

THE BIG PICTURE



IN THE BEST TRADITION Nearly 200 UC San Diego volunteers gathered at Howard Pence Elementary School in San Diego on Jan. 18 to revitalize the school's garden, paint murals on the playground and much more. The service project, held as part of UCSD's annual Martin Luther King Jr. Day of Service, was organized by Volunteer50 and the Center for Student Involvement to educate students about the impact they can make in the local community. Following the day of service, about 500 volunteers represented UCSD in the annual Martin Luther King Jr. Parade, celebrating "Freedom Through Education." Washington Monthly politics and government magazine has ranked UCSD No. 1 in public service the last five years.

'Inga Tells All': La Jolla columnist's life is a page-turner

By DAVE SCHWAB

A mysterious longtime Bird Rock resident has revealed herself to have a split personality.

It's all in her new book "Inga Tells All: A Saga of Single Parenthood, Second Marriage, Surly Fauna And Being Mistaken for a Swedish Porn Star."

Inga has been writing under an assumed name and sharing her life lessons with an edge the past few years in a San Diego-based community newspaper column called "Let Inga Tell You." Now, she's seeking a broader audience. And people will find her new tome is not only the

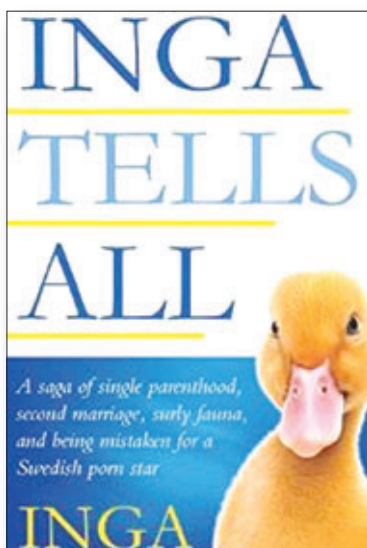
new and improved "Inga" but also an unfettered one.

"Regular readers of my column will recognize some material, but there has been much editing and rewriting," said Inga of her anthology. "There is also a lot of material not previously published that would come under the heading 'totally unsuitable' for a family newspaper."

"Inga Tells All," weighing in at 342 pages and published last fall by CreateSpace Independent Publishing Platform, is available on amazon.com and elsewhere for \$12.35.

Inga said going from journal to novel with her personal experiences has been all-consuming.

"Over the past year, I have spent virtually all of my time (besides my



With her collection of columns and blogs, Inga is seeking a broader audience.

SEE **INGA** >> PG. 18

GROWING PAINS

Business on Avenida plummets midway through infrastructure work By DAVE SCHWAB

Shores merchants hit hard by ongoing construction of the Avenida de la Playa Infrastructure Replacement and Sewer & Water Group projects are hoping — and planning — for business to return to normal after Memorial Day once work is complete. But it's been an agonizing experience for some whose business has plummeted due to noise, dirt and dislocation caused by the infrastructure replacement projects, which began a week after Labor Day.

Shops along Avenida de la Playa are currently experienc-

ing the worst of it, with trenching and heavy equipment operating right outside their doors on the Shores commercial strip.

How bad is it?

"Right now, it's right there," said Terry Kraszewski, owner of Surf Angel boutique, pointing out the window of Piatti restaurant to a huge earthmover scooping dirt out of the center of Avenida for trenching.

"The first of February, they're supposed to be off our block,"

SEE **AVENIDA** >> PG. 17



La Jolla Shores merchants keep brave faces as construction projects have decimated commerce along Avenida de la Playa. The work is set to continue until after Memorial Day.

PHOTO BY DAVE SCHWAB

The San Diego Jewish Film Festival turns 25 this year - and as part of the celebration, an Austrian-American film star is making a guest appearance. See our story on page 10.



"Pinnicle of Pancakes"
- San Diego Magazine
"Breakfast 5 Best"
- USA Today

RICHARD WALKER'S
Pancake House

NOW OPEN La Jolla 909 Prospect St. (in the heart of The Village) 858.459.8800
Downtown 520 Front St. (just south of Market St.) 619.231.7777
Open Daily from 6:30 - 2:30
richardwalkers.com



Santa Fe Omelette



FDA APPROVED!

Come in for a
FREE Consultation

The intelligent alternative to liposuction
with equally dramatic results.
No Pain, No Downtime

la jolla
WELLNESS
STUDIO

- Fitness and Wellness
- Stress Reduction
- Libido Improvement
- Soreness
- Lactic Acid Elimination
- Blood Circulation

VOTED BEST
Wellness Studio
And Personal Trainers in La Jolla

7580 Fay Avenue • Suite 103 • La Jolla
(858) 444-0340 • www.lajollawellnessstudio.com
Open Saturdays

Fitness, Health & Beauty

The facts behind fat
reducing treatments.

The choices for fat reducing technologies are plentiful. This article sheds some light on the various options in this very large aesthetic field.



Brands such as Prolipo and Lipolite, as well as the Smartlipo Triplex, use fiberoptic delivery of high-powered, infra-red laser energy to destroy the fat cells following extraction of the debris by cannula. Local anesthesia is used and strong analgesia is provided for pain during recovery. Side effects include discomfort, edema, and bruising lasting 1-3 weeks. Significant complications such as bleeding, infection and burns are also a consideration.

Ultrasound Assisted Lipo or Vaser Lipo use ultrasonic energy under the skin to remove the fat following extraction of the debris by cannula. Local anesthesia is used and strong analgesia is provided for pain during recovery. Side effects include discomfort, edema and significant bruising.


Cryolipolysis, also known as Coolsculpting, destroys fat cells through freezing them. Patients report extreme discomfort during treatment, as anesthesia is not an option. Coolsculpting works on the abdomen only. Side effects include redness, bruising, swelling, cramping, and numbness at the treatment site. Some patients experience numbness that persists for several weeks. It's possible a divot can occur if the device is applied incorrectly. Many sessions are required and results are not seen until 6-9 months.

Low Level Laser Therapy, such as iLipo xcell by Chromogenex, is a noninvasive and non-surgical technique using low-level laser technology to stimulate the body's natural process for releasing its stored energy from adipose tissue, shrinking fat cells followed by vacuum massage for body contouring and cellulite reduction. There is no sensation at all during treatment and post treatment signs or symptoms are nil. It is FDA approved and patients see significant reduction after each treatment. Patients can return to normal activity immediately.

Conclusion

iLipo xcell offers the non-invasive treatment with the least biological impact on the body, lowest risk of side effects or margin for operator influence or error. By only emptying the cell contents rather than destroying the cell to release stored contents the ability for future storage in that area remains. In procedures where fat cells are surgically removed or destroyed, any future fat storage (from mismanaged diet and exercise lifestyle) will have to be distributed for storage in other anatomical locations, which would include around the internal organs and within the visceral cavity, one of the contributory factors to developing type II diabetes.

Low-level laser therapy leaves the cells intact, eliminating this risk. Finally, the device has pre-set treatment parameters which remove the risk of accidental ineffective treatment and does not require skill by the operator to ensure success. It's understandable why it's called the intelligent alternative to liposuction.



Even the smallest detail is critical to the successful sale or purchase of your home.

Gregg Whitney Understands.

Your success in buying or selling your property rests on your real estate agent's ability to handle each detail of your transaction, no matter how small, with care and precision.

That's why Gregg Whitney provides the very finest real estate service—whether it's arranging the best possible financing to purchase your first home, securing contracts and title transfers, or qualifying buyers prior to your sale. He understands the intricacies of the real estate market and can help you earn the most for your investment.

To set your real estate success in motion, Call Gregg today for a no-obligation consultation to discuss your real estate needs.



(858) 456-3282

Gregg@GreggWhitney.com
1298 Prospect St., Suite 2L
La Jolla

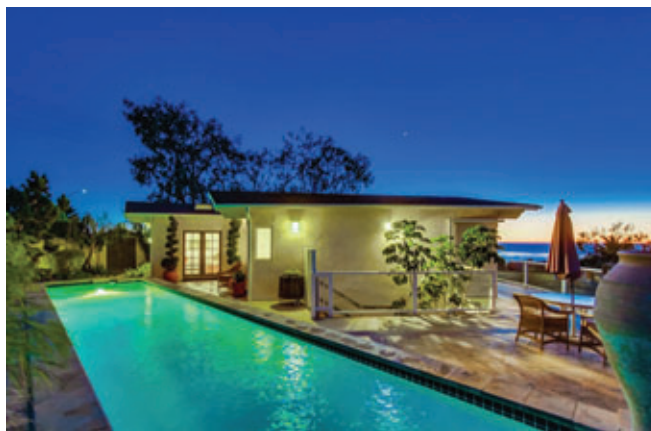
Billionaires Row
LA JOLLA

www.BillionairesRowLaJolla.com



Awe-Inspiring European Estate

4 bdr, 5.5 bath, approx 4,846 esf. Panoramic Ocean Views, wrap around decks, pool and spa, gourmet kitchen.
New Price \$3,250,000 - \$3,595,000



Pulse Racing Views

3bdr, 2.5 bath, 3208 esf, on nearly an Acre lot and 180 degree ocean & sunset views.
\$1,500,000 - \$1,695,000



Seahaus at Its Finest

2 bdr, 2 bath, 1618 esf.
Panoramic 180 degree ocean views.
\$1,350,000 - \$1,595,000



Muirlands - La Jolla

4bdr, 2.5 bath, 2,665 esf.
Single level on nearly half-acre lot with Ocean Views
\$1,550,000- \$1,699,000



Bird Rock Sanctuary

3 bdr, 2 bath, 2,064 esf., Ocean Views.
Great Location near shops & restaurants!
\$1,150,000 - \$1,274,000



Steps to the Beach - Windansea

Brand New Construction
3bd, 3ba, 1866 esf.
\$2,295,000

Parks group OKs hosting half marathon, hears from new ranger on keeping coastal peace

By DAVE SCHWAB

In January, La Jolla Parks and Beaches, Inc. endorsed hosting the annual La Jolla Half Marathon, set for April 26, as well as sanctioning proposed improvements for Whale View Point and preliminary schematic drawings for a pavilion including restrooms and showers at Ellen Browning Scripps Park.

Park planners also were introduced to Parish Rye, the new city park ranger hired to shuttle between the Jewel's coastal parks to enforce regulations and keep the peace. The all-volunteer group meets every fourth Monday at La Jolla Rec Center to make recommendations on coastal parks.

Rye introduced himself to the group, noting he's only been on the job six weeks and was hired after working for a decade in Balboa Park.

"I'm here to help with what the community's needs are," said Rye. "My hours will vary depending on the needs of the community," he added, noting he will be a liaison between lifeguards and the police department. The boundaries of his patrol area go from Tourmaline Surf Park north to Torrey Pines Gliderport.

Rye's phone number is (858) 581-

9981.

His email is prye@sandiego.gov.

Don Hodges of La Jolla Kiwanis and Leisha Battles gave a brief presentation on the 34th annual half marathon, which starts at Del Mar racetrack and ends at La Jolla Cove.

"We raise more than \$200,000 a year from the event and all proceeds go to addressing children in the community," said Hodges.

"What percentage of the park is not used?" asked group chair Dan Allen, who was told that much of the park remains open for the event, ending in the early afternoon.

"Thank you for not using all the park," noted longtime park planner Melinda Merryweather.

Ann Dynes gave a slideshow presentation discussing proposed shoreline enhancement of Whale View Point, known in part for its cobblestoned Climbing Wall area, built in 1910. Dynes said improvements include replacing existing salt bush in the area with other plant alternatives, building a retaining wall below the climbing wall and putting in a sidewalk replacing an existing decomposed granite path.

"We're characterizing this as a revegetation, maintenance project,"

said Dynes. "We're trying to use it as a demonstration project."

Noting Whale View Point has numerous "historical elements," Dynes said the parks committee is "committed to preserve those."

Water runoff, particularly following storms, has been problematic, with drainage coming down the bluff from the climbing wall.

"One of the things discussed with the city was the importance of preserving something at this site to keep the wall from being undermined," Dynes said, adding that "That includes a nice foot path for people to use."

Dynes asked the group to favorably view rebuilding the mostly deteriorated retaining wall to create a new path, which would be made of concrete rather than decomposed granite, to be carried away by water runoff. The group vote in favor of her suggestion was unanimous.

Taal Safdie, of Safdie Rabines Architects, presented design drawings of the new proposed park pavilion complex, which would be more than double the size of the existing facility, providing ample bathroom, shower and storage space while minimizing view obstruction on the

park's green lawn above the Cove.

Safdie noted her preliminary, three-dimensional design plan "gives more breathing space between the existing path and the proposed pavilion building."

Park planners, including Mary Munk, who's spearheaded development of several park restrooms in La Jolla, cautioned that the new facilities need to be designed with needs of the disabled in mind.

Munk cautioned against locating too many sinks inside restroom facilities, noting homeless people have been known to use them as makeshift laundry facilities.

Park planner Sally Miller added it's important to have subdued lighting at the pavilion site.

Judy Halter moved that the architect's preliminary design scheme be approved by the group "with flexibility and to address challenging issues that come up with (Americans with Disabilities Act compliance)."

"This is a schematic design only," noted Allen. "We're not going out to build it tomorrow."

The group voted overwhelmingly in favor of the new park pavilion design plan.

Romney may sell La Jolla home

An aide to La Jolla homeowner and former Republican presidential candidate Mitt Romney has told The Boston Globe newspaper that the Massachusetts ex-governor has retained a broker to show his La Jolla home – the one with the car elevator in it – to prospective buyers.

All this before he even gets a chance to settle in.

Romney and his wife Ann bought the property in 2008 for \$12 million, seeking permission to replace the structure with an 11,000-square-foot residence. Their plans were approved despite neighbors' fears that the massive residence would be out of place, and renovations went forward. The Romneys do not reside on the property.

As he weighs another presidential campaign, there are signs Romney is looking to shed his out-of-touch image. During a speech before Republican National Committee members earlier in January, he debuted a new message focused on poverty and income inequality.

Romney also owns a ski lodge and a residence in Utah and a summer home in New Hampshire.



GRAND OPENING!

Visit us in our beautiful new location in La Jolla!



We're excited to provide you with the highest quality hearing care and introduce revolutionary hearing aids designed to help you hear better!

We offer a **full range** of digital hearing aids starting at \$995!

If you or someone you may know have hearing loss, call HearUSA today to make an appointment at **858.260.5615**.

Experience the Highest Quality in Hearing Care:

- 100% Satisfaction Guarantee
- 99% Customer Satisfaction Rating
- Over 27 Years in Business
- Friendly Local Service by Licensed Professionals

\$25 Olive Garden Gift Card

With hearing screening. Must have hearing loss.

FREE Hearing Screening



La Jolla:
8915 Towne Centre Drive, Suite 116
San Diego, CA 92122
38 locations throughout California
Call: 858.260.5615

www.hearusa.com

© 2014 HearUSA. All Rights Reserved.

Celebrate Our 22nd Anniversary!



- Everything On Sale, Up To 50% Off!
- Valentine Wash Coupon Books
- Special Valentine Toys & Bandanas
- Enter for a chance to win 1 of 22 Free Washes

Dog Beach Dog Wash

4933 Voltaire Street • Ocean Beach
 (619) 523-1700 • www.dogwash.com
 Open 7 am to 9 pm • 7 days a week

Feb.
1st - 16th

Join Us For A Dog Beach Cleanup
 Sat., Feb. 14th • 9 to 11am



We Love Our Customers!

Thank you for voting us **"BEST TRAVEL STORE!"**

Packing or Planning...

You will find what you need at **Traveler's Depot**

FREE & EASY PARKING

Open 7 days a week
 1655 Garnet Ave
 San Diego, CA 92109
858.483.1421

www.TravelersDepot.com



10% OFF with this ad

Maps, Globes, Guidebooks, Journals, Luggage, Travel Packs and Organizers, Clothing, Hats, Shoes, Travel Sox™, Undies.

COMFORT ALOFT: Neck Pillows, Blankets, Eyeshades, Ear Plugs and other inventions.

