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## FAMILY FESTIVALS ON TAP

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**FESTIVALS GALORE** As spring begins in earnest, the area is gearing up for two noted (and distinctive) festivals – the colorful Fiesta Old Town Cinco de Mayo and the rambunctious Gator by the Bay. The Cinco event, above, is the largest of its kind in Southern California, spanning three days with live music stages, a low-rider car show and pretty girls like the folklorico dancer above. The event takes place in various Old Town locations Friday through Sunday, May 2 through 4. For more, see [oldtownsandiegoguide.com](http://oldtownsandiegoguide.com). Below, Gator by the Bay is reserved for the Cajun in all of us, with Louisiana food, music and fun from Thursday through Sunday, May 8 to 11. For further information, see [gatorbythebay.com](http://gatorbythebay.com). COURTESY PHOTOS



## Contractors fighting clock to complete construction along Avenida de la Playa

By DAVE SCHWAB

Contractors are racing against time to complete the so-called Avenida de la Playa Infrastructure Replacement and Sewer & Water Group projects at La Jolla Shores before Memorial Day, ahead of the city's summer construction moratorium.

"Everyone involved is doing their absolute best to complete the project, making every effort to finish up as quickly as possible," said Department of Public Works spokeswoman Mónica Muñoz. "But as you know, we can never assume that everything will go smoothly and without a hitch."

The projects are designed to improve stormwater, sewer and water services by creating more reliable systems and replacing under-size storm drains, which have contributed to frequent flooding and resultant pollution to the adjacent Shores beach and its state-designated Area of Special Biological Significance. They involve installing new sewer and water mains within portions of the public rights-of-way of Avenida de la Playa, Paseo del Ocaso, El Paseo Grande, Vallecitos, Calle Frescota, Camino del Sol, Camino del Oro, Paseo Dorado and Avenida de la Ribera.

In a prepared statement, the city said both projects — which have been combined into one and are

being done concurrently to save time and cost — is "not on schedule due to delays caused by utilities conflict/relocation, the SDG&E under grounding of power lines and the redesign of box culverts to provide proper street drainage."

The city said unforeseen construction delays occurred in late February because of a quality-control issue with material from a supplier and in early March, when there were several days of rain.

"The schedule, as often happens with construction, currently is in flux. The recovery schedule may be provided in the next two weeks or so. Due to these delays, an acceleration change has been submitted to the city engineering department for approval," according to the city's statement.

"Everyone is tolerating it (construction) knowing it's for improvement and has to happen," said Izzy Tihanyi, of Surf Diva on Avenida de la Playa. He added some work changes have been disconcerting.

"We were told they weren't going to cut up the avenue and now they are, so we're (merchants) a little confused," she said.

Tihanyi said the community and city have been collaborating for the

SEE AVENIDA >> PG. 2

## Condo residents, SANDAG to meet amid trolley corridor route flap

By DAVE SCHWAB

May 9 is D-Day for the La Jolla condo residents who will invade a San Diego Association of Governments (SANDAG) board meeting to lobby against a proposal to bring the Mid-Coast Corridor Transit Project trolley service closer to their homes, which they fear could negatively impact their quality of life.

The project would extend trolley service from Santa Fe Depot in downtown San Diego to University City, serving Old Town, UCSD and Westfield UTC. Construction is expected to begin in 2015, with service starting in 2018.

But there's a lot of time — and a long way to go — between now

and then, said Cape La Jolla Gardens residents, who want to ensure residents' opinions aren't bypassed in SANDAG's efforts to select the trolley extension's final alignment.

Condo spokesman Michael Krupp said he and his neighbors aren't opposed to the trolley's extension. They just want a practical — not a political — decision made on the path selected.

"The (original) trolley alignment has been moved 360 feet further south," Krupp said, "which means its elevated tracks will be 120 feet from windows in half a dozen of

SEE TROLLEY >> PG. 2



**TROLLEY >>**  
CONT. FROM PG. 1

our buildings with trains running 20 hours a day.”

Jim Linthicum, SANDAG director of mobility, said nothing's been decided yet, adding that residents are welcome to plead their case about the wisest course for the trolley extension to take before the transportation agency's board.

“We understand this is a mega-project going through the heart of many communities,” Linthicum said. “It's a good project. We need transportation improvement. It's been in the works for a long time, and our job now is to build the best project we can — and we need community input.”

The project and route begins just north of the Old Town Transit Center and travels in existing railroad right-of-way alongside Interstate 5 to Gilman Drive, then crosses to the west side of I-5, just south of Nobel Drive, and continues on to the UCSD campus. The route then crosses back over I-5 near Voigt



Drive to the UCSD east campus and medical centers on the east side of I-5, transitions into the median of Genesee Avenue and continues down Genesee Avenue to the Westfield UTC transit center.

Nine trolley stations are proposed along the way at Tecolote Road; Clairemont Drive; Balboa Avenue; Nobel Drive; VA Medical Center; Pepper Canyon, serving the UCSD west campus; Voigt Drive, serving the UCSD east campus; Executive Drive; and the Terminus Station at Westfield UTC transit center.

“It ain't over 'til it's over,” said Krupp of the most recent SANDAG trolley extension proposal. The plan was approved in November 2013, followed by residents' claims that the path puts tracks too close for their comfort.

“We want to get the alignment back to where it was,” Krupp said. “Our big issue is having it done right, where the alignment makes sense and doesn't destroy the quality of life for the folks in our area.”

The stakes are high, said Krupp, adding that he and other condo residents are taking “a much more aggressive role” in “putting on a full-court press. It's their quality of life, the value of their property.”

Linthicum said the exact alignment of the trolley route crossing Interstate 5 has been a “moving target” dating all the way back to the 1990s, when the trolley extension was first proposed.

“Going back 15 years or more, the trolley alignment was further south, much closer to the condos,” he said. “But for operational, engineering and aesthetic reasons, we moved it further north.”

Linthicum acknowledged the route alignment decision is tough, with lots of competing interests involved.

“That's why we've been working and talking with all sorts of folks out in the community,” he said. “It's a balancing act.”

**AVENIDA >>**  
CONT. FROM PG. 1

past couple years to pave the way for project construction, noting the city's original plan “was to cut up the street for eight months,” after which, she said, “not a single business would have been left in La Jolla Shores.”

Tihanyi stressed that the Memorial Day completion date is a hard target.

“Work has to be done. There's no leeway. They must be finished,” she said.

The summer season is by far the busiest for most Shores businesses, like kayak operators, who do the lion's share of their trade between Memorial and Labor days.

And there are a surprising number of Shores' businesses.

“There are a lot more than you think, more than 120 counting offices,” said Tihanyi, who is a member of the Shores micro-Business Improvement District.

In a community letter, Tim Lucas, chairman of the La Jolla Shores Association community advisory group, answered concerns about the large crane being used at the intersection of Camino del Oro and Avenida de la Playa.

“This was brought in to facilitate the removal and resetting of the 39 sections of culvert that had previously been installed,” he said. “After the initial installation, it was found

that there were potentially serious drainage issues in the event of a really large storm that could affect the adjacent hotel, nearby residents and the Shores business district.”

Lucas said city engineers “made a tough — but the right — decision for our community in opting to redo the installation.”

The good news, said Lucas, is contractors “were able to remove, adjust the trench level and reinstall the culvert in record time using the crane and a lot of focused effort.”

The bad news, Lucas said, is that “there are a lot of steps that still need to be completed, and in order to finish the project in time for the summer moratorium they will continue to work longer hours, until 7 p.m. and also on Saturdays.”

The city said everyone is keeping their fingers crossed as infrastructure work continues along Avenida de la Playa.

“The unexpected is to be expected with a construction project,” said Muñoz, adding parking problems in the area relating to ongoing construction have been largely resolved.

“HPS Mechanical, the city's contractor, worked with the manager of a property on Avenida de la Playa and the owner of La Jolla Beach and Tennis Club to secure parking spaces at LJBTC through May 23 for the five residences of Avenida De La Playa who are currently without the use of their garages,” she said.

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## Former employee convicted in death of noted architect

After 14 hours of deliberation over three days, a jury on April 24 convicted a former employee of noted local architect Graham Downes of second-degree murder in Downes' beating death outside his Bankers Hill home in 2013.

The jury acquitted Higinio Salgado, 32, of first-degree murder. Sentencing was set for June 6 by San Diego Superior Court Judge Joan Weber. Salgado is expected to receive a prison sentence of 15 years to life.

Downes, 56, was architect on the Tower 23, along with the guest rooms at Hotel La Jolla, the THIN bar in downtown San Diego and Hard Rock Hotel San Diego. Downes also was credited with the overhaul of Tom Ham's Light-house restaurant on Harbor Island, Bali Hai restaurant on Shelter Island and many other places downtown. Downes found-

ed Graham Downes Architecture in 1994.

Salgado, whose trial began April 10, remains in jail on \$3 million bail.

Witnesses testified that almost everyone, including Salgado and Downes, was drinking heavily at a party at Downes' West Juniper Street home on April 19, 2013. Witnesses said Salgado became upset when he learned a former employee of the architect might be returning to the firm to assume a supervisory role.

Witnesses said the two eventually fought outside Downes' home. A neighbor testified he called police at 1:10 a.m. after witnessing the fight. An officer found the men lying face down on the sidewalk at 1:30 a.m., with Salgado's arm draped over the architect. Downes was taken to a hospital, where he died three days later without regaining consciousness.

Deputy District Attorney Amy Maund cited the injuries to Downes found in the autopsy. A medical examiner official testified there were bruises consistent with strangulation, fracture of the jaw-



GRAHAM DOWNES

bone and blunt-force trauma.

Defense attorney Jamahl Kersey argued the crime was not murder, adding the environment was a "party environment" in which "everybody is drinking." Kersey said there was no intended malice or disregard for human life.

Jose Badillo, another defense attorney, argued Salgado was too intoxicated to have committed murder.

Graham Downes Architecture closed several months after Downes' death.

— Neal Putnam

## La Jolla man faces prison term in Del Mar vehicular manslaughter

By NEAL PUTNAM

A La Jolla man arrested for vehicular manslaughter while intoxicated in the death of a graduate student has pleaded guilty to the charges and faces up to 15 years in state prison.

Christopher Boyd Stockmeyer III, 41, will be sentenced June 20 in Vista Superior Court.

Rachel Morrison, 27, was killed March 28 in Del Mar.

Stockmeyer, an engineer, is the registered owner of the vehicle that struck Morrison around 10:15 p.m. and left the scene. Stockmeyer's vehicle was damaged.

Morrison, who was about to

receive a PhD in marine biology from Scripps Institute of Oceanography, was walking in a crosswalk with an acquaintance at Camino

Del Mar and Coast Boulevard. The acquaintance was not hurt.

The guilty plea includes a hit-and-run allegation, said Deputy District Attorney Keith Watanabe. Stockmeyer faces 9 to 15 years in prison.

"We were told that the defendant wanted to plead guilty and acknowledge his guilt and go ahead and get this case to a final resolution," said the prosecutor.

Stockmeyer remains in custody on \$250,000 bail.

**"We were told that the defendant wanted to plead guilty and acknowledge his guilt ... and get this case to a final resolution."**

**KEITH WATANABE**  
Prosecutor

## La Jolla man to stand trial on firearms charge

A La Jolla man will stand trial beginning July 9 on felony charges of discharging a firearm in a grossly negligent manner in an Oct. 18 incident inside his condominium.

Alan Deller, 64, has had a preliminary hearing in Superior Court and was also ordered to stand

trial for shooting inside an occupied dwelling with a handgun. The incident occurred at 7:30 a.m. in the Woodlands south complex in the 3200 block of Via Marin in La Jolla. No one was injured.

A neighbor heard two shots fired five minutes apart and later saw bullet holes on two inside walls

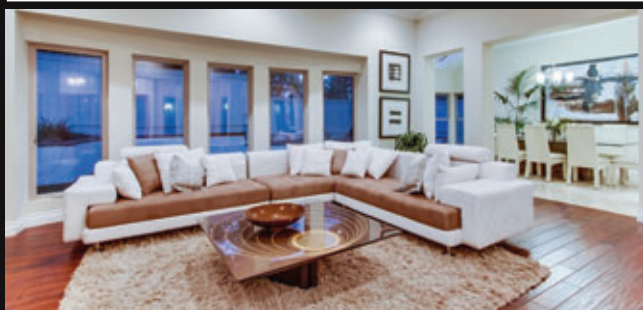
of his residence. Deller surrendered about three hours after police surrounded his unit.

Deller, who pleaded not guilty, is free on \$50,000 bond on the condition he have no contact with two people believed to be his neighbors.

— Neal Putnam

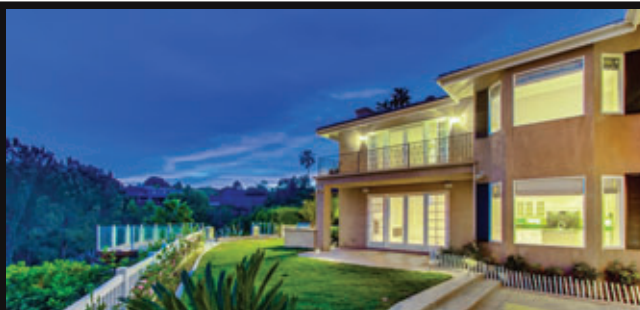
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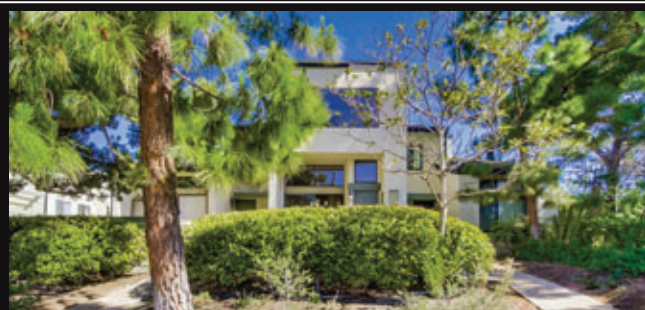
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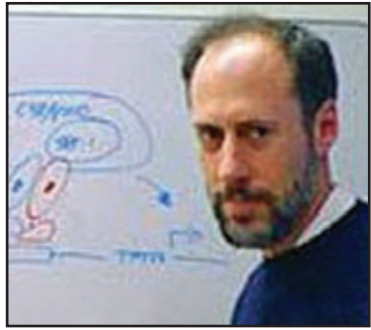
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## Two UCSD professors elected to join American Arts Academy



Cliff Kubiak, left, and Christopher Glass join the company of George Washington and Ralph Waldo Emerson. COURTESY PHOTO

Two UCSD professors have been elected members of the American Academy of Arts and Sciences alongside leaders from academia, business, public affairs, the humanities and the arts.

Cliff Kubiak, a distinguished professor of chemistry and biochemistry at UCSD, has served as the faculty athletics representative for the Department of Intercollegiate Athletics since 2007. He serves as a liaison between the school and the athletics department and as a representative of the institution in National Collegiate Athletics Association affairs. Kubiak is also chairman of the Faculty Athletic Board of Advisors.

"This prestigious recognition really underscores the esteem in which Cliff is held by his peers," said Earl Edwards, UCSD director of athletics. "Very few collegiate athletic departments are fortunate to have an academician the caliber of Cliff as their faculty athletics representative. He has been an integral part of our program, and we all congratulate him on this honor."

In 2013, Kubiak received the department's Meritorious Service

Award.

