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## From Rigs to Reefs

Two Scripps alumnae, Amber Jackson and Emily Callahan, aim to transform defunct oil rigs into man-made reefs. Their organization, Blue Latitudes, dives beneath the 27-plus oil rigs that line the California coast to determine the 'afterlife' of the structures. These structures support a vast array of marine life, and they want to keep it that way. [SEE PG. 4 FOR FULL STORY.](#)

PHOTO BY KYLE McBURNIE

## Restaurant surcharges could violate state law

### City attorney investigating claims

BY DAVE SCHWAB

New City Attorney Mara Elliott is alleging that several San Diego restaurants, including some in along the coast, are adding 3-percent surcharges to customers' bills without proper notice to compensate for a minimum-wage pay increase that took effect Jan. 1. That practice may be illegal.

The Cohn Restaurant Group, which owns Draft Republic in UTC La Jolla, also operates several other successful restaurants throughout San Diego. These restaurants include: Bo Beau Kitchen + Bar in Ocean Beach, Coasterra on Harbor Island, and the Brigantine chain.

At a Jan. 5 press conference, Elliot said her office's Consumer and Environmental Protection Unit has received information that "some San Diego restaurants are adding what they describe as a 'mandated' minimum-wage surcharge to customers' bills, as much as 3.5 percent above and beyond what the prices on the menu indicate.

"Many of these diners did not learn of this so-called surcharge – which is not mandated by any



City Attorney, Mara Elliot.

governmental entity – until they received their check," Elliott said at the conference. "This practice may violate California law, and specifically, its provisions against false advertising.

"Citizens are entitled to know upfront the cost of their meals and the basis for each charge included in their bill. Those restaurants who do not adequately inform their customers may be receiving letters from our office indicating that we are investigating them for potential violations of the law," Elliott said.

David Cohn, President of Cohn Restaurant Group, said "Every restaurant I know of that's doing surcharges is properly noticing

SEE **SURCHARGE** >> PG. 7

## Ronald McDonald Charity 'Dream House Raffle' boasts Bird Rock home

BY BLAKE BUNCH

San Diego possesses some of the finest coastal real estate in the country, epitomized in nearly every film depiction of coastal highway driving. The coast has become synonymous with promise, possibility and stories of personal success.

Most are familiar with the Ronald McDonald House, the national organization and charitable arm of the McDonald's fast food chain. What some may not know, however, is the fashion in which the San Diego Chapter of the Ronald McDonald House has been fundraising over the past decade.

This year, and similar to years past, the Ronald McDonald House Charity is raffling off 1,700 prizes, as well as a \$2.1 million oceanfront home located on the pristine cliffs in the Bird Rock community. Although they have been holding similar auctions for the last 13 years, this was the first year that the charity was able to

secure a property on the coast.

"This has always been an innovative fundraising idea," said Chuck Day, president and CEO of the San Diego Ronald McDonald House. "I came on about six years ago, and since then we have always aimed to make more of an impact. One way we achieve this is through finding bigger and

more beautiful homes, which tends to make things a bit more attractive."

Typically, the raffle prizes start off with small, consumer products, and escalate to anywhere from luxury

SEE **HOUSE** >> PG. 6





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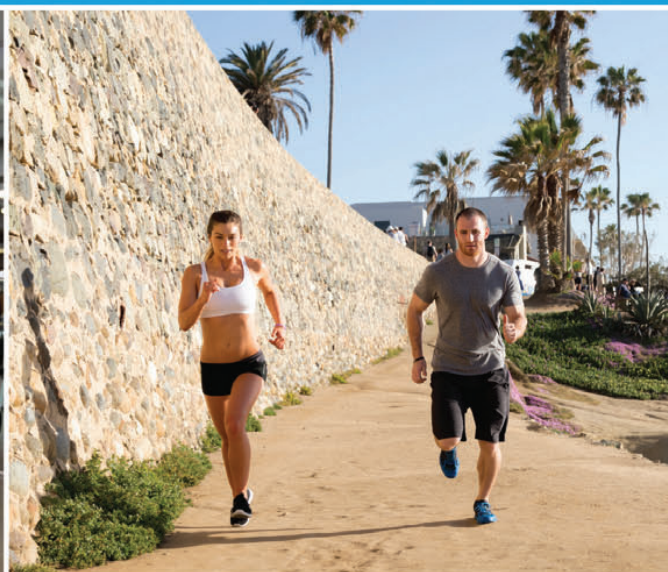
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# Transforming old oil rigs into habitable reefs

BY BRITTANY HOOK

The California coast is lined with 27 offshore oil and gas rigs that can be seen jutting out across the horizon—a reminder of humans' dependence on fossil fuels. Below the surface, however, these platforms are home to some of the most dynamic ecosystems in the world, harboring everything from mussels and scallops to garibaldi and rockfish. As many of these enormous rigs are approaching the end of their viable production lives, scientists, environmental agencies, and oil companies are left begging the question: should the rigs stay or should they go?

Emily Callahan and Amber Jackson, two alumnae of Scripps Institution of Oceanography at the University of California San Diego, have made it their mission to dive below the surface of these oil and gas platforms to determine the best possible "afterlife" scenario for these complex structures. (Video and Photo Gallery.)