CONVENIENCE: Travel Sheets, Quick Drying Antibacterial Towels, Toiletries, Toiletry Cases and other Containers, Security, TSA approved locks, Money Belts PacSafe™

baggage

EXOFFICIO

Hydro Flask

TEVA

kipling

KEEN

Travelpro

Backpack

HIGH SIERRA

TRAVELER'S DEPOT

One stop traveler's shop..Everything for travel except the tickets

11-year-old boy undergoes first SD pediatric heart transplant

An 11-year-old boy has undergone the first pediatric heart transplant performed in San Diego, having taken place Jan. 14 at Rady Children's Hospital.

Eric Montañó suffered from restrictive cardiomyopathy, a disorder that prevented his heart from filling with blood properly. He went on the heart transplant waiting list last August.

Eric's mom, Alma Mundo, said she got a call recently from the hospital advising her that a donor heart had been found and she needed to get Eric to the hospital immediately.

"My emotions were just all going crazy because I didn't know if I was crying because I was happy or because I was scared. I was excited, but it was really, really tough," Mundo said.

"Performing a heart transplant truly takes a team effort," said Eric Devaney, cardiac transplant surgeon who lead the surgery. "In addition to the cardiologists and surgeons involved, the transplant team is comprised of a variety of healthcare professionals, including a transplant nurse, a pathologist, a pharmacist, physical and occupational therapists, social workers, dietitians and child life specialists."

Rady transplant cardiologist Rakesh Singh, who will oversee Eric's



Eric Montañó, attended by mother Alma Mundo, recovers from San Diego's first pediatric heart transplant. PHOTO COURTESY RADY CHILDREN'S HOSPITAL

post-operative care, said he has an excellent prognosis.

"He has a very good chance of surviving a long time," said Singh who will be monitoring his post-operative care. "My hope is that his heart can be with him for at least 20 or 30 years, assuming he does all the things we ask of him, which includes taking medications and coming in for visits."

Eric's twin brother, Raul, also has a bad heart. He's still waiting for a donor organ to become available.

On average, fewer than 500 pediatric heart transplants are performed worldwide each year.

Rady maintains a neonatal intensive care unit in La Jolla.

--KPBS

NOAA officials note mass coastal sea lion pup strandings

Wave after wave of starving sea lion pups are drifting ashore in what officials said could be an outbreak of strandings similar to that seen in 2013 along California's coastline.

The warmer waters flushed in by El Niño, a periodic marine and atmospheric phenomenon, might be shifting the animals' food supply. That could be leaving mother sea lions malnourished, forcing pups to strike out on their own too soon, experts said.

For the past decade, sea lion strandings have averaged about 250 during the key period of monitoring between each January and April, said Justin Viezbicke, with the National Oceanic and Atmospheric Administration's fisheries service.

Since Jan. 1 of this year, however, marine mammal centers along the state have already received 150 of the animals.

In 2013, about 1,350 sea lions — more than five times the annual average — stranded on California beaches in what officials classified as an "unusual mortality event."

Scientists fear a similar toll this year, based not only on what they have encountered in recent weeks but also on the early warning signs they picked up after the most recent pupping season began last summer.

Pups in the Channel Island rookeries, about three hours north of San Diego, were about 19 percent below

average weight in September, said Sharon Melin, a wildlife biologist with NOAA fisheries. Nearly one out of three pups born last summer have died — about 12 percent higher than the normal mortality rate.

"All of the (rescue and rehabilitation) facilities are preparing for the worst and hoping for the best," said Viezbicke, also coordinator of the California Stranding Network. "They're getting staffing ready, looking at transferring animals if facilities are full, sharing staffing and resources and getting everybody ready to respond."

SeaWorld San Diego started seeing strandings in December instead of the typical February. The marine park has taken in 55 sick and starving sea lion pups this season.

"A lot of these guys are coming in malnourished and dehydrated because they've been weaned too early from their moms," said Todd Schmitt, SeaWorld's senior veterinarian.

Some of the pups arrive barely over their birth weight of 18 to 22 pounds, he said. Many are riddled with parasites or have respiratory infections, digestive maladies or a strain of pox. Some start to rally but then decline unexpectedly.

"They'll come into rehab and are doing fine, and then they'll just crash and go hypothermic and hypoglycemic," Schmitt said.

— U-T San Diego

Man gets 33 years in series of robberies

A burglar who broke into a La Jolla home, a church and six other residences was sentenced Jan. 22 to 33 years and eight months in state prison.

Christopher Richard Szumski, 33, heard El Cajon Superior Court Judge Daniel Goldstein impose the term, of which he will have to serve 85 percent, or 28 years, before he could be paroled.

The long sentence is due to Szumski's two prior burglary convictions, for which he served two separate prison terms in 2000 and 2004. This made him a third-strike defen-

dant, and he received doubled sentences consecutively for each burglary, which he had pleaded guilty to committing.

Deputy District Attorney Andrew Aguilar asked Goldstein for 37 years and eight months. Szumski could have received 25 years for each break-in.

Defense attorney Stacy Gulley told the judge that Szumski's problems stemmed from using alcohol and drugs. Gulley maintained the burglaries were not violent felonies.

Szumski was linked to a March 12, 2014 burglary of a residence

on Bellevue Avenue in La Jolla from DNA and fingerprints left on two jewelry boxes. He also broke into two buildings at St. Mary's in the Valley Episcopal Church in Ramona on April 14, 2014. He and a 19-year-old co-defendant took a safe with cash and checks, sacramental wine, communion silver and other items.

Sheriff's deputies arrested Szumski April 22, 2014. Goldstein ordered Szumski to pay \$1,220 to two victims, including an El Cajon church. He was fined \$8,373 and given credit for 274 days spent in jail.

Parkway noise wall, 2016 budget priorities among topics at Shores planners parley

By DAVE SCHWAB

On Jan. 14, Shores planners heard from neighbors about extending a noise mitigation wall along La Jolla Parkway, discussed priorities for community projects to be included in the city's fiscal year 2016 budget and agreed to a language change in the city's land development code affecting religious and other large assemblies in single-family neighborhoods.

A large crowd turned out at La Jolla Shores Association's monthly meeting at Scripps Institution of Oceanography Jan. 14 to hear these and other neighborhood concerns.

Shores resident Rick Adams gave a slideshow presentation arguing that an existing 200-foot noise wall along La Jolla Parkway built a decade ago needs to be greatly expanded.

"More than 50,000 cars per day go down that road," Adams said, "and noise standards measured in decibels are being exceeded." He noted the existing wall serves only a handful of residents on the west end of La Jolla Parkway.

"If the wall were to be extended east up the hill, it would be just under 2,000 feet long," Adams noted, adding that a petition to extend the wall has been signed by more than 100 local residents.

Adams said the first step in the process to extend the sound wall would be to "do an analysis and figure out whether it's feasible, the cost and so forth."

Association board member Mary Coakley Munk cautioned that any extension of the wall would have to be done sensitively, with thoughtful planning to ensure it's "worthy of the reputation of the community." Munk also suggested that neighbors look into doing some private fundraising for the proposed project rather than relying solely on the city, adding that would likely save both time and money.

A motion was made to add the noise mitigation wall to the community's capital improvement wish list for this year's budget. The group

vote was 11-1, with one abstention.

Association chair Tim Lucas later led a group discussion about what community projects in the Shores should be included on the District 1 budget priority list. One suggestion was that Allen Park be includ-

ed in the Shores Planned District Ordinance, the community's blueprint for development. Another request was to ask for newer, more

SEE PARKWAY >> PG. 14

Home Owners Lose Thousands When Selling Their Home

SAN DIEGO, A new report has just 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 increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what they want for their homes and become disillusioned and worse — financially disadvantaged when they put their homes on the market.

As this report uncovers, 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 mistakes is entirely preventable. I answer to this issue, industry insiders have prepared for a free special report entitled "The 9 step System to Get Your Home Sold Fast and For Top Dollar."

To order a FREE special report, call toll-free 1-800-276-0763 and enter 1000. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to find out how you can get the most money for your home.

Courtesy of Dennis DeSouza Remax Lic. 01220680

Ask The Trust & Estate Attorney SM

Question: I drafted my trust 20 years ago, do I need to make any changes?

Answer: Yes, probably. The first item that you need to review is whether or not your real estate is titled in the name of the trust. You can look on your tax bill and if it says "Tst," "Tee" or Trust or Trustee, it should be in the correct name. If you have refinanced your home, double check the title.

Next, look at your bank and brokerage account statements. Does it have the Trust name on it? If so, you are good. If not, talk to your banker and your financial advisor about putting the accounts in the name of the trust.

After you have skimmed through the big document, did you notice if all those persons listed are still alive? Do you still want them to act? Do you know where all those people are located? If you have answered No to any of these, please call your attorney to make the changes.

What not to put in the name of the trust: all IRAs, pension plans, Roth IRAs, and any retirement accounts. Check your beneficiaries on these to make sure that the names are accurate. If your Advanced Health Care Directive is more than 10 years old, it is time to replace it.



Virginia Weber Laskowitz
Estate Attorney

Weber & Lenett, LLP

"An Attorney
Your Grandpa &
Grandma
Would Love!"

A Law Corporation

619-222-5500

Probate
Trusts
Wills

www.virginiaweber.com • E-mail: vweber01@yahoo.com
4817 Santa Monica Ave. Ste D, San Diego, CA 92107

Daniel Anderson has a head on some very big shoulders

By ED PIPER

Daniel Anderson, only a sophomore at Bishop's High School, has an awareness of and caring about other people's feelings that you wouldn't expect in a person so young.

"Even in school," says the friendly young man in a big man's body, "if someone is having a bad day, you can go and cheer them up, let them know that there's someone there for them."

Anderson has had this sensitivity since he was a young boy. Undoubtedly, the influence of his mother Samantha, who works for Child Protective Services when she's not rooting hard at Daniel's football games, has had its impact. "She's caring," the defensive lineman states with the kind of respect in his voice that makes you believe him. "She's a very kind person. She comes home from work exhausted" after a day of attending to other children's well-being. Her son's sports are an outlet, not just for him but for mom as well, as she played softball in her school days.

On the other side, the enormous and still-growing 16-year-old gains a lot from dad Erwin, who, according to his son, has an "insane" ability to strike up a conversation with people he has never met, and an uncle, J. J., who pro-

vides Daniel the truth-telling that made him a better player.

"(My dad) is laid back, relaxed," the Bishop's starter said. "I heard he was a great football player at Marian Catholic (now Mater Dei in the South Bay). He's kind of like me. He likes to joke around a lot. He knows a lot of people (and chats it up with them)."

J. J., Anderson's godfather, "doesn't sugarcoat it. He tells it the way it is. When we went to youth games, he would tell me how I did. I think it helped me in the long run. He gives me a lot of guidance on life and football. He hasn't let me down, or lied. He tells the truth."

Daniel, presently weighing in at 295 pounds on a 6-foot frame, was probably at 275 or 280 pounds last April, standing about 5-feet-10 when a reporter met him and took photos of him shotputting at a Knights track meet at the Olympic Training Center in Chula Vista. "He's a growing boy" isn't just a saying in the Anderson household. It's being lived out at every meal of high caloric content and weightlifting sessions on the La Jolla private school's campus.

Anderson, who embodies the kind, gentle giant, thrives on the "physicality" of his favorite sport.

He played offense and defense on the Bishop's football team that won the CIF Division IV title in the fall under Coach Joel Allen.

But his true football identity is at defensive tackle. Asked what he attributes his effectiveness at the position, he says, "My overall strength, both lower body and upper body." The areas he has grown in are his technique, his play recognition, and "playing for the team."

"I was selfish," he says. "I used to try to make the big play. I played for myself. Now, I try to play for the team" and what it needs.

Headed to a junior varsity basketball game at Coronado after the interview, he mentions a lower body asset: a 25-inch vertical leap, especially sizable for a person of his near-300-pound (and increasing) girth. It would be quite a sight for an opponent seeing this mammoth come off the bench and propel himself under the boards to bang a body and snag a rebound.

The family has a unique Thanksgiving tradition, celebrated this year around the time of the taking of the CIF title by Daniel and his team: Younger brother Isaac, who has a birthday in December, Abigail, a younger cousin whose birthday falls on



Bishop's High School defensive tackle Daniel Anderson knows a few other tricks of the sports trade, as his shotputting ability reflects. PHOTO BY ED PIPER

Nov. 22, and Daniel, a Nov. 23 baby, all celebrate their birthdays at the family turkey gathering. At the time of the interview, Anderson was holding on to his birthday gift cards, plotting what goodies at Footlocker and elsewhere he might buy combined with the additional booty he anticipated at Christmas.

Underscoring the young man's care and sensitivity to others is a faith in God. "It helps me," he offers. "It's another factor that helps me show compassion to people."

But he's not a morose navel-gazer or goodie-goodie. He and teammate Reggie Davis, who plays

running back and safety, rib each other.

"I mess with my buddy," the Escondido admits with a grin. "If he's wearing something weird, or he trips or I trip, (we give it to each other)."

Interestingly, Daniel, who would like to work in a profession dealing with people, enjoyed the often-hard-to-wade-through Old English story of Beowulf in English class. "Beowulf came in from another country and helped the people" by ridding them of the monstrous villain Grendel. "I like to help people if I see them struggling."

Anderson appreciates the support he receives at Bishop's. It's a long day, waking at 5 a.m., mom driving him to the Bishop's pickup point at Carmel Mountain in North County. During third and fourth periods, he receives study help from Jane Mattox. This enables him to troubleshoot questions he has in math and English.

Self-described as "goofy," Daniel tells the anecdote of when he was about 5 and the family Rottweiler-German Shepherd mix bumped him into the backyard cactus garden. "My mom heard me screaming," Anderson remembers with a laugh. "She came out and got me."

Lynde D. McCormick III, Journalist and Entrepreneur Dies

Lynde D. McCormick III passed away on December 27, 2014 in Denver, CO. He was the grandson of US Navy Four-Star Admiral Lynde Dupuy McCormick, namesake of the Guided-Missile Destroyer *USS LYNDE MCCORMICK*, based in the Port of San Diego during her 30 year war career.

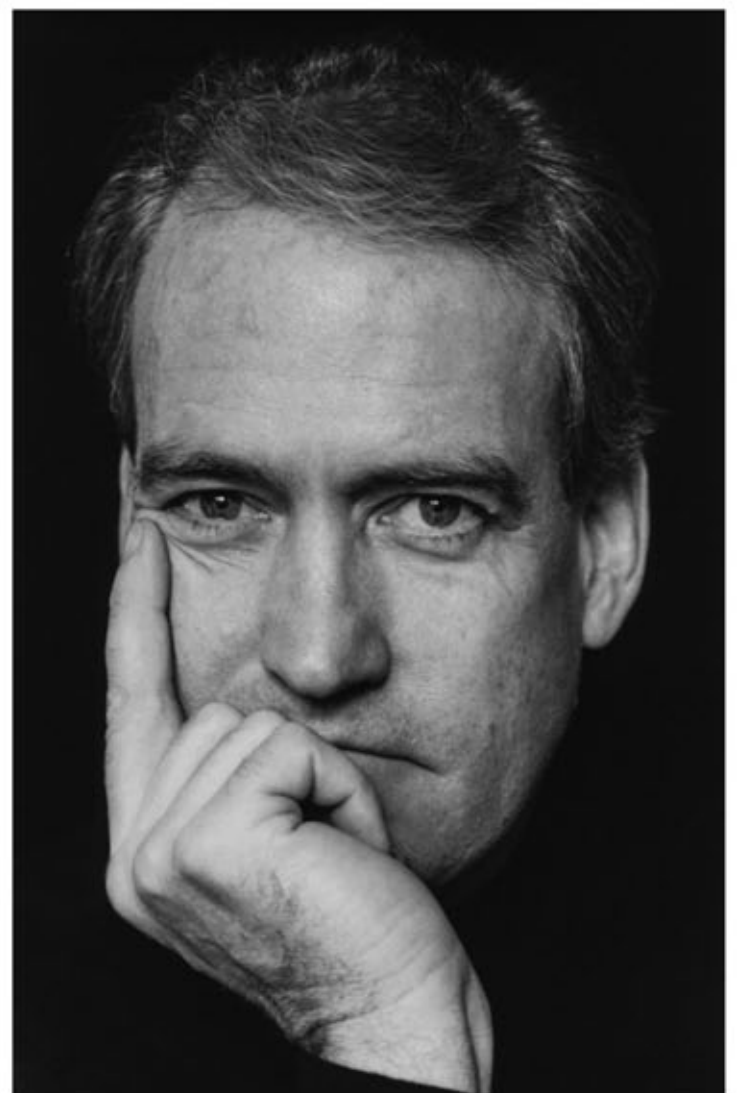
Lynde was born on March 26, 1950 to US Naval Academy graduate Lynde D. McCormick Jr. and Reid Lazenby McCormick in Annapolis, MD where he was raised in his early years until the family moved to La Jolla, CA. He graduated from Principia College with a Bachelor of Arts degree in History. He met his wife and future business partner Andrea Jenks in college. They were married for forty-one years.