Kubiak, who holds the Harold C. Urey Endowed Chair in Chemistry, received his bachelor's degree from Brown University and his PhD from the University of Rochester. He was a postdoctoral fellow at MIT and a professor of chemistry at Purdue University from 1982 to 1998, when he joined the faculty at UCSD.

Also elected from UCSD is Christopher K. Glass, M.D., a professor of medicine and of cellular and molecular medicine.

The election of Kubiak and Glass brings UCSD's current membership in the academy to 112.

The professors will be inducted into the academy at a ceremony on October 11 at the academy's headquarters in Cambridge, Mass.

Since its founding in 1780, the academy has elected leaders from each generation, including George Washington, Benjamin Franklin, Daniel Webster, Ralph Waldo Emerson, Margaret Meade and Martin Luther King, Jr. The current membership includes more than 250 Nobel laureates and more than 60 Pulitzer Prize winners.

— Staff reports

## As French Open looms, local high school tennis teams hold their own allure

By DAVE THOMAS

While the world's tennis eyes will likely be on the French Open later this month, local tennis fans are keeping up to speed with the boys' season at several area schools.

At The Bishop's School, the Knights, under head coach Matt Copland, sported a 5-7 record as of the last week, looking to finish strong in their final matches and at least make the CIF quarterfinals in team play.

According to Copland, notable players this season have included senior Jordan Sadowsky, leading the team at No. 1 singles, along with the doubles duo of Nick Appel and Zac Cohen.

"We achieved two good team wins over Pacific Ridge in our conference," Copland said.

"The season has been a little crazy," he added, "starting 0-4 and getting back to 4-4, then following to 4-7 with a chance to finish 7-7. Overall, the players have definitely started to find their form. The last two weeks of the season are going to be interesting."

At La Jolla Country Day School, the Torreys, under head coach Joslynn Burkett, headed into the end of April with an overall mark of 8-7 and 4-1 in Coastal League

play. The Torreys were to meet up with Pacific Ridge on April 29 to battle for the league title, seeking their fifth straight league crown.

"As for the season," Burkett said, "we have been plugging away day-in and day-out taking some losses with some well-fought victories. Our schedule is always one of the toughest, so we are prepared going into CIF, which we have won three times in the past four years. As for this season, we're taking one match at a time, which is a philosophy that will take us through the postseason."

Burkett said she believes this team is capable of anything, as they are "bonded in their goals and stay united through the good and the bad. They have progressively improved throughout the season, which is all I can ask for as a coach. That said, I think the team would support me in saying that not one player is more meaningful to this team than another. It truly is a team effort each and every day, which is why I continually have confidence in their abilities to exceed any goal."

At La Jolla High, the Vikings, under head coach Matt Previdi, have been rolling past the competition en route to a 10-0 mark as

April wound down.

According to Previdi, key players to date include freshmen Jack Hogan and Sam Hum, senior captain Colton Kellogg (proving a good example for younger players) and juniors Sasha Kovacevic and Nikola Nikolic.

"We have six freshmen this year who are all growing with each match," Previdi said.

Kovacevic and Nikolic, he said, "have taken the freshmen under their wing and are helping us to build a doubles powerhouse. Our team has the potential to win our third CIF title in a row this year. It will all come down to how well our guys support each other when the pressure is on. This is one of the most enjoyable teams I have ever coached, because the players are there to pick each other up and are amazingly altruistic in their approach to their teammates."

### Track and field teams sport excellent marks, performances

For local high school track and field teams, the 2014 season could shape into a field of outstanding performances.

SEE TENNIS >> PG. 7

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## MAY 2: 20TH ANNUAL TASTE OF THE TRIANGLE 2014

**WHERE:** UCSD Faculty Club, 9500 Gilman Drive, 7 to 9 p.m.  
**HOW MUCH:** \$75 to \$400

**WHAT:** An evening of fun, food and fundraising for University City public schools, enjoy food from more than 20 restaurants with more than 100 silent auction items, plus four hours of entertainment; cost is \$75 to \$400. For more information call 619-985-9070 or visit <https://www.uc-educate.org/events/taste-of-the-triangle/>. Tickets: (858) 534-8497 or [www.artpower.ucsd.edu](http://www.artpower.ucsd.edu).

## MAY 3: 4TH ANNUAL JUNIOR LEAGUE OF SD FOOD & WINE FESTIVAL

**WHERE:** 1 to 5 p.m., La Jolla Cove Ellen Browning Scripps Park  
**HOW MUCH:** \$85 general admission \$140 VIP Ticket

**WHAT:** 14th annual Junior League of SD Food & Wine Festival, 1 to 5 p.m., La Jolla Cove Ellen Browning Scripps Park. More than 50 of San Diego's best restaurants and beverage purveyors will be offering exquisite bites, flavorful wines, top craft and microbrews and exotic cocktails this year celebrating the Kentucky Derby, with proceeds benefiting the Junior League of San Diego and its Mission and Community Projects. To purchase tickets, visit [www.jlsdfoodandwine.com](http://www.jlsdfoodandwine.com).

## MAY 4: LA JOLLA OPEN AIRE MARKET

**WHERE:** 9 a.m. to 1 p.m., La Jolla Elementary School, 1111 Marine St.  
**HOW MUCH:** Free

**WHAT:** At the corner of Girard Avenue and Genter Street, on Sundays the upper playground at La Jolla Elementary is transformed into a farmers market, including live music, creative artisans, a diverse food court and local farm-fresh fruits, vegetables and flowers. For more information, call (858) 454-1699 or visit [www.lajollamarket.com](http://www.lajollamarket.com).



## MAY 4: LA JOLLA YMCA SWING DANCE CLASSES

**WHERE:** 6:30 to 8:30 p.m., 8355 Cliffridge Ave.

**HOW MUCH:** \$13-\$15

**WHAT:** Classes in swing and other dance forms are offered, Cost \$13-\$15, for more information call (858) 453-3483 or visit [www.lajolla.ymca.org](http://www.lajolla.ymca.org).

## MAY 9: LA JOLLA MUSIC SOCIETY CONCERT

**WHERE:** 8 to 10 p.m., MCASD Sherwood Auditorium, 700 Prospect St.  
**HOW MUCH:** \$30-\$80

**WHAT:** Featured is Irish pianist Barry Douglas, who is active as an orchestral soloist, recitalist, chamber musician, conductor and festival director. His La Jolla Music Society program will feature Brahms' "Four Pieces for Piano" and "Sonata No. 3 in F Minor," and Schubert's "Fantasy in C Major," "Wanderer Fantasy," "Impromptu in G-flat Major" and "Impromptu in A-flat Major." Concert tickets are \$30-\$80 and are available through the La Jolla Music Society ticket office, (858) 459-3728 and online at [www.LJMS.org](http://www.LJMS.org).



## MAY 9: LA JOLLA GARDEN CLUB'S ANNUAL GARDENER'S MARKET

**WHERE:** 9 a.m. to 1 p.m., 7777 Girard Ave.

**HOW MUCH:** Free

**WHAT:** La Jolla Garden Club's annual Gardeners Market, 9 a.m. to 1 p.m., 7777 Girard Ave. Just in time for Mother's Day, the gardeners market features blooming potted plants, succulent arrangements, sweet and savory baked goods, garden-themed gifts, topiaries and more. Proceeds support horticultural scholarships for local students, for more information, call (858) 488-2697.



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# La Jolla's ProductBio helps take the gray areas out of the green

By DAVE SCHWAB

ProductBio has come to La Jolla to match up environmentally sustainable businesses with “green” products and producers.

“ProductBio helps consumers find products that are aligned with their environmental, social and economic values by removing all of the traditional barriers to purchasing sustainably: knowledge, access and price,” said new business co-owner Angela Chen.

Chen said her company’s innovative approach uses data science to select best-fit products for users who don’t want to spend time researching and simply want the best sustainable products or services.

“ProductBio helps consumers

learn and discover the whole story behind every product to make greener, ethical and local purchasing decisions,” Chen said. “We believe in increasing transparency of environmental, social and fiscal impacts behind production to empower buyers to vote with their dollars.”

ProductBio, Chen said, simplifies the discovery of new sustainable products while comparing and choosing between their suppliers.

ProductBio initially aided cities and schools in finding environmentally sustainable products, then saw an opportunity to expand.

“Now we’re gravitating toward

consumers,” said Chen. “We want to help everybody.”

Chen said her company’s mission is to spread the gospel of environmental sustainability “through buyer education and seller transparency.

With both its brick-and-mortar business and online presence, ProductBio is doing exactly that.

“We have 50,000 products in our database, running the gamut from food to goods and services,” said Chen.

She said a great many products like coffee, paper, electronics and even furniture can be purchased through ProductBio, assisted by San Diego data company Workpology.

Chen said her for-profit business is geared largely toward helping small- to medium-size businesses become “greener.”

Partnering with the La Jolla Village Merchants Association, the community’s business improvement district, ProductBio rolled out its business model with a “Clear and Green” ribbon-cutting event to celebrate Earth Day on April 22 at Mangelsen Images of Nature art gallery in La Jolla.

Participating La Jolla merchants at the debut included Fair Trade Decor, Froglanders, Whisknadle, Prepkitchen Restaurant LLC, Girard Gourmet, Burger Lounge, El Pescador Fish Market, Juice Kaboose, Modish Maternity, Natu-

rale Beauty Bar, The Cottage Restaurant, Ark Antiques, Home Grown Meats, Pharmaca, Arte De Origen, Lean And Green, Bloomers, ProRituals Salon and Academy, Rimel's Rotisserie, Mutropolis, Don Carlos Taco Shop, Wahoo's Fish Tacos, Fresh Produce, Michele Coulon Dessertier, Geppetto's Toys, Adelaide's, Néctar Juice Bar, Bridget's Blooms, Museum Cafe by Giuseppe Restaurants, Puesto, Warwick's, We Olive and Wine Bar, Zenbu Sushi Bar & Restaurant, Hillside Artisans Children's Boutique and Copy Cove of La Jolla.

For more information on ProductBio, visit [angel.co/productbio-com](http://angel.co/productbio-com).

# Walk for Salk 5K event headlines free laboratory tours with ‘Shrek’

By DAVE SCHWAB

The public got a rare behind-the-scenes peek at the Salk Institute for Biological Studies — one of the Jewel’s true treasures and medical marvels — on April 12 during its annual Step into Discovery event.

The event combined a fundraising Walk for Salk 5K with free public tours of Salk Institute laboratories. Guests were treated to scientific talks and hands-on activities, including a kids zone and science booths.

A visit to colleagues of Sreekanth (“Shrek”) Chalasani, assistant adjunct professor of neurobiology in UCSD’s Molecular Neurobiology Laboratory, was a tour highlight.

“Disney stole my name,” quipped Chalasani, noting he got his nickname because the popular animated character’s name somewhat resembled his own, besides being a lot easier to say and spell.

Chalasani and his co-workers are busy exploring the inner “universe” of the mind, body and nervous system, the connection between them and how everything works. Though it may not sound sexy, that mind-body connection is being explored with tests on *C. elegans*, a simple worm

species.

“Very little is known about the human brain and its approximately 85 billion cells,” said Chalasani, noting that the study of the human nervous system and its thousands of nerve connections is mind-boggling. By comparison, *C. elegans*’ nervous system has only 302 neurons.

Chalasani explained how understanding a worm’s nervous system might ultimately shed light on ways to treat, and perhaps someday cure, dread diseases such as Alzheimer’s, schizophrenia and Parkinson’s.

“With a worm’s neurons,” Chalasani said, “we know every single one of them and how every one is connected with every other one. You can use the simple system to understand how a nervous system works and learns how to deal with things like stress, fear or anxiety.”

Grad student Sarah Leinwand and research assistant Ada Tong in Chalasani’s lab guided visitors through a microscopic look at *C. elegans*. Guests got to see how the worms reacted to stimuli like the introduction of salt and an actual video of a worm neuron “firing” as it strongly

reacted to the salt.

Illustrating his research, Chalasani noted that dopamine, a neurotransmitter that helps control the brain’s reward and pleasure centers and helps regulate movement and emotional responses, is present in worms and humans. Dopamine deficiency, as it turns out, results in Parkinson’s disease.

“It’s really hard to figure out how neurons connect with each other as we struggle to understand how disease is caused or progresses and how to treat it,” Chalasani said. “I can look at *C. elegans*, which has only eight dopamine neurons, and study how they affect the worm’s brain.”

Established in the 1960s by polio vaccine developer Jonas Salk, the Salk Institute for Biological Studies is one of the world’s preeminent basic research institutions.

Salk faculty achievements have been recognized with numerous honors, including Nobel prizes and memberships in the National Academy of Sciences.

The institute is an independent nonprofit organization and architectural landmark.



**PROF. SREEKANTH (SHREK) CHALASANI** may be nicknamed after an animated character, but he’s all business behind his microscope. He said the study of worm neurons may lead to understanding of many human diseases. The institute opened its doors April 12 for its annual Step into Discovery event.

Courtesy photo

## How to save thousands when selling your home.

LA JOLLA, When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range.

Your asking price is often your home’s “first impression,” and if you want to realize the most money you can for your home, it’s imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeseller as pricing

too low. A recent study, which compiles 10 years of industry research, has resulted in a new special report entitled “Homesellers: How to Get the Price You Want (and Need).” This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but sell at the price you want.

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 to price your home to your maximum financial advantage.

Courtesy of Dennis DeSouza Remax Lic. 01220680



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# Wellness Studio busts common myths of muscle development

By DAVE SCHWAB



Two patrons try out the pioneering MyoMetrix Method at La Jolla Wellness Studio. COURTESY PHOTO

Most fitness studios tell you what's wrong.

La Jolla Wellness Studio tells you how to fix it — and how to reduce stress while doing it.

"We're results-oriented," noted Ted Barduson, co-owner, along with his dad, Gene, of the venue at 7660 Fay Ave., Suite F.

The father-son team, whose studio more closely resembles a doctor's office than a gym, are pioneering the MyoMetrix Method.

A science-based fitness mode, MyoMetrix measures a number of body factors, including body fat and muscle mass, to create an efficient workout pinpointing body areas needing improvement.

MyoMetrix also balances a person's biochemistry, adjusting the level of two critical body chemicals — the stress hormone cortisol and lactic acid produced during stressful workouts — both of which inhibit muscular development.

"Our technology has impact on your results," said Gene Barduson about what differentiates the Wellness Studio. "It's more prescriptive and improvement measured. I don't know of anyone else who's measuring the improvement side."

Together, the Bardusons say, they've discovered some simple truths about muscle development while exploding some commonly (and widely) held misconceptions about physical fitness.

"It's a myth," Ted Barduson said, "that you must work out for an hour, profusely sweat and feel really sore afterwards. That's what we're combating."

Ted Barduson said their research has shown that "the intensity of the exercise is far more important than the duration."

The Bardusons claim that their

patented MyoMetrix method optimizes their standard 15-minute workout by utilizing cutting-edge sound vibration technology to oxygenate red blood cells and maximizing workout and muscle-building results.

The Barudsons believe negating stress is integral to promoting wellness.

"You meet stress head-on, not bury it," Ted said.

"Other fitness modalities don't focus on stress," Gene said, adding that "wellness is as much about the emotional and spiritual as it is about the physical."

Gene Barduson said research has shown many people are discouraged from working out in standard gyms because it's time consuming and they don't like the atmosphere. He said those issues have been properly addressed at La Jolla Wellness Studio.

