in the dentate gyrus, a subsection of the hippocampus where distinct groups of cells were active during the learning episodes (green) and memory retrieval (red). Image courtesy of Wei Deng, Salk Institute for Biological Studies

Local researchers at forefront of Obama's BRAIN Initiative

By ETHAN ORENSTEIN

President Obama introduced the Brain Research through Advancing Innovative Neurotechnologies, or BRAIN, Initiative, on April 2, with the goal of increasing research and expanding understanding of the functions of the human brain in order to treat and prevent brain injury and disease.

In attendance at the White House announcement was Salk Institute neuroscientist Terry Sejnowski. Salk and its researchers were recognized for their work on the human brain, and were identified as some of the leaders of the BRAIN Initiative challenge that lies ahead.

“This initiative is a boost for the brain like the human genome project was for the genes,” Sejnowski said in a statement. “This is the start of the million neuron march.”

With about \$100 million dollars in funding supported by the National Institutes of Health, the Defense Advanced Research Projects Agency and the National Science Foundation, and participation from foundations and private institutions, the

The La Jolla Playhouse brings theater to the streets in its latest Without Walls show

SEE PAGE 10

Earth Day is almost here.

Discover some local ways to be green

SEE PAGE 11

See some of the standouts from this year's Concours d'Elegance

SEE PAGE 12

Discover the best neighborhood eatery for some delicious Italian fare

SEE PAGE 12

SEE BRAIN >> PG. 3



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Battling back to beat the odds

By KENDRA HARTMANN

Last September, Ashley Caddell knew she was about to be laid off. She had planned for it. She had saved money and had lined up some work with friends who were starting a new company. She even scheduled her annual checkup before she lost her health insurance — even though she wasn't due for one for another couple months — because, as a former collegiate swimmer, she was vigilant about her health.

At 38, Caddell had not yet had any mammograms, which are normally issued at age 40. But during her routine physical, her doctor said he wanted to establish a baseline for when she started receiving the regular screenings, so he scheduled her for her first one. The baseline, she said, "didn't look so good." Neither Caddell nor her doctors could feel any lumps, but the baseline image was enough to prompt the doctor to send her for further imaging. On Caddell's last day of work

— the last day she had health insurance — the doctor confirmed she had two small lumps in her left breast.

Since the radiologist at Scripps' Polster Breast Care Center knew about Caddell's insurance situation, he and a team of nurses worked overtime, racing to get biopsies of the lumps that same day. The following Monday, Caddell's first day of unemployment, she got the diagnosis: both lumps were malignant.

"That's when the whirlwind started," said Caddell, a La Jolla resident. "I had money saved up, but that was for while I was going to be unemployed. I never imagined I'd be battling breast cancer and paying for that."

Caddell's cancer hadn't metastasized, and her surgeons felt a lumpectomy would be sufficient. After the surgery and six and a half weeks of radiation, Caddell finished her treatment on Jan. 18, though her ordeal is far from over.

In December, Caddell decided to get involved with the local chapter of Susan G. Komen For the Cure. It was there, upon meeting executive director Laura Farmer Sherman, that she discovered the wealth of programs and assistance available to breast cancer patients — information that would have been helpful while she was undergoing treatment.

"Basically, I didn't qualify for any financial assistance because I'm not in active treatment," she said. "But when you're undergoing treatment, you're trying to sort out what's going on. It's like a bomb has gone off in your life."

Caddell searched for financial assistance through a number of organizations: she didn't qualify through the American Cancer Society "because I'm considered middle class," nor was she able to secure any funds from Ford Motor Company's Ford Cares. The Pink Fund, which provides basic living expenses to breast cancer patients, denied Caddell because the organization stipulates that recipients must have been employed at the time of their diagnosis — a deadline Caddell missed by one day.

"It's incredibly disheartening to know there was assistance sitting there and no one told me about it this whole time," she said. "I've



'LUCKY I AM WHERE I AM'
Ashley Caddell, above before her cancer diagnosis, and at right during a radiation treatment.

COURTESY PHOTOS



been scrambling to backpedal and get any assistance I can, and at this point all I qualify for are food stamps."

The only assistance Caddell has thus far received is reimbursement for some of her out-of-pocket medical expenses through the state's Breast and Cervical Cancer Treatment Program, which, she said, has given her "some breathing room."

As for her health, Caddell will be on the breast cancer drug tamoxifen for five years, and, due to the high chance of recurrence within the first three years, her physicians, she said, "will watch me like a

Susan G. Komen for the Cure will award \$1.4 million to breast-health programs throughout San Diego County at the annual Grant Award Ceremony on April 18.

Grantees include:

- Community Clinic Health Network
- Scripps Mercy Hospital, Chula Vista
- La Maestra Family Clinic
- Operation Samahan
- San Ysidro Health Center
- Somali Family Service of San Diego
- Vista Community Clinic
- Breast Cancer Solutions
- MANA de San Diego
- Jewish Family Services of San Diego
- Mama's Kitchen, and more

For more information, visit www.komensandiego.org.

SEE **CANCER** >> PG. 10

The Grauer School To Host 6th Grade "Discover Grauer" Tour On April 18th

The Grauer School, a non-profit, independent middle and high school (grades 6-12) located at 1500 S. El Camino Real in Encinitas, invites fifth-grade families to attend the upcoming "Discover Grauer Sixth Grade" campus tour event on Thursday, April 18th from 9:15 am to 10:30 am. The Grauer School, established in 1991 and now in its 22nd year, is a small school by design with only 150 students, ensuring close working relationships for the entire faculty and student body within a college preparatory environment.

The tour will allow families with 5th graders to learn about The Grauer School's engaging expeditionary-style learning, emphasis on relationship-driven education, dynamic sixth grade arts rotation, diverse foreign language program, challenging academics, integral humanitarian service, award-winning academic teams, enjoyable and competitive sports opportunities, exciting global expedition programs, and outstanding college acceptance record. Families are asked to RSVP by phone at (760) 274-2116 or email admissions@grauerschool.com.

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Join us Thursday, April 18th, 9:15-10:30 AM for a **Discover Grauer Tour**. Make your reservation today at **760.274.2116** or **admissions@grauerschool.com**.

Discover how your child can find a voice at Grauer. We are currently enrolling Grades 6 through 12.



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ALL OTHER EVENTS ARE OPEN
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NEWSBRIEFS >>

La Jolla Community Center kicks off its membership drive

The La Jolla Community Center (LJCC) offers lifelong learning opportunities to La Jolla adults of all ages. This month, the newly revamped center will kick off its membership drive. For two months, every new member will receive a gift certificate for a free cooking class with the Opera Singing Chef and entrance into a drawing for a grand-prize package from Bellini Beauty Bar valued at more than \$250.

The community center hopes to increase its membership by 25 percent in the next two months during the drive, and is enlisting the help of current members by offering a prize to the member who refers the highest number of new members during the drive. Annual membership is \$100 for individuals and \$175 per couple. Applications to become a member are available at the center, 6811 La Jolla Blvd. For more information, call Nancy Walters at (858) 459-0831. For a complete list of classes and program offerings, visit www.lj-communitycenter.org.

— Mariko Lamb

Robbery suspect implicated in letter

A suspect in several robberies, including one in La Jolla, has been implicated in the crimes after an anonymous letter naming him responsible turned up at the Alpine sheriff's station. No one seems to know who left the letter on Feb. 21 implicating David Allen Grub, 43, who was arrested Feb. 28. A declaration by a sheriff's detective said the letter was either written by Grub or someone familiar with the crimes, as it contained details that had not been made public.

Grub pleaded not guilty to committing three robberies and a burglary in San Diego Superior Court. A preliminary hearing has been set for May 8.

The most violent incident occurred on Aug. 1 when a man accosted a real estate agent at a home in La Jolla. The agent had just finished showing the house to a prospective buyer when a

man with a rifle showed up and demanded jewelry and money. As the suspect was leaving, he encountered the homeowner in the driveway and fired two shots at the ground, during which the owner was hit in the face with concrete shrapnel.

The most recent robbery occurred Dec. 20 in a Rancho Santa Fe home in which two men, one of whom is suspected to be Grub, handcuffed a housekeeper and ransacked the home.

The first burglary occurred on May 24 on Loring Street in Pacific Beach when the resident returned home and saw a suspect carrying a drawer from his dresser. The suspect fled in a black car and the victim discovered a large amount of jewelry was stolen. Grub remains in custody on \$300,000 bail.

— Neal Putnam

Notes from Bird Rock Community Council, April 2

PAST ORGANIZERS OF BEAUMONT AVENUE'S annual Fourth of July parade warned the event may not go on this year if someone new doesn't step forward to help plan it.

"We need the community's help. We are passing the torch this year and if we don't get anybody to step up to help us with it the parade will be canceled," warned Erica Meyer, who, along with Julie Cockrell, has been in charge of the event for the last seven of its 30-plus years.

The annual celebration began in 1979 as a free neighborhood affair with four families and a few kids on tricycles going down one block. The event has grown into a celebration funded by \$20 donations per family and including free food and drinks, children's activities and a live band.

JASON MILLA OF THE NEW CHASE BANK on La Jolla Boulevard filled BRCC in on details of the facility's May 7 opening. Milla said the new branch will be "different than some of the other branches we've done in the past," with safe deposit boxes and a different look and feel.

Milla said Bird Rock Chase's goal is to become involved with the community by participating in the charitable work done by the Bird Rock Foundation, and

also with the many community service projects launched by Bird Rock Elementary School.

BIRD ROCK ELEMETARY TEACHER LORENE LACAVA reported the school has a brand new "underwater reef" succulent garden which has been installed on the school's front patio, which was paid for with the remainder of proceeds from Bird Rock cookbook sales.

— Dave Schwab

Burglars get 5 years for stealing Porsches

Two burglars who stole two Porsches, among other items, in La Jolla and University City have been each sentenced to five years in state prison.

Gabriel Pedro Castano, Jr., 30, and George William Moore, 49, were given credit for serving 449 days in jail since their 2012 arrests and fined more than \$1,700 by Judge Dwayne Moring, who denied probation. Both men pleaded guilty to burglary, three counts of receiving stolen cars and operating a chop shop.

A 1995 Porsche Carrera was stolen from a La Jolla home on June 12, along with a Picasso painting and a handgun. A 2006 Porsche Cayman was taken in a Feb. 16, 2012 burglary in University City, according to court records.

San Diego police recovered other stolen property when the suspects were arrested in Carmel Valley in July. Moore has prior convictions for burglary and possession of stolen property while Castano has a prior record for burglary and receiving stolen property.

— Neal Putnam

LJ Community Planning Association, April 4

CITY COUNCIL PRESIDENT PRO TEM SHERRI LIGHTNER attended the meeting with updates on a few community projects. Among the projects she addressed was the construction on a replacement tower at Children's Pool beach, which will begin at the end of May with the demolition of the existing tower and construction of the new tower in June. Member Mike Costello expressed concern that the number of bathrooms and showers at the Chil-

dren's Pool will decrease with the construction of the new tower.

Lightner also mentioned that the city's Natural Resources and Culture Committee recently approved her draft recommendations on graywater use, which would allow residents to use untreated wastewater from a home's washing machine, shower or sink to be recycled on-site for outdoor irrigation.

Save \$20,000 or more when selling your home

SAN DIEGO, If you've tried to sell your home yourself, you know that the minute you put the "For Sale by Owner" sign up, the phone will start to ring off the hook. Unfortunately, most calls aren't from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing. After all, with the proper information, selling a home isn't easy. Perhaps, you've had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don't give up until you've read a new report entitled "Sell Your Own Home" which

has been prepared especially for home sellers like you. You'll find that selling your home by yourself is entirely possible once you understand the process. Inside the report, you'll find 10 inside tips to selling your home by yourself which will help you sell for the best price in the shortest amount of time. You'll find out what real estate agents don't want you to know. To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1017. You can call any time. 24 hours a day, 7 days a week. Get your free special report NOW to learn how you really can sell your home yourself.

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BRAIN >>

CONT. FROM PG. 1

BRAIN Initiative marks the beginning of a new era in neurological research.

The BRAIN Initiative works in conjunction with Salk's own Dynamic Brain Initiative, which is focused on gaining a better understanding of the brain, spinal cord and nervous system. As research and technologies advance, scientist can begin to find cures and improve treatments for brain disorders, including Alzheimer's, schizophrenia, autism and blindness. The advances can also reduce the high costs of longterm treatment for brain disorders.

The first step is going to be developing tools capable of mapping and

visualizing the entire brain's systems, circuits and functions.