McCormick's illustrious career included 25 years of business journalism in print, TV and radio in Boston, Denver, Los Angeles, and Hong Kong followed by 17 entrepreneurial years, owning and operating three businesses in New York City. He was business editor for the *The Christian Science Monitor* and the *Rocky Mountain News*; also on-air reporter for *Monitor TV* and *Radio* with his own show, *Business by Lynde*. McCormick was business news anchor for *CNBC Asia* in Hong Kong.

In a career change, Lynde's entrepreneurial ventures included opening *The Han Horse*, a Chinese antiques gallery in Manhattan, which he partnered with his wife. He also owned and operated two restaurants, the acclaimed *Brooklyn Label* in Greenpoint, Brooklyn and *Café Jax* on the Upper East Side. Lynde remarked about his business ventures: "Our philosophy has been that when someone walks through the door, the goal is not to sell them something, but to make them want to come back."

Lynde is survived by his wife Andrea Jenks McCormick, a daughter Jennifer Lee, a son Christian Lynde, daughter-in-law Elizabeth Marie and grandson Brandon Lynde. Also surviving Lynde are his father Lynde D. McCormick Jr., step-mother Margaret McCormick, his sister Virginia Reid McCormick and her children Emily Reid Kehe, Spencer Hopkins Kehe and Mitchell Andrew Kehe.

For more information and additional photos: elizabethrea.com/LyndeMcCormick





A STRONG COMMUNITY STARTS WITH **A STRONG BANK.**

Doing right starts right here. Community banking is at the heart of what we do. From giving customers more convenient access to their money to financing their home in the neighborhood, Union Bank® believes in acting locally.¹ We also believe that investing in local businesses helps everyone. For 150 years, Union Bank has grown strong, one community at a time.

**We are proud to be part of our vibrant La Jolla community.
Best wishes for the New Year.**

unionbank.com   



La Jolla Branch

Bob Wolford
VP, Branch Manager
7807 Girard Avenue
La Jolla, CA 92037
858-551-4750

La Jolla Village Square Branch

Ernesto Hernandez, Jr.
VP, Branch Manager
8715 Villa La Jolla Drive, Suite A1A
La Jolla, CA 92037
858-812-2100

¹ Loans subject to credit and collateral approval. Financing available for collateral located in CA, OR, or WA. Restrictions may apply. Terms and conditions subject to change.

Theodore Bikel guest spot marks SD Jewish Film Festival

By KAI OLIVER-KURTIN

Up to 18,000 are expected to attend the 25th annual San Diego Jewish Film Festival Feb. 5 to 15, with two La Jolla venues participating this year. The festival will showcase 98 contemporary Jewish-themed films from around the world and is presented by the San Diego Center for Jewish Culture at the Lawrence Family Jewish Community Center in La Jolla.

In honor of the festival's 25th anniversary, four favorite films from years past will be shown again. Sixteen of the films included in this year's lineup are from Israel.

Screening 38 more films than last year's festival, the 2015 installment is expected to draw an additional 3,000 to 6,000 attendees and will employ twice as many screens at ArcLight Cinemas and Edwards San Marcos Stadium 18 as last year. Other participating theaters include Clairemont Reading Cinemas Town Square 14, Carlsbad Village Theatre and David & Dorothea Garfield Theatre at the community center.

"I maintain that the film selection is such an impressive lineup that anyone and everyone — Jewish or not — will be interested," said Craig Prater, festival director. "For instance, everyone would enjoy 'Run Boy Run,' a true-life drama about a young boy who was orphaned and is always on the run from his enemies. It has a great happy ending."

"The increasing popularity of Jewish film festivals worldwide," fes-

tival founder Joyce Axelrod added in an email, "has made one fact extremely clear: Jews crave a meaningful connection to their roots. But festival films now have such diversity of themes that they attract an audience beyond the Jewish community."

The festival, Axelrod said, was the brainchild of Lynette Allen, the community center's first director of cultural arts. "I joined her as a volunteer to promote a film series... Two years later, we presented our first annual San Diego Jewish Film Festival, with a selection of four films at Sherwood Hall in La Jolla. We were buoyed by the community's response to our festival. It was well attended; it was lively; it was like a big family event."

Acclaimed Austrian-American actor Theodore Bikel will make a special appearance for an advanced screening and discussion of his film "Theodore Bikel: In the Shoes of Sholom Aleichem" on Wednesday, Feb. 4. The public can view the documentary Saturday, Feb. 7 at Carlsbad Village Theatre and Sunday, Feb. 15 at Clairemont Reading.

Aleichem, a leading Jewish author whose stories on Tevye the Dairyman inspired the musical "Fiddler on the Roof," was known for the precise descriptions of Eastern European Jewish life in the early 19th century.

On opening night, Thursday, Feb. 5, Clairemont Reading will feature the French comedy "Serial (Bad



Theodore Bikel's film on a leading Jewish author comes complete with an appearance by Bikel himself at the 25th San Diego Jewish Film Festival. COURTESY PHOTO

Weddings," about the tribulations of a traditional Catholic family with four daughters, three of whom marry men outside their faith. At last, the fourth daughter marries a nice Catholic boy — but there's a twist.

Photographer, screenwriter and native San Diegan Ari Seth Cohen will be a guest speaker during the screening of "Advanced Style" on Friday, Feb. 6 at the Garfield Theatre. Cohen is known for his photos capturing the elegant street fashions of women in their golden years in New York. Spotlighting the festival that afternoon, a live fashion show featuring models from the local community and fashion designers from Israel will be presented by Pomegranate La Jolla.

Another festival highlight is Indian comedy "Shree 420," directed by and starring Randhir Kapoor, which will be shown at the Garfield The-

atre on Sunday, Feb. 8.

"A little-known secret about early Indian cinema is that many of the Bollywood actresses were actually Jewish," said Prater. "Several generations of the Kapoor family have been involved with filmmaking in India, and this year Randhir Kapoor will be available to Skype with us about his film 'Shree 420,' followed by a live Bollywood dance performance."

The Joyce Forum will bring 45 short films to ArcLight Cinemas and Garfield Theatre beginning at 10 a.m. on Monday, Feb. 9.

Due to the popularity of last year's three programs, this juried competition will feature 10 different programs, each including four to seven short films.

Winners will be announced in each category the following morning during a presentation at the community center (includes free

breakfast, limited to the first 300 people), where the winning films will be screened. The forum is named for festival founder Joyce Axelrod, who created the short film program.

"The Joyce Forum," Axelrod said, "started about 10 years ago. I decided that I wanted to have a showcase for young filmmakers to expose their talents to established filmmakers, artists and industry peers. This idea evolved into a full day of short subject films from emerging and now-seasoned filmmakers."

Especially for teenagers, the free Teen Screen program, on Tuesday, Feb. 10, at Clairemont Reading, will feature "Havana Curveball," about a 14-year-old boy who wants to send baseballs to Havana, where his Jewish grandfather found refuge during the Holocaust.

Closing out the festival on Sunday, Feb. 15, at Clairemont Reading is "Little White Lie," a documentary based on director Lacey Schwartz's own life experience as she goes off to college and questions her cultural and religious identity.

The festival is sponsored by the Leichtag Foundation in Encinitas to support educational activities and programs inspired by traditional Jewish customs.

Tickets to most films cost \$13 to 16. Multi-film passes, senior and student discounts and group rate discounts are available.

For more information, visit sdjfff.com.

La Jolla's Gambucci Boutique reopening: The eyelashes have it



Fashion Files

Diana Cavagnaro

After 11 years in La Jolla, Laura Gambucci moved her Gambucci Boutique to a new 3,000-square-foot location at 7655 Girard Ave. The grand opening soiree, on Jan. 17, brought a crowd to help celebrate this momentous occasion.

This luxury boutique carries European designer clothing right off the European runways, featuring names such as Philosophy, Ungaro, Barbara Bui and my favorite, Jean Paul Gaultier. Gambucci was wearing Barbara Bui sequin pants and top, complemented with vintage shoes. Model Kelly Voelkel wore an Ilaria Nistri skirt, Norma Kamali top, Bar-

bara Bui shoes and a croc belt by Max Musina. DJ Ratty set the pace for the evening, and everyone had a great time enjoying the delicious food as catered by Party Staff.

Gambucci collaborated with Jennifer Luce, from Luce Et Studio, to design the interior. The goal was an ambiance that inspired and empowered women. They looked for inspiration from superwomen like artist Louise Bourgeois and dancer Martha Graham. Some of the mannequins were from the '80s and '90s; and many were manufactured by Adele Rootstin. Incredible care was taken with the mannequins' makeup and eyelashes.

Three of the theater lights were vintage '70s; additional ropes and pulleys were used for fun and drama. A mannequin hanging from the ceiling was the piece de resistance. The three steps up to a



Laura Gambucci holds forth at her boutique reopening. PHOTOS BY DIANA CAVAGNARO

back platform added a '70s vibe.

The tables in the store were inspired by the work of Carlos Scarpa. Three marble tops were actually from the original I. Magnin

store, located in this space in the '60s. They were repurposed, and other slabs of marble were added to complement them. For a delightful experience and fabulous shopping, come visit Laura Gambucci's new location

UPCOMING EVENTS

SUNDAY, FEB. 8: WINTER BRIDAL BAZAAR with three fashion shows presented throughout the day at the San Diego Convention Center. For more information, call (760) 334-5500.

THURSDAY, FEB. 12: HEARTS, HATS AND HEELS third annual fashion show, luncheon and vendor boutique, will be held at the Rancho Santa Fe Golf Club from 11a.m. to 3 p.m. For tickets, call (858) 945-1371.

FRIDAY, MARCH 6: AMERICA THE BEAUTIFUL Hats Off to San Diego

will present a luncheon and hat parade at the Hilton Torrey Pines in La Jolla from 10:30 a.m. to 2 p.m. For reservations, call Jackie Bailey at (619) 670-3643.

SUNDAY, MARCH 15: THE US GRANT LUXURY WEDDING SHOW AND LUNCHEON will feature celebrated bridal and evening couture designer Ines Di Santo, presented by M Bride. The fashion show will launch Di Santo's new eveningwear collection. The event is from 11 a.m. to 2 p.m. at the US Grant Hotel. For tickets, see usgrant.net.

— Diana Cavagnaro, a nationally recognized hat designer and milliner, has been operating a fashion business for 30 years, the last 20 years in downtown San Diego's historic Gaslamp Quarter. She has been teaching in the fashion department at San Diego Mesa College for 20 years.

The nature of the job comes easy to conservancy's executive director

Contribution By DELLE WILLETT

Crown Point resident Trish Boaz, executive director of San Dieguito River Valley Conservancy, gets to go to work every day doing what she loves: advocating for the environment.

Frequently biking to the conservancy's offices at 3030 Bunker Hill Drive in Pacific Beach, Boaz joined the conservancy as executive director in April of 2013.

Since then, she has reinforced the conservancy's position as a regional leader in conservation, education and recreation programs through its partnerships, including the San Dieguito River Park Joint Powers Authority, Friends of the San Dieguito River Valley, The Nature Conservancy, Volcan Mountain Foundation, The Anza Borrego Foundation, Coastkeeper, The San Diego Foundation, The Del Mar Foundation and the Rancho Santa Fe Foundation.

The conservancy is dedicated to completing the 70-mile Coast to Crest Trail, stretching from North Beach in Del Mar to Volcan Mountain in Julian, and connecting people with nature through its Citizen Science Monitoring Program and other nature education opportunities and outreach events.

The conservancy created the RiverBanks program, which works with local banks and financial institutions, offering team building and corporate "giving back" opportunities within the San Dieguito River Park.

Union Bank was the first RiverBank, contributing \$2,500 to the conservancy.

Other business partners include SDG&E, Southern California Edison, Walmart, Snooze, an AM Eatery and Whole Foods Del Mar.

During Boaz's first year, the conservancy was awarded more than \$118,000 in grants from private donors for the Birdwing Open Air Classroom at the San Dieguito Lagoon, habitat restoration projects at Del Dios Gorge and Crest Canyon from the U.S. Fish & Wildlife Service and for the conservancy's Citizen Science Monitoring Program from the Palomar Audubon Society, Patagonia, Garmin and the Sierra Club North County Chapter.

Prior to taking the lead at the conservancy, Boaz was chief of the resource management division of the county's Department of Parks and Recreation for more than seven years until she retired from county service in March of 2013.

In addition:

- She oversaw the implementation of the Multiple Species Conservation Program.

- Under her leadership, the county completed resource management



Trish Boaz's San Dieguito River Valley Conservancy created outreach with local banks for the enhancement of San Dieguito River Park. COURTESY PHOTO

plans for every county conservation program preserve.

These management plans provide guidance for land stewardship, species and cultural resource monitoring and ongoing habitat management.

- She coordinated the county's acquisition of more than 7,100 acres of open-space lands, leveraging \$44 million of county general funds with \$47 million of private, federal, state and regional funds.

- She managed the award-winning county trails program, which resulted in the dedication and construction of vital trail linkages, including portions of the Coast to Crest and other trails in the San Dieguito River Park.

Before working at the Parks and Recreation Department, Boaz was the environmental resource manager in the county Department of Planning and Development Services.

She also served as the longtime land-use and environmental policy advisor to former San Diego County District 3 Supervisor Pam Slater-Price.

From 1984 to 1995, Boaz honed her knowledge of San Diego land-use and environmental issues under the mentorship of San Diego land-use and environmental law attorney Jim Dawe.

Boaz grew up in the San Francisco Bay Area, hiking and camping with her parents, four sisters and three brothers.

Her outdoor adventures have included experiencing the freezing waters of the Gros Ventre River in the Grand Teton mountain range, altitude sickness on Mt. Lassen, daring climbs on Half Dome, geyser burns in Yellowstone, near-drowning at Half Moon Bay and June Lake and a train derailment on the White Pass Trail in Alaska.

In addition to her passion for the environment, Trish serves as a volunteer Crisis Interventionist with the City of San Diego Police Department.

She lives in Crown Point with her husband Scott.

Scientists need a heavy dose of swagger, Alan Alda tells UCSD parley, before they scare the public off

We've all seen them. The senior scientist with his back turned away from the audience, trying to explain a data-filled slide to a puzzled group of nonscientists that has long ago tuned him out. Or the junior professor, head down, reading a lecture word for word in a monotone voice from behind the podium.

It's the bane of academe. Complex ideas in science need to be conveyed with precision. Yet most scientists also believe the public needs to understand the details, without personal opinions or emotion, so that people can draw their own conclusions based on facts.

Emmy Award-winning actor and director Alan Alda thinks that's wrong. And he came to campus last week to convince senior administrators and young scientists to do it differently. Learn to develop an emotional connection to your audience, he urged, because that's how you build trust with a public often fearful of scientists.

"Before we can communicate with the public, I think we have to understand that there's a serious problem here," Alda said at a lecture that was followed by two days of workshops on campus designed to improve how scientists and research administrators communicate with the public. "And I think the problem is that the public is on a blind date with science. They're not really comfortable with the other person in the room. On blind dates, you have an uncomfortable relationship with this other person. What are they saying? What do they really mean when they are talking or when they're sitting there? What's going on?"

"We've got to get past that discomfort between science and the public."

Alda, best known for his portrayal as the army surgeon Hawkeye Pierce in the television series "M*A*S*H," is now a visiting professor at the Alan Alda Center for Communicating Science at Stony Brook University in New York. Estab-



Alan Alda, far right, says the public mistrusts science amid its insistence on cold data. PHOTO BY ERIK JEPSEN

lished in 2009, the center is based on Alda's belief that scientists could learn a thing or two from professional actors to more effectively communicate with the public. It's been holding workshops at universities across the nation using the techniques used by actors to help them learn how to communicate more personally and directly.