"We wanted to create a place you could go where a workout is easy to do, it's not a big chunk of time, it's a nice environment and you don't get sick of it," Gene said.

Inconsistency in working out is a big problem with getting people to become and stay fit, say the Barudsons. "They'll do it for a period of time and then stop," Ted said.

"Our instrumentation gives you measurements you can use for a lifetime," Gene noted. "It's our improvement formula."

Ted invited the public to drop by for a visit, try out the equipment and hear about the studio's innovative new fitness strategy.

"You can get the same results here as you get in an hour elsewhere," he said. "We've proven it over and over."

For more information, call (858) 444-0340, or visit [lajollawellnessstudio.com](http://lajollawellnessstudio.com).

## MS golf tourney set May 5 at La Jolla Country Club

The National Multiple Sclerosis Society in San Diego will present its 20th annual MS Golf Invitational, a fundraising golf tournament, on Monday, May 5, at La Jolla Country Club.

The tournament, open to the public and limited to a field of 120 golfers, is sponsored by Torrey Pines Bank. Honorary tournament chairman is Jerry Sanders, president/CEO of the San Diego Regional Chamber of Commerce.

The donation to play is \$750 per player or \$3,000 a foursome. The price includes tee prizes, lunch, beverages on the course, contests, a hosted reception and an awards gourmet dinner. Silent and live auctions are also planned. Registration will begin at 10 a.m.,

lunch will begin at 11 a.m. and the shotgun start begins at noon. Cost to attend the dinner only, which will begin at 5 p.m., is \$100 per person.

The tournament is expected to raise more than \$140,000 in donations. In 2013, 115 golfers raised more than \$130,000.

Proceeds will benefit multiple sclerosis research and programs and services for people with multiple sclerosis, a disease of the central nervous system that interrupts the flow of information between the brain and body.

For registration information, visit [www.GolfMS.org](http://www.GolfMS.org) or contact Krystal Thompson, [krystal.thompson@nmss.org](mailto:krystal.thompson@nmss.org) or (800) 486-6762.

## TENNIS »

CONT. FROM PG. 4

Vikings, under head coach Jason Karp, head into May with records of 0-4 (boys) and 1-3 (girls), respectively.

According to Karp, some of the key boys include Ethan Hammer-shaimb (800 meters, 1600 meters); Connor Hayden (long jump, triple jump, shot put, discus); Carter Simington (long jump, triple jump, high jump); and Louis McNair (400 meters).

On the girls side, key members early in the season include Sakura Roberson (400 meters, 800

meters); Lauren Roberts (1600 meters, 3200 meters); Satori Roberson (400 meters, long jump, triple jump, high jump); and Alexandria Bernal (100 meters, long jump, 4 x 100-meter relay).

"Most of the athletes have achieved lifetime best marks this season," Karp said.

"It's a rebuilding year, with many young athletes, and they're slowly learning that if they want something they've never had, they must do something they've never done," he said.

At neighboring Bishop's School, the Knights, under head coach Rodney Jones, sat at 0-1 (boys) and 1-0 (girls), respectively.

"We have a very talented team

of mostly freshmen and sophomores, with only five seniors, but still very competitive," Jones said.

"It is hard for me to identify any standout athletes, but I would tell you to keep an eye on our very balanced and strong girls team, with a very fast sprinting group and powerful [distance] people," he said.

Some key members to date include Daniel Anderson (freshman); A.J. Britanico (sophomore); Kameron Jones (sophomore); Chris Halter (senior); Imani Littleton (senior); Layla Cunningham (sophomore); Malea Casillas (sophomore); and Tessa Martin (senior).

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Seating is limited!  
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858.997.6256

\* Lunch is \$12, check or cash only please.

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- Business has been trending down and you are suffering financially. Your usual ways of reaching out are not working as efficiently as you want them to work.
- You have limited resources for marketing but you are open to ideas, fresh ideas.
- You are willing to do something different in order to accomplish better results

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### Who are your community partners?

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## Doing it Better

By Natasha Josefowitz, Ph.D.

I have noticed that often when I am at a party, a meeting or any event where people gather around a table—be it a coffee, dining or conference table—there is a tendency to be more vocal if one discusses something that elicits strong emotions. And the topics that elicit strong emotions deal with controversial matters, difficult situations, scary stories and potential disasters. Complaints and negative comments have a stronger impact than positive utterances.

The tone and volume of the voice of someone saying “This is terrible” is louder and has more impact than “This is lovely.” So, if we want to be heard and get attention, we need to say something not only interesting but startling. And startling is often something bad.

To wit: Our newspapers sell better with stories of tsunamis, fires, epidemics and bombings. Why is this

# Taking chances depends on the price you can pay

so? We need to listen to this news as a survival mechanism; just in case any of this happens to us, maybe we can be prepared better by knowing about these events. Also, there is a component of “There, but for the grace of God, go I,” with a feeling of relief that it is not happening to us.

The problem with this is the contagion effect. When I sit at a table and everyone is down on something, my own mood changes to feeling low. I have also noticed the opposite: When I make an effort to be funny and excited about a topic, the mood becomes more upbeat for everyone else too.

There is also the issue of being the different voice. We all want to fit in, be a member, part of a group, integrated. If most of the people are negative, making the only positive comment puts us outside the group. This is more difficult for some people whose level of self-confidence or assurance of membership is not clear.

I just came across this quote from Albert Einstein: “Few people are capable of expressing with equanimity opinions which differ from

the prejudices of their social environment. Most people are even incapable of forming such opinions.”

It takes courage to go against the tide, to be the dissenting voice. So what makes some people able to do so? I believe it is two things. First is the strength of one's convictions. If we believe strongly in something, we will want to influence others to see our point of view, or at least to make them aware of it. Second is a level of confidence that when we state the opposite of the popular opinion, we will not be ostracized, or that we are willing to chance losing membership in the group.

We all have what I call a default setting. Some people are usually comfortable with voicing their opinions, while others are seldom if ever able to do so. We have set ways of behaving, so it is that behavior that we keep reverting to, no matter how dysfunctional. There is no correct way to fit all circumstances; sometimes it is better not to speak up and other times it might be better to go for it. What is problematic is to always decide one way.

These are unconscious set points,

and people tend not to deviate unless made conscious of that tendency and really pushed to see the inadvisability of their positions.

We form our own self-fulfilling prophecies. If you expect to hate a movie, a party, a trip, chances are you will find something amiss. The surprise will be if all goes well. Others look forward to any and all happenings and indeed make them fun events, the surprise being if they are not.

So how can we change our default settings? It is even more important to do so in a group, for there is the contagion effect—a few people in a group can influence the climate from a joyful place to a boring or sad one.

If I sit with a group of depressed people, it is hard to tell jokes and laugh. On the other hand, when I come in feeling down and meet with a group of fun people, my mood can change to fit the group's. So what to do?

If it is important to you to lead the group toward a different direction, then by all means, do so. If you're afraid of negative conse-

quences, then go along with the majority and don't ruffle any feathers.

You should consider what you can handle and what price you're willing to pay for taking chances. There is no right or wrong way; it is your way. But after you have defined your usual mode of reacting, you may want to try the opposite to see if you can broaden your range of responses.

I always find it challenging and therefore exciting—and, yes, at times scary—to sample an unfamiliar way of behaving.

### Listen to Natasha speak

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La Jolla Community Center  
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858-459-0831.

Topic: The Seven Steps Of  
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## Health BRIEFS >>

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## GUEST COLUMN

### Today's Fear of Retirement Drives Baby Boomers to Reinvent Themselves



**SHARONANN HAMILTON**

**Q:** I am 63 years old, and I am afraid to retire. My grandfather retired at 65 and died at 68. My father retired at 65 and lasted only five years. Both were healthy men, as I am, but they died soon after retirement. While I am not enthusiastic about continuing my dental practice for another ten years, I wonder what I would do if I retired now. What should I consider when making such a huge decision? How can I break the cycle that buried my father and grandfather? How do I continue to thrive and live a purposeful life?

— *Gritting My Teeth*

#### Dear Grit,

When I work with people facing major life transitions, fear often creeps into the conversation. When we are gripped with fear and take actions driven by it, we make mistakes that could affect the rest of our lives. My first bit of advice is to face fear for what it is and build your future plans apart from it. As Nelson Mandela said: “May your choices reflect your hopes, not your fears.”

Fear is one of the strongest forces in our lives. If we allow it to take control, fear can be the very thing that holds us back, deterring us

from our path and hindering our goals. It is crucial to figure out how to move through our fears with honesty and not let them stop us from being who we really are and going for what we truly want.

Take time to determine your next steps. Dig deep to determine what gets you up in the morning and what you are passionate about. Explore yourself to find out what really drives you. Who do you want to be? Where do you want to go? These aren't shallow questions. They are critical to your well-being. We all live our personal truth. Some people don't really think about it, getting stuck in a routine and never seeking something different. Others dig deep inside themselves to ask and answer deep questions. It is lethal to wander into retirement without a plan. The days are long and challenging. It is your job to make sure they are productive and serve your purpose.

Take the time to reinvent yourself! Evaluate your life and determine what is most important to you. Create a new vision for your future. Studies suggest that boomers are reinventing retirement. More than 80 percent cycle between periods of work and leisure, continue part-time work, start their own business or continue

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## Mark Speros

Lost 25 lbs. in body fat and gained 15 lbs. in muscle mass.

“This is like a family. The trainers have driven me to be consistent in working out and I have more energy.”





**ON THE HUNT** The Peregrine falcon, an aggressive predator with keen vision, was removed from the federal endangered species list in 1999. Increasingly, its status has found it nesting in stairwells, windowsills and other nondescript areas it feels comfortable with humans. Two of them have recently been spotted strutting their stuff off La Jolla Cove. Photo by DON BALCH

## Pacific Beat Recording and its vibe is the area's perfect Pacific fit

By BART MENDOZA

San Diego's music community has grown by leaps and bounds over the past few years, and nowhere is this more evident than in the established businesses surrounding the performers themselves. The number of world-class studio openings is of particular note. There's a reason that artists from U2 to Keith Richards have spent time in San Diego for recording sessions.

The newest location – Pacific Beat Recording, at 926 Turquoise St. -- is also one of the longest running. The venue opened in 1974 as Seacoast Studios and has had several owners in the years since. It is now owned by Grammy Award-winning producer and engineer Alan Sanderson.

Working behind the board for such artists as Fleetwood Mac, Elton John and Madonna, Sanderson has spent time in many of the best studios in San Diego and Los Angeles. But now, after 20 years of nomadic recording (including in Africa and Brazil over the last few years), he has a place of his own. He said that whereas he's pleased with his work at other rooms, Pacific Beat's address is what held the biggest appeal.

Although the bulk of his clients will be local, Anderson hopes to attract major-label attention.

"Location is everything," he said. "Most of the San Diego studios that I've worked at are in business parks. Why would someone want to record someplace like that when they could be in, for example, Hollywood? So, here, we have a centrally located room in close proximity to the beach. It's got a great vibe."

Sanderson said Pacific Beat's proximity to the airport and to major music venues is a plus. "It's great," he explained, "when a chosen studio is just a hop, skip and a jump for an artist to get to. That's especially important, as a lot of times recording is scheduled when a performer is on tour."

In 2005, he worked with The Rolling Stones' Keith Richards and Toots Hibbert of reggae icons Toots and the Maytals when the Stones stopped in town for a show at Petco Park.

"I had to put the whole [show] together in two days," he said, "but what I think surprised Keith the most is that he had to drive to Rancho Bernardo from downtown San Diego to do the session."

At 1,050 square feet, Pacific Beat is smaller than some of the area's other major studios, which, depend-



**BEACH BEATS** Alan Sanderson says Pacific Beat Recording has a great beach vibe and an unbeatable location for the artists. PHOTO BY BART MENDOZA

ing on amenities, can even include living accommodations.

"This is manageable," Sanderson said. "There's a lot of overhead on a 3,000-square-foot room. This is perfect. It's got a nice feel to it. It's a comfortable room for the artists."

The music business in general is reported to be in a downward spiral, but Sanderson sees things as pluses and minuses.

"Budgets," he said, "aren't what they used to be. But on the other hand, a lot more people are recording. There are also a lot more studios around, so doing a project is a lot more affordable these days."

He said San Diego's music scene is healthy and that he's an enthusiastic supporter. He cites a range of notable locals, from 15-year-old Jason Mraz protégé Cody Lovass to legendary tunesmith Jack Tempchin, as indicative of the area's burgeoning pool of talent.

"There's a lot of great talent in this town," he explained, "and the great weather helps to keep it happening year-round."

Though he still works on projects around the world, Sanderson is happy to have his own home base.

"I've done a lot of traveling," he said. "But I always keep coming back, because San Diego is, as we know, paradise on earth."



**ANTI-HUNGER MESSAGE** An Empty Bowls photo from last year's campaign designed to note the plight of the world's hungry. Courtesy photo

## Eighth annual Empty Bowls event set May 10 at United Methodist

Two area service organizations are set to merge efforts with the area's art community in addressing a problem whose effects are as wide-ranging as they are persistent.

On Saturday, May 10, The Third Avenue Charitable Organization (TACO) and La Jolla's United Methodist Church will play major roles in the area's eighth annual Empty Bowls campaign, designed to address the problem of hunger in the United States. The event, known locally as San Diego Empty Bowls for TACO, is part of an international effort to draw attention to hunger through meal sharing, with the art of pottery a major component.

Empty Bowls was created in 1990 by two Bloomfield Hills, Michigan schoolteachers who sought to involve their art classes in a charitable effort against hunger. The classes distributed soup and bread in bowls they'd designed and crafted; in exchange for a donation, guests were invited to keep the bowls as a reminder of hunger and its effects. Today, many such events are held in the United States and Canada, and Empty Bowls sponsors several food-related charities worldwide.

The local event runs from 11 a.m. to 1 p.m. at United Methodist Church, 5053 La Jolla Blvd. The suggested donation is \$20. Proceeds will benefit Father Joe's Village downtown and The Hunger Project.

Local potters such as Gila Avenue Studio and Plum Pottery are designing and manufacturing this year's bowls, with area restaurants, including La Jolla's Veggiegrill, donating the food. Downtown San Diego's TACO has been serving the homeless and working poor since 1975.

Feeding America, a national hunger-relief organization, reports that one in six Americans, including one in five children, face food insecurity at some time during any 12 months. The USDA defines food insecurity as lack of "access to adequate food [due to] a lack of money and other resources at times during the year."

The Hunger Project reports that 98 percent of the world's undernourished people live in developing countries. The organization says that 8,500 children a day die of hunger-related illnesses.



**REVEALING DOCUMENTARY** Former "Star Trek" star George Takei and partner Brad Takei take center stage during opening night of the fourth annual Spring Showcase in Mission Valley, where the Pacific Arts Movement (Pac Arts) launched the San Diego premier of the documentary "To Be Takei." Pac Arts is based in Point Loma. Courtesy photo by Sam Ho



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## 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.

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## Wine Dinners making a splash at The Patio

Last month, The Patio on Lamont Street introduced a wine dinner series and received an overwhelmingly positive response from guests. The themed dinners take place on the first Tuesday of each month. Sheila Tracy, The Patio's wine buyer and coordinator of the event, chooses each dinner's theme based on whatever holiday or special event is happening during a particular month; April was "Screw Food and Wine" and featured eclectic pairings and screw-top wines in honor of April Fool's Day.