"We're not jumping in and mapping the entire active human brain," Sejnowski said. "But we are at a point where we can develop the tools to map entire circuits, first in invertebrates and eventually in mammals."

Some of the innovative tools necessary to map the brain are being developed by researchers at the Salk Institute. Salk neuroscientist Edward M. Callaway was able to use a modified rabies virus to examine brain connections involved with vision.

"Scientists have known since the time of Galileo that new tools can open up whole new lines of research," Callaway said in a statement. "But for us, tools aren't just mechanical instruments, they can be viruses, genes, chemical dyes or

even photons."

As the initiative gains speed, BRAIN is expected to have an economic impact similar to that of the Human Genome Project, which yielded \$800 billion in economic returns from a \$3.8 billion investment.

In a statement regarding the initiative, Congressman Scott Peters said San Diego is recognized around the world for its scientists, research institutions and universities.

"The president's announcement ... recognizing San Diego's scientists and engineers for their achievements in the cognitive science, and selecting them to undertake the daunting task of mapping the human brain, is a testament to the abilities of San Diego's scientific research community," Peters said.

Ask The Lawyer SM

Question: Can you explain powers of attorney?

Answer: There are two types of powers of attorney, one for healthcare and one for asset management. They can both be durable which means that if the person who gave the power becomes incapable of handling their own affairs, then the agent can act for the benefit of and on behalf of that person. An attorney drafts a Power of Attorney that includes safeguards for the principal and restrictions on the agent.

The agent under a Healthcare Power of Attorney, also known as a living will, can be authorized to instruct doctors to terminate life prolonging procedures, to hire and fire doctors, and to hire personal attendants for home care. The agent will also be able to arrange for burial or cremation.

An agent under an Asset Power of Attorney can manage the principal's financial affairs during incapacity. The powers granted are usually quite broad so selecting a trustworthy person to act for you is important. A Power of Attorney can be written so that the power becomes effective only when the principal becomes incapable, as certified by two (2) doctors. Accordingly, the power can be written now for future use.

The Power of Attorney is an important document, which should be discussed with your attorney prior to signing it. Its value in avoiding expensive, court-supervised conservatorships is substantial.



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SCHOOLBRIEF >>

Dine at Aromas, Barfly to help family victims of head-on crash

The Tierra Canyon girls fastpitch softball team will host a fundraising event in support of the Cunningham family, which was devastated when a suspected drunken driver crashed head-on into the family's car on Route 52 on March 17, injuring four of the five family members in the car.

The dine-in fundraiser will take place at Aroma Bakery & Café-Barfly La Jolla, located on 909 Prospect St., on April 14. Simply stop by, dine in and alert wait staff to donate proceeds from your meal to the Cunningham family anytime between 10 a.m. to 9 p.m. Twenty percent of all sales will go directly to the Cunningham family for medical expenses.

According to Cathedral Canyon High School's Facebook page, mother Alisa and Taylor remain under the doctor's care but are recovering each day, Jayden and Logan are getting stronger at home, and father Will and son Dallas continue to run errands and care for the girls.

For more information about the dine-in fundraiser, email TC_vicepresident@tierrasantasoftball.org.



SCHOOLNEWS >>

MUIRLANDS' TEACHER OF THE MONTH

— Muirlands Middle School history teacher Mark Heinze was named UPforEd's March Teacher of the Month for his quest to advance American education through his proactive leadership and challenging classroom curriculum. Since shifting from a career in law to teaching 20 years ago, Heinze has challenged the students in his social studies classes and encourages parent involvement. All Parent Choice Award winners will be recognized at the first UPforEd Parent Choice Award Celebration on May 30. For more information, visit www.upfored.org.



LJHS ROBOTICS TEAM — La Jolla High School's (LJHS) robotics team, Team 2984, recently won the title of Regional Finalists No. 1 at the seventh annual San Diego Regional FIRST robotics competition in early March. In this year's challenge, teams were tasked to design and build a robot that scored points by flying discs into goals, followed by a climb up a pyramid.

BRE TO-BE STUDENTS — Bird Rock Elementary is hosting an informational kindergarten and new-student registration on April 17. From 1:30 to 3:30 p.m., families can register new students and learn more about the programs BRE has to offer in the

school auditorium, 5371 La Jolla Hermosa Ave. All families who register on or just after April 17 will be invited to a special, "Welcome New Bird Rockers" celebration in mid-May, followed by a "Getting Ready for K" presentation by kindergarten teachers in June. Check the school's website, www.sandi.net/birdrock or call the school office at (858) 488-0537 for more information about registration. This year's incoming kindergarten students must be 5 years old on or before Oct. 2 to be eligible.

BOOKS AND ART — Barnes and Noble Del Mar is hosting a fundraiser to support Torrey Pines High's visual arts program from April 13-21. Paintings, sculptures and woodwork by students will be on display around the store, while some local chefs will be in attendance to sign books and lend support. Call the store at (858) 481-4038 for more information.

VOLUNTEER SPOTLIGHT — Philanthropic online marketplace DonorNation has teamed up with Sprouts Farmers Market to launch the School Volunteer of the Year Award, recognizing the top three school volunteers. The grand-prize winner will receive a \$5,000 donation to his or her school and one year's worth of free groceries from Sprouts. The runner-up will receive a \$2,500 donation and six months worth of groceries, while third place will receive a \$1,500 donation and three months worth of groceries. The nomination phase will be open until April 19. Principals and directors of any San Diego County school may nominate a volunteer. Nominations will be divided into elementary and

secondary school categories. Submissions will be accepted at www.schoolvolunteeraward.org.

PREUSS TEACHER HEADS TO WASHINGTON

— Preuss School teacher Anne Artz has been selected as one of only 27 K-12 educators nationwide to be a congressional fellow for the 2013-14 Albert Einstein Distinguished Educator Fellowship Program, where she will serve for an academic year



as a representative and promoter for STEM education (science, technology, engineering and math). Artz teaches advanced biology and environmental science at Preuss. She will begin her fellowship in September in one of the Congressional offices, where she will spend 11 months providing input on legislation, meeting with constituents to discuss education policy and attending hearings to promote the importance of STEM education.

TIME TO LEARN ABOUT BILINGUAL EDUCATION

— San Diego French-American School, 6550 Soledad Mountain Road, will host an open house for prospective families with children entering preschool (ages 2-4), kindergarten and first grade at 8:45 a.m. on April 16. Guests are invited for a presentation about the school's bilingual French-American curriculum. RSVP at admissions@sdfrenchschool.org or by calling (858) 456-2807, ext. 306. For more information, visit www.sdfrenchschool.org.

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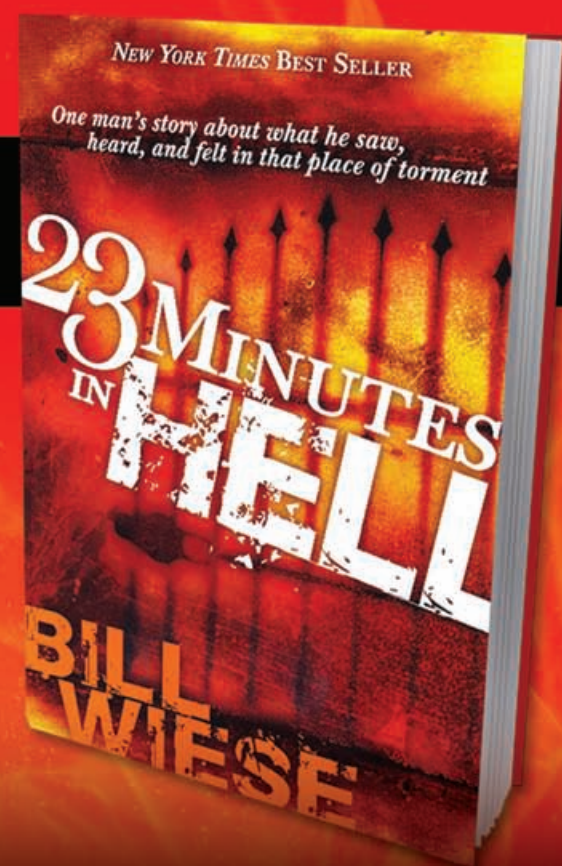
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Shop – and Shores – is a labor of love for storeowner

By DAVE SCHWAB

The Shoppe at 2210 is an institution in La Jolla Shores — so much so that visitors often make the women's apparel store their first stop when they arrive in town.

"I have clients that come in the winter and they stop at the boutique to see what I have before they even check into their hotels," said owner Myrna Naegle. "Most of my clients, this is their own secret. They don't want to share it with anyone."

But word about Naegle's designer lines — some that are found nowhere else in San Diego — has traveled far in the 20 years she has been in business in the Shores.

"You don't find this in any department store," said Naegle, gesturing to the merchandise in her classically elegant apparel shop on the ground floor at 2210 Avenida de La Playa.

What makes 2210 special wasn't hard for Naegle to define.

"The designs are quality, glamorous — no one else has them, they're totally exclusive," she said.

The Shoppe at 2210 is classic from top to bottom. Heirloom antique furnishings create a charming ambiance showcasing the shop's distinctive clothing and accessories, including one-of-a-kind jewelry.

Naegle said she interprets the "many shades of glamour" at her shop through her choice of designers. Two stand out in particular: Sonia Rykiel of Paris, with her ultra-

chic feminine allure; and Geiger of Austria, the epitome of enduring classics.

"My clients tell me they don't like shopping malls, where they feel that every department store has the same merchandise," she said.

Like her shop, Naegle said, the clients at 2210 are sophisticated — typically women 50 and above searching for a distinctive look. Her clients, in turn, rave about Naegle and her eye for sophisticated fashion.

"Her shop has the kind of unique flavor that appeals to discerning women ... most every customer who has walked into her place has walked out a friend," said La Jolla Sue Whitman. "Her outgoing personality, enthusiasm and style is captivating ... everything there has met her high standard of quality and design. Want something spectacular for a special occasion? She will go that extra mile to find it."

Becoming a client of Naegle's usually isn't a one-time affair. Those who step into her shop often cultivate a business friendship for years to come.

"Years ago, my husband and I were on our way to lunch in La Jolla Shores and as we were walking we noticed a beautiful window display of exquisite clothes," said longtime client Diana Karl. "We entered the boutique and were greeted by a beautiful, charming woman. We both were immediately taken by Myrna's warmth and incredible



My clients tell me they don't like shopping malls where they feel that every department store has the same merchandise.

MYRNA NAEGLÉ
THE SHOPPE AT 2210

knowledge as to choosing what would look best on her clients. Approximately one hour later we left, having purchased a Geiger suit and several other items.

"Needless to say, the rest is history — both my husband and I became not only admirers but also good friends," Karl said. "My wardrobe has 'Shoppe at 2210' written all over it and the compliments I receive from my friends and strangers says it all. Myrna is an invaluable wardrobe consultant and has what I believe to be the best women's clothing boutique in San Diego."

Naegle carries multiple clothing sizes in her shop but can special order if necessary for her clients — both locals and visitors from around the world.

For special events, like Las Patronas' annual Jewel Ball, for which she dresses many women, Naegle ensures that no two women purchase the same outfit for the same function. Men, meanwhile — and perhaps surprisingly — are some of Naegle's best customers.

"Men come to shop for their wives and daughters," she said. "They don't worry about the prices. They see something, they like it. That's it."

Naegle lives upstairs from her boutique in quarters designed and built by her late husband, famed architect Dale Naegle. She said living above where she works facilitates serving clients, is handy for having lunch with them and is the fulfillment of her and Dale's dream of keeping shop in live-work space.

"He was so concerned that California was becoming all shopping

centers and speedways, that we were losing the village," Naegle said. "He said, 'If you live where you work, you preserve the village.'"

Naegle said she began her boutique two decades ago with beautiful jackets sent to her by her sister in Guatemala.

"The jackets immediately sold," she said.

Shortly thereafter, she and Dale were invited to Egypt for a work project of her husband's. There, she purchased exquisite garments and accessories for the shop, and the customers began flowing in.

Naegle still travels to Europe annually to attend fashion runway shows.

"You go to the runway show, and then you go to their showroom, and then you go to where they make the clothing and you have to spend a lot of time deciding the style and the colors," she said, adding she takes a list of her clients with their sizes and orders with them in mind — an example of the personal attention offered to each client. Naegle collaborates to help customers "discover and polish" their own personal styles, previewing upcoming collections with them and assisting them with their selections.

"It's very rewarding," Naegle said.

Asked what she likes best about her job, Naegle replied simply, "Helping people. I enjoy fashion, I enjoy people. It's a beautiful combination."