That's why more than three dozen UCSD science faculty, research administrators and post-doctoral research fellows were engaged in improvisational theater exercises and other sessions last week that forced them to pay close attention to the body language and nonverbal cues of others, then to respond in kind.

The workshops were sponsored by the Alda center, the Kavli Institute for Brain and Mind and the Kavli Foundation.

"We can't just rat-tat-tat the bare facts and expect people to understand them," Alda said, adding he's been faced with researchers who didn't know how to get their ideas across to intelligent laypeople.

That's not good in a knowledge-based economy in which scientists have become increasingly important but are often feared and distrusted by large segments of the public.

"As long as scientists are the priests in white coats who don't speak our language," Alda said, "it's a little easier not to believe them. We've got to get the same language

going among us."

And it's not just the spoken and written word. Alda learned while interviewing scientists that his own body language was important in getting them to communicate successfully with him and equally critical in getting them to communicate successfully with the public. "The most important element was that I made contact with them and they had to make eye contact with me," he said.

"And I wouldn't give up until I understood what they were saying."

Alda said that 57 percent of the response to a topic reported by research subjects is based on body language, 38 percent on the tone of a person's voice and only 7 percent on what a person actually says.

"If this is our hallmark, why would we ignore it?" he said of body language. "Why wouldn't we employ it?"

"I certainly don't want to cross a bridge that's been built on emotion," replied Alda to laughter. But his point is that doing science and talking to the public about science are two separate activities.

The former can be dispassionate, but the latter needs to be closer to the way we as humans actually communicate.

"That's why we have to do these [improvisational] exercises," he said, "because [emotion] has been trained out of scientists."

—UCSD News Center

Superior Court judge clears way for infrastructure work

A court confirmed on Jan. 27 the dismissal of a lawsuit filed by attorney Cory Briggs and San Diegans for Open Government, clearing the way for the City of San Diego to finally issue \$120 million in bonds to pay for badly needed infrastructure and public-safety projects, including one La Jolla site.

San Diego uses lease revenue bonds to finance capital improvement projects prioritized by the mayor and City Council, including libraries, fire stations, lifeguard stations and accessibility projects, and to replace crumbling sidewalks and

aging storm drains. Among the projects that were endangered or delayed by the lawsuit were replacement of the Hillcrest fire station, reconstruction of the City Heights fire station, the completed construction of the Skyline Branch Library, construction of the new Mission Hills/Hillcrest Branch Library and the completed construction of the South Mission Beach Lifeguard Station. Other funds had been designated for the La Jolla Cove lifeguard station and accessibility projects under the Americans with Disabilities Act.

Had no lawsuits been filed, the

first bonds would have been issued in April of last year.

Initially, the City planned to issue the bonds in two groups. This allowed Briggs to sue twice and so to lose twice. The second lawsuit never got to trial.

Superior Court Judge Ronald Styn declined to reverse his earlier ruling dismissing the case for failure to serve notice as required by law. The dismissal is "with prejudice," a legal term meaning that it cannot be refiled. There remains a right to appeal, but an appeal is unlikely to affect issuance of the bonds.

FINDE SOME SWEET DEALS FOR VALENTINES DAY

SHOP BIRD ROCK FIRST

LA JOLLA
BMW SERVICE
PARTS & RESTORATIONS
INDEPENDENT

BMW and Mini Service
BMW Parts and Restorations
No Appointment needed
for oil changes

www.bimmerdoc.com
5535 La Jolla Blvd.,
San Diego, CA 92037
(858) 488-1555

FEBRUARY IS NATIONAL PET DENTAL MONTH!

Regular dental care promotes good health and helps prevent dental, heart and kidney disease.

For Dogs...
...And Cats

ALL DENTAL PRODUCTS 20% OFF

Complimentary Teeth Brushing with all Groomings (\$3 value)

ALL ABOUT ANIMALS
Pet Grooming
Quality Food & Pet Supplies

FEBRUARY 27TH ONLY
Dental Cleaning (scaling + polishing)
by licensed Dental Hygienists
CALL FOR INFO & APPOINTMENT

5622 La Jolla Blvd. La Jolla • 858.459.4583

White Light Pilates

Share a Semi-Private with Your Loved One or Friend!

Buy One Regular Semi-Private for \$50, Get the 2nd one 1/2 off for \$25.

Bring Your Loved One or Friend to a Group Reformer Class!

Buy One Group Reformer Class for \$20, Get the 2nd one for \$10

Offer expires and must be used by 2/28/2015. This offer is good for new and existing clients. Existing clients who bring a buddy, the buddy must be new to the studio. Both you and your buddy must both sign up for the same scheduled class. Classes are subject to availability. Promotion code: Feb2015

5689 La Jolla Blvd. * La Jolla, CA 92037
info@whitelightpilates.com (858) 459-9994

Be Sure Your Business is Included!

in the Bird Rock page on March 27th

If you are a Bird Rock Merchant and would like to advertise on this page, contact Mike Fahey

858.270.3103 x117 mikefahey@sdnews.com

Traditional Thai Wellness Spa

Orchid Thai
Massage & Spa

Valentine Special
Couples Massage
ONLY \$99

(Just mention this ad. Not valid with any other offer. Expires 2-28-15)

Thai Spa Massage • Thai Yoga
Thai & Swedish Combo • Aromatherapy Massage
Hot Stone Body • Sport Massage
Swedish Massage • Thai Herbal Body Scrub
Deep Tissue Body Massage

Reserve your date and time now!
(858) 886-7873 or (619) 204-0606 - Cell
10am-10am daily
5560 La Jolla Blvd. Suite E (2nd Floor)
La Jolla
www.orchidthaimassage.com

Your ASB Ball Checklist Begins with

A Better Deal!

- ☒ Suits
- ☒ Tuxedo
- ☐ Corsage
- ☐ Reservations
- ☐ Limo

• **Real Student Discounts**

- Same Day Service
- Designer Tuxedos & Suits in Stock
- Family Owned & Operated
- Slim fit, modern fit and classic fit are all represented

A Better Deal Tuxedos & Suits
369 Bird Rock Ave. (at La Jolla Blvd.) • (858) 551-6044

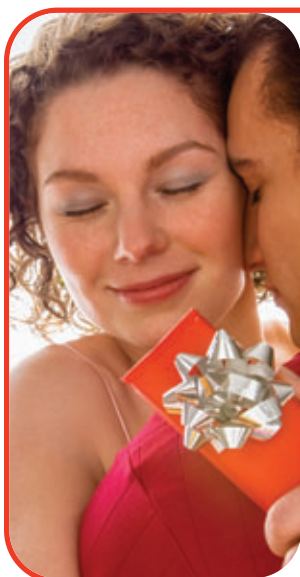
SHOP in the

Make Valentine's Day special
with our favorite **red-hot** gift ideas!

Name of Love

Shop La Jolla **FIRST**

Have a
Heart...
Shop Local



Make it shine for
your Valentine!

from
Mario

MASTER JEWELER AND DESIGNER
MARIO SANDOVAL

7515 FAY AVENUE • LA JOLLA, CALIFORNIA
(858) 454-0952

Charm your
sweetheart this
VALENTINES DAY!



HEART BRACELET
& NECKLACE

\$60.00 EACH



THE FADED AWNING

7464 Girard Avenue • La Jolla, CA 92037
thefadedawningcoastalinteriors.com
858.456.7464

ELITE NAILS OF LA JOLLA

Treat yourself or
your Valentine to
a Manicure &
Pedicure for \$35

Mon-Sat: 9am - 7pm • Sundays: 10am - 6pm

Elite Nails of La Jolla
7544 Fay Avenue • 858.456-2901



Be 8-20 inches
SLIMMER
in just ONE HOUR! **Guaranteed!!**

Call now for your

\$40 Savings

Melt inches from Thighs, Hips, & Waist!!

Burn up to
**4000 calories &
5% Body Fat in
1 treatment with
ThermaSlim!**

**A SWEET
DEAL!**

**SUDDENLY
SLIMMER**

THE Body Wrap

(858) 551-5196

Gift Certificates Available

www.suddenlyslimmer.net



**CIRCUS
VARGAS**

THE BIG ONE IS BACK!

Presents

ArieQuin



El Cajon
Parkway Plaza
Feb 5 - 9

San Diego
Mission Bay Park
Feb 12 - 23

National City
Westfield Plaza Bonita
Feb 26 - Mar 9

Limited Time Discount! Save up to \$40

* \$10 discount per person in Arena Seating for up to 4 people,
Must include at least one adult ticket. Online Coupon Code: Arena: AD40A

* May not be used in combination with any other discount, pass, or coupon. Not for sale or resale.

Property of Tabares Entertainment, Inc. Not to be distributed on the circus premises. Discounts and upgrades are subject to seating availability.



Buy now! www.CircusVargas.com | (877-GOTFUN1)



Italian restaurant and Pizzeria
1932 balboa av, San Diego, CA
858 272 2702

for your Valentines day, our Chef has created
menu full of food combinations afrodisiaco.
let the feast slowly unfold on your pallate and
pay attention to the senses, That Are awakened

Valantine's Menu

\$ 30

mushroom creaps
avocado, pomegrane, carotes salad
bruschetta

per person

Eggplan parmigiana

Ravioli with salmon bell peppers in Aurora

Gnocchi with mushroom gorgonzola in a saffron sauce

Dessert

Glass of champagne and glass
of house red of withe wine

regular menu, is available all evening

the pizza will be served in heartshaped



La Jolla's Valentine's Day is at the heart of the matter

By MARTIN JONES WESTLIN

You pretty much have the run of the place when it comes to celebrating the life of Roman Catholicism's St. Valentine – there are several Valentines to choose from, and their feast days are scattered throughout the year. For most of us, the anchor gets his due on Saturday, Feb. 14, and his story rings true in the annals of romance. Imprisoned amid his Christian convictions, this Roman priest had allegedly taken a shine to his jailer's daughter, writing her notes (signed “your Valentine”) once she'd recovered her sight after an illness; it was also said he cut little hearts from parchment and passed them out as a gesture of friendship.

The 14th didn't end up so well for him, as he was martyred on that day in A.D. 496.

You, on the other hand, have relatively little to worry about. The National Retail Federation says you'll spend about \$18.6 billion all told on your special someone and will send close to 200 million cards this year. And unlike what befell the holiday's central figure, there's every chance you'll live to talk about it.

That being the case, you have several options in seizing the day in La Jolla. Here are a few suggestions to that effect, one that even lets your pets into the act.

Muttropolis, the neighborhood's noted pet supply store, is actually



Roman priest Valentine maybe hid a dirty-old-man side, as he had a thing for his jailer's daughter.

getting a jump on the holiday, hosting its annual Smooch the Pooch Valentine party for the Village's dogs beginning at 10:30 a.m. on Saturday, Feb. 7. A professional photographer will take pictures; each dog will have a 15-minute session, and what comes out is a 5-by-7 photo or digital image in exchange for \$25. Rewards club members can double up on earned points during the event. Treats for all the pups will be served, and a playtime for the dogs has been set aside. The store's La Jolla location is at 7755 Girard Ave.; phone is (858) 459-9663. Check it out at muttropolis.com.

The Cos Bar makeup and beauty supply boutique is cramming the holiday into one little bottle – namely the flacon containing a new fragrance called A la Rose, out of Southeast France. No fewer than 250 roses were sacrificed for each bottle, almost as though manufacturer Grasse saw the holiday com-

ing. The rose is the holiday's signature flower; you have but to buy some of this as proof. Cos Bar is at 7912 Girard Ave.; the phone number is (858) 456-6249. See more at cosbar.com/la-jolla.

Put on comfy shoes for the **La Jolla Wine & Food Walking Tour**, which last three hours and is worth every minute. \$84 per person gets you a VIP tasting of premium wines, gourmet food pairings (featuring pasta, seafood and chocolate!), stops at restaurants, a one-mile walk around scenic La Jolla and games and prizes galore. Meet up at 2:30 p.m. at La Jolla's Empress Hotel, 7766 Fay Ave. The tours are romantic every day of the year, but there's something about Feb. 14 that makes them extra-special. Call (858) 551-5115; for more, see lajollawine-tours.com.

OK. We couldn't very well leave a list like this without mentioning a La Jolla staple – so here goes: **George's at the Cove** is set to light up your heart on the big day with a \$79 menu that involves three courses and one romantic view. Bay scallop aguachile, maitake mushrooms, grilled octopus, paella and duck breast are just a few of the day's features, all of which go down easier amid the spectacular Cove vista. George's is at that big arcade at 1250 Prospect St.; call (858) 454-4244 or see more at georgesatthecove.com.

Valentine's Day at
THE PATIO
ON LAMONT EST 2012

2.14

TRY OUR NEW VALENTINE'S DAY
COCKTAIL “CAN I GET A HUG?” AND
ENTER TO WIN A LUV SURF
STAYCATION PACKAGE



book your reservation now!

THE PATIO ON LAMONT STREET
4445 LAMONT ST. SAN DIEGO, CA 92109
(858) 412. 4648
WWW.THEPATIORESTAURANTS.COM



Valentine's Day



starters

Lobster Bisque
Chef's special lobster bisque. **10**

Carpaccio di Bue
Thin slices of beef in olive oil with arugola, capers, and parmegiano cheese. **14**

Polenta e Portobello
Pan-fried polenta topped with ground sausage, portobello mushroom, grana padano cheese, white wine, XVOO. **11**

Calamari Fritti
Fried calamari served with our Lupi sauce. **12**

entrees

Pesce Fresco del Giorno
Fresh catch of the day. MKP Branzino Imported mediterranean sea bass sauteed with white wine and fresh lemon juice and tyme. **26**

Costolette di Agnello ai Funghi
Lamb chop over garlic mashed potatoes, mushrooms and Barolo reduction wine sauce. **26**

Polio al Marsala
Chicken breast sauteed with mushrooms and Marsala wine. **20**

Polio Piccata
Chicken breast sauteed with mushrooms and fresh lemon juice, capers, and fresh herbs. **20**

Salimbocca di Vitello alla Romana
Veal with prosciutto, sage, wine and served over spinach. **22**

desserts

Dolci della Casa
Dolci della Casa Desserts of the house. **9**

salads

La Caprese Buffalo
Mozzarella with heirloom tomatoes, fresh basil, and extra virgin olive oil. **9**

Lupi Salad
Mixed greens, fresh tomatoes, kalamata olives, buffalo mozzarella, pears, with lemon and extra virgin oil. **11**

Romaine Gorgonzola
Heart of romaine lettuce topped with gorgonzola, lemon and balsamic vinegar. **10**

Rucola con Burrata
Fresh burrata cheese served over arugola bed with roasted bell pepper. **12**

le paste

Ravioli di Aragosta
Homemade Lobster ravioli in fresh tomato sauce with a touch of brandy and cream. **20**

Linguine Nere con Vongole
Black squid ink linguini with clams, mussels, garlic, olive oil with herbs, and fresh tomatoes **20**

Manicotti Lupi
Hand-rolled pasta stuffed with spinach, fresh ricotta cheese, mozzarella, tomato sauce. **18**

***Pappardelle del Colosseo**
Wide ribbon pasta, braised lamb reel, Italian goat cheese. **20**

***Tortelloni Verdi ai Ponini**
Spinach pasta stuffed with seasonal vegetables, ricotta, fresh porcini mushroom cream sauce. **18**

Plus more
Valentine's
specials

Call for Reservations: 858-454-6421
5518 La Jolla Blvd. La Jolla lupivinocucina.com

San Diego hops to it amid very strong craft beer scene

By FRANK SABATINI Jr.

At only a month into 2015, San Diego is awash in more craft beer, with a number of new breweries, fresh releases, developments at two La Jolla venues and sudsy events bubbling through the pipeline.

Last year ended with a milestone. The number of breweries that call San Diego County their home exceeded 100.

For Jon McDermott, who runs Brewery Tours of San Diego, the continued proliferation of fermentation tanks around town equates to solid headcounts boarding his beer bus, which makes daily pickups at the Mission Bay Park Visitor Infor-

mation Center and the Old Town Transit Center.

"We've been in business for eight years, but we're still growing because of the prolific beer scene," says McDermott, who takes beer aficionados on tastings to two or three breweries per tour.

Depending on the day of week, those stops include Pizza Port, Ballast Point, Green Flash, Stone, The Lost Abbey and more. The tours last up to five hours and range in price from \$65 to \$95 per person. Private, customized tours that pick up guests from their residences are also available. Details on public and private tours are available on the web site:

brewerytoursandsandiego.com.