This month's wine dinner will be held on Tuesday, May 6, and is playfully called "Seis De Mayo," as it falls on the day after Cinco De

Mayo. The five courses, created by Executive Sous Chef Eddie Zamarippa, will be classic, regional Mexican specialties derived from family recipes. The featured wines are from blossoming wineries located in the Guadalupe and Santo Tomás Valleys of Baja California.

According to Tracy, guests of any Patio-hosted wine dinner will enjoy a "fun and whimsical" tasting experience, and leave with some interesting facts, too.

For more information about any of the upcoming wine dinners, please call the restaurant at 858-412-4648 or visit [www.ThePatioSD.com](http://www.ThePatioSD.com). Reservations are required and space is limited.



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# A culinary landmark for steak and seafood lovers

By FRANK SABATINI JR.

The year was 1951. President Harry S. Truman was serving his second term in the White House. Color television was being tested. And in the hang between Mission and Pacific Beach, a dive bar named High Tide was purchased by Pennsylvania transplants Joe and Pauline Saska.

By the latter part of the decade, the couple had turned High Tide into a destination restaurant, delighting customers with aged steaks and authentic Roquefort dressing draping the salads — a recipe wildly in vogue at the time that remains in place.

“We’re still known today as a sirloin house,” said Tom Saska, the founders’ son, who now runs the well-preserved establishment and a contemporary sushi room next door with his siblings, Mary and Jim Saska.

About 12 years after their father’s passing in 1960, the family re-branded High Tide to Saska’s Steak & Seafood as they began adding fresh, oceanic fare to the menu.

At the time, a whole lobster tail with soup or salad was \$7.95, described on an old menu as “so good, it’s almost worth the price.” From the red meat offerings, “filet of tenderloin” rang in slightly cheaper at \$7.25 per plate.

While such costs are a thing of the past, the restaurant’s interior design is a ticket to yesteryear. Original red-leather booths match appropriately to walls and door-frames clad in cedar and redwood. Block glass forming the bar’s façade is still in place, as well as a brick fireplace nestled in one of the

cozy dining areas.

The bill of fare captures many of the



Shrimp cocktail served in a classic metal chalice. Photo by Frank Sabatini Jr.

classics, starting with jumbo shrimp cocktails propped by metal, ice-filled chalices sporting wells of cocktail sauce in the middle. The Angus beef sirloin and other cuts hail from Omaha, while a variety of seafood, including coveted Alaskan king crab legs, are sourced from local and national vendors.

From the lunch menu, you’ll find “cheezie steak supreme” sandwiches, French dips, patty melts, fish and chips and other dishes resistant to fleeting culinary trends.

“Many describe our restaurant as ‘retro,’ but this is who we are,” said Mary Saska, who recalls getting “dressed up” when visiting Saska’s with her family as a child. “In those days,” she adds, “people often came in to eat after partying, when the kitchen would stay open

until 4 a.m.”

The family caters also to customers seeking a more modern-day dining experience. In 1997, they opened Saska’s Sushi Bar one door away, which features a rooftop deck called SkyBar for taking in things like “wedding cake martinis,” Moscow mules and other libations. During daily happy hour, from 3 to 6 p.m., visitors are afforded discounts on drinks and food ranging from 15 to 50 percent.

Downstairs, the evening menu extends to everything from caterpillar and California rolls to sushi pizza and tuna tataki. For home cooks, a fresh-fish market sans any retail displays is available for “back-door” purchases.

When asked for the secret to Saska’s longevity in this beach community, which has changed radically over the last 63 years, Tom chalks it up to “hard work and being present,” pointing out that on any given day at least one family member is on property to manage operations.

Adds Mary: “Being part of the community is also part of it,” referring to the restaurant’s long history of donating dinners to local charity events and her family sitting on various neighborhood planning boards over the years.

Saska’s is a museum to its time that has attracted politicians, sports figures and even Lady Gaga, who dropped in discreetly out of costume a couple years ago. Also, the restaurant celebrates its anniversary publicly every March 8 with birthday cake, live music and meal specials.



**SASKA'S** 3768 Mission Blvd. • (858) 488-7311

**Hours:** MON-THU: 11:30 a.m. to 11:30 pm, FRI: 11:30 a.m. to 1 a.m., SAT: 10 a.m. to 1 a.m., SUN: 10 a.m. to 11:30 p.m.

**Reservations:** Yes **Delivery:** No **Take-Out:** Yes **Ambience:** Casual

**Outdoor-Seating:** Yes **Parking:** Valet, Street **Wi-Fi:** Free

## Art of presentation is king at University City’s Ahi Sushi

Sushi restaurants dot the county’s landscapes like Laundromats and body shops — but not many Laundromats and body shops, or sushi restaurants, for that matter, offer more than 260 items from their menus. University City’s Ahi Sushi & Grill is the exception.

As casual venues go, Ahi caters to a different level of taste, chiefly because of its attention to presentation. You get a dragon roll in the shape of a dragon, a caterpillar roll that looks like a caterpillar and an orange cut to look like a bear, a

rabbit or any animal that comes to the artist’s mind. Meanwhile, that giant menu includes Chinese entries as well, and you can eat them in front of a big-screen TV.

Ahi Sushi & Grill is located at 3949 Governor Drive between Edmonton Avenue and Luigi Terrace in University City in the shopping center.

For more information, call (858) 678-0288 or visit [iloveahi.com](http://iloveahi.com). Ahi has other locations in Alpine, San Marcos and San Diego, as well.



Decorative oranges add variety to your meal at Ahi Sushi & Grill. COURTESY PHOTO

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## Mother's Day: Not what founder had in mind

By MARTIN JONES WESTLIN

The National Retail Federation says Americans spend more than \$20 billion on Mother's Day gifts and treats every year, adding that the outlook for 2014 (Sunday, May 11) is about the same. That figure is dwarfed, to say the least, by the \$210 billion we fork over during the winter holidays. Still, the "billion" is the daunting part — lay mom's bucks end to end, and they'd literally stretch about 40 times around the world, or to the moon and back.

And to the moon and back.

That's the problem. To hear the day's founder tell it, 14 cents spent in mom's honor is 14 cents too many. The late Anna Marie Jarvis pretty much pooped her own party in later life amid her disgust over the commercialization of the event.

"I wanted it to be a day of sentiment, not profit," she once lamented, calling the profiteers "termites" and dedicating the last 30 of her 84 years to sabotaging the honor she helped create. Indeed, she and her blind sister Elsinore spent the family inheritance on their failed campaign — billions of dollars later, Mother's Day is the third most profitable day of the

year, trailing only the winter holidays and Valentine's Day in total haul.

It all started innocently enough in 1907, two years after the death of Jarvis' mother (also named Anna). The younger woman, a native of Taylor County, W.Va., saw to it that her mom's last wish — the establishment of a day to honor all the nation's mothers, living and dead, as the givers of life and comfort — was first marked at a modest church service, during which she passed out a white carnation to each of the 500 mothers in attendance. On May 10, 1908, St. Andrew's Episcopal Church in Grafton, W.Va. held a service feting Grafton's moms.

That year, influential Philadelphia businessman John Wanamaker joined Anna's efforts in creating a national campaign. Soon after, a bill proposing the establishment of Mother's Day made it as far as the U.S. Senate floor.

The legislators failed to pass the measure — but by 1909, 46 states informally observed Mother's Day, and the bill's reintroduction was only a matter of time. In 1914, on the

heels of Anna's furious campaign efforts, President Wilson signed a joint resolution marking a national observance every second Sunday in May (Anna's mother died on that day in 1905).

The younger Jarvis' patience and tenacity had been roundly rewarded, but familiarity would soon breed contempt. Simple good wishes took deleterious wing, landing on printed cards, inside candy boxes and at overhyped restaurants. Even the otherwise pious Wanamaker, who by now had spearheaded the big Wanamaker department store chain (and would eventually become U.S. postmaster general), eagerly profited from the sale of Mother's Day goods, just as he would over the year's other major holidays.

In 1923, Jarvis unsuccessfully sued New York Gov. Al Smith to stop a Mother's Day fundraiser; years later, she vigorously campaigned against the issuance of a Mother's Day postage stamp and was arrested for disturbing the peace during a Mother's Day flower sale. Even as the years brought surges in revenue, Jarvis' anti-holiday rhetoric grew to fever pitch.

"A printed card," Jarvis said, "means nothing except that you're too lazy to write to the woman who has done more for you than anyone in the world. And candy! You take a box to mother and then eat most of it yourself. A pretty sentiment."

SEE MOTHER &gt;&gt; PG. 13

## Don't let Anna rain on mom's parade

With all due respect to disillusioned holiday founder Anna Jarvis (see at left), a little celebration is good for the Mother's Day soul. Here are a few spots in the area whose service staff agree and are eager to please on Sunday, May 11:

**GEORGE'S AT THE COVE:** If the spectacular ocean view doesn't compete for attention at your meal, you're not doing it right. In any case, George's California Modern restaurant will serve brunch beginning at 11 a.m., and it promises its own holiday twist on its traditional brunch favorites, such as squid ink agnolotti, brioche French toast, eggs Benedict and prime shortrib hash. George's at the Cove is located at 1250 Prospect St. (858) 454-4244, georgesatthecove.com.

**BROCKTON VILLA:** Mom's the Queen Bee today, and this eatery is putting on a Queen Bee special accordingly. The smoked salmon Benedict and the naughty burrito sound awfully good, especially as washed down with a mimosa or a 12-ounce beer—and get this: \$25 per person gets it all for you. Brockton Villa has its own beautiful view of the Cove to go with it all. The restaurant is located at 1235 Coast Blvd. (858) 454-7393, brocktonvilla.com.

**TAPENADE:** This French-cuisine eatery promises a three-course prix fixe menu and nonstop service from

11:30 a.m. to 7 p.m. The menu includes English pea soup, salmon, steak, duck and more, all for \$40 (half that if you're a kid). This venue is located at 7612 Fay Ave., which puts it a little off the Cove, but that doesn't make the surroundings any less scenic. La Jolla Village is a joy to visit, Mother's Day or not. For more, call (858) 551-7500 or visit tapenaderestaurant.com.

**ESTANCIA:** Everybody (or most everybody) knows about Estancia's hotel and spa, but don't forget: Estancia is also home to four primo restaurants — Adobe El Restaurante, Mustangs & Burros, Trinitas Cellars Wine Bar and Trinitas Private Dining Room — all of which have plans for mom on May 11. Estancia is at 9700 North Torrey Pines Road. For more information, call (858) 964-6500 or see estancialajolla.com.

**LA VALENCIA HOTEL:** And just like that, we're back at the Cove, specifically 1132 Prospect St., where "La V" has something special planned. Welcome to The Med, the hotel restaurant that says (maybe not so tongue-in-cheek) it created the Mother's Day brunch. Three separate dining areas overlook the spectacular coastline, and if you're looking to get an early start on the holiday, one opens at 6:30 a.m. on Mother's Day. (858) 454-0771, lavalencia.com.

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## MOTHER >> CONT. FROM PG. 12

Ironically, and unknown to Jarvis, the Florists Exchange — a major player in the Mother's Day flower trade — picked up Jarvis' nursing home tab. Blind, broke and childless, Jarvis died in 1948, rife with the discouragement she'd experienced amid the perceived ruination of her dream. Perhaps it's just as well. Today, Mother's Day is celebrated in more than 80 countries, presumably

with the same commercial zeal reflected in those billions of American dollars.

As for me, I think Anna overstated her case. Flowers, after all, are an indispensable part of the human experience and a stable ecosystem; their exchange is presumably a gesture of love and respect, which makes them an especially appropriate Mother's Day tribute. And yes, you and I are as guilty as the next guy of dipping into that candy box — but c'mon. It's the thought that counts, and it's a cinch mom offered

you the goodies of which you eagerly help relieve her every second Sunday in May.

But Jarvis' distaste is also understandable. There's a gluttony about such commercial success, and it doesn't constrain itself to Mother's Day, Christmas or any single day of the year. Jarvis learned this lesson the hard way — and she died amid the belief that she'd inadvertently placed a sacred trust in a nationful of the wrong hands.

— *Martin Jones Westlin is interim editor of La Jolla Village News.*

## MUSTHEAR >>



San Diego's vibrant jazz community includes some of the biggest talents on the planet, an embarrassment of riches still underappreciated. To prove the point, one of the area's leading lights, flautist Holly Hofmann, is set to release *Low Life*, her 12th album, with a CD release show Tuesday, May 6, at 7 p.m. at the Scripps Research Institute Auditorium. She'll be joined by an all-star cast of backing musicians, including pianist Mike Wofford, guitarist Anthony Wilson, bassist John Clayton and drummer Jeff Hamilton. Jazz aficionados are likely already aware of Hofmann's musical charms, but fans of other genres will find much to enjoy in her music, which include melodies within her instrumental songs that touch on pop, soundtrack and classical elements.

• **HOLLY HOFMANN:** Tuesday, May 6, at 7 p.m. at **THE SCRIPPS RESEARCH INSTITUTE AUDITORIUM**, 10640 John Jay Hopkins Drive. [www.hollyhofmann.com](http://www.hollyhofmann.com) See the entire live music calendar at [ljtoday.com](http://ljtoday.com).

## MUSTSEE >>



Swinging into Summer, the La Jolla Art Association Gallery's season-welcoming theme event, features the works of several association members in a two-week exhibition of reflections on our wondrous shore and legendary weather. The participating artists will be on hand at a reception (with wine and hors d'oeuvres).

• **SWINGING INTO SUMMER:** Monday, May 4, to May 18 at **LA JOLLA ART ASSOCIATION GALLERY**, 8100 Paseo del Ocaso. [www.lajollaart.org](http://www.lajollaart.org).



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them to develop respect and a positive attitude toward all living beings. Week-long sessions are available June through August in San Diego and Oceanside. Space is limited, and pre-registration is required. To register or receive more information, call (619) 279-5939 or sdhumane.org.

## A Time to Discover

The LA JOLLA YMCA is offering Summer Day Camp to give kids and teens in La Jolla, Pacific Beach, and University City an adventurous, active and healthy summer. YMCA camp programs offer youth fun and unique experiences with an opportunity to explore the outdoors, meet new friends, discover new interests and create memories that last a lifetime.

"YMCA summer camp supports the social-emotional, cognitive development and physical well-being of kids," says Brian Sense, Associate Executive Director of Youth Programs, La Jolla YMCA. "In our Day Camp, kids are in a welcoming environment where they can belong, build relationships, develop character and achieve – discovering their potential."

To ensure that all youth have the chance to experience camp, the LA JOLLA YMCA offers financial assistance to those in need. Contact our website at www.lajolla.ymca.org for more information about our Summer Camp Programs.

## Gillispie Summer Classes

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The Gillispie School in downtown La Jolla opens its unique one and two-week-long summer classes to students from all elementary schools, aiming to engage kids in purposeful learning and warm-weather fun all summer long.

Some of this year's exciting offerings include fencing, digital photography, soccer, and doll crafting, as well as academic-focused classes like Math Camp and Jr. Engineering. Classes are offered in the mornings or afternoons, and each day offers an optional afternoon swimming session at the Coggan Aquatic Center.

To welcome new families to the School's summer program, Gillispie is offering a 10 percent discount on their student's first summer class! Class prices range from \$130-225.

For information, gillispie.org/summersession, or call to register at (858) 459-3773. The Gillispie School is located in the heart of La Jolla village at 7380 Girard Avenue.