BUSINESSBRIEFS >>

Survey shows small businesses optimistic

A survey released by Union Bank detailing the 2013 outlook of small-business owners found that while most plan to play it safe in the coming year, they are also slightly optimistic.

Union Bank's National Small Business Economic Survey, released in February, included 200 participants statewide and 500 outside of California. The majority of those surveyed (84 percent) maintain confidence in the direction of their own companies.

Owners of one local business surveyed, the La Jolla Playhouse, showed cautious optimism for 2013.

"La Jolla Playhouse is approaching 2013 with financial caution but we are more optimistic about the economy overall," said Playhouse managing director Michael S. Rosenberg. "In terms of shows, we expect our strongest year ever with exciting projects from artistic director Christopher Ashley and director emeritus Des McAnuff, plus the addition of the WOW Festival — four incredible days of outdoor performance from around the world."

Regional vice president of Union

Bank's Business Banking Group Kelly Kline said the survey showed La Jolla businesses, as well as those around the state, are showing upward hiring trends.

"California businesses, including those in La Jolla from what we've seen, are more optimistic about hiring than those outside the state," said Kline. "Sixteen percent of California respondents, more than double compared to last year (7 percent), plan to add staff in 2013."

Medical marijuana in Bird Rock?

Not under our watch, said La Jolla Community Planning Association (LJCPA) trustees at their April 4 meeting.

With the passage of Proposition 215, the Compassionate Use Act, in 1996, voters approved the use of marijuana for medicinal purposes. Despite the approval, the proposition is at odds with federal law.

Mayor Bob Filner proposed to the City Council an ordinance that would allow medical marijuana dispensaries to operate in commercial and industrial areas so long as the collectives comply with certain restrictions, including

requirements that dispensaries be at least 600 feet from K-12 schools, public parks, childcare facilities, playgrounds and other medical marijuana dispensaries. The ordinance would also place a \$5,000 annual permit fee and a 2 percent city sales tax on owners.

Those restrictions, however, do not go far enough, said LJCPA trustees. In an effort to control where local dispensaries would be allowed, trustees agreed to a motion suggesting amendments to the mayor's proposal, including the addition of a 600-foot separation between dispensaries and

churches, libraries and youth-oriented facilities and a request to increase in the minimum distance between dispensaries from 600 to 1,320 feet. Trustees also requested the mayor strike the proposed addition of Bird Rock for allowed use.

Bird Rock Community Council president Jacqueline Bell said the BRCC also opposes the permitting of dispensaries in Bird Rock.

"We are a family-oriented neighborhood that is home to a public elementary school, as well as many child-focused businesses, so we do not

believe they would be an appropriate addition," she said. "Moreover, our business district falls into a mixed-use area that contains a combination of commercial and residential uses. Many families with children live in residences located on La Jolla Boulevard, which are directly adjacent to commercial space."

District 1 City Councilwoman Sherri Lightner urges any La Jolla with an opinion on the issue to contact her office. City Council will review the mayor's proposal on April 22 at 2 p.m. in City Council Chambers, 202 C St.



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SUBMISSIONS

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

The opinions expressed on the Opinion Page do not necessarily reflect those of this paper or the San Diego Community Newspaper Group. To submit a signed letter or guest column, please e-mail the respective publication's editor (at right) or send to 1621 Grand Ave., San Diego, CA, 92109. We reserve the right to edit for clarity, accuracy, brevity and liability.

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Alborz Restaurant

Persian & Greek Cuisine
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Alborz Restaurant, a short drive from La Jolla, located in Del Mar, offers authentic and affordable Persian and Greek Cuisine. The name Alborz, came from the legendary, spectacular, most popular and highest mountain in northern Iran. Owners Reza and Marjan, started the restaurant in 1998 with 4 tables, capacity of 16 people and have renovated the place 5 times over the years to what is now - a 220 capacity restaurant, with a stage, live entertainment, vibrant belly dancer and full bar, perfect for dining in or catering.

Reza and Marjan Khaksari take pride in everything they serve and do at Alborz. As you walk into the restaurant, you will be greeted by the owner herself, with her warm smile, charming and glowing personality. Marjan is the first and last person you will see when you visit her restaurant, but she also finds the time to check up on you, throughout the course of your meal. You will be served warm, homemade bread and slightly sweet and flavored butter, while deciding on what you want to order from the wide variety of menu selection. The servers are very friendly and efficient. In a matter of 15 minutes or less, from the time you walk into the door, you will find yourself - indulging in authentic, fresh and homemade Persian or Greek Cuisine.

You really can't go wrong with any menu item you choose to eat at Alborz. Each item is prepared with only fresh products, herbs, spices and cooked to perfection. The Alborz soup is comforting, salads are refreshing, meat melts in your mouth and their desserts are delightful! Reza's homemade Alborz soup, is just simply out of this world! His very own secret recipe of chicken, lemon and lentil soup, is something you can only find at Alborz. Reza will proudly tell you that he makes an enormous pot of Alborz soup early in the morning and before 7:00PM, that huge pot of soup is gone! Lunch Specials are available at Alborz, Monday to Friday, from 11:00AM - 3:00PM, starting at \$10.99.

Alborz Restaurant - Persian and Greek Cuisine - is the perfect place to go, anytime you are in the mood for authentic, delicious, healthy, and fresh Persian or Greek Cuisine.

Olga Solovyeva
Worldwide Signature, Inc.
DRE License # 01245538
(888) 264-5006 x 69 Office
(619) 807-2278 Cell
<http://worldwidesignature.com>

Olga Solovyeva moved to San Diego from Moscow in 1993. She received a master in engineering from the University of Moscow and later pursued a bachelor in art history. Olga enjoyed working as an Art Critique in Moscow for years, but decided to move to California.

She worked for an art gallery and offered private tutoring to people interested to learn the Russian and French language, during her first few months in San Diego. She later left the art gallery, to work as an interpreter for a lawyer, who then introduced her to a local developer & broker, named Robert Thomas. Mr. Thomas saw huge potential in Olga and encouraged her to go back to school to get her real estate license. That is how Olga Solovyeva was introduced to the exciting world of real estate.

Olga has been a successful top producer in the real estate industry since 1996. Her warm, awesome, and dynamite personality, combined with her sincere commitment to help people find their dream home set Olga apart from other realtors. She truly care about her clients and will never compromise her integrity, honesty, reliabiliy and sincerity. Olga is only focused on how she can best serve her clients - from the first time she meets them, to the time they close on their dream home, always checking and carefully going over every legal detail of each transaction to protect her clients.

If you ask Olga what she would consider her major accomplishment is, at this stage in her life, she will proudly tell you with a warm smile, that raising her 12 year old daughter Katherine, who loves to dance and is a talented opera singer, would be what she would consider her most important accomplishment in her life. She is very proud of Katherine and all the things she has achieved at a tender young age.



Olga Solovyeva

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EVENTBRIEFS >>

Kentucky Derby comes to La Jolla Cove

Junior League of San Diego's (JLSD) upcoming Food and Wine Festival will fuse gourmet fare, wines, locally crafted beer and handcrafted cocktails with a panorama of La Jolla's coastline at the 13th annual event.

From 2 to 6 p.m. on May 4, more than 50 of San Diego's top restaurants and beverage purveyors will wine and dine guests amid live music at Ellen Browning Scripps Park.

This year's theme will bring the excitement of Churchill Downs to the shores of La Jolla with a live viewing of the Run for the Roses, a chance to win great prizes in "win, place and show" drawings, costume contests for the best hat and best dressed couple and more.

Tickets to the event are \$75 in advance and \$85 at the door with VIP tickets, including access to the VIP lounge stocked with specialty samples and valet parking, available for \$125.

Tickets are available at www.ljsdfoodandwine.com.

All proceeds from the event will support the Junior League of San Diego's mission-based programs.

**EdUCate! continues annual tradition supporting local schools**

The 19th annual Taste of the Triangle returns on April 19 for an evening of entertainment and delicious food to raise money for University City's five public schools.

EdUCate! will honor its donors who give \$250 or more annually with a VIP reception



featuring a food and wine pairing demonstration prior to the main event. The event, which usually draws between 400 to 500 guests each year, will feature food and drinks from local restaurants, auctions and live music performed by the Standley Middle School String Quartet and the Classic Jazz Trio.

Restaurants that have already committed to the event include the 3rd Corner Wine Shop and Bistro, Herringbone, Leucadia Pizzeria, Sushi on the Rock, Tender Greens and The Marine Room.

During live and silent auctions throughout the evening, guests can bid on artwork, jewelry, vacations and activity packages. Proceeds from the event go directly to Curie, Doyle and Spreckels elementary schools, Standley Middle School and University City High School. In 2012, the event raised more than \$50,000.

The event will be held at The Ida and Cecil Green Faculty Club at UCSD, located at 9500 Gilman Drive, from 7 p.m. to 10 p.m. Tickets are \$75 in advance or \$80 at the door. For more information or to purchase tickets, visit www.uc-educate.org.

Pet books on board at Warwick's

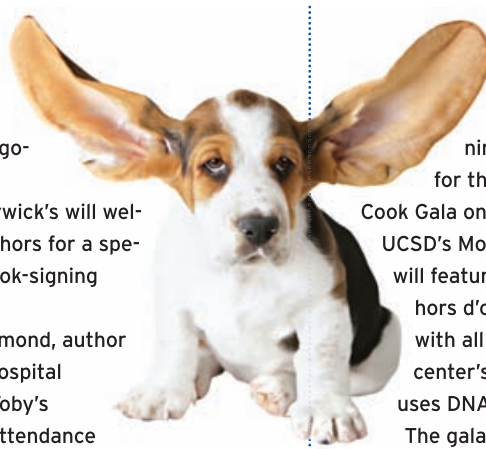
As part of its ongoing "Weekend with Locals" series, Warwick's will welcome two local authors for a special pet-themed book-signing event.

Charmaine Hammond, author of "Toby and His Hospital Friends" and "On Toby's Terms," will be in attendance to discuss the best-selling author's experiences with her rescued Chesapeake Bay retriever, Toby. When Hammond and her husband brought Toby home, the antics and odd behaviors Toby began exhibiting (like locking himself in the bathroom and destroying the lid of the toilet tank) became so alarming it led to professional help and, eventually, Toby's participation in a pet-therapy program.

Hammond wrote about her family's experiences raising Toby and his work as a therapy dog in "On Toby's Terms," on which she based a children's book series, "Toby, the Pet Therapy Dog." "On Toby's Terms" is soon to be a major motion picture.

Also in attendance will be Kendahl Brooke Youngs, author "Kendahl Gets a Puppy," a children's book about a young girl who gets a puppy for her birthday and discovers that raising a dog is nothing like owning stuffed animals.

The "Weekend with Locals" event will take place at Warwick's, 7812 Girard Ave., at noon. For information, visit warwicks.com.

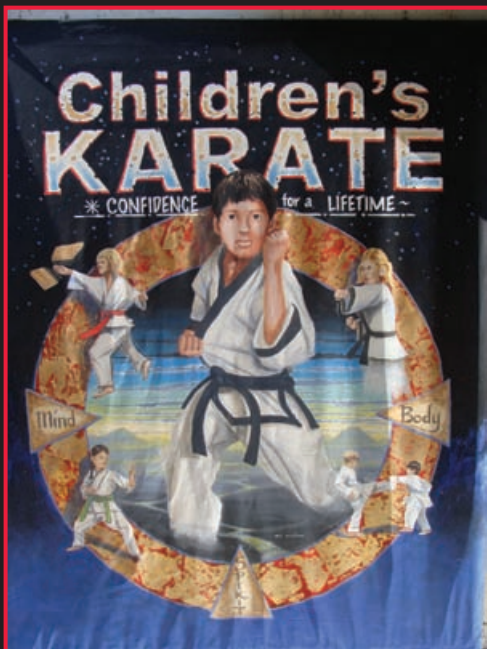
**Chefs fight cancer with good eats, wine**

Local and national award-winning chefs will convene in La Jolla for the 32nd annual Celebrity Chefs Cook Gala on Saturday, April 27 to benefit UCSD's Moores Cancer Center. The event will feature 11 prominent chefs' signature hors d'oeuvres paired with fine wine, with all proceeds going to the cancer center's MyAnswerstoCancer™, which uses DNA analysis for cancer treatment. The gala has raised more than \$9 million since its inception to advance cancer research, patient care, community outreach and education programs at Moores Cancer Center.