For those navigating the local beer scene on their own, below are several highlights worth toasting.

La Jolla Brewing Company celebrates its one-year anniversary from 6 to 9 p.m. tonight, Jan. 29, with hosted appetizers and one free beer per visitor. Since taking over the space formerly occupied by La Jolla Brew House at 7536 Fay Ave., the company has crafted seven different beers named after La Jolla landmarks. More recently, it introduced a seasonal IPA called Neo Sesh, touted for its balanced and medium bitterness. The brewpub also spotlights more than a dozen rotating drafts

from other local craft brewers amid a full bar featuring wine and spirits. lajollabeer.com.

Brewers at Rock Bottom Brewery in La Jolla hope to win the gold again at this summer's San Diego International Beer Festival, scheduled for Friday, June 19, to Sunday, June 21, in The Arena at the Del Mar Fairgrounds. The brewery stole the high honors last year for its Longboard Brown English-style ale, Cerveza de Mayo Vienna Lager and Catcher in



SEE BEER >> PG. 19

Richard Walker's Pancake House

"Great selection of 'not just breakfast' items. Very unique. Highly recommended. Fun for the whole family." "Great breakfast, large tasty portions, fast service and good coffee - you can't ask for more." "The apple pancake was fantastic!" "Believe the reviews, this place is amazing!"

The Broken Yolk Café

The Broken Yolk Café offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are more than 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 half-pound burgers or one of our large sandwiches.

Donovan's

Donovan's sets the standard of fine dining excellence. A classic steakhouse. A stylish, lively atmosphere. Cordially friendly. We like to think of Donovan's as your own special place. A place where you can celebrate with friends, family and associates. donovanssteakhouse.com.



FREE DELIVERY (WITH MINIMUM ORDER)

OPEN DAILY FOR LUNCH & DINNER

WEEKDAY HALF PRICE

HAPPY HOUR 3:00PM - 5:30PM

811 PROSPECT ST. (858) 729-9988

WWW.AMICIS.COM



Scan here to Download
our Mobile Ordering App





**Colleen Van Horn
RN, BSN, PHN, CC**



- RN Geriatric Care Managers (GCM) to help you make the best choices and advocate for your family member when there are medical issues.
- Our RN's specialize in Alzheimer's, dementia, post-operative and rehabilitation care.
- Our Companion Caregivers work hourly or as live-ins.
- The RN GCM's guidance leads families to the actions and decisions that ensure quality care.
- GCM's expertise provides answers at a time of uncertainty.
- GCM's help elders remain independent
- Personalized and compassionate services focusing on the individuals wants and needs

760-731-1334

1-877-431-1442 (toll-free)

www.innovativehc.com

HEALTH BRIEFS >>



Cosco Sisters Bring Studio Barre to Bird Rock!

Having spent most of their lives doing everything together, going into business seemed like the next best idea for the Cosco sisters. Before Studio Barre, Lindsay found her fitness in the water surfing and practicing

yoga. Jennifer, an endurance athlete, competes in Ironman triathlons and ultra-marathons annually. However, when Studio Barre became a shared passion of theirs they decided to bring Studio Barre to Bird Rock! Studio Barre offers a specialized barre class that focuses on building core strength, improving posture, and creating a dancer-like body. "Coming from opposite sides of the fitness spectrum, we felt if we could both fall in love with this type of fitness routine, we could relate to a lot of people." Located at 5705 La Jolla Blvd in Bird Rock, class schedule is online at studio-barre.com/birdrock/. Check out the grand opening promos and boutique! First class is free! See you at the barre!

Hiring a Private or Non-Professional Caregiver

Piecing together care for your older parent can sometimes be a puzzle. Hiring a private caregiver from your own search or asking friends and family to help are short-term solutions for a long-term issue. It can have adverse effects for everyone involved. Hiring a caregiver privately is probably going to be cheaper. Do you want to tell your Mom you hired the cheapest caregiver you could find to care for her in her "golden" years? And the cheapest could end up being costlier in the long run. Consider these possibilities:

Your private caregiver calls in sick or takes a vacation or just doesn't show up. Are you going to have to take off work or cancel appointments to fill in? Was a national background check done and verification of prior employment done?

Is there a professional Geriatric Care Manager to supervise and mentor? Are you providing workers' compensation insurance in case your caregiver falls or strains her back? This is extremely expensive but a required expense. Are you paying her payroll taxes and submitting the proper docu-

ments required by the government?

Have you verified that the caregiver has a social security card and is legally permitted to work in CA? Now maybe "cheap" has gotten a little more costly. At Innovative Healthcare Consultants, all potential employees undergo a background check. All employees are fingerprinted. You can reach a live person 24/7. You will have a substitute if your caregiver is ill. You will have access to Care Management services for advocacy, elder care consulting, crisis management and care coordination. Call us at (877) 731-1442 or visit our website at innovativehc.com.

Autumn Villas

Autumn Villas is a six-bed residential home nestled in University City servicing seniors who can no longer live alone. The hallways have been widened for wheel-chair access, a roll-in shower and a walk-in bathtub are featured in the main bath, high quality foam mattresses with adjustable

beds exists for most beds, many different common areas are established to relax and play in, and nutritious, delicious and well-balanced meals are served. The care is warm and friendly.

Right Choice Senior Living

Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) had the desire to develop Assisted Living Care Homes and Services for seniors that are a cut above the rest at fair & competitive rates. Right Choice Senior Living has Residential Care

Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area) medical facilities and the beach. Come see us today before making your final choice. Make the Right Choice Today. For more information call (619) 246-2003 or go to the website at rightchoicese-niorliving.org.

PARKWAY >> CONT. FROM PG.5

modern seagull-proof trash cans in Kellogg Park. It was also suggested that another 18 inches be added to the sidewalk to connect it with a ramp for the disabled near Piatti's restaurant.

Other suggestions included more crosswalks and street striping.

The board also voted overwhelmingly to adopt changes to the city's land development code that would require development of religious facilities and other large-scale assemblies in the Shores to obtain a conditional use permit.

In other matters:

• Residents were told by community planners, some of whom are merchants, that business is down as much as three-quarters due to ongoing

construction along the Avenida de la Playa commercial strip to replace storm water and sewer infrastructure. That point was underscored by Café Solange owner Christian Malecot, who announced he will be closed on weekdays during construction for the next couple months.

• Justin Garver, from District 1 Councilwoman Sherri Lightner's office, announced that a long-sought park ranger to cover Kellogg and other beachfront parks has been hired.

• Lifeguard Lt. Rich Stropky said the five existing Shores kayak concessionaires have all submitted application materials for a new request for proposals process, which will extend their leases with the city and spell out operating conditions for ocean kayaking tours.

Autumn Villas
Elderly Residential Care Home

We know you are facing an important decision regarding the care and well-being of a very special person in your life.

When it's time to consider assisted living care, we invite you to visit Autumn Villas located in University City.

Call today to schedule an appointment. We are here for you.

(858) 334-9097

License # 374603501

studio BARRE

Bird Rock
(California)

{strength. defined.}

Studio Barre Bird Rock has officially opened it's doors!!! Tuck on over! First class is Free!!

Grand Opening Promo:
\$99/mo 3-month auto pay
Unlimited Classes!!!!

Follow us on Facebook: Studio Barre Bird Rock
Instagram: [studiobarrebirdrock](https://www.instagram.com/studiobarrebirdrock)

Studio Barre Bird Rock 5705 La Jolla Blvd, La Jolla CA 92037 858-459-1900

ComForcare Home Care
San Diego / La Jolla
(858) 900-5257
www.sandiego.comforcare.com

Ask about our introductory offer !

Setting the highest standard for home care and lifestyle management since 2004.

CERTIFIED CAREGIVER

- ✓ 24/7 Hotline
- ✓ Personal care
- ✓ Medication reminders
- ✓ Dementia specialists
- ✓ Meal preparation
- ✓ Concierge service for errands, transportation and other
- ✓ Light housekeeping and laundry

BBB ACCREDITED BUSINESS



Doing it Better

By Natasha Josefowitz, Ph.D.

So, what will you be when you grow up? Most of my grandchildren have answered: "I don't know!" No one has asked me that question in recent memory. I know I want to play the guitar and sing in my next life — as in this one I'm totally untalented for music.

However, we can all still be what we might have been — given the right opportunities, time, money, friends.... Many of us reach a time in our lives when we reassess how we spend our time, rethink the meaning of our lives, reevaluate our relationships and wonder how we are going to spend the years that remain, whether we are young, in midlife or old. Whenever

Sprouting New Dendrites Every Day

we go through the process of re-examining where we have been, are and will be, we can make some changes, let go of some behaviors that are no longer relevant and institute new ways of managing our lives. In other words, we will have to become creative in order to get out of our routines.

Creativity is inventing something new. It can be a new attitude, a new way of behaving, of expressing ourselves, of relating to others. As we age, we have new opportunities for personal growth, new understandings and new tolerances for our own and other people's foibles and weaknesses.

Being creative means being open to the possibility of new ventures. This can be anything from starting to write in a journal, taking a painting class, attending lectures or learning a musical instrument to

committing ourselves to an exercise program, a daily walk, joining a book club or just reading more.

What makes us able to be creative is self-motivation, curiosity, attraction to the unknown, tolerance for risk, willingness to step outside the lines. The obstacles are laziness, fear, sticking to the familiar, lack of tolerance for ambiguity.

It is never too late to unlock those barriers to self-expression. Even loss and adversity can sometimes propel us into new directions. Anything that we do differently is new and therefore creative. Trying a new recipe qualifies, as does approaching a problem at work from a new perspective.

Whenever we do anything challenging, our brains sprout new dendrites. The more dendrites, the better our brain cells communicate with each other, and our thinking

and our memory improve.

Don't think of creativity as something only very talented people do. It is up to each one of us to become creative in our daily lives. Take a walk in a new part of town, try to understand music you don't ordinarily enjoy, read a part of the paper you normally skip over, get involved in a volunteer activity or take on more responsibility in your organization. These will grow dendrites in your brain. Whatever it is, examine your life by noting what you do with all the hours of your day, how productive these are and how satisfying. Are you wasting time; to what better use can you put it? Think outside the box -- enlist the help of a friend to strategize new steps to enhance your life and those of others around you, be they your family, friends, community or even your country and the

world at large.

Doing something new — getting out of our comfort zone — will make us older folks feel like we're slowing down time, countering the feeling that time is moving ever faster as we age. The possibilities are endless; the opportunities are there, waiting to be discovered and acted upon. So get up from your favorite chair, think of one different thing to do today, do it, then pat yourself on the back, smile and think of another. Your brain will have grown a new dendrite. What a deal!

— *Natasha Josefowitz taught the first course in the U.S. on women in management and is the author of 20 books. She lives at the White Sands in La Jolla.*

Classified Marketplace

HELP WANTED 250

▼ career training

AIRLINE CAREERS START HERE If you're a hands on learner, you can become FAA Certified to fix jets. Job placement, financial aid if qualified. Call AIM 800-481-8389

▼ general help wanted

ACADEMIC COACHING for college-bound seniors and above: support for research, writing and editing. Retired university professor is available to help you. Don't panic, call (619) 933-8476



START A NEW CAREER No experience required - (Paid Training) Rewarding employment working with developmentally disabled adults in a Group Home setting. Residential Specialist Needed.

- Full-Time, Part-Time, On-Call, including weekends. Paid training, Plus Benefits
- Provide assistance with everyday living skills
- Assisting in changing, feeding, self help skills, and activities
- Starting pay is \$9.21/hr
- 12 Group Homes around San Diego County and many opening in Pacific Beach. Must have CA driver's license, clean criminal background, and the ability to pass drug test. Must Apply Online. www.arc-sd.com. Lance Spellman (619) 685-1175 x302

BARBER/STYLIST WANTED PARADISE BARBER SALON is now hiring licensed barber/stylist... comission/boothrent available...if you are interested please contact Saida@ (619)756-7778 or (619)929-7310

OCEAN CORP Houston, TX. Train for NEW Career. *Underwater Welder. Commercial Diver. *NDT/ Weld Inspector. Job placement and financial aid for those who qualify. 800-321-0298.

ITEMS FOR SALE 300

CARPET DISTRIBUTORS SALE Carpet for your home at wholesale. 619-504-7931 303-908-9599 Go to www.ademaandassociates.com

▼ need cash

THRIFT TRADER

Everything \$5.99 or 4 for \$20

BUY • SELL • TRADE

We pay cash for clothing, records, DVDs, CDs, and books

Pacific Beach
1416 Garnet Ave. 858.272.7283
Ocean Beach
4879 Newport Ave. 619.222.5011
North Park
3939 Iowa St. 619.444.CASH
San Diego
2947 El Cajon Blvd. 619.261.1744

▼ misc. for sale

FAST FOOD DISCOUNT CARDS Fast Food Discount Cards that never expires. 24 Restaurants including Arbys, Wendys, Pizza Hut, Krispy Kreme and more. Cost \$20. R. T. 3115 WhiteHorse Road PMB 177, Greenville, SC 29611. (864) 295-5551

MANGOSTEEN THE QUEEN OF FRUITS Feel better now and try risk free today: [www. MyMangosteen.net](http://www.MyMangosteen.net)

FOR SALE Spanish Revival Dining Set, handcarved, solid oak. Refectory table, large credenza, 6 chairs. Wood tops in excellent condition. \$2500. Glass Top 52" Round Dining Table, Antique Bronze Base. Perfect Condition. \$1200. 858-459-3731 PORSCHE: 1987 "944" Bronze 858-459-3731

MAKAYLA-ANNDESIGNS.COM Hand-made & handcrafted jewelry. Unique and at low prices! [www. Makayla-AnnDesigns.com](http://www.Makayla-AnnDesigns.com)

OUTLET CENTER DOORS WINDOWS We have warehouse full of Doors, Windows, Flooring reduced Prices (858) 268-0679

QUEEN MATTRESS SET in plastic for sale. \$130 (619) 761-0113
RECENT UCLA GRADUATE helps students of all ages with studies! -\$15/ hr. tutorLindsey@gmail.com

RESALE & NEW women's clothes, accessories, shoes, jewelry, \$5 - 35, Designer BARGAINS, Tierrasanta. (619) 985-6700

ATTENTION READERS! FREE BOOKS! Trade your books for free at [www. PaperBackSwap.com](http://www.PaperBackSwap.com)!

ITEMS WANTED 325

GOT OLD COMIC BOOKS? Local collector seeks vintage comic books and paperbacks from 1950s and older. Let's make a deal! Contact me at sandiego-comics@yahoo.com.