## Sports Conditioning Camp

Calling all high school and middle school athletes! Don't let your summer go to waste. Instead prepare for your sport with Futures Fitness presented by High Performance Movement! Led by former NCAA Division 1 coach and athletes, Futures Fitness group workouts are focused on improving your foundational athletic skills: speed, agility, power and flexibility. Join us this summer and prepare for the best season of your career!

Sign up for 5 sessions, 10 sessions or sign up for the entire summer to receive 30 sessions, including a bonus one-on-one private training session! **And for a limited time, receive \$20 off the full summer package when using code: SDNEWS.** Hurry, expires May 15th!

**Date:** Monday – Friday, June 23 – August 1

**Time:** 8 AM – 10 AM daily

**Location:** De Anza Cove, Mission Bay

**Ages:** Entering 7th grade – 12th grade

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# Spring & Summer Camps

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## Wilderness Escape Vacation Bible School Program

Christ Lutheran Church in Pacific Beach, 4761 Cass Street, is hosting Wilderness Escape Vacation Bible School July 21-

25, 9:00 a.m. to 12:00 noon for children age 3 to grade 4. The program will feature music, Bible stories, craft time, snack time and more fun! The week will end with a closing program at noon and a BBQ for the whole family on Friday, July 27th. For information and registration forms, please go to [www.christpb.org](http://www.christpb.org) or call the church office at 858-483-2300.

## The Theatre School @ North Coast Rep

The Theatre School @ North Coast Rep provides children and teens with a safe place to grow and explore. Our classes and camps are designed to foster creativity, instill confidence, build self-esteem, and provide a basis for communication, leading to life long team building skills that will prove invaluable whatever life choices they

make. Our camp works on a weekly cycle. Each week is packed with a full line-up of creative activities taught by theatre professionals; from improvisation and acting to musical theatre and playwriting with a showcase each Friday for parents and friends! Parents may purchase one, two or combine with the 101 Dalmatians for all four weeks. Our weeklong teen intensives are designed to challenge our teen actors to stretch their skills and become more confident in their abilities. Our team of professionals will guide them towards making strong choices that will help them stand

out. Call (858) 481-1055 or [www.northcoastrep.org/TheatreSchool](http://www.northcoastrep.org/TheatreSchool). North Coast Rep, 987 Lomas Santa Fe Drive, Solana Beach, CA 92075

## Nike Tennis Camps at UCSD

Come join the fun and get better this summer at the Nike Tennis Camps at University of San Diego. Directors Bill and Shelly Scott, and USD Head Women's Tennis Coach, Sherri Stephens, along with their experienced staff, have another amazing summer lined up with fun both on and off the court! With five weeks of junior overnight

and day camps for boys & girls ages 9-18 of all ability levels, and a special High School program during the last week, there is a camp option for everyone! Highlights include: 5-6 hours of daily on-court instruction, a Nike Tennis Camp t-shirt, Dartfish video analysis for all campers, and fun evening activities for overnight campers. Camps run throughout June and July, registration is currently open. See you on the courts this summer!

Nike Tennis Camps at University of San Diego 1-800-645-3226 or go on-line at [www.USSportsCamps.com/tennis](http://www.USSportsCamps.com/tennis)

## Girl Scout Chrysanthe set to tap her inner "Spirit of Katniss" at summer camp

A world of adventures awaits at Girl Scout camp! Registration is now underway for the 159 sessions hosted by Girl Scouts San Diego this year, with themes ranging from archery to zoology.

Local Girl Scouts looking forward to camp include Chrysanthe Frangos (pictured). The 11-year-old La Jolla resident is a member of Girl Scout Junior Troop 4134 — which is part of Girl Scouts San Diego's Pacific Jewel service unit (covering La Jolla-P.B., with 633 members).

Chrysanthe earned a free camp session by selling 525+ (in her case, 532) boxes of Girl Scout cookies. She signed up for the Spirit of Katniss archery session, because she loves the sport and hopes to improve her skills.

Residents may recall seeing Chrysanthe's troop in front of the Pacific Beach VONS during cookie season. The girls are grateful for their customers' support, and plan to use part of their sales proceeds to fund a trip to San Francisco in May. Joined by thousands of girls from throughout the country, they'll walk across the Golden Gate Bridge to symbolize their advancement to the next level Girl Scouting, Cadettes. The troop also set aside cookie revenues for a community service project.

### About Girl Scout Camp

All girls in grades K-12 are welcome at a Girl Scout summer camp — whether or not they are already Girl Scouts. Newcomers simply add \$15 dues to the camp fee and enjoy Girl Scout membership through the rest of the year. Tiered rates and financial assistance make camp affordable for various income levels.

Each camp offers a mix of traditional camp activities with specific areas



of focus. STEM sessions include marine biology, animal care, technology and science. Girls who love the outdoors will enjoy activities like horseback riding, hiking, backpacking, canoeing, swimming and wilderness survival. Future financial experts, chefs, childcare specialists and journalists can build skills in those and other fields. Campers can also try creative outlets like drama, painting, wearable art, photography, filmmaking and dance.

Overnight or "resident" camp sessions take place at camps Winacka and Whispering Oaks in Julian; day camp locations include Girl Scouts' Balboa Park and Escondido properties, and at community partner sites countywide.

Girl Scouts San Diego camps are accredited by the American Camp Association. For details, visit [www.sdgirlscouts.org](http://www.sdgirlscouts.org) or call (800) 643-4798.

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- ★ **101 Dalmations July 7-18**  
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- ★ **Summer Drama Fun Camp July 21-25, July 28-Aug. 1**  
Each week is packed with a full line-up of creative activities taught by theatre professionals; from improvisation and acting to musical theatre and playwriting with a showcase each Friday for parents and friends! Parents may purchase one, two or combine with the "101 Dalmations" for all four weeks.

### AGES 10-19

- ★ **Shakespeare Camp Aug. 4-15**  
Love Shakespeare? This two week camp will be an Intensive Shakespearean Boot Camp to prepare for our production of "All's Well That Ends Well."

### AGES 13-19

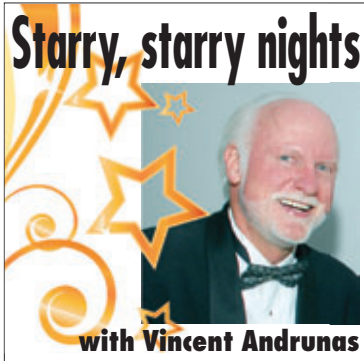
- ★ **Improvisation July 7-11**  
Allow your child's mind to soar freely and their creativity to blossom! Improvisation is the key to unlocking hidden talents.
- ★ **Audition Strategy July 14-18**  
A one week intensive that gives students the opportunity to stretch their skills in a fun and exciting professional atmosphere. This workshop will help you put together a monologue that will showcase your acting and teach you how to nail the callback.
- ★ **Triple Threat July 21-25**  
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- ★ **Teen Scene Study July 28-Aug. 1**  
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All classes are 9:30am-3:30pm at North Coast Rep Theatre in Solana Beach. Early drop-off and/or late pick-up available. Discounts available for multiple week or sibling enrollments!

Alice in Wonderland, Jr. PHOTO: darin fong.com



# Time, love and tenderness



Founded by a group of prominent, forward-thinking San Diego women back in 1887, the San Diego Center for Children (SDCC) has been through some changes over the years, yet it's always kept up with

the times. It finally settled on its current name in 1975 and continues to provide one of the region's most comprehensive behavioral-health programs for underprivileged children aged 3 to 18.

To celebrate its 127th anniversary, the center held a gala fundraiser in April. More than 400 guests attended the fun-filled event at the Hilton San Diego Bayfront, where guests enjoyed friends, fine cuisine and entertainment headlined by multiple Grammy Award-winning singer/songwriter Michael Bolton. Attendees experienced a memorable evening and will have stories to

share with friends for quite some time to come.

The event honored a well-known La Jolla couple, Myron and Doreen Schonbrun. With a degree in art history earned at UCSD not so very long ago, Doreen (still sometimes mistaken for a recent high school grad) has devoted extensive time to exposing SDCC kids to the wonders of art and encouraging their efforts. She's a cultural attaché to UCSD and serves on the City of San Diego Commission for Arts and Culture. Her husband (recently retired from a distinguished ob/gyn career) has long been deeply involved with the rights and health issues of women and children. Longtime SDCC supporters, the couple were justly recognized as the gala's honorees.

Bolton, a friend of the Schonbrun family and also a social activist, has been honored with several prestigious humanitarian awards. His Michael Bolton Charities foundation, now in its 21st year, advocates on behalf of women and children at risk. His concert performance at the gala lent the event its name, "Time, Love and Tenderness." The phrase, also the title of one of his most popular songs, also describes what SDCC provides for its young charges.

During the seated dinner (which offered a tasty dual entrée of short ribs and chicken), the evening's program began. A live auction started off with a round of Mojito cocktails, hand-delivered to the highest bidder by Phil Pace of the famed Phil's BBQ restaurant. This was a great lead-in to the next item, a backyard barbecue for 50, featuring the food Phil's is famous for. It sold twice, at \$2,600 each, and the entire auction brought in over \$58,000.

Next, retiring board member and

CEO Dave McCaslin was honored for his years of service. His moving address about the importance of caring about behavioral and mental health was followed by Tina Garcia Ward's account of the help she and her daughter Summer received from SDCC. This set the scene for paddle-raise donations, which exceeded \$80,000. Overall, the event netted well more than \$200,000.

Sundiata Kata and the SDCC Drum Circle took the stage to begin the evening's musical entertainment. Then, Kids With a Song, the center's choir, sang enthusiastically and incited an outbreak of dancing. They were soon joined by Bolton and the Schonbruns for a very moving rendition of "Lean on Me."

Bolton continued with solo renditions of several of his hits, followed by duets with singer Kelly Levesque. They sang "When a Man Loves a Woman," "The Prayer," "Ain't No Mountain High Enough" and others. The audience was enthralled and delighted.

## ENJOY THE BEAUTY OF OLD TOWN

### FIESTA DE REYES HOSTS FIFTH-ANNUAL FOLKLORICO COMPETITION IN OLD TOWN Preliminary Rounds Hit the Stage on April 26 and 27; Finale on May 3

Dance troupes from throughout the region will meet and compete during the fifth-annual Fiesta de Reyes Folklórico Competition in historic Old Town San Diego. The annual three-day event will light up the main stage in Old Town San Diego State Historic Park during the last week.

On Saturday, April 26, and Sunday, April 27, from 11 a.m. to 5 p.m., the children and adult groups will each have 25

minutes to perform their best dances, representing many different regional styles of ballet folklórico. One finalist from the children's groups and two finalists from the adult groups will be selected to advance to the finals.

A week later, on Saturday, May 3, from 9 a.m. to noon, the six finalists will return to the state park during the Fiesta Old Town d of April and the first Saturday in May. Folklórico is a traditional

Latin American dance that emphasizes local folk culture with ballet characteristics. Cinco de Mayo event to compete for the folklórico competition title and cash prizes.

The competition is free for the public to attend and will take place in Old Town San Diego State Historic Park. There is free parking available all day on the weekends in the Caltrans parking lot on Taylor Street, just two blocks from Fiesta de Reyes. For more

information, visit [www.fiestadereyes.com](http://www.fiestadereyes.com) or call 619-297-3100.



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The gardens at Scripps Memorial Hospital La Jolla complement the healing process that human medicine initiates. PHOTO BY LINDA MARRONE

## Scripps La Jolla Memorial Hospital sets the tone for annual garden tour

By LINDA MARRONE

Nature is a grand healer, and plants and flowers are some of her most powerful gifts. Being in a garden surrounded by flowers and plants can have an uplifting effect on the spirit, mind and body and bring joy.

My friend Susan Vandendriesse, who works in the volunteer services department at Scripps Memorial Hospital La Jolla, recently gave me a tour of the gardens on the hospital's campus, where patients and staff can enjoy the beauty and solitude. In addition to the captivating garden areas, the hospital has an impressive collection of sculptures to enjoy.

A part of La Jolla since 1924, Scripps Hospital is continuing its tradition of bringing the healing powers of art and nature to the public.

The hospital is one of the main sponsors of the La Jolla Historical Society's Secret Garden Tour of La Jolla. As a co-founder of the tour, I am very grateful for their continued support.

The 16th annual tour of some of La Jolla's loveliest secluded gardens is scheduled to begin at Wisteria Cottage, 780 Prospect St., Saturday, May 17, at 10 a.m. For more information, visit [www.lajollahistory.org/events-secret-garden-tour/](http://www.lajollahistory.org/events-secret-garden-tour/).

The Wolfstein Sculpture Park was established in 1998 by Ralyn and Nathan Wolfstein in honor of their 50th wedding anniversary. The couple believes that art enhances the healing environment and that it should be enjoyed by all in celebrating life's special events.

Over the years, others who have

been inspired by the Wolfsteins' generosity have also donated different works of art to feature on the grounds.

At 11 a.m. on the first Tuesday of every month, the hospital offers docent-led tours of the Wolfstein Sculpture Park and grounds. The 90-minute tour is free and open to the public. Call (858) 626-6994 for more information or to RSVP.

In the spring of 2008, the hospital opened a serenity garden, designed to create a sense of healing and inner harmony in those who visit. The sounds of water from a fountain mark a meandering path through the peaceful garden, where artfully placed benches invite you to linger.

A plaque in the garden reads: "Recognizing the inspiration of a Master Gardener — Ernest Fybel." Fybel was the father of Gary Fybel, the hospital's chief executive. Inspired by his father, Gary Fybel helped to bring this garden to life amid the love of gardening and nature his father instilled in him.

As I drove up to the main hospital building, colorful rose gardens were bursting with blossoms. Many of the roses were planted in honor of the volunteers who dedicated countless hours of service to the hospital.

Beautiful garden roses can also be found throughout the hospital lobby, some from the hospital garden and others from volunteers and staff, who bring them from their own gardens.

To celebrate the recent National Volunteer Week, they participated in a rose show that featured their homegrown fare.

## Planning group fails to reach agreement on vacation-rental problems

By DAVE SCHWAB

Agreeing to disagree was the outcome of an April 23 stakeholder meeting of an ad hoc committee of the La Jolla Community Planning Association (LJCPA), which failed to reach a consensus on whether new restrictions are needed to curb excesses with short-term La Jolla vacation rentals.

The five-member Ad Hoc Committee on Short-Term Vacation Rentals comprises three neutral LJCPA members — chair Helen Boyden, Jim Fitzgerald and Bob Steck — as well as citizens representative Mike Costello and Heather Weiermann, a spokesperson for short-term rental property managers.

The group has been charged with studying issues such as excessive noise and violations of neighbors' privacy, which some claim have been plaguing local neighborhoods, and ultimately returning to the LJCPA with recommendations on what could — or should — be done about them.

But a meeting of the minds on the short-term vacation rental question thus far hasn't found much common ground. On the one side are angry residents in single-family residential zones calling for stricter controls over rentals.

On the other side are property managers who maintain all that is needed is better enforcement of

existing rental rules, such as the police CAPP program in place for troublesome residences.

"We're a time-limited committee," noted Boyden, who added that public comment on rental issues vetted at previous meetings was now closed.

Boyden said any recommendations coming out of the ad hoc committee will be reviewed and voted on by the full LJCPA. Those recommendations would then be forward to the city for further consideration. Any such recommendations could conceivably result in changes to the city municipal code governing short-term rentals following a long governmental review process.