This year, the Moores Cancer Center's Healthy Foods Cooking program will join the lineup of chefs to demonstrate easy, healthy recipes that nourish the body and help fight disease. Chefs for the gala include:

- Amanda Baumgarten, Herringbone
- Jean-Michel Diot, Tapenade Restaurant
- Susan Faerber, Healing Foods Kitchen at the UC San Diego Moores Cancer Center
- Bernard Guillas, The Marine Room
- Stephanie O'Mary-Berwald, Pacifica Del Mar
- Jeff Rossman, Terra American Bistro
- And many others from across the country

Tickets are \$350 or \$500 and sponsorships are available. For details and reservations, call (858) 246-1230 or visit www.celebritychefscook.org. Information about Moores Cancer Center can be found at www.cancer.ucsd.edu.

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Instructor/Owner

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Master John Gehosky, Instructor/Owner of Pacific Karate is one of the leading and finest instructors in the art of karate. You can see his physical strength just by talking to him and feel his forbearing spirit, simultaneously. As a teenager, he was fascinated by the movements, body contact, power and ability to break bones, but was essentially drawn into the art of karate, by the grace, spiritual value, strength and mind set, it truly represents. Thirty six years later, his fascination, love and respect for the art of karate has not changed - it has only grown deeper.

Master John says, "there is no gimmick in karate. It is just a beautiful thing that blends the opposites. The yin & yang of life". He believes that by understanding the interaction between the negative and positive energies of life, we prepare ourselves to appropriately deal with dispirited events in our lives. Proper training of the mind, body, and spirit, is what you should expect to gain, when you indulge yourself in the art of karate.

Finding the most qualified Instructor, is very important to achieving the most successful training, once you decide to get serious about the art of karate, according to Master John. There are karate masters, but there are also those pretending to be karate masters. Those who pretend to be masters and do not really live the life of what karate really represent, have given the term karate a bad name and a sour taste in the mind of many new, and often times, very young students. Choose your Instructor carefully. Talk to them, ask them questions, visit them several times and watch them while they are teaching a class, before making your decision. It is a long term commitment and you should not rush into choosing who you should trust.

Master John feels that the younger the student is, the more they will get out of the training. Karate teaches one, how to be aware of themselves, mentally, physically and spiritually. A young student tend to value the art of karate more than an adult would. Planting the seed of their self worth and respect at an early age with young boys and girls, can mean a more successful, in control, respectful, tougher, smarter, disciplined, physically and mentally fit, hard working adult. The art of karate will teach your children how to deal with challenges of life the proper way. The strong way - the spiritual way.

According to Master John, teaching the art of karate for the past 21 years, has not made him rich, but to be able to share his knowledge of the art with so many young kids and to see how his students have grown to be responsible, successful adults, is just priceless!

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Junior Theatre also provides K-3 camps in La Jolla. Camps run June 10- Aug 30.

To register or for a list of camp dates, descriptions and pricing visit juniortheatre.com. Register early as

our camps fill quickly.

New this year AMT Jr. for grades 6-9: Once Upon a Mattress AMT 9-12: Into the Woods and AAC 9-12: Caucasian Chalk Circle. Specialty Camps: So you think you can dance?, Glee Camp, and Improv Camp. Performance camps for students grade 3-6: How to Eat Like a Child, Cats, Stinky Cheese Man, Perils of Lulu. Performance camps for students grades 7-12: Grease, Newsies, Les Miserables in Concert, and MacBeth.

For more about San Diego Jr. Theatre call (619) 239-1311.

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The Peninsula YMCA

The Peninsula Family YMCA offers day camps all summer long beginning June 12 through August 30. Day camps range from a variety of choices and for youth ages 5-16.

There are many new camps to choose from and some returning favorites including ice-skating, gymnastics, swim lessons, field trips to amusement parks and much more.

Kids will grow, discover and explore while making lasting friendships and memories.

Camps fill up fast, so please sign up early. To ensure that every child and teen has the chance to go to camp, the Y offers financial assistance to those in need.

To register to either spring or summer camps, please visit peninsula.ymca.org or call (619) 226-8888 for more information.

Playtime at Claytime

Claytime Ceramics Camps offer a good balance of indoor and outdoor activities. Children begin their day with a walk by the tidepools (one block away from the studio), followed by warmup exercises at the studio.

On Mondays and Wednesdays we work on ceramic painting projects in which children learn ceramic painting techniques (color blending and use of puffy paints).

On Tuesdays and Thursdays the kids work on mosaic projects. Children create their own patterns, learn to apply

adhesive and grout their own pieces.

On Fridays we include fabric painting or sketching or jewelry making.

And the week ends with an ice cream party in which the kids get to use the ice cream bowls they painted on Monday.

All supplies are included.

For reservations call 619-223-6050

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1561 Thomas Ave, San Diego, CA 92109 cost \$185 if registering before May 24
Limit 25 young artists, email artscamp@pbumc.org to apply.



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'Accomplice' brings out theatergoers' seedy side By KENDRA HARTMANN

It began with a cryptic phone call. The voice on the other end gave vague directions: meet at the corner of State and Fir at the “eyeball” at exactly 4:30 p.m., no later, no earlier.

Upon meeting the rest of the group, all looking sufficiently confused, at said eyeball — the first of several things we would discover about San Diego's Little Italy we had never known (who knew there is a rather large eyeball sculpture on State Street? Not this writer) — we were approached by a dark-clad character who implored us, fidgety and tense and constantly looking over his shoulder, to follow him down the street, into a hotel and up into a room where he promptly shut all window shades and let us in on his plot involving several “colleagues” he had “spent some time with. Upstate.”

We were given a few more ambiguous instructions and some

seemingly unintelligible clues. And then, rather suddenly, and without ceremony, we were left to our own devices, 10 strangers equally clueless as to what would happen next.

It was all part of “Accomplice: San Diego” the La Jolla Playhouse's latest installment in its Without Walls (WoW) series. In existence since 2010, the series brings site-specific productions to locations throughout the city, offering unique theatrical experiences without the confines of the actual theater.

This particular production is unique in its interactive structure — not many plays turn the audience into the actors. Even fewer force them to use their brains to “solve” the play's mysteries and lead to its conclusion by combing city streets, interacting with passersby who may or may not be a part of the show. By the production's end, all the audience members had developed a healthy case of paranoia — every-

one we encountered was suspicious.

To divulge what ensued following our group's clandestine run-in with our felonious friend would be injudicious. Not only would it put me and my fellow aiders and abettors at risk of retaliation from some very unsavory characters, it would ruin the readers' fun, should they decide to become co-conspirators — that is, audience members. Be warned, however: this show is designed with a certain type of person in mind; namely, those whose moral compass doesn't always point true north. After all, this is one play where no one is innocent, and everyone is an accomplice.

The initial run of “Accomplice: San Diego” was extended through April 21. Audiences are limited to 10 participants per show, with several shows per day (no show on Mondays). For show times, tickets and more information, visit lajollaplayhouse.org.



“Accomplice: San Diego,” the fourth in the La Jolla Playhouse's Without Walls series, runs through April 21.

If you go:

- Wear comfortable clothing and shoes. “Accomplice” requires a fair amount of walking.
- Plan on being out for about two hours.
- Only those 21 and older allowed. The show includes some small bites and cocktails.

Live music calendar >>

By BART MENDOZA

Friday, April 12

- Ping Pong Installation, game-triggered sound effects, 4 p.m., Warren Hall, UCSD
- Tomcat Courtney, 6 p.m., Café-Bar Europa
- Lisa Campbell, covers, 6 p.m., Prospect Bar & Grill
- Whitney Shay, blues, pop and jazz, 6 p.m., Marine Room
- AJ Degrasse Trio, piano jazz, 7 p.m., Eddie V's
- It's a Trap, hip hop, Che Café, UCSD
- Tad Sisler, 8 p.m., The Manhattan
- FUNDamental Fridays, 8 p.m., Barfly
- Todd Moellenberg, piano, 8 p.m., CPMC Concert Hall, UCSD
- AfroJazziaacs, Latin & Brazilian jazz, 9 p.m., Café-Bar Europa
- Mike Myrdal Trio, classic covers, 9:30 p.m., Beaumont's

Saturday, April 13

- Ryan Hiller, covers, noon, Prospect Bar & Grill
- Jimmy Lewis, covers, 3:15 p.m., Prospect Bar & Grill
- Tomcat Courtney, 6 p.m., Café-Bar Europa

- Shelle Blue, pop, blues, jazz, 6 p.m., Marine Room
- Aquile, covers, 6:30 p.m., Prospect Bar
- Freddie A Dream Trio, piano jazz, 7 p.m., Eddie V's
- Tad Sisler, 8 p.m., The Manhattan
- Superstar Saturdays, DJ night, 8 p.m., Barfly
- Soiree for Music Lovers, Schunert, Schumann and more, 8 p.m., CPMC Concert Hall, UCSD
- Pep Love, hip-hop, 8 p.m., Porter's Pub, UCSD
- DJ Night, 9 p.m., Prospect Bar & Grill
- Pan Am, Latin jazz, 9 p.m., Café-Bar Europa

Sunday, April 14

- Brent Curtis & Mike Myrdal, classic covers, noon, Prospect Bar & Grill
- Sounds Like Four, jazz, 4 p.m., Café-Bar Europa
- Jimmy Lewis, covers, 4 p.m., Prospect Bar & Grill
- John Cain, 5 p.m., Eddie V's
- Springfest, electronic, ambient and live music, 6 p.m., Birch Aquarium

SEE MUSIC >> PG. 12

CANCER >>

CONT. FROM PG. 2

hawk” during that time.

“You go from being so healthy — never had surgery, never get colds. Suddenly, I've been introduced to this voice in the back of my head,” she said. “I have to tell the oncologist about anything unusual — even a cough, an ache or a pain. I just wonder, ‘How did I get here?’”

Caddell is using her experience to make sure other women don't go through something similar. A friend she made in a breast cancer support group, whose situation is similar, has benefited from her advice on programs and how to obtain assistance. And, as she gets stronger day by day, she plans to continue working with Susan G. Komen to get the word out to area hospitals and health-care providers to educate doctors and nurses about available programs, in the hopes they'll in turn be able to provide more

assistance and information to their patients.

“It may sound crazy, but I'm truly, truly grateful for this experience,” Caddell said, citing a quote describing cancer as a catalyst for change, which, she said, perfectly described the changes in her life that included, in addition to her health woes, a decision to leave the corporate world behind when she lost her job. “That [quote] resonates with me so much because I knew even from the beginning it would change me in profound ways. I felt like I had been doing the same thing over and over and expecting the same result. This forced me to try something different.

“The bottom line is that it's all good. Breast cancer [treatment] has made massive strides over the last 20 years, 10 years — even in the last seven years. Women like myself, who are diagnosed under 40, are surviving, whereas before we weren't. I feel lucky I am where I am.”

ARTSBRIEF >>

ART AND SOUND — Artist Ellen Salk (daughter-in-law of the late Jonas Salk), composer Christopher Adler and art critic Sally Yard will hold a panel discussion about multidisciplinary approaches to art making and the intersection of sound and image at the Oceanside Museum of Art on Saturday, April 13 from 2 to 3:30 p.m. The talk is free with museum admission and complimentary for OMA members.

The program is in conjunction with the exhibition, “Synesthesia: Manifestations of Energy — Paintings by Ellen Salk and Sound by Christopher Adler,” on view through May 5. In collaboration with Adler, an experimental sound-artist, Salk has designed an immersive installation that explores the vibrational quality of her images. Designed in response to Salk's work, Adler's music heightens the viewer's senses eliciting a meditative and spiritual experience. Salk's large-scale paintings reference her interest in consciousness, elemental forms, entropy, minimalism and abstract expressionism. The paintings explore contrasts of light and dark, organic and geometric, thin-versus-thick lines, and warm against cool colors. Oceanside Museum of Art is located 704 Pier View Way in downtown Oceanside. The museum is open Tuesdays through Saturdays from 10 a.m. to 4 p.m. and Sundays from 1 to 4 p.m. General admission is \$8, \$5 for seniors and free for students and military. For more information, call (760) 435-3720 or visit www.oma-online.org.



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EARTH DAY TODAY

FRIDAY, APRIL 12, 2013

LJTODAY.COM | VOLUME 18, NUMBER 20



WITH EARTH DAY RIGHT AROUND THE CORNER ON APRIL 22, it's time to start thinking about ways we can all green our lives. For some, big changes – like installing rooftop solar panels, changing out appliances or other major green home improvements – are feasible. For others, a simple promise to take more public transportation would drastically reduce our carbon footprint. Take some time this April to think about all the ways our lives could be more earth friendly.