PETS & PET SERVICES 400

▼ pet services

PET SITTING AND DOG WALKING References. (619) 908-2817

PUPPY AND DOG SWIM LESSONS Pool Safety Classes & Rehabilitation. Not all dogs know how to swim. Backyard drownings are a preventable tragedy. Swimming is a great workout & the safest way to begin rehabilitation after an injury or surgery. Our pools are heated year round to 80-82 degrees & conveniently located in Point Loma and Cardiff by the Sea. SWIM THERAPY is excellent for seniors with arthritis, overweight dogs, and those with orthopedic conditions (elbow and hip dysplasia, ACL injuries) and is great cross training for competitive and show dogs. Call 619-227-7802. CUTTING EDGE K9 REHAB

SERVICES OFFERED 450

REMODEL & ADDITION SPECIALISTS FREE ESTIMATES. No job too small. Call to see our portfolio or Email us at RichardNileConstruction@yahoo.com (619) 684-0336

BUSY HOUSEWIFE OR CAREER WOMAN I can help you with: **Grocery shopping **Running errands **Household management** \$20 per hour + mileage Call Kirsty 619 379 8750



EXPERIENCED AND PERSONABLE. Professional Organizer. Personal assistant. Computer efficient. Help w/ errands, bills, insurance. Licensed. \$30/ hour. 2 hour min. ariannatwinning@hotmail.com 619-997-8076

HIGH PERFORMANCE SIGN SPINNER Available Saturday and Sunday only. Ten dollars per hour. Minimum two hours. Call 661-346-3032 ask for Wendell

LJ ARCHITECTURAL DESIGNS Construction permits, blueprints, Residential Designs. LOW RATES!!! SE HABLA ESPAÑOL LIC.#069268 (619) 817-7787

▼ automotive services

ARTICBLACK Mobile Detailing www.articblackmobiledetailing.com ***as low as \$79 for new clients*** call: (760)707-3277

▼ carpentry

WOODWORK Restoration and recovery. Environmentally sustainable processes available. Professional production, reasonable prices. Free consultation, samples. Alex (619) 846-7871

▼ gardening/landscape

TIGER LANDSCAPING and Masonry. Landscaping, tree service, exterior maintenance and yard clean-up. Xeriscaping and drought solutions. Walls, pavers, patios and outdoor barbecues. Experienced, professional and friendly. CA license #022510. Call now for new client special! 619-808-8431

▼ house cleaning

HOUSEKEEPING BY DIANE available in the Pacific Beach community. Excellent references. Professional, caring and affordable. Special rates & packages for apartments. (831) 539-1396

BUSINESS OPTS. 550

▼ income opportunities

WANT TO Purchase minerals and other oil/ gas interests. Send details to: P. O. Box 13557, Denver, CO 80201

WWW. SPORTSGIRLJEWELRY.COM FUND RAISERS FOR YOUTH SPORTS- VERY PROFITABLE

REAL ESTATE 800

NEW ON THE MARKET North Park office building: 3930 Utah St @ \$1.85 mil. F&C, owner sell or exchange. Will carry. Other properties available. Geo. Jonilonis Rltr @ 619 454 4151

LEAL NOTICES CON'D

istered by the following: STEVEN MILLER, JEREMIAH BROWN This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: 12/31/2014 Registrant Name: STEVEN MILLER Title: PARTNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 31, 2014 ISSUE DATES: JAN 15, 22, 29 & FEB 05, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001617 Fictitious Business Names(s): LUNA BEACH, LUNA BEACH BAND located at: 2058 REED AVE. SAN DIEGO, CA. 92109 is registered by the following: BRYAN S. PADILLA This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: JOAN MARC UBACH MALGOSA Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 20, 2015 ISSUE DATES: JAN 22, 29 FEB 05 & 12, 2015

SUPERIOR COURT OF CALIFORNIA CENTRAL DIVISION 330 W. BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2015-0000176-CU-PTL PETITIONER OR ATTORNEY, HOLLY LEANN DRAYTON 4465 ORANGE AVE. SAN DIEGO, CA. 92115 714-267-4901 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM HOLLY LEANN DRAYTON TO HOLLY RHANN HART THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING TO BE HELD ON FEB 20, 2015 TIME: 9:30 AM DEPT C-46 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): JAN 22, 29 FEB 05 AND 12, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000232 Fictitious Business Names(s): DEQUOR PAINTING located at: 1052 OAKLAWN AVE. CHULA VISTA, CA. 91911 is registered by the following: BRYAN S. PADILLA This business is conducted by: A CORPORATION CHRIS ROBINSON/HEALTH & FITNESS INC. 7770 REGENTS RD, SUITE 113 #240 The first day of business was: 09/30/2013 Registrant Name: BRYAN S. PADILLA Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 05, 2015 ISSUE DATES: JAN 22, 29 FEB 05 AND 12, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000275 Fictitious Business Names(s): THE WOODWORKING NINJA located at: 3552 BROOKSHIRE ST. SAN DIEGO, CA. 92111 is registered by the following: MITCHELL PRIEST This business is conducted by: AN INDIVIDUAL The first day of business was: 01/06/2015 Registrant Name: MITCHELL PRIEST Title: OWNER The statement was filed

with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 06, 2015 ISSUE DATES: JAN 22, 29 FEB 05 AND 12, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000207 Fictitious Business Names(s): BARE BRUSH TAN located at: 4680 MISSION BLVD. SAN DIEGO, CA. 92109 is registered by the following: MONICA STONE This business is conducted by: AN INDIVIDUAL The first day of business was: 01/01/2015 Registrant Name: MONICA STONE Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 05, 2015 ISSUE DATES: JAN 22, 29 FEB 05 AND 12, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001151 Fictitious Business Names(s): REJUVUL, LA' UNDEFORM located at: 44324 GRACE RD. BONITA, CA. 91902 is registered by the following: FORWARD FOCUS, LLC. This business is conducted by: A LIMITED LIABILITY COMPANY FORWARD FOCUS, LLC. 4324 GRACE RD. BONITA, CA. 91902 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: SHANNON REIDENBAUGH Title: MEMBER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 14, 2015 ISSUE DATES: JAN 22, 29 FEB 05 & 12, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001490 Fictitious Business Names(s): ARGENT SKY BUSINESS CONSULTING located at: 1778 BACON ST. SAN DIEGO, CA. 92107 is registered by the following: LTOZ, INC. This business is conducted by: A CORPORATION LTOZ, INC 1778 BACON ST. SAN DIEGO, CA. 92107 SOUTH DAKOTA The first day of business was: NOT APPLICABLE Registrant Name: KENNETH LEBLANC Title: CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 16, 2015 ISSUE DATES: JAN 29 FEB 05, 12 & 19, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001662 Fictitious Business Names(s): OAK TREE PROPERTIES located at: 3246 GOLDSMITH ST. SAN DIEGO, CA. 92106 is registered by the following: ELIZABETH E. REED, MARK W. HOLST This business is conducted by: A MARRIED COUPLE The first day of business was: NOT APPLICABLE Registrant Name: MARK HOLST Title: CO-OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 20, 2015 ISSUE DATES: JAN 29 FEB 05, 12 AND 19, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001669 Fictitious Business Names(s): SOFT TOUCH DENTAL GROUP located at: 3735 CLAIREMONT MESA BLVD. SAN DIEGO, CA. 92117 is registered by the following: ALI FAKHIMI, D. M. D., INC. This business is conducted by: A CORPORATION ALI FAKHIMI, D. M. D., INC. 3735 CLAIREMONT MESA BLVD. SAN DIEGO, CA. 92117 CALIFORNIA The first day of business was: 03/11/05 Registrant Name: ALI FAKHIMI Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 20, 2015 ISSUE DATES: JAN 29 FEB 05, 12 AND 19, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001428 Fictitious Business Names(s): SD CREATIVE MEDIA, SDCM located at: 722 GRAND AVE. SAN DIEGO, CA. 92109 is registered by the following: KEX MANAGEMENT GROUP This business is conducted by: A CORPORATION KEX MANAGEMENT GROUP 722 GRAND AVE. SAN DIEGO, CA. 92109 CALIFORNIA The first day of business was: 01/08/2015 Registrant Name: TYLER CHARMAN Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 15, 2015 ISSUE DATES: JAN 29 FEB 05, 12, 19, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001977 Fictitious Business Names(s): OB LANDSCAPE ARCHITECTURE located at: 48801/2 ORCHARD AVE. SAN DIEGO, CA. 92107 is registered by the following: SUSAN MARIE VACHER This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: TYLER CHARMAN Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 29 FEB 05, 12 AND 19, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001852 Fictitious Business Names: THE ART OF ACAN located at: 5160 BRIGHTON AVE, APT C SAN DIEGO, CA. 92107 is registered by the following: ROBERT ALLEN DOMCZYK This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: ROBERT ALLEN DOMCZYK Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 21, 2015 ISSUES JAN 29 FEB 05, 12, 19, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-033389 Fictitious Business Names(s): REFINED TRANSITIONS, TRANSITIONS REFINED located at: 4445 EASTGATE MALL RD 200 SAN DIEGO, CA. 92121 is registered by the following: WILLIAM FELTY This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: WILLIAM FELTY Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 29, 2014 ISSUE DATES: JAN 22, 29 FEB 05 & 12, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-002029 Fictitious Business Names(s): ALEXA MARIE SKINCARE located at: 3405 KENYON ST. SUITE 211 SAN DIEGO, CA. 92110 is registered by the following: ALEXA MARIE DELAO This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: ALEXA MARIE Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 23, 2015 ISSUE DATES: JAN 29 FEB 05, 12 & 19, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000561 Fictitious Business Names(s): PREMIER PARLOR located at: 3802 ROSECRANS STREET #5 SAN DIEGO, CA. 92110 is registered by the following: ZACK MOSS This business is conducted by: AN INDIVIDUAL The first day of business was: NOT

ANTIQUE

SAVE THIS AD • SAVE THIS AD • SAVE THIS AD

TOP DOLLAR PAID FOR QUALITY ANTIQUES & ART

CHRISTIAN CHAFFEE
619.299.3448

SAVE THIS AD • SAVE THIS AD • SAVE THIS AD

AUTO

ARTICBLACK
Mobile Detailing

www.articblackmobiledetailing.com
as low as \$79 for new clients
Call: (760) 707-3277

CLEANING

Maid Service

Top to Bottom detailed cleaning
Weekly • Monthly

MOVE OUT SPECIALS
FREE ESTIMATES!
Call Valentina

Reserve now to have your house Sparkle for the Holidays
(858) 229-0016

Cleaning Service
by Cecilia Sanchez
Family owned & operated
15 years experience.

Office, residential & vacancy cleanings

#1 vacation rental experts

Free estimates & excellent references
(619) 248-5238

CONCRETE

CONCRETE MASONRY

STRUCTURAL & DECORATIVE

**BRICK • BLOCK
STONE • TILE
CONCRETE
DRAINAGE
WATERPROOFING**

30 years experience

References & Portfolio
carsonmasonrysandiego.com
WILLIAM CARSON
Licensed & Insured Lic #638122
(858) 459-0959
cell: (858) 405-7484

CONSTRUCTION

Enhance Your Living Space with **Gary Gelbman**

Home Improvement Repair & Remodel

Electrical, Carpentry, Plumbing
Decks, Roof Repair, Drywall,
Fences, Ceramic Tile

619.889.0604
CA Lic# 574771

**SELL IT HERE!
ADVERTISE IT HERE!**

PLACE YOUR AD ON-LINE
sdnews.com
or call
Kim 858-270-3013

ELECTRICIAN

Your Local Electrical Experts

ROB'S ELECTRICAL SERVICES
RESIDENTIAL, COMMERCIAL & INDUSTRIAL

Boxes/Circuit Breakers
Pole/High Voltage Work
Indoor/Outdoor Lighting
Ceiling/Attic/Exhaust Fans
Outlets/Switches/Fixtures
Troubleshooting/Lighting
Pool/Spa/Jacuzzi Wiring
Home Theater
Home Automation Electronics
FREE Estimate
10% military + senior discounts

Over 20 Years of Experience
619.632.7770
www.robselectricalservices.com
C-10 License CA #966537

LIFETIME GUARANTEE

FREE ESTIMATES

- Senior Discounts
- Expert Troubleshooting

CLD ELECTRIC

619.638.0228
Lic #877075
cldelectric.com

FIREWOOD

POINT LOMA FIREWOOD

\$25 Wheelbarrow
\$220 1/2 Cord • \$440 Cord
FREE AREA DELIVERY
*Does not include Sales Tax
4104 Voltaire St. - 619.224.2010

GARDENING-LANDSCAPING

TIGER LANDSCAPING & MASONRY

COMPLETE EXTERIOR MAINTENANCE
LIC# 022510

Friendly and experienced
Call for new client special:
619-808-8431

Got a Lawn?

- Water rates are increasing...
- Supplies are decreasing...
- It's Time we make a change!

Water Saving Landscapes

Specializing in lawn removal & beautiful low-maintenance, water-friendly landscapes

LawnAlterNatives
(619) 920-5296
C-27#797867 • LawnAlterNativessd.com

Jose's Gardening Clean-up

Hedges hauling • Reasonable Rates
Free Estimates • References

619-847-1535

POINT LOMA LANDSCAPE

SAVE WATER NOW!

- Design
- Construction
- Maintenance • Repair

Another Successful Project:
6306 Mt Ainsworth Way,
San Diego, CA 92111

(619) 523-4900
Advanced in the Art of Landscape
pointlomalandscapes.com
State Lic #783646

HANDYMAN

NATE THE HANDYMAN CAN!

ACCOMMODATE ALL YOUR HANDYMAN NEEDS!

FREE ESTIMATES! SR. DISCOUNTS
CALL NATE 619.980.7106

LIC# 2017626 BONDED IN SD 8 YRS!

HANDYMAN

RENT-A-HUSBAND

Handyman with 30 years experience

Many Skills

Hourly or Bid

Prompt, Affordable, Professional Insured

Ask for Bob
858-454-5922

HAULING

I LUV JUNK HAULING

**You Call-We Haul!
No Job Too Small!**

Evictions, cleanouts, construction debris, tree trimming, etc.

619-933-4346
www.iluvjunk.com

10% Senior Discount

A VETERAN HAULING

Insured • Reliable

Best Prices & Free Estimates
10% Discount - Senior & Veteran

Call A Veteran
619-225-8362

HOME CARE

House Sitting/Pet Care

La Jolla Experienced
References Available

619-315-1975
nancywells1@cox.net

INCOME OPPS.

HOST FAMILIES WANTED!

Rooms needed in caring homes.
Interact with International students learning English.
Supplement your income!!

Downtown Language School

Call 858-551-5750
Kaplan International Center

MOVING

COLEMAN MOVING SYSTEMS INC.

Office/Residential | Free Wardrobes
7 DAYS A WEEK | FREE ESTIMATES
FAMILY OWNED SINCE 1979
619.223.2255

BBB MEMBER | INSURED LIC #CA-189466

PAINTING

CUSTOM DESIGN PAINTING

int. / ext. / res. / comm.

619-726-7310
619-289-6624
lic #735927

trar estos formularios de la corte y más información en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol/), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de 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, puede llamar a un servicio de remisión a abogados. Si no puede a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos sin grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.courtinfo.ca.gov/selfhelp/espanol/), o 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 desechar el caso. The name and address of the court is: (El nombre y dirección de la corte es): SAN DIEGO SUPERIOR COURT, 330. W BROADWAY SAN DIEGO, CA 92101 CASE NO: 37-2014-00039068-CU-PA-CTL. The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es): LAW OFFICE OF STEVEN L. VICTOR 2305 India St. San Diego, Ca. 92101 619-239-3010 DATE: 11/18, 2014 Clerk, by R. HARMON, Deputy, ISSUE DATES: JAN 15, 22, 29 AND FEB 05, 2015

SUPERIOR COURT OF THE STATE OF CALIFORNIA FORTHE COUNTY OF SAN DIEGO CASE NO. 37-2014-00039068-CU-PA-CTL JOSEPHINA ACEVEDO, Plaintiff, v. ANGELA CHOE SANTOS and DOES 1 to 10, Defendants. Plaintiff, Josephina Acevedo, hereby claims damages in the above-captioned matter as follows: Special damages of \$6,084.00 or more; and General damages of \$15,000.00 or more. DATED: November 14, 2014 LAW OFFICE OF STEVEN L. VICTOR LAW OFFICE OF STEVEN L. VICTOR 2305 India Street San Diego, Ca. 92101-1209 619-239-3010 Attorney for Plaintiff JOSEPHINA ACEVEDO ISSUE DATE(S): JAN 15, 22, 29 AND FEB 05, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-033588 Fictitious Business Names(s): PLUCK CONSULTING, PLUCK WITH PURPOSE located at: 3027 HARTMAN WAY SAN DIEGO, CA. 92117 is registered by the following: PLUCK CONSULTING LLC. This business is conducted by: A LIMITED LIABILITY COMPANY PLUCK CONSULTING, LLC. 3027 HARTMAN WAY SAN DIEGO, CA. 92117 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: JENNIFER MCCABE Title: CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 31, 2014 ISSUE DATES: JAN 15, 22, 29 AND FEB 05, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000587 Fictitious Business Names(s): GASH AUTO located at: 8025 CLAIREMONT MESA BLVD #2800 SAN DIEGO, CA. 92111 is registered by the following: GARO KRIKOR MOUTAFIAN This business is conducted by: AN INDIVIDUAL The first day of business was: 12/05/2014 Registrant Name: GARO KRIKOR MOUTAFIAN Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 08, 2015 ISSUE DATES: JAN 15, 22, 29 AND FEB 05, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000761 Fictitious Business Names(s):