Committee member Jim Fitzgerald read a list of vacation rental "problems," which he suggested the board ought to be considering in making its final recommendations to the LJCPA.

Fitzgerald's list included enforcement of current regulations, site-specific problems with "party house" events, frequent turnover of vacation renters and conversion of single-family neighborhoods into "tourist zones."

Committee member Mike Costello wanted to add a couple items to that list, including "inadequate enforcement of current regulations" and "intensity of use" of vacation rentals.

Costello pointed out intensity of

use issues are reflected in frequency or duration of problematic behavior at affected sites.

"There is an absence of on-site management with short-term vacation rentals," Costello noted.

Vacation rental property managers present at the ad hoc meeting advocated enhancing the powers that police have in enforcing the Community Assisted Party Program (CAPP), which allows residences causing noise and other complaints to be cited and ultimately punished with fines for excessive noise or partying.

Residents at the meeting largely spoke out against beefing up the CAPP program, arguing it has failed to be a real deterrent to bad behavior at short-term vacation rentals because it places the burden of proof on neighbors, requires police to actually witness infractions and is time consuming to carry out.

"It is an ineffectual way to control rentals," commented one resident.

Weiermann questioned whether applying different rules for different types of rentals (short- versus long-term) was desirable or valid.

The public dialogue over short-term vacation rentals will continue at the next meeting of the ad hoc committee, set for Wednesday, May 28, at 5 p.m. at La Jolla Rec Center, 615 Prospect St.

## At Keller Williams Realty, RED Day is a red-letter day

Keller Williams Realty's La Jolla office may be taking the day off on Thursday, May 8, but the day will hardly be a day of rest. That's when the firm will mark RED Day, the company's annual day of service, dedicated to renewing, energizing and donating to its local communities.

As part of the effort, Keller Williams La Jolla will spend the day with Be The Match, the world's leading nonprofit organization focused on saving lives through bone marrow and umbilical cord blood transplantation. Organization representatives will be at the Keller Williams office in La Jolla, located at 7817 Ivanhoe Ave., Suite 101, on May 8 from 11 a.m. to 3 p.m.

They will be accepting monetary donations for the organization and will be adding potential bone

marrow donors to the national Be The Match Registry. Those interested parties between ages 18 and 44 are invited to the office to sign up as a registry member.

"RED Day is built on the belief that people can and should come together to achieve extraordinary things to help others," Keller Williams' Kelly Garver said. "We all know that filling all the gaps in our communities can't be accomplished by serving just once a year. RED Day just happens to be the one-day expression of the constant state of the Keller Williams culture. We see a need, discover who can meet it and get it done."

"Every person who joins the Be The Match Registry gives patients hope for a cure," said Shelley Baker, senior account executive with Be The Match. "We are grateful for the support of organizations

like Keller Williams La Jolla. By raising funds and increasing the number of potential donors on the registry, they are helping us achieve our mission to serve all patients in need of transplants."

Since the first RED Day in 2009, Keller Williams associates have given almost 500,000 hours of community service through activities ranging from food and blood drives to clean-ups in public parks.

Keller Williams Realty, Inc., established in 1983, is the largest real estate franchise company in North America, with approximately 700 offices and almost 100,000 associates in more than a dozen countries around the world. The La Jolla office employs around 120 associates.

For more information about RED Day, visit [kw.com/redday](http://kw.com/redday).



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## ANNOUNCEMENTS 100

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## ITEMS FOR SALE 300

## ▼ garage/yard sales

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Sat. May 3rd 7am to 1pm

Donation welcomed,  
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## ▼ rummage sales

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## ITEMS WANTED 325

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## HEALTH SERVICES 375

## ▼ health care

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## ▼ property management

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## LEGAL ADS 900

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-0090226 Fictitious Business Names(s): PACIFIC ASSISTIVE TECHNOLOGY** located at: 1775 DIAMOND ST. APT 1-204 SAN DIEGO, CA 92109 is registered by the following: ELAN ELVAIAH, BRIANA SMOODY This business is conducted by: A MARRIED COUPLE The first day of business was: 02/01/2014 Registrant Name: ELAN ELVAIAH Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 28, 2014 ISSUE DATES: APR 10, 17, 24 AND MAY 01, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-008788 Fictitious Business Names(s): VERDES EL RANCHO** located at: 7404 LA JOLLA BLVD. LA JOLLA, CA 92037 is registered by the following: VERDES EL RANCHO LLC This business is conducted by: A LIMITED LIABILITY COMPANY VERDES EL RANCHO LLC 7404 LA JOLLA BLVD. LA JOLLA, CA 92037 CALIFORNIA The first day of business was: 05/04/2009 Registrant Name: MICHAEL P GREEN Title: MAIN PARTNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 27, 2014 ISSUE DATES: APR 10, 17, 24 AND MAY 01, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-009582 Fictitious Business Names(s): BLACKTHORN FISH PUB AND GRUB, BLACKTHORN** located at: 3010 CLAIREMONT DR. #B SAN DIEGO, CA 92117 is registered by the following: THE LANG GROUP, INC This business is conducted by: A CORPORATION THE LANG GROUP, INC 4426 KAMLOOP AVE. SAN DIEGO, CA 92117 CALIFORNIA The first day of business was: 03/17/2014 Registrant Name: EDWARD LANG Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 03, 2014 ISSUE DATES: APR 10, 17, 24 AND MAY 01, 2014

**SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 330 WEST BROADWAY SAN DIEGO, CA 92101 CASE NO: 37-2014-00009168-CU-PT-CTL PETITIONER OR ATTORNEY, ELI ALEX SHAHABE, MONICA ELISE SHAHABEDDIN 14936 VIA DE LA VALLE DEL MAR, CA 92014 858-668-6804 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM ELI ALEX SHAHABE AND MONICA ELISE SHAHABEDDIN ON BEHALF OF BABY GIRL SHAHABEDDIN A MINOR FROM BABYGIRL SHAHABEDDIN TO MRYAM SHAHABE 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 23, 2014 TIME: 8:30 AM DEPT C-64 220 WEST BROADWAY SAN DIEGO, CA 92101 ISSUE DATE(S): APR 10, 17, 24 AND MAY 01, 2014**

**SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 330 WEST BROADWAY SAN DIEGO, CA 92101 CASE NO: 37-2014-00009739-CU-PT-CTL PETITIONER OR ATTORNEY, BRITTANY ELIZABETH ADAMS 1930 EMERALD ST. APT 119 ST. SAN DIEGO, CA 92109 949-939-6910 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM FROM BRITTANY ELIZABETH ADAMS TO BRIE ELIZABETH ADAMS 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 23, 2014 TIME: 8:30 AM DEPT 46 220 WEST BROADWAY SAN DIEGO, CA 92101 ISSUE DATE(S): APR 10, 17, 24 AND MAY 01, 2014**

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-009899 Fictitious Business Names(s): PEBBLES AUTO GLASS REPAIR** located at: 3561 BEN ST. SAN DIEGO, CA 92111 is registered by the following: TRACIE L BECK This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: TRACIE BECK Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 08, 2014 ISSUE DATES: APR 17, 24 MAY 01 AND 08, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-007443 Fictitious Business Names(s): HARCOURTS CROWN** located at: 3455 INGRAHAM ST. SAN DIEGO, CA 92109 is registered by the following: PACIFIC MORTGAGE LOANS INC This business is conducted by: A CORPORATION PACIFIC MORTGAGE LOANS INC. 3455 INGRAHAM ST. SAN DIEGO, CA 92109 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: HUNTLEY CHRISTIAN COSTNER Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MAR 17, 2014 ISSUE DATES: APR 10, 17, 24 AND MAY 01, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-010003 Fictitious Business Names(s): RESIDENTIAL REPAIR AND MAINTENANCE SERVICE** located at: 28546 GLADSTONE CT. ESCONDIDO, CA 92026 is registered by the following: THOMAS W. LAINE This business is conducted by: AN INDIVIDUAL The first day of business was: 02/13/2014 Registrant Name: THOMAS W. LAINE Title: OWNER / OPERATOR The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 08, 2014 ISSUE DATES: APR 17, 24 MAY 01 AND 08, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO.**

**2014-009976 Fictitious Business Names(s): THE ALCHEMIST GROUP, CORONADO ISLAND POCKETMAP** located at: 158 C AVENUE CORONADO, CA 92118 is registered by the following: THE ALCHEMIST GROUP This business is conducted by: A CORPORATION THE ALCHEMIST GROUP 158 C AVENUE CORONADO, CA 92118 CALIFORNIA The first day of business was: 05/01/2005 Registrant Name: RICK DUGGER Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 08, 2014 ISSUE DATES: APR 17, 24 MAY 01 AND 08, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-009592 Fictitious Business Names(s): ASIC MINER SUPPLY** located at: 2344 CAMINITO EXIMIO SAN DIEGO, CA 92107 is registered by the following: KIMBERLY A. BROADHURST, SEAN H. BROADHURST This business is conducted by: A MARRIED COUPLE The first day of business was: NOT APPLICABLE Registrant Name: KIMBERLY A. BROADHURST Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 03, 2014 ISSUE DATES: APR 17, 24 MAY 01 & 08, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-010258 Fictitious Business Names(s): REAL HAWAIIAN SHAVE ICE** located at: 5109 CASS ST. SAN DIEGO, CA 92037 is registered by the following: CHRIS RIVETT, TYSON CAMARAO This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: NOT APPLICABLE Registrant Name: CHRIS RIVETT Title: GENERAL PARTNERSHIP The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 10, 2014 ISSUE DATES: APR 17, 24 MAY 01 AND 08, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-009762 Fictitious Business Names(s): MECHE HAIR SALON** located at: 57527 LA JOLLA BLVD. #3 LA JOLLA, CA 92037 is registered by the following: STACEY ZOZULA, MYRIAM DUCROCO This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: NOT APPLICABLE Registrant Name: STACEY ZOZULA Title: GENERAL PARTNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 07, 2014 ISSUE DATES: APR 17, 24 MAY 01 AND 08, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-010703 Fictitious Business Names(s): DAVID BAHAM LEASING** located at: 4934 WEST POINT LOMA BLVD. #M SAN DIEGO, CA 92127 is registered by the following: BAHAM AHADISHAH This business is conducted by: AN INDIVIDUAL The first day of business was: 04/16/2014 Registrant Name: BAHAM AHADISHAH Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 16, 2014 ISSUE DATES: APR 24 MAY 01, 08 AND 15, 2014

**SUMMONS (Family Law) NOTICE TO RESPONDENT: Fortunato Sagun Petitioner's name is: Felicidad Vitug CASE NUMBER: D543374** You have 30 calendar days after this Summons and Petition are served on you to file a Response (form FL-120 or FL-123) at the court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form. If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), at the legal services Web site ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), or by contacting your local county bar association. NOTICE: The restraining orders on page 2 are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered, or the court makes further orders. These orders are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. NOTE: If a judgment or support order is entered, the court may order you to pay all or part of the fees and costs that the court waived for yourself or for the other party. If this happens, the party ordered to pay fees shall be given notice and an opportunity to request a hearing to set aside the order to pay waived court fees. 1. The name and address of the court are Superior Court of California San Diego, Family Law Division 1555 Sixth Avenue San Diego, CA 92101 2. The name, address, and telephone number of the petitioner's attorney, or the petitioner without an attorney, are: FELICIDAD VITUG 11472 VILLAGE RIDGE ROAD SAN DIEGO, CA 92131 Date: JUN 13, 2013 Clerk, by O. CORONADO, Deputy ISSUE DATES: APR 24 MAY 01, 08 AND 15, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-009232 Fictitious Business Names(s): PHILLIPS ENTERPRISES, INC. DBA CASTLE RECORDS, PHILLIPS ENTERPRISES, INC. A-2 FILTERS, PHILLIPS ENTERPRISES, INC. DBA LIFE STYLE HOME RESORT** located at: 41490 LOS ALAMOS RD. MURRIETA, CA 92562 is registered by the following: PHILLIPS ENTERPRISES, INC This business is conducted by: A CORPORATION PHILLIPS ENTERPRISES, INC. 41490 LOS ALAMOS RD. MURRIETA, CA 92562 CALIFORNIA The first day of business was: 01/01/2013 Registrant Name: ROY PHILLIPS Title: CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 01, 2014 ISSUE DATES: APR 24 MAY 01, 08 AND 15, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-009226 Fictitious Business Names(s): PHILLIPS ENTERPRISES, INC. DBA ROY PHILLIPS** located at: 41490 LOS ALAMOS RD. MURRIETA, CA 92562 is registered by the following: PHILLIPS ENTERPRISES, INC This business is conducted by: A CORPORATION PHILLIPS ENTERPRISES, INC. 41490 LOS ALAMOS RD. MURRIETA, CA 92562 CALIFORNIA The first day of business was: 10/01/2012 Registrant Name: ROY PHILLIPS Title: CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 01, 2014 ISSUE DATES: APR 24 MAY 01, 08 AND 15, 2014

**SUPERIOR COURT OF CALIFORNIA HALL OF JUSTICE 330 WEST BROADWAY SAN DIEGO, CA 92101 CASE NO: 37-2014-00011405-CU-PT-CTL PETITIONER OR ATTORNEY, KAYLA HALL 2777 G STREET SAN DIEGO, CA 92102 619-886-7357 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM KAYLA CHRISTINE HALL TO ISABELLA MIA VIRTO 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 30, 2014 TIME: 9:30 AM DEPT 46 220 WEST BROADWAY SAN DIEGO, CA 92101 ISSUE DATE(S): APR 24 MAY 01, 08 AND 15, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-008356 Fictitious Business Names(s): TAG TRANSPORTATION** located at: 4121 CHEROKEE AVENUE #19 SAN DIEGO, CA 92104 is registered by the following: TEKLEBRAHN A. GOITOM This business is conducted by: AN INDIVIDUAL The first day of business was: 03/13/2014 Registrant Name: TEKLEBRAHN A. GOITAM Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 01, 2014 ISSUE DATES: APR 24 MAY 01, 08 AND 15, 2014

**SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO) Mauricio Hubbard, aka Mauricio N. Hubbard, aka Mauricio N. Hubbard, an individual, Does 1 through 20, inclusive, YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE) American Express Centurion Bank, a Utah State Chartered Bank NOTICE!** You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), your county library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case Tiene 30 DIAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta, puede encontrar estos formularios de la corte y más información en el Centro de Ayuda de las Cortes de California ([www.courtinfo.ca.gov/selfhelp/espanol/](http://www.courtinfo.ca.gov/selfhelp/espanol/)), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de prestación pida al secretario de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más advertencia. Hay otros requisitos legales Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos sin grupos sin fines de lucro en el sitio web de California Legal Services ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), en el Centro de Ayuda de las Cortes de California ([www.courtinfo.ca.gov/selfhelp/espanol/](http://www.courtinfo.ca.gov/selfhelp/espanol/)), o poniéndose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperación de \$10,000 o mas de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que corte pueda desear el caso. The name and address of the court is: (El nombre y dirección de la corte es): SUPERIOR COURT OF CALIFORNIA, SAN DIEGO COUNTY, Central Division, 330. W BROADWAY SAN DIEGO, CA 92101 CASE NO: 37-2013-0006828-CU-BC-CTL The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es): LINA M. MICHAEL, Esq. SBN: 237842; MICHAEL & ASSOCIATES, 555 St. CHARLES DRIVE, SUITE 204 THOUSAND OAKS, CA 91360 (805) 379-8505 DATE: SEP 27, 2013 Clerk, by C. SPIES, Deputy, ISSUE DATES: APR 24 MAY 01, 08 AND 15, 2014

**STATE OF SOUTH CAROLINA COUNTY OF BERKELEY THERESA JONES versus CHRISTOPHER D. ABERY, Defendant IN THE FAMILY COURT OF THE NINTH JUDICIAL CIRCUIT CASE NO. 2012-DR-08-1808 SUMMONS** A Final Hearing is scheduled in this matter on May 27, 2014 at 9:00 a.m. at the Berkeley County Family Court, 300-B California Ave., Moncks Corner, SC 29461. TO THE DEFENDANT, CHRISTOPHER D. ABBEY, ABOVE-NAMED AND / OR HER ATTORNEY: YOU ARE HEREBY SUMMONED and required to Answer the Complaint in this action, a copy of which is herewith served upon you, and to serve a copy of your Answer to said Complaint on the Plaintiff or her attorney, BARBARA A. STROWD, at her office, 200 W. 5th N. Street, Post Office Box 1708 Summerville, South Carolina 29484, within thirty (30) days after the service hereof, exclusive of the day of such service. YOU ARE HEREBY GIVEN NOTICE FURTHER that if you fail to appear and defend and fail to answer the Complaint as required by this Summons, within thirty (30) days after the service hereof, exclusive of the day of such service, JUDGEMENT BY DEFAULT will be entered against you for relief demanded in the Complaint. Dated at SUMMERVILLE, SOUTH CAROLINA. This 6th day of AUGUST 2012. BARBARA A. STROWD ATTORNEY FOR THE PLAINTIFF 200 W. 5th N. Street Suite C Summerville, SC 29484 (843) 851-2546 ISSUE DATE(S): APR 24 MAY 01, AND 08, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-010964 Fictitious Business Names(s): MATTHESS CO PLUS, MATTHESS COMPANY PLUS** located at: 1835 A CENTRE CITY PKWY #219 ESCONDIDO, CA 92025 is registered by the following: MASCCO, INC.