ECOATM PROVIDES A SAFE, AUTOMATED AND EARTH-FRIENDLY way to recycle used phones and other electronic devices to save the environment and save you money. In three steps, ecoATM can examine a device, search for the highest price in the worldwide market and give you cash. ecoATMs are located throughout San Diego, including locations at Ralph's in La Jolla and University Towne Center.

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SHOP AT WESTFIELD UTC DURING EARTH DAY WEEK to check out the sustainable green initiatives in the shopping center's recent \$180 million renovation, including high efficiency plumbing fixtures, use of recycled water for landscape irrigation, "cool roof" technology to reduce the need for air conditioning, native and drought-tolerant plantings, energy-efficient building design, recycled building materials and recycling of everyday waste generated by the shopping center and its construction.

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SAN DIEGO-BASED BUSINESS NIKA WATER pro-

motes its commitment to the environment year round with each sale of its water, found at Whole Foods Market and other natural food stores. The company commits 100 percent of its profits to bringing clean water and sanitation to underdeveloped companies. Additionally, Nika is partnering with San Diego's annual Walk for Water campaign on April 28 by donating \$1,000 and bottled water to all participants in the walk.

www.nikawater.org
(800) 545-5841

ALL GREEN RECYCLING, a full-service electronics recycling company, offers pick-ups for large or multiple electronic items and self-service drop-off locations throughout San Diego. Stop by La Jolla's 4G Verizon Wireless drop-off location at 904 Pearl St. to recycle computers, phones, printers, monitors, televisions and other household electronics. Drop off is available every day from 11 a.m. to 5 p.m.

www.allgreenrecycling.com
(800) 780-0347

SAN DIEGO IS THE PLACE TO BE IF YOU'RE INTO SOLAR. Local companies like OneRoof Energy, Sulli-

van Solar Power and Envision Solar, among others, have been growing their client base – and their workforce – in recent years with more growth projected in the future. OneRoof, for example, quadrupled its staff last year, providing 100 jobs in San Diego. Increased interest in residential solar photovoltaic systems has skyrocketed, proving these businesses are in the right place.

www.oneroofenergy.com
(858) 458-0533

CLEANTECH IS ON A MISSION to position the San Diego region as the global leader in the clean-tech economy. Even with more than 800 clean technology companies in San Diego and counting, the nonprofit member organization continues to forge partnerships to attract green jobs, green talent and green money to build the sustainable industry in San Diego and bring together a diverse group of stakeholders. Through education, outreach, policy advocacy and leadership opportunities, the La Jolla-based nonprofit stimulates innovation and advances the adoption of clean technologies and practices.

www.cleantechsandiego.org
(858) 568-7777

SCIENCEBRIEF >>

Library named after esteemed local

Japanese deep-sea drilling vessel Chikyu recently honored 95-year-old Scripps Institution of Oceanography legend Walter Munk by renaming its science room the Walter Munk Library in honor of the local scientist known for his groundbreaking investigations on wave propagation, tides, currents and circulation.

"We hope that this will inspire young scientists and researchers aboard to follow in [Munk's] pioneering footsteps," said Wataru Azuma, director of Center for Deep Earth Exploration at the Japan Agency for Marine-Earth Science and Technology, which operates the Chikyu.

Last November, Munk paid a visit to the Chikyu by helicopter when the vessel was approximately 70 miles offshore of Japan's coast, marking the first time he had been on a drilling vessel since he was aboard the CUSI off Guadalupe Island 50 years ago.

"Visiting the Chikyu was an exciting adventure," said Munk. "The work aboard the Chikyu is most impressive and so is the presence of scientists from 15 countries collaborating on a challenging venture. I was greatly honored to have the ship's library named for me; it comes at a time when I am keenly aware of the loss of our wonderful Scripps Library. It is nice to know that Scripps is being remembered halfway around the world."

— Mariko Lamb

Check out some tips for green-ing your home on Page 20!



While major lifestyle changes are great, simpler acts – like eating locally sourced foods or supporting restaurants that go the extra mile to reduce their carbon footprint – are also good ways to celebrate Earth Day. Here are a few La Jolla restaurants gearing up to go green with eco-friendly menu options.

AFTER EIGHT MONTHS IN THE MAKING, LA JOLLA AVENTINE'S CAFÉ JAPENGO has finally debuted its new Pacific Rim menu, featuring organic and sustainable produce sourced

right here in San Diego, including produce from Suzie's Farms, chicken from Rosie's Organic, goat cheese from Drake Family Farms, beef from Vintage Farms, bread from Sadie Rosie Bakery and mussels from Carlsbad Aquafarm.

8960 University Center Lane
www.cafejapengo.com
(858) 450-3355

SPRINKLES CUPCAKES IN LA JOLLA will donate 100 percent of the proceeds from its vanilla Earth Day cupcakes to The Surfrider Foundation to help in the nonprofit's efforts of protecting San Diego's precious beaches and bays. During the week of April 22, patrons can indulge in a good cause by stopping in the store

or ordering the Earth Day box online.
8855 Villa La Jolla Drive
www.sprinkles.com
(858) 457-3800

GEORGE'S CALIFORNIA MODERN'S executive chef Trey Foshee – an advocate of sustainable and locally sourced produce and ingredients – puts the high-quality, handpicked vegetables from Chino Farms at the forefront of many of his dishes, in plates like the "Exploration of the Garden" salad and hearty slow-roasted Chino Farms vegetable platter.

1250 Prospect St.
www.georgesatthecove.com
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EARTH TALK™

Questions & Answers
About Our Environment

Q: Dear EarthTalk: What would you say are the most important steps we need to take as a nation to counter the impacts of climate change?

— Ned Parkinson, Chino

A: Americans care more about the environment than ever before and the overwhelming majority of us acknowledge that climate change is real and human-induced. But still we continue to consume many more resources per capita than any other nation and

refuse to take strong policy action to stave off global warming — even though we have the power to do so.

Reducing greenhouse gas emissions can be achieved in a top-down manner — via legislation mandating reductions in fossil fuel emissions — or in a bottom-up fashion, with individuals and businesses driving and flying less, conserving more and using cleaner energy.

The Natural Resources Defense Council (NRDC) has proposed a five-step plan to cut greenhouse gas emissions by 80 percent by mid-century:

1. Cut global warming pollution via "strong legislation that caps carbon emissions and makes polluters pay for the global warming gases they

produce."

2. Invest in green jobs and energy.

3. Produce more fuel-efficient cars.

4. Create green homes and buildings.

5. Build more sustainable communities and transportation networks.

Individuals need to play a role, too, by altering behaviors to reduce individual carbon footprints. NRDC has several suggestions along these lines.



Walking, biking or using public transit instead of driving is one. If you must drive, make sure for best gas mileage that your car is tuned and your tires are properly inflated. If you're in need of a new car, look into a hybrid or electric that consumes less or no gasoline. At home, weatherization can lower heating and air conditioning needs. Upgrading old appliances to more energy-efficient models and switching out old light bulbs with compact fluorescents or LEDs will keep carbon footprints down. And for things you can't change, there are carbon offsets you can buy that support renewable energy projects.

Perhaps the most important tool we have as individuals for battling global warming is our voice. On NRDC's

website, you can customize a letter to President Obama urging him to finalize a carbon pollution standard for new power plants, and direct the Environmental Protection Agency to set tough new standards for existing plants.

Even if Obama convinces Congress to pass binding legislation limiting carbon outputs, each of us will continue to play an important role through how we lead our own day-to-day lives.

Contacts: NRDC, www.nrdc.org

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine. Send questions to: earthtalk@emagazine.com. Subscribe at www.emagazine.com/subscribe. Free Trial Issue: www.emagazine.com/trial.



IN THE FAST LANE La Jolla's Concours d'Elegance rolled into the Cove April 5-7, bringing with it classics from Dusenbergs and Aston Martins to Fords and Cadillacs. The ninth annual event, the proceeds from which benefited the La Jolla Historical Society and the Monarch School, centered on honoring the world's finest classics, including Bentley, Bugatti and Rolls Royce. Judges handed out awards in a variety of categories. Check lajollaconcours.com for winners.

Photos by CHARLES LaGRECA



MUSIC >>

CONT. FROM PG. 10

- Blue 44, jazz, 7 p.m., Café-Bar Europa
- The Shallow End, hard rock, 8 p.m., Porter's Pub, UCSD

Monday, April 15

- John Cain, 5 p.m., Eddie V's
- Pan Am, jazz, 6 p.m., Café-Bar Europa
- Foals, British indie rock, 8 p.m., Porter's Pub, UCSD

Tuesday, April 16

- Mikan Zlalkovich, piano jazz, 5 p.m., Eddie V's
- AfroJazziacs, 7:30 p.m., Café-Bar Europa
- Maiden Voyage, 7 p.m., CPMC Concert Hall, UCSD
- Action Bronson, rap, 8 p.m., Porter's Pub, UCSD

Wednesday, April 17

- Freddie A Dream Trio, 6 p.m., Eddie V's
- Aquile, 6 p.m., Prospect Bar & Grill
- Tomcat Courtney, 6:30 p.m., Café-Bar Europa
- Latin Jazz Crew, 7:30 p.m., jazz, Café-Bar Europa
- Mamak Khadem, 8 p.m., classically trained Persian singer, The Loft, UCSD

See the full calendar at ljtoday.com >>

MUSTHEAR >>



SINGER-SONGWRITER AQUILE

came to national attention in 2012 via NBC's "The Voice," draw-

ing a huge audience response, but he's not resting on his laurels. Highly active on the local club circuit, he currently has a two-night residency in April at the Prospect Bar & Grill: Wednesdays (6 p.m.) and Saturdays (6:30 p.m.) At this venue, Aquile is in acoustic mode, but that smooth, soulful voice of his is no less powerful. A gifted tunesmith as well as interpreter, look for Aquile to include a few choice originals among the classic covers. It's likely, however, his biggest request will be for the song he won the TV audition with — Elton John's "Your Song."

Aquile: Wednesdays (6 p.m.) and Saturdays (6:30 p.m.), **Prospect Bar & Grill**. www.prospectbar.com

— Bart Mendoza

Bistro Pazzo — a friendly neighborhood place

By DAVID ROTTENBERG

"My friends all told me that I was crazy," Seta Marseliano told me.

The country was in an economic downturn. People were losing jobs and facing foreclosures. Restaurants were closing.

"Why would you want to open a restaurant at this time? You must be crazy!" he said. "That's why I called it Bistro Pazzo. That means 'crazy bistro.'"

If Marseliano was crazy, he was crazy as a fox. His restaurant has survived during the hard times and continues to thrive because it has built a loyal clientele who love the friendly ambiance and fine food.

Marseliano is a familiar face on the restaurant scene. He spent much of his career in and around San Diego, managing or owning highly regarded eateries. He ran, among others, French Gourmet, Avanti Ristorante, Top of the Cove, Harry's Bar & American Grill and Elario's atop Hotel La Jolla. He owned S'agapo Greek Cuisine, Aurora Trattoria and in Hillcrest, Medgrill San Diego.

He focuses all his experience and skill on Bistro Pazzo. The restaurant is small, with a small patio and limited seating inside. What makes it special is the service and the food that comes out of the kitchen.

Service is a family affair. When Marseliano is in the kitchen, diners are often greeted and served by his son or daughter.

The menu is decidedly Italian. Some of the best appetizers ("antipasti") are mozzarella Caprese — fresh mozzarella with vine ripe tomatoes, basil and olives — or calamari fritti, deep-fried calamari with marinara sauce.

A good selection of salads is available for those who crave greens. Insalata de cesare (Caesar salad) was very tempting, though my favorite was the insalata de pomodora — sliced vine ripe tomato, red onions, Gorgonzola cheese with balsamic vinegar.

One word of caution: the rolls are fantastic. Don't fill up on them. Save yourself for the entrees and desserts.

The pasta dishes include the simple spaghetti alla Bolognese — spaghetti with traditional meat ragout — which is really very meaty and tasty. Or try the rich penne al pollo — penne pasta, grilled chicken, zucchini, sundried tomatoes, garlic and cream sauce.

There is a large list of entrees (secondi). The pollo piccata — breast of



chicken in lemon, butter and caper sauce — is very satisfying. Another chicken dish, pollo alla Fiorentina, with a white wine sauce, is a definite winner.

Seafood choices include salmone (salmon) grilled or sautéed in garlic. Gamberi (shrimp) are sautéed either in garlic butter or in a spicy marinara.

The dessert menu is tempting so be sure to leave room. The crème brûlée and tiramisu are both made in house and very worth considering.