SoCal FINANCIAL GROUP located at: 3383 MADISON AVE SAN DIEGO, CA. 92116 is registered by the following: SOCAL REALTY GROUP, INC. This business is conducted by: A CORPORATION SOCAL REALTY GROUP, INC 3383 MADISON AVE. SAN DIEGO, CA. CALIFORNIA The first day of business was: 09/27/1994 Registrant Name: LEE HOFF Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 09, 2015 ISSUE DATES: JAN 15, 22, 29 AND FEB 05, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000785 Fictitious Business Names(s): OB BACKFLOW located at: 4584 BERMUDA AVE. SAN DIEGO, CA. 92107 is registered by the following: JOHN A. LARES, HEIDI A. LARES This business is conducted by: A MARRIED COUPLE The first day of business was: NOT APPLICABLE Registrant Name: JOHN A. LARES Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 09, 2015 ISSUE DATES: JAN 15, 22, 29 AND FEB 05, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000059 Fictitious Business Names(s): 4 BY KAREN located at: 3638 CARLETON ST. SAN DIEGO, CA. 92106 is registered by the following: KAREN CLARK GRUENBERG This business is conducted by: AN INDIVIDUAL The first day of business was: 01/01/2015 Registrant Name: KAREN CLARK GRUENBERG Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 02, 2015 ISSUE DATES: JAN 15, 22, 29 AND FEB 05, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-019293 Fictitious Business Names(s): EUROPA FAMILY CHILD CARE located at: 5815 MARENGO AVE. LA MESA, CA. 91942 is registered by the following: VALENTINA LORJA This business is conducted by: AN INDIVIDUAL The first day of business was: 07/17/2014 Registrant Name: VALENTINA Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JULY 17, 2014 ISSUE DATES: JULY 31 AUG 07, 14 AND 21, 2014

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-032890 Fictitious Business Names(s): S 6 FITNESS located at: 10346 ROSELLE ST. BLVD. SAN DIEGO, CA. 92121 is registered by the following: CHRIS ROBINSON HEALTH & FITNESS INC. This business is conducted by: A CORPORATION CHRIS ROBINSON HEALTH & FITNESS INC. 7770 REGENTS RD. SUITE 113-#240 SAN DIEGO, CA. 92122 CALIFORNIA The first day of business was: 12/19/2014 Registrant Name: CHRISTOPHER ROBINSON Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 19, 2014 ISSUE DATES: JAN 15, 22, 29 AND FEB 05, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2014-033562 Fictitious Business Names(s): ODD JOB HANDYMAN located at: 1234 FIRST ST. #9 EL CAJON, CA. 92021 is registered by the following: STEVEN MILLER, JEREMIAH BROWN This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: 12/31/2014 Registrant Name: STEVEN MILLER Title: PARTNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 31, 2014 ISSUE DATES: JAN 15, 22, 29 & FEB 05, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001617 Fictitious Business Names(s): LUNA BEACH, LUNA BEACH BAND located at: 2058 REED AVE. SAN DIEGO, CA. 92109 is registered by the following: BRYAN S. PADILLA This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: JOAN MARC UBACH MALGOSA Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 20, 2015 ISSUE DATES: JAN 22, 29 FEB 05 & 12, 2015

SUPERIOR COURT OF CALIFORNIA CENTRAL

TREE SERVICES

CROWN POINT CLIPPERS, INC.

TREE SERVICE

FREE ESTIMATES!

- FINE PRUNING & THINNING
- ARTISTIC TREE LACING
- TREE & STUMP REMOVAL

www.crownpointclippers.com

(858) 270-1742

Fully licensed and insured. Lic# 723867

PAINTING

Chuckie's
Painting Company

(619) 795-9429
www.chuckiespainting.co
chuckiegjr@att.net
CA Lic. #925325

TILES

CERAMIC TILE REFINISHERS

Specialist since 1984

Mexican/Salttillo Paver Restoration

Cleaning • Stripping • Staining • Sealing

Tile, Grout, & Caulking Restoration

Cleaning • Repair • Grout Coloring

www.ceramictilerefinishers.com
760.751.9765
Lic # 687050

PLUMBING

BILL HARPER PLUMBING.COM

Licensed Plumber

with years of experience in residential homes
Prompt, Professional and Affordable
Phone Estimates, Cash Discounts
CALL BILL 619-224-0586
Lic #504044

DIVISION 330 W. BROADWAY SAN DIEGO, CA. 92101 CASE NO: 37-2015-00000176-CU-PT-CTL PETITIONER OR ATTORNEY, HOLLY LEANN DRAYTON 4465 ORANGE AVE. SAN DIEGO, CA. 92115 714-267-4901 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONERS NAME FROM HOLLY LEANN DRAYTON TO HOLLY RHIANN HART THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING TO BE HELD ON FEB 20, 2015 TIME: 9:30 AM DEPT C-46 220 WEST BROADWAY SAN DIEGO, CA. 92101 ISSUE DATE(S): JAN 22, 29 FEB 05 AND 12, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000232 Fictitious Business Names(s): DEQUOR PAINTING located at: 1052 OAKLAWN AVE. CHULA VISTA, CA. 91911 is registered by the following: BRYAN S. PADILLA This business is conducted by: A CORPORATION CHRIS ROBINSON HEALTH & FITNESS INC. 7770 REGENTS RD. SUITE 113 #240 The first day of business was: 09/30/2013 Registrant Name: BRYAN S. PADILLA Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 05, 2015 ISSUE DATES: JAN 22, 29 FEB 05 AND 12, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000275 Fictitious Business Names(s): THE WOODWORKING NINJA located at: 3552 BROOKSHIRE ST. SAN DIEGO, CA. 92111 is registered by the following: MITCHELL PRIEST This business is conducted by: AN INDIVIDUAL The first day of business was: 01/06/2015 Registrant Name: MITCHELL PRIEST Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 06, 2015 ISSUE DATES: JAN 22, 29 FEB 05 AND 12, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000207 Fictitious Business Names(s): BARE BRUSH TAN located at: 4680 MISSION BLVD. SAN DIEGO, CA. 92109 is registered by the following: MONICA STONE This business is conducted by: AN INDIVIDUAL The first day of business was: 01/01/2015 Registrant Name: MONICA STONE Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 05, 2015 ISSUE DATES: JAN 22, 29 FEB 05 AND 12, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001151 Fictitious Business Names(s): REJUVFUL, LA' JUNIDERM located at: 44324 GRACE RD. BONITA, CA. 91902 is registered by the following: FORWARD FOCUS, LLC. This business is conducted by: A LIMITED LIABILITY COMPANY FORWARD FOCUS, LLC. 4324 GRACE RD. BONITA, CA. 91902 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: SHANNON REIDENBAUGH Title: MEMBER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 14, 2015 ISSUE DATES: JAN 22, 29 FEB 05 & 12, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001490 Fictitious Business Names(s): ARGENT SKY BUSINESS CONSULTING located at: 1778 BACON ST. SAN DIEGO, CA. 92107 is registered by the following: LTOZ, INC. This business is conducted by: A CORPORATION LTOZ, INC 1778 BACON ST. SAN DIEGO, CA. 92107 SOUTH DAKOTA The first day of business was: NOT APPLICABLE Registrant Name: KENNETH LEBLANC Title: CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 16, 2015 ISSUE DATES: JAN 29 FEB 05, 12 & 19, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE

WINDOWS

A Class Act Window Cleaning

Inside/Outside Screens & Track Cleaning
Residential Specialist Commercial
Licensed & Insured.
Senior and Military Discounts

Get your FREE estimate today!

(619) 384-7615

ROOFING

SMITH ROOFING CO.
224-ROOF, INC.
Lic #684807

Scott Smith, has been serving the beach communities since 1979.

858-272-ROOF (7663)
619-224-ROOF (7663)



LINDA MARRONE
(858) 456-3224
 lmarrone@san.rr.com
 www.LindaMarrone.com
 Historical and Architectural Specialist
 Selling La Jolla's Barber Tract since 1990
 CA BRE License 01081197



COLDWELL BANKER
 RESIDENTIAL BROKERAGE

Rosemary: the scent (and taste) you'll not soon forget By LINDA MARRONE

"There's rosemary, that's for remembrance."

William Shakespeare - "Hamlet"

Fragrant rosemary is one of my favorite herbs, and I love its scent and the flavor it adds to food. Just remember that when you cook with rosemary, a little goes a long way.

Native to the Mediterranean, rosemary is an aromatic evergreen shrub with pine needle-like leaves that when rubbed or bruised give off a heavenly scent, very similar to pine.

Planting rosemary by your garden gate not only fills the area with its perfume as people brush past it; it was also said to bring good luck when plated at an entry. Current medical studies have suggested that the scent and oil from rosemary, long known as the symbol for remembrance, can actually stimulate memory.

A vigorous grower when planted, the shrub can grow from three to five feet tall. Some say the herb's Latin

botanical name, "Rosmarinus," or "dew of the sea," was given to the plant because the tiny blue flowers resemble dewdrops. The herb's flowers will also attract honeybees. Rosemary also seems to have an affinity for growing in areas close to the sea, and many Mediterranean countries use it lavishly in their cooking.

Rosemary loves a warm sunny environment and will thrive in your garden and in pots. Preferring dryer soil, it is perfectly suited for a drought-tolerant landscape. Overwatering will harm the plant, but don't let the roots completely dry out. This is especially important to watch if your plants are planted in pots. Occasionally washing the leaves with a splash of water will deter insects and help keep your plant healthy. When you clip your rosemary, you will be rewarded twice, once for the flavor and scent the herb will add to your recipes and also because clipping will encourage new growth. Keeping the plant trimmed will also keep it from becoming too "woody."



Medical studies say rosemary is more than just a pretty face. PHOTO BY LINDA MARRONE

Upright and creeping forms of the herb are available. The creeping variety (Rosemarinus prostratus) makes an excellent ground cover and is very attractive when used to cascade down a wall. If planted in your vegetable garden, the herb's scent is

known to repel unwanted pests around plants such as cabbage, beans, carrots and sage.

— Linda Marrone is a Realtor with Coldwell Banker. Stories about her historic La Jolla garden have been published in local and national magazines.

Rosemary Roasted Nuts

Serve these with a variety of olives and a glass of red wine

- 1 large egg white
- 2 cups mixed raw nuts or almonds
- 2 teaspoons smoked sea salt
- 1/2 teaspoon dried orange peel
- 2 teaspoon fresh rosemary, chopped

Preheat oven to 350 degrees. Whisk egg white until frothy.

Fold nuts into the egg white and toss to evenly coat the nuts.

Pour the nuts into a strainer and drain for a few minutes.

In a bowl, toss the drained nuts with the salt, orange peel and rosemary.

Spread the nuts out on a parchment-lined baking sheet and bake for 20 to 25 minutes, stirring them once or twice.

Watch the nuts carefully and make sure they do not burn.



CLEAN AS A WHISTLE Fat Cat Beer Com-

pany, restaurants Herringbone, Whisknadle, Draft Republic and Isola Pizza, environmental watchdog Surfrider Foundation and the La Jolla Fire Department teamed up to form a La Jolla trash clean-up campaign coined It Takes a Village on Jan. 25. Seventy-five volunteers set to picking up the area, receiving a logo T-shirt for their efforts, along with a big thank-you from Fat Cat, the organizer. COURTESY PHOTO

AVENIDA >> CONT. FROM PG. 1

said Tom Spano, Piatti's general manager.

"The work needs to be done but the disruption has been terrible," noted Barbara Beltaire, CEO of Barbarella restaurant. "The noise, the dirt, the dust: During the day, it's a problem."

The extent to which the merchants are being affected depends a lot on exactly where they are.

"My lunch business is down, but my dinner business is absolutely fine," said Spano.

Christian Malecot, of French restaurant Solange, hasn't been so lucky. He's been forced to close, except for weekends, until construction is finished. "I'm losing less

money being closed than if I were open," he noted.

Malecot's coping with the situation. "I'm just trying to make the best of it," he said, "make little changes, like moving the bakery over to the bar area to allow us to have more indoor seating."

One thing Malecot's learned from the infrastructure replacement project is that "It's impossible to make a schedule for construction and stick to it."

"Our goal is to finish this project before the summer construction moratorium, which begins on May 22," said Monica Munoz, city of San Diego spokesperson.

Munoz noted up to 800 linear feet of an eight-foot water main replacement (about two blocks) has to be replaced eventually because "it's so old we decided to do it all at once versus coming back later to replace

the main in those two blocks."

Munoz said the original idea was to rehabilitate the existing 10-foot sewer main. "But because of the poor condition of the pipe, we will open a trench and replace the pipe, which means about 1,900 linear feet of open trench," she explained. "This method obviously takes more time than rehabilitating the pipe without opening a trench. This portion includes sewer laterals."

There are other complicating factors with the construction project as well, such as archaeological monitoring, which, Munoz said, means "the archaeo contractor is hand digging. This slows down the project somewhat, as they have to investigate what is being dug up. At any time, if anything significant is found, the project will be halted."

Shores merchants sat at Piatti's one recent morning brainstorming

ideas about what can — and should — be done to help businesses get through the ordeal. For one, merchants have jointly determined that signage in the business district needs to be improved.

"It's a big issue with (some improperly placed) signs saying 'Road Closed,'" noted Beltaire.

"The 'Go Visit the Merchants' signs were not visible," agreed Kraszewski. "It was two blocks down that way (gesturing)."

"(Better) signage would really help," concurred Coco Tihanyi of Surf Diva. "We should be lobbying for the city to do beautification and safety (enhancement) on the street. It's something they should do for us."

Business owners are concerned about how the construction job will be finished.

"We're lobbying for improve-

ments, for them to leave it (street) nicer than it was before," said Kraszewski.

"They (city) told us at the last meeting that when they're done, they're going to resurface the street," said Beltaire.

"That was a revelation," agreed Kraszewski. "It will affect all the surrounding streets. We all want that. We want an upgrade."

Shores merchants are considering launching some kind of publicity campaign to announce that the construction project is finished once and for all.

"We're thinking of having a spring festival or a kick-off for summer or a welcome back or something," said Kraszewski, adding "It's cool that, at the end, the street is going to be more vibrant. It's kind of exciting."

INGA »

CONT. FROM PG. 1

weekly column) writing a book," she said. "It's been hundreds of hours of my time over the last year, and I'm really excited to finally unleash it on the universe, or at least on the 50 friends and family members I hope will buy it."

Asked whether she's shy about

blowing her cover and finally unveiling the "real" Inga (who previously had only been shown veiled) in a photo on her book's jacket, Inga replied, "My children say that's more of a disguise photo than my disguise photo."

Inga and her family lived in Sweden for a couple years before returning to La Jolla. Inga was then seriously injured in a car accident, which left her with some down time recuperat-

ing. It was then that she began reconstructing and reflecting on her life experiences.

"I've been referred to as an essayist," Inga noted, "but if you've ever read my stuff, I'm not an essayist. I'm a chronicler, a storyteller. I was just writing about my life for the last 30 years and trying to pick topics that I thought would resonate. It just kind of evolved over time."

Inga's style is more grit and gristle

than nicey-nice. Many of her reflections are just as—or more—bitter as sweet. One example involves a problem child whom she writes went out of his way "to embarrass me," i.e., faking seizures in airports and yelling out the window to the neighborhood about being "beaten" and "taken advantage of."

"We even had the bomb squad called out one day because of him," Inga said noting, "He was a wonder-

ful topic to write about. And there was a revenge component there as well."

Even Inga's chapter titles are captivating. Examples include "The inexplicable mind set of men," "Changing our décor gave me the shutters," "Fauna I have known and sometimes loved," "Technology and why it's so frigging annoying" and "Hail Caesar, but hold the fish sauce."

For Inga, writing has been not only a passion but also a tonic.



NEW OCEAN-CLOSE PACIFIC BEACH LISTING!

1042 Wilbur 5yrs new 4 bd/3.5 ba 2,248 sq. ft. Feel the ocean breeze from the rooftop deck & master bedroom deck. Relax and read a book in your master bath tub while watching the sunset. First floor features stone flooring, open gourmet kitchen with granite countertops, walk-in pantry, a Bertazzoni stove and alder wood cabinets. **CALL NOW to see.**

Kathy Evans CA BRE #00872108 • **Scott Booth** CA BRE #01397371
858.775.0280

RE/MAX Coastal Properties



SIMPLY BEAUTIFUL...

Newly Listed in Ventana

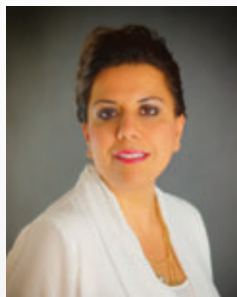
Immaculate 3 bedroom 2.5 bath single family home in gorgeous Ventana complex conveniently located in the La Jolla school district. This gated community offers swimming pools, recreation room and tennis courts - something for everyone!