This business is conducted by: A CORPORATION MASCCO, INC. 1835 A CENTRE CITY PKWY #219 ESCONDIDO, CA. 92025 CALIFORNIA The first day of business was: 05/01/14 Registrant Name: JOHNNY MASCARI Title: PRESIDENT, CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 01, 2014 ISSUE DATES: APR 24 MAY 01, 08 AND 15, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-010414 Fictitious Business Names(s): MAT EXPRESS** located at: 2719 KURTZ STREET, STE. C SAN DIEGO, CA 92110 is registered by the following: M.A.T. PARCEL EXPRESS, INC. This business is conducted by: A CORPORATION M.A.T. PARCEL EXPRESS, INC. 2719 KURTZ STREET, STE. C SAN DIEGO, CA 92110 CALIFORNIA The first day of business was: 05/01/14 Registrant Name: THOMAS A. EGGERT Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 11, 2014 ISSUE DATES: MAY 01, 08, 15 AND 22, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-011618 Fictitious Business Names(s): MISSION BEACH CENTENNIAL** located at: 3303 ELLIOTT STREET SAN DIEGO, CA 92106 is registered by the following: WENDY CRAIN This business is conducted by: AN INDIVIDUAL The first day of business was: 08/08/13 Registrant Name: WENDY CRAIN Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 24, 2014 ISSUE DATES: MAY 01, 08, 15 AND 22, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-010814 Fictitious Business Names(s): CHIEF VAPES** located at: 6646 MURRAY PARK DR. SAN DIEGO, CA 92120 is registered by the following: SALEM SCIENTIFIC LLC This business is conducted by: A LIMITED LIABILITY COMPANY SALEM SCIENTIFIC LLC 6646 MURRAY PARK DR. SAN DIEGO, CA 92120 CALIFORNIA The first day of business was: 08/08/13 Registrant Name: OMAR SALEM Title: OWNER / CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APR 16, 2014 ISSUE DATES: MAY 01, 08, 15 AND 22, 2014

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-011702 F**



## Narrowing the gap between the buyer and seller

Inside  
**REAL ESTATE**

Charles Schevker &amp; Natasha Alexander

Your car has been good to you all these years, and you are fond of it. You decide it is time to trade up, and you believe you should get a fair price for your item. Problem is, your idea of a fair price is different than that of the dealership. The dealership near-

ly insults your car's condition, bragging about the newer model it wants to sell you. No different in real estate. Sellers brag about their houses like they are selling a brand new car, and buyers have insulting comments about the property.

Gaps in the perceptions and expectations between buyers and sellers often materialize, and here is where many of the gaps reside:

**Price** Sellers often have an inflated opinion of their homes and want to receive the highest price regardless. The buyer's objective is to acquire an upgraded house and to pay as little as possible.

**Appearances/upgrades** Sellers are blind to faults and, thus, often understate the cost of enhancements, whereas buyers examine every inch with a magnifying glass and overestimate the cost of those same enhancements.

**Concessions** Sellers may do little or nothing to prepare their house for sale. Buyers may want guarantees that equipment and systems will work endlessly.

**Terms and conditions** Sellers want to include no contingencies (possible ways for the buyer to cancel) in the contract. Buyers want to extend contingency periods to give themselves more time to perform their obliga-

tions. Sellers want buyers to place the highest amount of deposit to give themselves more confidence in the buyer's intentions. Buyers want to minimize the deposit, thereby reducing their risk of exposure should they need to cancel.

The more gaps that exist, the more likelihood that a buyer and seller will not come to an agreement, and the greater the chances that the real-estate agents involved will not be able to bridge those gaps.

The key to a successful transaction closure is knowing how to narrow these gaps and keep the parties on an even emotional keel. Every situation is different, however, and it's probably best that buyer and seller prepare a list of key concerns and have a discussion with a real-estate agent. Sure, this amounts to some homework, but there is a lot of money at stake — and really, how often does the average person buy/sell a house?

Real estate agents provide the value of knowledge, experience and skills to help you achieve your goals. As professionals, we want to serve you to the best of our abilities with counsel and advice that will assist in your decisions and will help narrow the gaps from the beginning.

— *If you have any questions about real estate in San Diego, send your inquiries to [WeSellLaJolla.com](mailto:WeSellLaJolla.com) or Charles Schevker or Natasha Alexander at [Cshevker@san.r.com](mailto:Cshevker@san.r.com).*

**REAL ESTATE Briefs >>****San Diego home prices steady amid faltering housing statistics**

Despite a national drop in home sales, real estate prices in San Diego are holding steady, and the metropolitan area remains in the top three for total increases over the past year, according to new data from the respected S&P/Case-Shiller index.

"The three California cities (San Diego, Los Angeles, San Francisco) and Las Vegas have the strongest increases over the last 12 months as the West continues to lead," said David M. Blitzer, chairman of the index committee at S&P Dow Jones Indices. But he noted that other measures show an uncertain housing market.

"Despite continued price gains, most other housing statistics are weak," he said. "Sales of both new and existing homes are flat to down. The recovery in housing starts, now less than 1 million units at annual rates, is faltering. Moreover, home prices nationally have not made it back to 2005."

Here are the top five metro areas for home price increases over the past year:

Las Vegas - 23.1 percent  
San Francisco - 22.7 percent  
San Diego - 19.9 percent  
Los Angeles - 18.2 percent  
Atlanta - 16.1 percent

**Old Padres ballpark new development site**

Fifty-seven years after the San Diego Padres abandoned Lane Field to move to a new ballpark in Mission Valley, a real estate joint venture is moving forward with plans to turn the old ballpark site into a hotel development with retail shops and a public park.

Lankford Phelps Portman, a real estate venture comprising Portman Holdings, Lankford & Associates and Hansel Phelps, has announced that it has secured financing for the development. It will include a 253-room SpringHill Suites, a 147-room Residence Inn (both in the Marriott portfolio), about 27,000 square feet of retail space and more than 400 parking spaces.

The Port of San Diego owns the land.

The development site is located on North Harbor Drive, across from San Diego's new cruise ship terminal — part of the city's North Embarcadero Visionary Plan.

Development plans include an approximately 1.6-acre public park with access to the waterfront.

General contractor Hensel Phelps plans to break ground immediately, and the project will open in early 2016.

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**HELPING HEROES** A check for more than \$1,200 was presented to the Warriors and Quiet Waters Foundation, benefiting wounded war veterans in the name of the La Jolla Town Council, at a meeting of the La Jolla Real Estate Brokers Association, Inc. (REBA) on April 30. The donation came from money raised Oct. 5 at a La Jolla Dancing with the Stars fundraiser coordinated by the La Jolla Town Council and the San Diego Police Historical Association. From left are: Col. Cliff Myers of Warriors and Quiet Waters Foundation; Sgt. Steve Willard of the San Diego Police Historical Association; La Jolla Realtor Maxine Gellens; La Jolla Realtor and Town Councilmember Nancy Gardner; and REBA president Karen Rockwell. PHOTO BY DAVE SCHWAB

## REINVENT >>

CONT. FROM PG. 8

to work full-time. Face fear head-on and create the life you want to live. Be honest about fear. Own it. Let it out. Take control. Take action.

Is there a project you want to accomplish? A hobby you want to grow? A garden you want to plant? A cause you want to support? Family you want to help? Make decisions and make a plan based on your answers to such questions. Write it down. If you are unsure how to take the first step, scour your bookstore, search on amazon.com or surf the web. There are plenty of resources available to you. If you need personal guidance, consider

hiring a life coach to help you through the process.

Whatever you decide, just do it. Turn off the TV. Get out of the easy chair. Reach out for help. Connect with others who are struggling with the same issues. There are 77 million of us out there. You have a lot of company. Reach out. Don't face the unknown alone.

— *The Retirement Concierge helps baby-boomers on the verge of retirement to plan, make and manage life transitions by guiding them through a systematic process of discovery and re-creation where they write their own rules, make their own plans and reinvent their own lives. See TheRetirementConcierge.com or call (619) 818-8757.*



## Mixing & mingling

Upcoming Chamber Mixer & Ribbon Cutting May 6th

### Message from the COB

On Wednesday April 23rd Gene and Ted Barduson of the La Jolla Wellness Studio hosted the La Jolla and Golden Triangle Chamber of Commerce's April "Business After Five" mixer. The studio is located at 7660 Fay Avenue in La Jolla. Approximately 40 attendees enjoyed networking and working out on state-of-the-art exercise equipment. The high tech machines are designed to enable busy people to get a complete workout in as little as fifteen minutes. Guests also enjoyed delicious Organic Beef Sliders provided by Home Grown Meats which is located right next door.

Ted also serves as the Chamber's Vice President for La Jolla. One of his most exciting projects is a special promotion from TV Showcase. Participants will get a professionally produced three minute marketing video that would enhance any web-site. The videos will also air on TV eight times as infomercials on local network and cable channels. The productions will remain the property of each member who participates and can then be used for any other marketing or advertising purposes.

The Chamber has arranged a Special "Members Only" group price for this service. Normally a production of this quality would cost in excess of \$4000 and not include any TV time. The Special Price for Chamber Members is only \$2500 and includes the eight 3 minute TV infomercials. To sign up or to get more information please call Ted at (619) 954-3474. For membership info please call the Chamber President, George Schmall at his office of Financial Bodyguards Insurance. (858) 350-1253.

The next Business After Five Mixer will include a Ribbon Cutting for our host Dr. Jana Osmolinski at her office of La Jolla Family Dentistry. The event will be held Tuesday May 6th from 5:00 to 7:30 PM Dr. Jana is located at 7509 Draper Avenue Suite B in La Jolla. Food and beverages will be provided. This is a free event so don't miss it!

Cordially, George Schmall, COB LJGTCC.

### Photos from the April Business After Five Mixer @ La Jolla Wellness Studio



From right to left; La Jolla Wellness Studio Founder Gene Barduson with Fitness Director Eileen Benedict, Nutritionist/Trainer Janelle Fischer, and LJGTCC Vice President Ted Barduson.



Mr. Barduson welcoming Dr. Jana Osmolinski of La Jolla Family Dentistry as an official member of the La Jolla and Golden Triangle Chamber of Commerce.



Ted Barduson holding the raffle bowl with Janelle Fischer and Eileen Benedict.



More networking around the studio

## Real Estate Runs In Cairncross' Bloodline, Who Recently Won A RE/MAX Award For Ranking #1 in San Diego

Who better should you turn to for Real Estate needs in San Diego than Native-Born San Diegan, Steve Cairncross. It was only natural progression for Cairncross to get involved in Real Estate. As Cairncross depicts his story, "My father began Cairncross Realty in the 1970's in Mission Beach. The Brokerage managed vacation rentals and sold real estate." As Cairncross puts it, "I got the 'bug' from my parents; they helped many people achieve their dreams of Home Ownership, and I wanted to be apart of it. Buying and selling a home is one of the biggest financial decisions of a person's life, and I wanted to assist people through this absolutely gratifying process."

While attending college, Cairncross worked full-time, running the family business. Cairncross was as lucky in love as he was, and still is, in business, and in 1987, he wed his beloved wife, Lori, and had two beautiful children: Caitlin, 24, and Pat, 22. Then, in 2000, Cairncross made one of the hardest decisions in his life, to leave the family brokerage. Cairncross states, "My decision was to better service my Clients by solely focusing on selling real estate instead of running a Brokerage. I looked for a company that was nationally recognized and had great local presence, 'Re/Max Coastal Properties,' headed by President/Broker, Greg Flaherty, and wife, Vice President, Shayne Flaherty, had everything that I was looking for. It is a 'Country Club Brokerage, if you will. They do not let just anyone join. Here, some of the elite Agents in San Diego, the Experts in the real estate field, affiliate. "Of course, Cairncross is a Realtor on the forefront, providing the best role model an office can possibly have!" states Flaherty. "Re/Max Coastal pos-

sesses a remarkably synergistic environment, with a lot of camaraderie, where the Agents compliment one another's strengths and talents." It was a sensational business decision for Cairncross.

In 2004, oddly enough, through a Craigslist ad, Cairncross met up with his highly talented, licensed Assistant, Lisa Perich, who has been a major support and backbone of Cairncross' business for over 10 years. Lisa has been a perfect fit for Cairncross' business. She is super organized, and punctual, and does not leave anything unturned. Cairncross proudly continues, "My daughter, Caitlin, has joined our team. I feel so lucky to be able to spend quality time mentoring my daughter to evolve in the real estate industry passion." My hope is that eventually my son, Patrick, who is working for the Corcoran Group in NYC, will join the team, too." Shayne Flaherty elaborates, "The remarkable components that set this team apart from the rest is that Cairncross conducts his business with the utmost integrity—super high morals and ethics—'always take the high road, be loyal to those you conduct business with' is his motto, and this magical bond of trust is born within all his relationships." Cairncross is community-spirited and has been a Member of the San Diego Rotary Club since 1991, giving major support to the organization.

Greg Flaherty boasts, "Whatever Steve Cairncross is doing, he is doing it right. And this is an understatement; Cairncross ranked #1 with Re/Max in San Diego, and #3 with Re/Max in all of California & Hawaii, and he ranked #6 in all of the nation! This March, at the Mandalay Bay in Las Vegas, Cairncross was honored with a most outstanding and

distinguishable Award for his grand accomplishments." Cairncross embellishes upon the firm Re/Max Coastal Properties, "Re/Max allows me to have my own, customized and unique business under the larger umbrella of the brand-name, Re/Max, which is renowned across the nation. Re/Max and my team provide, and have accessible, to Clients the hottest, most current, top-notch marketing tools, nationwide ad campaigns, the most updated research data, software, and databases to furnish our Clients 'the cutting edge' on buying or selling a home in this competitive real estate market to stand out and be a cut-above everyone else out there." Cairncross continues, "Bottom line: I love what I do, my team loves what they do, we love waking up each day and assisting Clients in this dynamic real estate market, with the ups and the downs, we make people happy and they keep coming back and sending me referrals. My team is exceptionally passionate and proud of what we do for our Clients...this is the magic to our success."