Wine, of course, is a wonderful addition to any dinner. The wine list is divided into Italian and American selections, white and red. Many are available by the glass. I enjoyed the pinot noir by Picket Fence from the Russian River area.

Although the restaurant may be small, it can come to you for large parties with catering, with extensive catering menus.

Look for daily wine specials and sunset food specials, which bring the Bistro's moderate prices down even further.

Bistro Pazzo is a friendly place. Ser-

vice is great. The food is great. The prices are great, very moderate. You'd be crazy to miss it. The restaurant is located 7930 Ivanhoe Ave. Call (858) 456-4005 for information and directions.



Seta Marseliano and son.

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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.

The Broken Yolk Café

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.

Bistro Pazzo

The whole idea of a bistro, says Seto Marselian, owner of Bistro Pazzo, is to offer a neighborhood place where everyone knows you - where great friends and great food meet. Bistro Pazzo is going on its 5th year, located just slightly off the beaten path, just off Prospect Street at 7930 Ivanhoe Ave - and the "hidden gem" nature of the eatery makes it just that much more of a neighborhood treasure. Within walking distance to shopping, hotels, the financial district, and the famous beaches of La Jolla. Open for Lunch and Dinner, Bistro Pazzo is definitely the "hidden gem" of La Jolla. Come enjoy this small neighborhood Italian bistro seven days a week. Moderate prices, great food, good portions, and a vast wine list with crazy service. You can be crazy too, no one will mind, Really! 858-456-4005 www.bistropazzo.com



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Are you curious? Please call for an appointment. We look forward to hearing from you! Beata Booth 858.454-2025 and Michael Hogan 858.342-2793 at Coast Acupuncture.

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Volume is the most requested service of all clients. Thick, healthy hair is never out of style! Even with all the excellent professional volumizing products available, nothing compares with the real thing: thick, healthy human hair!

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Most women who want this service suffer from thin, weak and damaged natural hair, but once this application process has been applied, you will be amazed at the transformation that occurs, not only in your hair, but also in your outlook!

Hair Extensions FAQ

How Do You Match Extensions to a Client's
Existing Color?

If you are blending colors choose extensions that are the same level of color as the client's own hair. If you are changing the level of the client's hair choose a shade that works well with the skin tone. A coloring process can be done to the natural hair 48 hours prior to application and extensions can be matched to that also.

How Do You Customize Extensions for a Client
With Thinning Hair?

Use an extension with a smaller attachment bond and a single strand application process so the hair is not damaged and can hold the weight of

the extension. This will give natural looking volume and length to thinning hair.

How Do You Match Hair Extensions for Clients
With Curly Hair?

If a client with curly hair wants to wear their hair straight then nothing needs to be done to the extensions. If the hair is worn curly most of the time the extensions can be permed prior to attachment to the natural hair.

What type of hair extensions do you use?

Judy uses Great Lengths all-natural hair extensions and prefers these extensions because they are created from 100% human hair and use a unique, application process that attaches a bond of protein the same molecular structure as your hair. This application process does not harm your own hair. While others use techniques such as welding, waxing, gluing or knotting, which strain your hair to a high degree Judy uses a much more gentle principle called modulating. An extremely high-tech method of bonding the hair strand to your own hair. Extensions can be used for volumizing, lengthening, coloring or simply adding texture; Judy will offer a free consultation guiding you through your new style. Whether creating a new look, following fashion or with a special occasion on the horizon. Judy's hair extensions have over 55 colours to choose from and blend with your own hair for perfect colour matches. Most importantly your own hair will not be damaged and the extensions can be easily removed by an expert.

Can hair extensions damage my hair?

No, they will not. Actually, even very fine and damaged hair can become healthier if you're wearing hair extensions because they will protect your hair from things that could damage it like curling irons, blow dryers, styling heat and environmental damage. Because of the unique application bonding system, the extensions can be easily removed. This is different than many hair extension methods that bond too tightly to your hair. Those old methods can lead to hair breakage when being removed. Judy's La Jolla hair extensions are joined to your natural hair by using a safe, all-natural,

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Will the hair extensions match my natural color?

Yes, the hair extensions are offered with custom hair color blending. With well over 55 natural, vibrant hair color options to choose from, it is possible to match just about any hair color. This will create the most natural and real-looking hair extension possible.

Are hair extensions uncomfortable?

Judy's La Jolla Hair Extensions are applied to your hair with a very small bond of natural keratin protein. Most people don't even notice a difference between the hair extensions and their own natural hair.

How do I maintain my extensions at home and between visits to the salon?

Judy is fully trained on how to educate her clients to professionally take care of their hair extensions at home. Judy will recommend hair care products, brushes, combs and appliances for use at home. Hairstyling is very similar to how you style your hair without extensions. Contact Judy in La Jolla today for answers to any more of your hair extensions questions.

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What is Real News in Senior Care? Every company offering In-Home Senior Care works hard to assure the best possible care for their clients. Established companies offer in-house training centered on the latest Evidence Based research and they bond their employees and provide liability insurance, and workers compensation. Those issues are standards at Always Professional Senior Care, but their exciting new Senior Enrich-

ment Program adds in keeping seniors connected to familiar interests, and prompts curiosity in new creative pursuits.

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- * Art Creativity provides time spent with a local artist who will share input and perspective
- * An accompanied Out for Lunch, a Movie or a Concert day

These projects are just a start. Always Professional Senior Care will develop other interests or projects suggested by Seniors. Call our La Jolla staff at 858-454-9400 with your ideas.

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Cherry blossom time



1. Leonard Simpson (fashion show producer), Sally B. Thornton (Hands of Hope award honoree), Laura Applegate (fashion chair), Daran Grimm (fashion chair), Mary Murphy (celebrity honorary chair), Ramin Pourteymour (honorary chair). **2.** Anne Nagorner, Lorraine Slack, Marie Chemali Smith, Barbie Spinazzola, Maggie Watkins, Charlotte Rand. **3.** Kurt Mengel (Epilepsy Foundation board president), Kathy West (Epilepsy Foundation executive director), Wayne Foster (Musical Inspiration Award honoree) and Marin Foster. **4.** Ciara Mumford, Cyrus Moinvadeh, Sonya Berg (fashion chair), Diana Shapiro, Marlena and Ed Heckerson. **5.** Lynda Kerr, Linda Howard, Margi Sargis, Joy Sargis, Cristull Hasson, Phyllis Parrish. **6.** Cameron Smith, Darcy Smith, Dave and Derelys Delano, Danica Grimm. **7.** Louis Frye, Jaci Smith, Nikki Mayer, Laura Martella (with Gentleman Norman), Andrea Naversen Wait

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Starry, starry nights



with Vincent Andrunas

Springtime — and young ladies' fancies turn to ... well, first to the latest fashions for the new season. Thus, in what could be considered yet another public service of the Epilepsy Foundation of San Diego County (EFSDC), the nonprofit organization held a luncheon and fashion show in the Presidential Ballroom of downtown's upscale US Grant Hotel. They called the event "Cherry Blossoms in Springtime," and guests were encouraged to dress in shades of pink and

cherry. Most seemed happy to comply, making for a very colorful scene.

The event's celebrity honorary chairwoman was Mary Murphy of San Diego and international dance fame, and the honorary chairman was Ramin Pourteymour — also a celebrity, especially on our local scene. Laura Applegate, Sonya Berg and Daran Grimm all served as fashion chairs.

Guests began arriving at 10:30 a.m. to take advantage of a 90-minute "social hour," featuring a shopping boutique, silent auction and book signing, all happening in the big open area outside the ballroom. They took their seats inside at noon, ready for lunch and eager to see what Leonard Simpson, creator of Fashion Forward and well-known fashion show producer, would have in store for them this time.

They found cherry blossoms

everywhere, including in the painted backdrop of footbridges and cherry trees, in six ceiling-to-floor floral strands hanging near each end of the stage, and on four potted cherry trees near the end of the runway (which, while probably fake, looked beautifully convincing). Like most of Leonard's fashion shows, this one featured numerous hats and other headgear — many quite "over the top" in more ways than one. Women's fashions from many designers were modeled; not just daily dress clothes, but also some bridal wear and even a little lingerie (it's good to see Leonard adding this sort of variety to his shows). There was menswear, too — stylish, though not as exciting. A pair of skilled professional dancers added entertainment numbers between some of the fashion scenes.

SEE SOCIETY >> PG. 21

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What color is your house?



Adventures in REAL ESTATE

Charles Schevker & Natasha Alexander

We really do not care what color you paint your house. Rather, we are driven by our passion to inform and update our La Jolla readers about changes affecting all areas of real estate, providing useful information to help increase your home's value. Today it is about going green.

Many experts in the field of "green" describe it as "any home or building that has a significantly lower negative environmental impact than other traditional buildings." Simply put, conserve resources and reduce pollution.

Chances are high that, if you have a relatively new home, you won't charge out and spend tens of thousands of dollars for the sake of greening your home. However, for those who have older homes — homes in which you are planning to install significant upgrades or those infamous "fixer-uppers" — then before embarking upon your major makeover, consider including some green concepts. Implementing

green technology can definitely enhance the appearance and performance of your home.

Want to consider green technology but not sure where or how to begin?

Perhaps as a first step, consider a green audit of your home. Using techniques like a blower door and infrared thermograph, an auditor will assess the volume of air leakage, identify areas of heat loss through your home's thermal envelope and suggest other opportunities to stop energy losses, all the while improving comfort and safety and reducing your home's operating costs.

In addition, an audit can evaluate carbon-monoxide dangers and moisture problems that could lead to mold and other air quality degradations, as well as recommending temperature and lighting comfort. The audit can prioritize the list of potential improvements to aid in making a decision about which projects might provide the greatest return on investment.

Some common areas that are under scrutiny during a green audit include:

1. Air leakage around windows, doors, attic and basement spaces.

Air leaks account for as much as 25 percent to 30 percent of the average energy bill.

2. Heat escaping from walls, floors and attic spaces. La Jolla has a large population of homes 20 years and older, and many do not have adequate insulation.

3. Window and door replacements. The newest generation of windows, called super windows, features multiple layers of film between each pane, and amazingly these windows can achieve insulation values of between R7 to R11 (a measurement of the resistance of the window to heat conduction). Compare this to single pane windows having an R1 rating. Windows and doors can also dramatically enhance the appearance of your home.

4. Duct blasting will help determine any air leaks in the duct system and airflow testing will help to determine whether heated or cooled air is delivered evenly to common living and recreation areas. Further, an inappropriately placed thermostat may cause an imbalance of temperature throughout different areas of your home, not to mention arguments among family members (ours included) who constantly adjust the thermostat settings.

5. It is claimed that furnaces



installed prior to 1992 waste about 35 percent of the fuel it uses. Higher-efficiency heating and air conditioning systems and appliances are worth considering as replacements.

6. Tankless or "on-demand" hot water heaters.

7. Lighting and electrical loads.

8. Renewable energy like solar panels.

Several of our acquaintances who installed solar panels a few years ago did so because they justified a six- to seven-year payback on the investment. That was possible in part because of federal and state tax credits that were available. While those credits may no longer be available, system installation costs have declined to the point of

making such an investment more affordable. Some of these same acquaintances also claim that during certain times of the year, their electric meters actually run backward because they generate more energy than they consume, and as a result they can sell it back to SDG&E.

Have any good green tips? Send them to Cshevker@san.rr.com or ljvn@sdnews.com.

Do you have a question about real estate in San Diego? Send your inquiries to Cshevker@san.rr.com. We will respond directly to you, and those questions that have a broader public appeal will be published along with our next column in La Jolla TODAY.

Guest view >> Here comes the taxman

By BRIAN GIBBS

During the last few months of 2012, one of the hottest topics of discussion was the "fiscal cliff" — the potential doom created by a number of national financial issues all coming to a boil at the same time.

You know the old saying, "If it wasn't for the last minute, nothing would ever get done."

Well, Congress passed the American Taxpayer Relief Act of 2012 (ATRA) in the nick of time on New Year's Day, and President Obama signed it into law on January 2.

ATRA leaves income-tax rates where they were for 99 percent of households, while raising them sharply on the top 1 percent. Unfortunately, these new tax laws are the biggest income-tax increases in over 20 years for higher wage earners. At first glance, ATRA appears simple. In terms of income tax, for example, only the highest tax rate in 2012 — the 35 percent tax bracket — increased in 2013, to 39.6 percent, and that applies only to taxable income starting at \$400,000 for singles and



\$450,000 for married couples.