Features include three bedrooms, two and one-half baths, over 2600 square feet, neutral décor, Plantation Shutters, three fireplaces and a family room. Sunny days and warm evenings will be enjoyed in your beautiful backyard with patio area perfect for outdoor dining. **\$925,000**

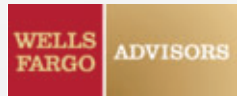
WILLIS ALLEN
REAL ESTATE SINCE 1914

Sandy Collins
(619)224-0044
Wendy Collins
(619)804-5678

Welcome, Sima Alefi, new financial advisor for Wells Fargo



Sima Alefi



With 20 years of experience in the financial industry, I recently transitioned my practice to Wells Fargo Advisors in April of 2014. My previous practice with Edward Jones was located in the Danville, bay area of northern California.

As a Financial Advisor I help manage assets for individuals, trusts, retirement plans, and businesses. I especially enjoy working with women who have been divorced, widowed or recently came into an inheritance. I feel women are often underserved due to Financial Advisors' lack of understanding of their needs—simply by not listening or not being able to relate. As a woman Financial Advisor, I understand the importance of having specific plans for various life events.

As a mother of two adult boys, married for 24 years, I understand the juggling role that women have—mom, daughter, caregiver, wife, career. I enjoy educating and empowering clients to take control of their financial future by providing a plan and investment advice. I enjoy helping couples obtain their financial dreams.

My extensive experience—through out major shifts in the markets—enables me to help my clients' structure balanced portfolios to address their specific financial goals. I have earned a degree in Business Management and in addition to several applicable securities registrations, I hold an Accredited Asset Management Specialist, AAMS professional designation.

Direct 858-456-2037 • Toll Free 800-458-7375
Sima.Alefi@wellsfargo.com
Wells Fargo Advisors, LLC 7714 Girard Ave.
La Jolla, CA 92037

Wells Fargo Advisors, LLC, Member SIPC, is a registered broker-dealer and a separate non-bank affiliate of Wells Fargo & Company.

NOT FDIC-Insured NO Bank
Guarantee MAY Lose Value

GD Crowell & Associates

Carpet • Tile • Wood • Vinyl • Blinds • Shutters



4312 Voltaire Street San Diego, CA 92107
Phone: 619 - 846 - 3496 • Fax: 858-30-1890
GaryCrowell@gmail.com
Call Us For The Best Pricing



ZIANI
La Jolla

NEW LUXURY TOWNHOMES IN LA JOLLA NOW OPEN!

FROM THE \$800,000's

1,823 – 1,831 sq. ft. • 2 Bedrooms plus Flex Space
2 Bathrooms • 1-2 Powder Baths • 2-Bay Garage

858.529.3010

LENNAR.COM 2400 TORREY PINES ROAD, LA JOLLA, CA 92037



Map is not to scale. Price is subject to change without notice. Stated dimensions and square footage are approximate and should not be used as representation of the home's precise or actual size. Renderings are conceptual in nature and merely an artist's rendition. These renderings are solely for illustrative purposes and should never be relied upon. Lennar Homes of California, Inc. License #728102. Lennar Sales Corp. California Bureau of Real Estate License #01252753. Copyright © 2015 Lennar Corporation. All rights reserved. Lennar, the Lennar logo, and the Everything's Included logo are registered service marks or service marks of Lennar Corporation and/or its subsidiaries. 1/15

Letting Go....

The decision to sell your home is difficult.
Choosing John Tolerico to list it is easy.

KNOWLEDGE:

Nobody knows how to price your property to the market like John Tolerico.

EXPERIENCE:

19 years selling La Jolla & Coastal San Diego with the #1 Real Estate Company.

MARKETING:

John has the ability to give your residence the best presentation in the current marketplace.

SECRETS:

John has the inside track to real estate trade secrets he can put to work for you.

SPECIALIST:

92037 & 92109 specialist in coastal homes and condos, estates, and historic designated homes.

John can be reached seven days a week.

Direct: 858.876.4672

E-mail: John.Tolerico@gmail.com

24/7 on the web: www.SELL858.com

CalBRE#01204419

BERKSHIRE HATHAWAY
HomeServices
California Properties

JOHN TOLERICO
Broker - Associate



Get 100% of market value with Realtor
John Tolerico, your hyperlocal marketing specialist.
Never a charge for consultation.



LEAL NOTICES CON'D

APPLICABLE Registrant Name: ZACK MOSS Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 08, 2015 ISSUE DATES: JAN 29 FEB 05, 12, 19, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-001837 Fictitious Business Name(s): 1ST SERVICES, INC. INNOVATIVE SEWER TECHNOLOGIES located at: 11211 SORRENTO VALLEY RD, SUITE SAN DIEGO, CA. 92121 is registered by the following: 1ST SERVICES, INC., INNOVATIVE SEWER TECHNOLOGIES This business is conducted

ed by: A CORPORATION 1ST SERVICES, INC. 11211 SORRENTO VALLEY ROAD SUITE Y SAN DIEGO, CA. 92121 CALIFORNIA The first day of business was: 01/01/2015 Registrant Name: JOERG KRUSE Title: PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 21, 2015 ISSUE DATES: JAN 29 FEB 05, 12 & 19, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000824 Fictitious Business Name(s): MANN CONTRACTING located at: 4127 INGRAHAM ST. SAN DIEGO, CA. 92109 is registered by the following: MARILYN MARIE MANN This business is conducted by: AN INDIVIDUAL The first day of business was: 04/01/2010 Registrant Name: MARILYN MARIE MANN Title: OWNER The statement was filed with Ernest

J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 12, 2015 ISSUE DATES: JAN 29 FEB 05, 12 AND 19, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-000203 Fictitious Business Name(s): PACIFIC MOBILIZATION, PACIFIC SCIENCE, PACSCI located at: 4349 SANTA CRUZ AVE. SAN DIEGO, CA. 92107 is registered by the following: RYAN GRISWOLD This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: MARILYN MARIE MANN Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 05, 2015 ISSUE DATES: JAN 29 FEB 05, 12 AND 19, 2015

BEER >>
CONT. FROM PG. 13

the Rye. The event attracts breweries from more than 15 countries. Tickets are \$58 or \$100 for VIP admission. sandiegobeerfestival.com.

Culture Brewing Company out of Solana Beach recently opened a satellite tasting room at 4845 Newport Ave. in Ocean Beach, featuring a dozen taps designated exclusively to their brands. Choices rotate regularly, with a new cherry sour and barley wine ale entering into the mix in mid-February. In addition, the company will celebrate its second anniversary on Feb. 20 at the Solana Beach brewery and feature limited releases for the occasion. culturebrewingco.com.

Amplified Ale Works, at 4150 Mission Blvd., recently announced a couple of new January rollouts: a crisp session IPA called Electrolite and the deep-golden Belgian-style Treble Tripel. The two-year-old brewery features an oceanfront beer-garden patio and a kebab restaurant. amplifiedales.com.

AleSmith Brewing Company is moving two blocks west on Miramar Road this spring, into a grand 105,000-square-foot facility at 9990 Empire St. The new digs will quadruple the amount of space for tastings, storage and beer-making. In addition, the company recently

released San Diego Pale Ale 394, brewed in collaboration with San Diego Padres right fielder Tony Gwynn before his passing last June. The product is currently available in six-pack bottles in the tasting room. alesmith.com.

Kilowatt Brewing is gearing to debut in late January or early February at 7576 Clairemont Mesa Blvd. Touted as a "nanobrewery," its beers are handcrafted in three-barrel batches. The product line includes Goji Mountain Honey Ale, Agave Pale Ale and Cascadian Black. Look for a taproom rigged with custom LED lighting and works by local artists. kilowattbeer.com.

The San Diego Winter Brew Fest is scheduled from 7 to 10 p.m. on Feb. 20 and 21 at the Hall of Champions in Balboa Park. The event features more than 40 craft brewers from throughout California and beyond as well as food and live music. Tickets are \$40 in advance and \$50 at the door. sandiegobrewfest.com.

The Best Coast Beer Fest arrives on March 7 at Embarcadero Marina Park South in downtown San Diego. More than 100 brewers from along the West Coast will offer samples of their latest and greatest releases from noon to 9 p.m. The grounds will also make way for a "food truck alley" and stages for live entertainment. Tickets are \$20 to \$125. bestcoastbeerfest.com.

CA BRE Broker's # 01312924 Karen Dodge
CA BRE Broker's # 01312925 Mike Dodge

WANTED

**THE INVENTORY OF
PB HOMES FOR SALE IS AT AN
ALL TIME LOW.**

**WE HAVE CASH BUYERS FOR YOUR HOME
IF YOUR LOT IS 5000 SF OR LARGER.**

**NO INSPECTIONS, NO REPAIRS, NO CONTINGENCIES
QUICK OR DELAYED CLOSINGS ARE FINE.
NO HASSLE - TOP DOLLAR
REDUCED COMMISSIONS**

Karen & Mike DODGE
Find Your Place in Paradise



Karen: 619-379-1194 • Mike: 619-384-8538
E-mail: PacificParadiseRealty@gmail.com
Web: www.karen-mike.com

Pacific
paradise
Realty

OPEN HOUSES

PACIFIC BEACH / MISSION BEACH / CROWN POINT

Sat & Sun 1-4 Feb 7 & 8 ... 1351 Thomas St. 5BR/4BA \$1,199,000
Fri 12-2pm 2965 Mission Blvd 2BR/2BA \$560,000 Nicole Grier • 619-559-9914
Sat 1-4pm 1351 Thomas St. 5BR/4BA \$1,199,000 Alison Goertzen • 858-449-5917
Sat 10-1pm 1919 Diamond St. 3BR/3BA \$679,00 Ellen Alvord • 619-806-0218
Sun 2-4pm 2965 Mission Blvd. #3A 2BR/2BA \$560,000 Nicole Grier • 619-559-9914

POINT LOMA / OCEAN BEACH

Sat & Sun 11-4pm 941 Harbor View Dr. 3BR/3BA \$2,350,000 Robert Realty • 619-852-8827
Sat & Sun 11-4pm 3640 Pio Pico St. 5BR/7BA \$2,695,000 Robert Realty • 619-852-8827

DOWNTOWN

Sat & Sun 1-4pm 2919 Brant St. 4BR/3.5BA \$1,189,000 Tammy Davis • 858-699-3765

LA JOLLA

Sat & Sun 1-4pm 6669 Vista Del Mar 3BR/3BA \$2,495,000 Debra Schrakamp • 925-963-5151
Sat 1-4 Sun 11-2 7988 Roseland Dr. 3BR/2.5BA \$2,995,000 David Lebowitz • 858-900-1283
Sat 1-4pm 5664 Bellevue Ave. 3BR/2BA \$1,495,000 Monica Baxter • 752-7854
Sat 1-4pm 8505 La Jolla Shores Dr. 5BR/4BA \$2,198,000 Greg Noonan • 858-551-3302
Sat 1-4pm 2107 Calle Guaymas 5BR/4.5BA \$2,375,000 Anthony Halstead • 619-813-8626
Sat 1-3pm 6423 Camino De La Costa 4+BR/4.5BA \$7,295,000 Willis Allen • 858-442-2643
Sun 1-4pm 2107 Calle Guaymas 5BR/4.5BA \$2,375,000 Carol Hernstad • 858-775-4473

Deborah Greenspan

BRE# 017333274

(619) 972-5060

Deborah.Greenspan@SothebysRealty.com



Pacific | Sotheby's



JUST SOLD IN HIDDEN VALLEY!

Call Deborah to sell yours!!

maxine & marti
GELLENS



BH
HS
BERKSHIRE HATHAWAY
HomeServices
California Properties

SAN DIEGO NATIVES
SPECIALIZING IN COASTAL RESIDENTIAL PROPERTIES
WWW.GELLENS.COM
858-551-6630

JUST LISTED!!

This Ocean Beach 2 bedroom, 1 bath single family residence is located 3 blocks to the beach and is ready for a new owner now! Priced at \$605,000, this home built in 1912 has recently been remediated. Tenant occupied. Call Klatt Realty at 858-454-9672 for your appointment to show.



RENTAL: \$1,900*** RPM! This walk-up 1 bedroom apartment has just been renovated and is ready for a new tenant now! Included is the use of a 1-car garage! Sorry, no pets, please. Owner required an acceptable credit check and security deposit, first and last month's rent. This one won't last long! Call us today!

JOSEPH DEAN KLATT PhD & ENYA

LIST WHERE THE REAL ESTATE ACTION IS

KLATT REALTY INC.

Ca BRE lic. #00617121

(858) 454-9672

1124 Wall St., La Jolla

Dr.JosephKlatt@san.rr.com | www.KlattRealty.com

Your New Year
Planning Guide

RESCUE SWIMMER FITNESS

What's your rescue plan for the holidays?

ADAM "JOE" AVERY

- Personal Trainer
- Certified Nutritionist
- Special Ops Naval Rescue Swimmer
- Former Cancer Research Scientist
- English, French, Spanish

SERVICES

- 1:1 Personal Fitness Training
- Custom All Terrain Programs
- Triathlon & Lifeguard Training

RescueSwimmerFitness.com (831) 600-6342

**Some pets need
More TLC than others...**

Trust us to provide the most caring service. Ever.

**Full Service Mobile Pet Grooming
with Love!**

AwesomeDoggies

- Gentle groomers for all breeds of dogs and cats
- Convenient service at home - no cages or car rides
- Totally customized to your pet's special needs including traumatized, elderly, rescues, puppies

Bathing, brushing, haircuts & more!
AwesomeDoggies.com/CNG • (619) 324-7304

Inventory in La Jolla is Incredibly Low • Call David to Sell Your Home!



6652 Avenida La Reina • La Jolla
Was Offered between \$2,895,000 & \$3,195,000



2415 Rue Denise • La Jolla
Was Offered at \$1,795,000



David Schroedl
858 • 353 • 5800

DavidKnowsLaJolla@gmail.com

BRE #00982592

DavidKnowsLaJolla.com



Pacific

Sothebys
INTERNATIONAL REALTY

Local Expertise. International Reach.

©MMVII Sotheby's International Realty Affiliates LLC. A Realogy Company. All Rights Reserved. Sotheby's International Realty® is a registered trademark licensed to Sotheby's International Realty Affiliates. An Equal Opportunity Company. Equal Housing Opportunity. Each Office is Independently Owned and Operated. CA DRE#01767484

COLDWELL BANKER

californiamoves.com



LINDA MARRONE
(858) 456-3224

lmarrone@san.rr.com

www.LindaMarrone.com

Historical and Architectural Specialist
Selling La Jolla's Barber Tract since 1990
CA BRE License 01081197

A PASSION FOR REAL ESTATE, GARDENS & HISTORIC PRESERVATION

Linda has owned a historic La Jolla home and garden since 1989 and fully understands all the details involved in owning a historic home, historic designation and the Mills Act property tax benefit. Trained and certified as a specialist in selling historic real estate and architecturally designed homes by the National Trust for Historic Preservation in Washington, D.C.

Being able to walk a potential buyer through the benefits and restrictions associated with owning a historic home is very important and Linda's experience as both a historic homeowner and her years of involvement in the historic preservation field will make selling your historic home a pleasure.

GO TO WWW.LINDAMARRONE.COM
TO LEARN MORE ABOUT HISTORIC DESIGNATION.

BE SURE TO READ LINDA'S GARDEN COLUMN,
FROM MY GARDEN IN THIS ISSUE



La Jolla Office | 930 Prospect Street | 858.459.3851

**COLDWELL
BANKER**

RESIDENTIAL BROKERAGE

3,300 Offices | 97,000 Agents | 50 Countries | 106 Years of Experience

©2013 Coldwell Banker Real Estate LLC. Coldwell Banker®, Previews® and Coldwell Banker Previews International are registered trademarks licensed to Coldwell Banker Real Estate LLC. An Equal Opportunity Company. Equal Housing Opportunity. Owned And Operated By a Subsidiary of NRT LLC. Broker does not guarantee the accuracy of square footage, lot size or other information concerning the condition or features of property provided by seller or obtained from public records or other sources, and the buyer is advised to independently verify the accuracy of that information through personal inspection and with appropriate professionals.