# E-waste program expands to Ace franchise By DAVE SCHWAB

Recycle San Diego, San Diego's largest independent recycler of electronic waste, is expanding its program to make disposal of electronic waste quick and painless for thousands of San Diego consumers by creating local drop-off points around San Diego County. The latest collection point comes through a new partnership with Meanley & Son Ace Hardware in La Jolla for collection of consumer e-waste.

"The Environmental Protection Agency estimates that only about 28 percent of all e-waste gets recycled," said Jeffrey Harding, Recycle San Diego president and founder. "The goal of our initiative with Ace and others is to make easy disposal and collection available seven days a week."

Ace will accept most types of light bulbs and batteries. They'll also take electronics such as cell phones, iPods and personal digital assistants. Ace will also offer 10 percent off any purchases made in the store at the time of drop-off.

The store is located at 7756 Girard Ave.

Highly toxic chemicals and substances are used in the manufacturing of many products, such as light bulbs, batteries and printed circuit boards found in almost any item that uses electricity. Arsenic, lead, mercury and other heavy metals remain in these products, and when they are discarded and left in landfills, they leach out into the ground and find their way into the water table.

In 2013, Recycle San Diego collected more than 3.2 million pounds of e-waste. It maintains 17 drop-off points throughout the county and hopes to reach 40 by the end of the year. It also gives customers a Certificate of Recycling, which releases the donor from all liability and puts the burden of safe recycling on the organization.

For more information about Recycle San Diego and its community outreach programs, visit [recyclesandiego.org](http://recyclesandiego.org) or call (858) 569-1807.



A recycling center is brimming with electronic items that otherwise would contaminate the water table. COURTESY PHOTO

**kW** Nicole Rawson  
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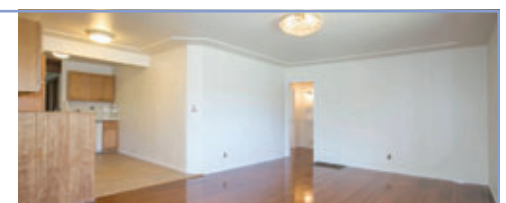
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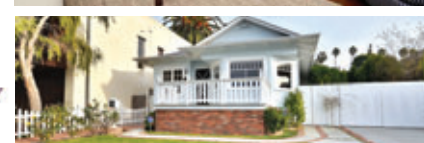
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**\$1,685,000**

- 2 Bedroom / 2 Bath with Room to Expand
- \$250,000+ in restoration completed in 2009
- 5,750 square foot lot
- Mills Act = \$3,094 annual taxes

**SPARKLING POOL HOME**  
**WITH PANORAMIC VIEWS**

**1788 Mountain Hill Place • Escondido**  
**4BD/3.5BA**

Cul De Sac on landscaped 1/2 acre. View Mountains/Hills. 3500+SF. 4 Bedrooms. 3.5 Baths incl. 1st floor BR with bath. High ceilings with Skylights. Sparkling pool/spa. Patio areas on 3 sides of home incl. built-in BBQ, fountain in enclosed front entry. Completely upgraded, designer eat-in kitchen with granite counter tops and large work space island. 3 Car Garage.

**\$789,000**

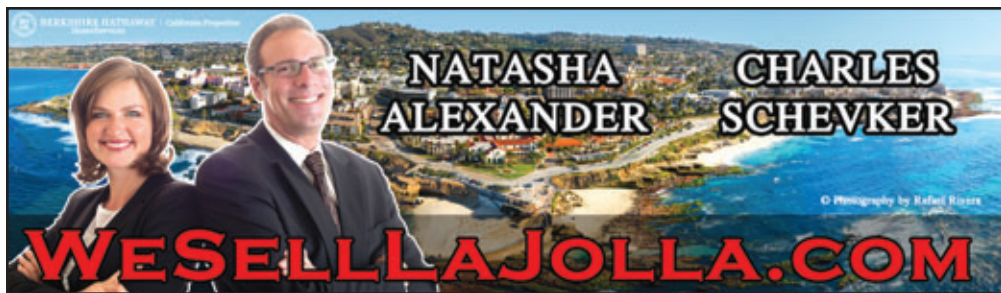


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## Which of These 7 Costly Mistakes Will You Make When You Sell Your La Jolla Home?

### Why Most Home Sellers Don't Get the Price They Want

La Jolla - A new report has been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become less and less effective in today's market. The fact of the matter is three quarters of home sellers don't get what they want for their home and become disillusioned and worse: financially disadvantaged when they put their home on the market.

As this report indicates, most home sellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these 7 mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar" To hear a brief recorded message about how to order your free copy of this report, call the Info line: 1-800-467-9064 and enter ID# 2000. You can call any time, 24 hours a day, 7 days a week.

Report is offered courtesy of Real Estate Info San Diego, CA BRE 01057701  
Not intended to solicit properties currently listed for sale.

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## \*NEW LISTING!\*

Klatt Realty has just listed For Sale this beautiful 3 bedroom, 2 bath condominium town house in Fashion Hills! You will enjoy the Mission Valley and City lights views. Priced at \$575,000!!! Call today for your appointment to see this great deal!

**Rental: 1. \$3,950\*\*\* RPM:** We have a furnished Solana Beach home in the desirable Saint Frances development for lease now! Call today for an appointment to see this for yourself! Sorry, no smokers, please.

\*\*\* = Owner requires an acceptable credit check, a Security Deposit, first and last month's rent.

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### LA JOLLA

Sat & Sun 1-4pm	.6721 Draper	3BR/3BA	\$1,050,000	Irene McCann / Melanie Albers 858-232-7373
Sat & Sun 12-3pm	.509 Genter	4BR/2BA	\$1,195,000	Michelle Serafini • 858-829-6210
Sat 1-4pm	.7824 Ivanhoe Ave.	3BR/3BA	\$1,200,000	Michael Mastro • 619-917-9096
Sat 1-4pm	.1334 Caminito Arriata	4BR/3BA	\$1,235,000	Irene Chandler • 858-775-6782
Sun 10-1pm	.7757 Eads Ave A4	2BR/2BA	\$669,000	Irene Chandler • 858-775-6782
Sun 12-3pm	.3251 Via Marin	4BR/3BA	\$675,000-\$695,000	Moiria Tapia • 858-337-7269
Sun 1-4pm	.1704 Caminito Ardiente	4BR/2.5BA	\$949,000	Teresa Schumacher • 619-995-2132
Sun 1-4pm	.7555 Eads Ave.	2BR/2BA	\$900,000-\$990,000	David Schroedl • 858-459-0202
Sun 1-4pm	.5970 Hedgewood Row	3BR/2.5BA	\$1,199,000-\$1,299,000	Lauren Gross • 619-778-4050
Sun 2-4pm	.7824 Ivanhoe Ave.	3BR/3BA	\$1,200,000	Virginia Luscomb • 619-981-2323
Sun 1-4pm	.7356 Rue Michael	3BR/2.5BA	\$1,950,000-\$2,250,000	Deborah Greenspan • 619-972-5060
Sun 1-4pm	.1333 Dellcrest Lane	3BR/3BA	\$2,195,000	Linda Daniels • 858-344-2230
Sun 1-4pm	.5461 Pacifica Dr.	5BR/4.5BA	\$2,500,000-\$3,000,000	Amity Taylor • 619-852-1983
Sun 1-4pm	.7781 Hillside Dr.	4BR/4BA	\$2,595,000-\$2,795,876	Susana Corrigan & Patty Cohen 858-229-8120
Sun 1-5pm	.5862 La Jolla Corona Dr.	5BR/4.5BA	\$2,995,000	Marty Vusich • 858-449-6106
Sun 1:30-4:30pm	.7713 Esterel Dr.	6BR/6.5BA	\$4,095,000	Malena Suarez • 858-344-6259
Sun 1-4pm	.1326 Muirlands Dr.	6BR/7.5BA	\$7,500,000	Team Chodorow • 858-456-6850

### PACIFIC BEACH / MISSION BEACH / CROWN POINT

Sat & Sun 1-3pm	.727 Deal Ct.	2BR/2BA	\$1,050,000-\$1,150,000	Kristi Olson • 619-200-5383
Sun 12-3pm	.871 Agate St.	3BR/2BA	\$825,000-\$875	Michelle Dykstra • 858-344-7653
Sun 1-4pm	.1684 Los Altos Rd.	5BR/5BA	\$2,495,000-\$2,995,000	Pacific Sotheby's • 858-414-5448
Sun 1-4pm	.3961 Hortensia #H11	2BR/2BA	\$339,000	Phil Carrillo • 858-234-5884

### POINT LOMA / OCEAN BEACH

Sat & Sun 11-4pm	.3535 Tennyson St.	3BR/2BA	\$699,000	Robert Realty • 619-852-8827
Sun 1-4pm	.936 Armada Terrace	3BR/2.5BA	\$1,140,000	Dave King • 619-405-1937
Sat & Sun 1-4pm	.3935 Del Mar Ave.	3BR/3BA	\$875,000	Debi Kirchbaum 760-400-8380

### BAY PARK

Sun 1-4pm	.4274 Mayo St.	3BR/2BA	\$575,000-\$600,000	Courtney Bennett • 619-929-6858
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### KENSINGTON

Sun 12-3pm	.4525 Vista St.	3BR/3BA	\$799,000	David Schroedl • 858-459-0202
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### SPRING VALLEY

Sat 10-12pm	.360 La Presa Avenue	3BR/3BA, Views, Fireplace	\$425,000-\$445,000	Nick • Iberia Homes 858-729-5375
Sun 1-3pm	.360 La Presa Avenue	3BR/3BA, Views, Fireplace	\$425,000-\$445,000	Christina • Iberia Homes 619-922-5375

### UNIVERSITY CITY

Sat 1-4pm	.3346 Caminito Vasto	3BR/2.5BA	\$648,000	Charles Schevker • 858-449-8250
Sat 1-4pm	.8176 Caminito Sonoma	3BR/2.5BA	\$615,000	Natasha Alexander • 858-336-9051
Sun 1-4pm	.8176 Caminito Sonoma	3BR/2.5BA	\$615,000	Charles Schevker • 858-449-8250
Sun 1-4pm	.3346 Caminito Vasto	3BR/2.5BA	\$648,000	Natasha Alexander • 858-336-9051
Sun 1-4pm	.7119 Cather Court	3BR/2.5BA	\$1,100,000-\$1,200,000	Diane Medina • 858-922-2115

### Deborah Greenspan

BRE# 017333274

(619) 972-5060

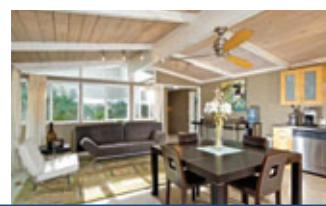
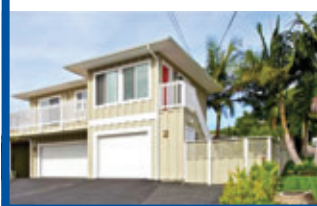
Deborah.Greenspan@SothebysRealty.com



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### Entertainers Dream in the Heart of the Covenant

\$4,995,000



## 5224 Cardeno Dr.

North Pacific Beach, just a few blocks out of La Jolla on a 7,760sq.ft. corner lot, this modern beach house works as a 4BR/3BA or as a 3BR/2BA w/complete attached granny flat that has its own living room, bathroom & balcony above the 3 car garage w/ an ocean view! All connects and separates! Recently remodeled, this beautiful home has a custom kitchen, bathrooms, floors, wood beam ceilings, private enclosed

**\$1,125,000**

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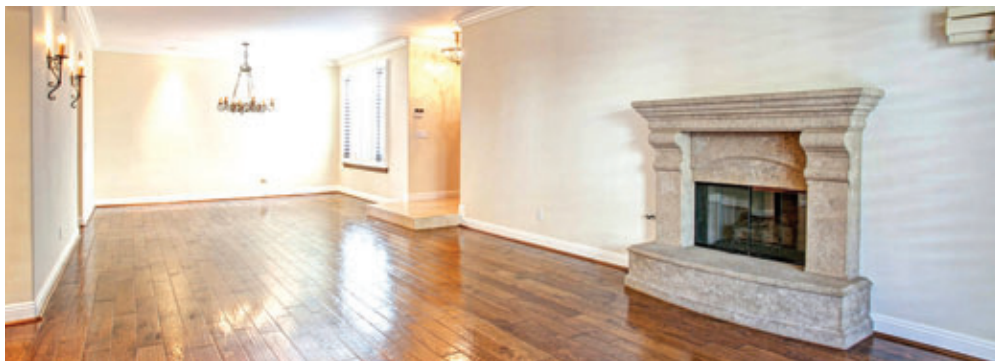
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This spectacular single-level 2BR/2BA "Venezia" luxury condominium boasts over 1,700 square feet of spacious elegance. A wonderful blend of old world charm & modern amenities. Featuring a gorgeous gourmet kitchen & stunning solid wood floors throughout. Private outdoor patio, AC & 2 assigned parking spaces in the gated underground garage. In the heart of the Village - Walk to the beach, & all your favorite restaurants and shops!

Offered between **\$900,000 & \$990,000**[www.7555EadsAvenue14.com](http://www.7555EadsAvenue14.com)

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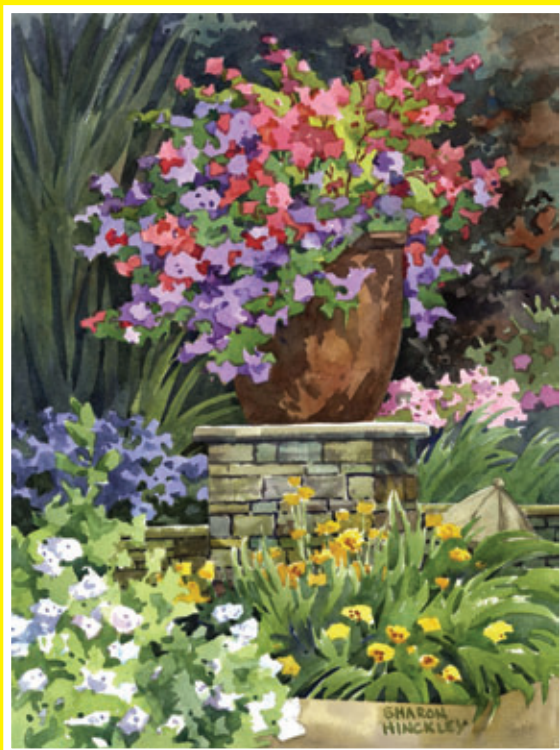
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The La Jolla Historical Society's 16th Annual  
**Secret Garden Tour**  
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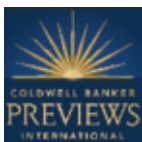
**Saturday, May 17, 2014**

For more information, call the La Jolla Historical Society at **(858) 459-5335** or go to their website: [www.lajollahistory.org](http://www.lajollahistory.org) make your reservations.

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