However, don't get comfortable too soon. Your 2013 marginal tax rate may be much higher than you expect. Phase-outs of tax benefits are one cause. They actually are stealth rate increases, pushing your marginal tax rate above the 39.6 percent bracket in the new law.

The first change is a phase-out of itemized deductions. The next change is the loss of personal exemptions, which adds on as much as 1.05 percent per exemp-

tion to your true tax rate. ATRA lowers deductions and trims personal exemptions for those with AGI over the \$250,000/\$300,000 thresholds.

Two other brand-new taxes for 2013 can also increase your marginal rate. The first is the additional 0.9 percent Medicare surtax on earned income over \$200,000 for singles or \$250,000 for couples. The next new tax is the additional Medicare surtax of 3.8 percent on taxable interest, dividends (both qualified and nonqualified), rents, royalties and capital gains. This affects those at the same AGI thresholds.

What to do? Reduce your AGI, which reduces exposure to these surtaxes or stealth tax increases, by focusing on finding as many above-the-line deductions as possible. Some of these include taking only the required RMD from IRA accounts, using certain tax-advantaged investments like municipal bonds and life insurance, which avoid or defer taxation, realize cap-

ital losses and sell real estate or business property that have unrealized losses, and maximize 401k and IRA contributions. Remember, you can always marry someone who has large capital loss carry-forwards, or has large net-operating losses. Sometimes we have to choose

laughter over tears when the taxman comes around.

— Brian Gibbs is a 34-year veteran retirement and tax planning specialist, and CEO of Heritage Retirement Advisors in Rancho Bernardo. He can be reached at (858) 487-1111 or at brian@heritageret.com.

REAL ESTATE BRIEF >>



Twelve of 14 new homes at Heritage on Ivanhoe — which were released on Feb. 6 — are now in escrow. The gated enclave occupies land previously owned by the Copley publishing family and offers two original La Jolla beach cottages, four new single-family detached homes and eight twin homes. Ranging from 2,103 to 3,032 square feet, the homes offer three to four bedrooms and 3.5 to four baths. Each home features a private elevator, two-car side-by-side garage and roof decks featuring 360-degree ocean views. The two remaining homes at Heritage on Ivanhoe are priced at \$1,395,000. The homes exceed Title 24 energy efficiency standards by at least 15 percent and feature a photovoltaic system to reduce monthly energy bills. Other sustainable building materials and amenities include eco-friendly cement fiberboard, permeable pavers and tankless water heaters.

COURTESY PHOTO

CAMINO »
CONT. FROM PG. 1

son, a doctor in the Army, returned safely from his deployment in Afghanistan, they would walk the final segment).

In 2011, still thirsting for more adventures on the Camino, they discovered an additional 500-mile segment leading from Southern France and across the Pyrenees to Roncesvalles, Spain, the starting point of the Spanish Camino and the point where their journey began in 2002. They completed the first three segments of that section in 2011, then trekked another 162 miles of it in 2012. When they return on April 20, they will walk the final 175 miles, closing the gap between their Spanish and French pilgrimages and bringing the total miles trekked on the trail to 1,000.

As they finalized their plans to return for the final stretch, Krishna had the idea to dedicate the remaining segment of their journey to the La Jolla Golden Triangle Rotary — a club that has, like the Camino, come to mean so much to them over the years.

"It's been an emotional thing for us. We've been traveling this route for the last 10 years," Bonnie said. "Krishna suggested we do a fundraiser for our [Rotary] club, dedicating these last miles to the

service projects they work on."

The fundraising, though it started slow, has picked up recently with vigor. Donors can make pledges based on the number of miles or days walked, or can donate a flat amount. The Aroras initially set a goal of raising \$25,000 for the club — an amount they thought was likely much too high.

At this writing, however, donations were nearing \$23,000 and climbing, with 100 percent of the proceeds going to service projects with diverse missions ranging from building a new wing in a local veteran's hospital to water sanitation projects in developing countries to literacy projects worldwide.

While some find spiritual awakening on the Camino, Bonnie said she and Krishna have experienced a complete shift in their lifelong goals and perspectives.

"This pilgrimage has affected our whole retired life," Bonnie said. "It has opened our eyes to different areas, allowed us to get involved with our roots ... We met and found relatives we didn't know existed. It opened up my roots in Spain ... it shifted our whole retired life to service. It's more than just a journey, it's a life-changing thing."

Since their first steps on the Camino, the Aroras have stumbled upon several ways to dedicate their lives to service. Two separate trips to India — completing the Hindu

pilgrimage they promised themselves when they retired — resulted in involvement with some NGOs there. A hiking trip to Peru and Machu Picchu led them to the isolated Q'eros community and several projects, including the installation of a solar panel on a school — providing the only electricity in the community — and the construction of a footbridge (they even have a godson in the community now).

"When we retired we had no clue this is what we would become," Krishna said. "Even at retirement, life continues to evolve. We still don't know where we're headed."

One thing is certain: whatever path their life takes, it all leads back to the Camino.

"The beauty of the Camino is that it has many things to offer to everybody," Krishna said. "If you're a hiker, you can get your kicks getting from point A to point B. If you're more into its spiritual aspects, you can take your time and enjoy every moment. You can look at sites where miracles have taken place. It has a different meaning to everybody."

Readers can follow the Arora's "Journey of 1,000 Miles" on their blog, which they will try to keep updated during their trek, at kandbscamino.blogspot.com. For more information about the La Jolla Golden Triangle Rotary, visit www.lajollagrotary.org.



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REAL ESTATE BRIEFS >>



CLAIRE MELBO OF PRUDENTIAL CALIFORNIA REALTY has been honored with the company's Chairman's

Circle Platinum award for her sales performance last year. The achievement ranks Melbo, a broker for more than 30 years, in the top one percent of more than 54,000 Prudential agents nationwide.



PRUDENTIAL REAL ESTATE AFFILIATES RECOGNIZED. K. ANN BRIZOLIS and Associates with the company's highest honor, the Pinnacle

Award. The distinction recognizes the team for being the No. 8 ranked team in the U.S. for sales in 2012, out of more than 54,000 Prudential agents.



PRUDENTIAL CALIFORNIA REALTY'S LA MESA office announced today that Joanie Selby earned the Chairman's Circle award for 2012. The achievement ranks Selby at the top

1 percent of more than 54,000 Prudential agents nationwide.



DAVID M. CABOT, CEO OF PRUDENTIAL CALIFORNIA REALTY, announced Michael and

Elaine Gallagher have earned the prestigious 20 Year Legend Award. The award recognizes market-leading agents who have won the Chairman's Circle Award on 20 occasions during their career. The Gallaghers have consistently ranked at the top 1 percent of more than 54,000 Prudential agents nationwide.



LA JOLLA-BASED TODD BLOOM OF PRUDENTIAL CALIFORNIA REALTY is one of only 60 Real-

tors in San Diego County who have received San Diego Magazine's "Five Star Real Estate Agents" Award for six consecutive years. The Five Star Award is a result of a survey in which respondents rated their agent on a number of factors, including customer service, communication, marketing, integrity, negotiation and

overall satisfaction. Bloom has 13 years of experience in the La Jolla market and is an active volunteer for a number of different charities and a founding member of The La Jolla Community Foundation.



LA JOLLA RESIDENT DALE TURNER has been named senior vice president of real

estate. Turner, who has extensive lending and banking management experience, will have responsibility for loan portfolio management, including development and implementation of real estate strategies and transactions from conceptual scope of develop-

ment to project execution.



LOHSE2 ARCHITECTS, specialists in building envelope design, forensics and expert witness services, resumed

its practice after a brief hiatus providing consulting for a larger out-of-area firm. The core of the company's experience involves forensics and expert witness services, as well as services to other architects to assist with the design and specifications and peer review of construction documents related to the exterior surfaces of buildings, including below-grade, walls, podiums, decks, roofs, doors and windows. For more information, visit www.LOhSE2.com or call (858) 737-9141.



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Valerie Parrish Joins La Jolla Today Team

Valerie recently joined the San Diego Community Newspaper Group as a liaison between the real estate and mortgage industries and our local community newspaper advertising. Originally from Colorado, she has lived in San Diego for the last 25 years and has been a licensed Realtor since 2003. Valerie has a background in real estate sales, appraisal, investments and flipping properties, so she understands the needs of Realtors who want to advertise current listings or get more business by getting the agent's name out into the local communities. We have special rates just for Realtors, so give her a call or email her for all of your local advertising needs or questions that you may have. We can customize the size, frequency and content for each ad placed.

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SOCIETY >>
CONT. FROM PG. 18

After the show, young people from EFSDC's Expressive Arts Program took the stage with short dance and collaborative poetry performances. A program highlight was 10-year-old Maria Burritt, whose exceptionally eloquent and articulate talk gave insight into what it's like to live with a brother who has epilepsy. When Ricky has a seizure, Maria knows that when it's over she'll get her big brother back. She hopes to become a research scientist and help other epilepsy sufferers. Lit-

tle Maria's striking talk inspired guests to bid on the live auction items, and to pledge donations for EFSDC's Camp Quest, a resident summer camp experience for children with epilepsy.

The event was also the occasion for the presentation of the Hands of Hope award, which went to longtime foundation supporters Sally B. Thornton and Susie Spanos. (KGTV news anchor Kimberly Hunt accepted for Susie, who was unable to attend.) The popular and talented Waye Foster was presented with the Musical Inspiration Award, and the professional dancers returned for a final, closing performance.

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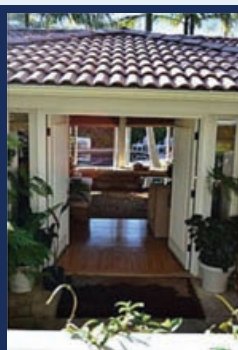


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STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO: 2013-006284(1) FICTITIOUS BUSINESS NAME(S): a. SAN DIEGO BEACH-N-BAY RENTALS (2) LOCATED AT: 1341 OLIVER AVE. SAN DIEGO, CA. 92109 (3) THE FICTITIOUS BUSINESS NAME REFERRED TO ABOVE WAS FILED IN SAN DIEGO COUNTY ON: 01/25/2011, and assigned File No. 2011-002464 (4) IS (ARE) ABANDONED BY THE FOLLOWING REGISTRANT(S): ROB LINTON, ROB LINTON INC. The statement was filed with Ernest J. Dronenburg, Jr., County Clerk of San Diego County on: MAR 01, 2013 Issue date(s): MAR 21, 28 APR 04 AND 11, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-007420 MOBILEMAKERY located at: 1963 DIAMOND ST. SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): NATHAN BABIN This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 03/13/13 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 13, 2013 ISSUE DATE(S): MAR 21, 28 APR 04 AND 11, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-007290 INTERSECTION-INC located at: 2851 CAMINO DEL RIO SOUTH, STE 200 SAN DIEGO, CA. 92108 is hereby registered by the following owner(s): THE DESIGN ACADEMY, INC. This business is being conducted by: A CORPORATION THE DESIGN ACADEMY, INC. 2851 CAMINO DEL RIO SOUTH, STE 200 SAN DIEGO, CA. 92108 CALIFORNIA The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 12, 2013 ISSUE DATE(S): MAR 21, 28 APR 04 AND 11, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-008085 EARTH ODYSSEY INK located at: 1040 LAW ST #H SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): MICHELLE WILLIS This business is being conducted by: AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 19, 2013 ISSUE DATE(S): MAR 28 APR 04,11 AND 18, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-008129 ARIA CHIROPRACTIC located at: 2830 4TH AVE. SAN DIEGO, CA. 92103 is hereby registered by the following owner(s): DR. NOOR MOHAMAD This business is being conducted by: AN INDIVIDUAL The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 19, 2013 ISSUE DATE(S): MAR 28 APR 04,11 AND 18, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-008253 YELL TAXI, JACKS CAB located at: 3329 APACHE AVE. SAN DIEGO, CA. 92117 is hereby registered by the following owner(s): JACK J MAGRO This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 03/29/08 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 20, 2013 ISSUE DATE(S): MAR 28 APR 04,11 AND 18, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-008173 METAL ANGEL FASHION located at: 2185 TWAIN AVE. CARLSBAD, CA. 92008 is hereby registered by the following owner(s): ANNA SENTINA, DAISY SENTINA This business is being conducted by: A GENERAL PARTNERSHIP The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 19, 2013 ISSUE DATE(S): MAR 28 APR 04,11 AND 18, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-008264 KIERA'S MOBILE SCRUBS located at: 2575 FELSPAR ST. SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): EMMA TAMONDONG, ELBERT TAMONDONG This business is being conducted by: A MARRIED COUPLE The transaction of business began on: 03/11/13 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 20, 2013 ISSUE DATE(S): MAR 28 APR 04,11 AND 18, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-008395 JEANETTE AMACHER'S YACHT MAINTENANCE located at: 4295 VOLTAIRE ST. #2 SAN DIEGO, CA. 92107 is hereby registered by the following owner(s): KIMS PLASTICS USA, INC. This business is being conducted by: A CORPORATION KIMS PLASTICS USA, INC. 2965 BARNARD ST. SAN DIEGO, CA. 92110 CALIFORNIA The transaction of business began on: 08/28/12 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 21, 2013 ISSUE DATE(S): APR 04,11,18 AND 25, 2013

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92107 is hereby registered by the following owner(s): JEANETTE AMACHER This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 03/15/13 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 21, 2013 ISSUE DATE(S): MAR 28 APR 04,11 AND 18, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-008374 KSP / DD GLOBAL located at: 2965 BARNARD ST. SAN DIEGO, CA. 92110 is hereby registered by the following owner(s): KIMS PLASTICS USA, INC. This business is being conducted by: A CORPORATION KIMS PLASTICS USA, INC. 2965 BARNARD ST. SAN DIEGO, CA. 92110 CALIFORNIA The transaction of business began on: 08/28/12 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 21, 2013 ISSUE DATE(S): MAR 28 APR 04,11 AND 18, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-007579 AFFORDABLE MIRRORS located at: 4837 GRESHAM ST. SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): ROBERT H. SLATON, SUSAN K. SLATON This business is being conducted by: A MARRIED COUPLE The transaction of business began on: 02/01/1989 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 14, 2013 ISSUE DATE(S): APR 04,11,18 AND 25, 2013

STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME FILE NO. 2013-008979 (1) Fictitious business name(s) of partnership: a. STEPHANIE'S BAKERY (2) Located at: 4879 VOLTAIRE ST. SAN DIEGO, CA. 92107 (3) The Fictitious Business name referred to above was filed in San Diego County on 03/14/2013, and assigned File No. 2013-007725 (4) The following general partner has withdrawn: MARIA BRAR 1208 CONCORD ST. SAN DIEGO, CA. 92106 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County MAR 26, 2013 ISSUE DATE(S): APR 04, 11, 18 AND 25, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-007646 BOTTLE BREACHER located at: 2882 HORNET WAY SAN DIEGO, CA. 92106 is hereby registered by the following owner(s): ELIAH CRANE This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 02/15/13 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 14, 2013 ISSUE DATE(S): APR 04,11,18 AND 25, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-007642 POPPYSEED PRINTS located at: 2882 HORNET WAY SAN DIEGO, CA. 92106 is hereby registered by the following owner(s): JENNIFER CRANE This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 03/01/13 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 14, 2013 ISSUE DATE(S): APR 04,11,18 AND 25, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-009215 AMADEUS CAPITAL INVESTMENTS LLC, DBA WEST COAST MUTUAL located at: 5036 SAN JOAQUIN DR. SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): AMADEUS CAPITAL INVESTMENTS LLC This business is being conducted by: A LIMITED LIABILITY COMPANY AMADEUS CAPITAL INVESTMENTS LLC 5036 SAN JOAQUIN DR. SAN DIEGO, CA. 92109 CALIFORNIA The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 21, 2013 ISSUE DATE(S): APR 04,11,18 AND 25, 2013

SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 330 WEST BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2013-00041-98-CU-PT-CTL PETITIONER OR ATTORNEY, STEPHANIE AMPARO SANCHEZ 155 CORTE MARIA AVENUE CHULA, VISTA, CA. 91910 619-701-8022 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM STEPHANIE AMPARO SANCHEZ TO STEPHANIE AMPARO LEON THE COURT ORDERS THAT all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING TO BE HELD ON MAY 17, 2013 TIME: 9:30 AM DEPT 52 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): APR 04, 11, 18 AND 25, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-009377 EASY SPEED SWIMMING located at: 3060 6TH AVE. #26 SAN DIEGO, CA. 92103 is hereby registered by the following owner(s): BENJAMIN LUKE WENIGER, MARGARET K WENIGER This business is being conducted by: A MARRIED COUPLE The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 23, 2013 ISSUE DATE(S): APR 11, 18, 25 AND MAY 02, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-008640 THE PROMISCUOUS FORK located at: 6984 LA JOLLA BLVD. LA JOLLA, CA. 92037 is hereby registered by the following owner(s): PROMISCUOUS FORK, INC. This business is being conducted by: A CORPORATION THE PROMISCUOUS FORK, INC. 6984 LA JOLLA BLVD. LA JOLLA, CA. 92037 CALIFORNIA The transaction of business began on: 04/01/13 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 23, 2013 ISSUE DATE(S): APR 11, 18, 25 AND MAY 02, 2013

SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE

with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 29, 2013 ISSUE DATE(S): APR 04,11,18 AND 25, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-009048 CALI WEAR located at: 728 VENTURA PL. #B SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): PACIFIC MISSION STORES, INC. This business is being conducted by: A CORPORATION PACIFIC MISSION STORES INC. 734 VENTURA PL. SAN DIEGO, CA. 92109 CALIFORNIA The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 27, 2013 ISSUE DATE(S): APR 04,11,18 AND 25, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-008400 EAST WEST TOWN CAR SERVICES located at: 4080 HUIERFANO AVE #272 SAN DIEGO, CA. 92117 is hereby registered by the following owner(s): AVTAR SINGH This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 03/21/13 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 21, 2013 ISSUE DATE(S): APR 04,11,18 AND 25, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-009118 692 located at: 1804 GARNET AVE. #414 SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): JEFF SMITH, DENNIS GRAY This business is being conducted by: AN UNINCORPORATED ASSOCIATION-OTHER THAN A PARTNERSHIP The transaction of business began on: NOT YET STARTED The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 27, 2013 ISSUE DATE(S): APR 04,11,18 AND 25, 2013

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO: 2013-009114 (1) FICTITIOUS BUSINESS NAME(S): a. 692 (2) LOCATED AT: 12060 TIVOLI PARK ROW #6 SAN DIEGO, CA. 92128 (3) THE FICTITIOUS BUSINESS NAME REFERRED TO ABOVE WAS FILED IN SAN DIEGO COUNTY ON: 03/05/2009, and assigned File No. 2009-006856 (4) IS (ARE) ABANDONED BY THE FOLLOWING REGISTRANT(S): JEFF SMITH The statement was filed with Ernest J. Dronenburg, Jr., County Clerk of San Diego County on: MAR 27, 2013 Issue date(s): APRIL 04, 11, 18 AND 25, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-009056 DAVIS DESTINATIONS located at: 1380 GARNET AVE. STE E PMB 409 SAN DIEGO, CA. 92109 is hereby registered by the following owner(s): SALLY DAVIS This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 11/10/12 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 27, 2013 ISSUE DATE(S): APR 04,11,18 AND 25, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-009321 GIFTGUIDERS, GIFT GUIDERS, GIFTGUIDERS.COM located at: 7562 LA JOLLA SCENIC DRIVE NORTH LA JOLLA, CA. 92037 is hereby registered by the following owner(s): NWO ENTERPRISES, INC. This business is being conducted by: A CORPORATION NWO ENTERPRISES, INC. 7562 LA JOLLA SCENIC DRIVE NORTH LA JOLLA, CA. 92037 CALIFORNIA The transaction of business began on: 10/01/12 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 29, 2013 ISSUE DATE(S): APR 04,11,18 AND 25, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-008608 MUMBY'S COMICS AND COLLECTABLES located at: 10246 WATERIDGE CIRCLE #200 SAN DIEGO, CA. 92121 is hereby registered by the following owner(s): SCINDE MUMBAUER This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 01/01/13 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 22, 2013 ISSUE DATE(S): APR 11, 18, 25 AND MAY 02, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-009611 J. MORGAN APPAREL located at: 1771 JUDITH PLACE ESCONDIDO, CA. 92026 is hereby registered by the following owner(s): JANICE MARTIN This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 04/01/13 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 02, 2013 ISSUE DATE(S): APR 11, 18, 25 AND MAY 02, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-008640 THE PROMISCUOUS FORK located at: 6984 LA JOLLA BLVD. LA JOLLA, CA. 92037 is hereby registered by the following owner(s): PROMISCUOUS FORK, INC. This business is being conducted by: A CORPORATION THE PROMISCUOUS FORK, INC. 6984 LA JOLLA BLVD. LA JOLLA, CA. 92037 CALIFORNIA The transaction of business began on: 04/01/13 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 23, 2013 ISSUE DATE(S): APR 11, 18, 25 AND MAY 02, 2013

SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE

330 WEST BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2013-00042571-CU-PT-CTL PETITIONER OR ATTORNEY, MARKUS ANTHONY DEARING 4155 MOUNT ALFAN PLACE UNIT H SAN DIEGO, CA. 92111 858-384-7641 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM MARKUS ANTHONY DEARING TO MICHAEL JOHN ANTHONY ON THE COURT ORDERS THAT all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING TO BE HELD ON MAY 17, 2013 TIME: 9:30 AM DEPT 46 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): APR 11, 18, 25 AND MAY 02, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-009781 INTELLIGENT CLICKS LEGAL CONSULTING SERVICES, INTELLIGENTCLICKS LEGAL CONSULTING SERVICES located at: 3033 QUIMBY ST. SAN DIEGO, CA. 92106 is hereby registered by the following owner(s): KETHYA TEUK, DENNIS R. RAMIREZ This business is being conducted by: CO-PARTNERS The transaction of business began on: 02/19/08 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 03, 2013 ISSUE DATE(S): APR 11, 18, 25 AND MAY 02, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-010198 DIANE EXTENDED SERVICES located at: 100 HARBOR DRIVE #3206 SAN DIEGO, CA. 92101 is hereby registered by the following owner(s): DIANE ROSE FENN, GARY GERARD FENN This business is being conducted by: A MARRIED COUPLE The transaction of business began on: 03/01/2013 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 05, 2013 ISSUE DATE(S): APR 11, 18, 25 AND MAY 02, 2013 SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 330 WEST BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2013-00034279-CU-PT-CTL PETITIONER OR ATTORNEY, PRYSILLA KAY HERNANDEZ 1468 MIS-SOURI ST. APT 2 SAN DIEGO, CA. 92109 619-623-5456 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM PRYSILLA KAY HERNANDEZ TO PRYSILLA KAY ACOSTA THE COURT ORDERS THAT all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING TO BE HELD ON MAY 03, 2013 TIME: 8:30 AM DEPT 52 SAME AS NOTED ABOVE ISSUE DATE(S): APR 11, 18, 25 AND MAY 02, 2013

NOTICE OF APPLICATION FOR CHANGE IN OWNERSHIP OF ALCOHOLIC BEVERAGE LICENSE DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL 1350 Front St., Room 5066, San Diego, CA. 92101 (619) 525-4064, Filing Date: January 23, 2013 To Whom It May Concern: The Name(s) of the Applicant(s) is/are: RYAN L HILL, SEIDY H HILL The applicant listed above is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverage at: 737 PEARL ST STE 113 LA JOLLA, CA. 92037 Type of license(s) applied for: 41-ON-SALE BEER AND WINE-EATING PLACE Issue Date(s): APR 11, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-007881 PENCIL, PAPER, PAINT located at: 3419 KEATS ST. SAN DIEGO, CA. 92106 is hereby registered by the following owner(s): SHANTI CURTO This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 02/26/2013 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 18, 2013 ISSUE DATE(S): APR 11, 18, 25 AND MAY 02, 2013

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-009918 THE HAIRBROWNDIVA located at: 3029 HAIDAS AVE. SAN DIEGO, CA. 92117 is hereby registered by the following owner(s): ROBBIE LYNN ALESI This business is being conducted by: AN INDIVIDUAL The transaction of business began on: 01/01/2013 The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 04, 2013 ISSUE DATE(S): APR 11, 18, 25 AND MAY 02, 2013

SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO) DANNY BAUTISTA, SAN DIEGO AUTO SCRUBBER, INC., and DOES 1 through 20

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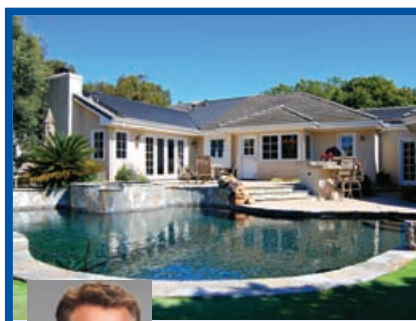
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