The two women met in 2013 while taking a scientific diving course at Scripps Oceanography, where both were pursuing Master of Advanced Studies degrees in Marine Biodiversity and Conservation. A conversation soon emerged about Rigs-to-Reefs, which is the name of a state law and associated program that essentially converts decommissioned oil and gas rigs into artificial reefs.

"What you're focusing on with Rigs-to-Reefs is everything below the surface, like the tip of the iceberg. That's where all the life is," said Callahan, a marine biologist and PADI certified divemaster with expertise in environmental consulting.

When she first came to Scripps, Callahan had only recently learned about the success of the Rigs-to-Reefs program in the Gulf of Mexico, where 500-600 decommissioned oil platforms now serve as artificial reefs and provide abundant fishing opportunities, world-class diving and recreational activities, and an ecological hotbed of underwater activity. She was stunned to learn that none of California's rigs had been approved

for a similar Rigs-to-Reefs conversion. Callahan shared her interest in the program with Jackson, who was equally enthralled.

"We really made it our mission in grad school and we're still working on it—to combine science with powerful imagery and a meaningful message to change the tide of public perception around this program," said Jackson, a fiery-haired oceanographer with a passion for science communication. "It's been the cornerstone of what we do and it fuels our exploration and educational initiatives."

Inspired by the possibilities of Rigs-to-Reefs implementation in California, Callahan and Jackson focused their joint thesis on the topic. Their innovative research led them up and down the coast of California where they dived numerous platforms, conducted ROV surveys, studied the biodiversity of marine life on and around the structures, and analyzed the legislation surrounding Rigs-to-Reefs. They also documented their findings through video, photography, and social media—engaging visual mediums that have enabled them to show the public the beauty and importance of these thriving underwater regions.

Rigs-to-Reefs is a controversial law and program in which an oil company chooses to modify a platform so it can continue to support the valuable and fragile ecosystems that have formed on and around the structures. The decommissioning process still holds platform operators responsible for removing drilling infrastructure and capping and sealing the well—and they remain permanently liable for any damages coming from the well—but the upper portion of the rig (at least 85 feet for ship clearance) is cut and towed to an alternate location or the structure is toppled on its side.

Some environmental groups oppose the Rigs-to-Reefs program because it transfers liability of the structure from the oil companies to the state or the Department of Fish and Wildlife, which then manage it as an artificial reef. The program also



**Scripps alumnae Amber Jackson (left) and Emily Callahan.**

PHOTO CONTRIBUTED

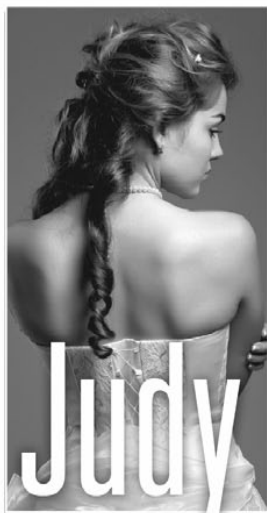
saves the oil companies money, upwards of millions of dollars, but any savings are split 50/50 between the company's stakeholders and the state, which is required to use that money for marine conservation and education—a silver lining according to Callahan and Jackson.

The women also argue that the removal and disposal of such enormous structures—some as tall as the Empire State Building—is costly and comes with a massive carbon footprint. California doesn't have the infrastructure on land to recycle these structures, so the only viable option for complete removal is to cut the structures down, load them onto gigantic barges, and tow them to Southeast Asia where they can then be broken down and recycled. According to Jackson, the bunker fuel used by barges outside of state waters "makes gasoline look like champagne."

After examining the Rigs-to-Reefs program from all angles, Callahan and Jackson determined that it would be a beneficial program for the state of California, providing an ecologically and environmentally friendly alternative to complete rig removal.

"The future of conservation is that you're going to have to work with the

SEE REEFS >> PG. 6



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## REEFS»

CONT. FROM PG. 4

government, you have to work with oil companies, you have to work with the 'bad guys' if you want to change what they're doing and make a positive impact for the environment," said Jackson. "Emily and I are not pro oil and gas development; we're working on decommissioning the end life stage of these platforms. But I just love the challenge of trying to communicate that there is an ecological, economic, and social benefit to repurposing these structures as reefs—not only in California but around the world."

Upon graduation from Scripps in 2014, Callahan and Jackson decided to continue working together and co-founded Blue Latitudes, an organization that uses scientific research to form a comprehensive study of the ecological, socio-economic, and advocacy issues surrounding California's Rigs-to-Reefs law and program. Blue Latitudes provides neutral and scientifically based consulting services to various clients, including gas and oil

companies and environmental groups, to assess structures and determine whether they are good candidates for Rigs-to-Reefs.

Blue Latitudes also operates as a non-profit organization through a fiscal partnership with Mission Blue, a global initiative to protect the world's oceans led by famed oceanographer Sylvia Earle. This wing of the company allows Callahan and Jackson to focus on education and outreach, and the two are currently forging relationships with teachers and schools across San Diego and Los Angeles and developing unique classroom curriculum about marine science for middle and high school students.

The duo continues to spread the word about their research through speaking engagements at aquariums, libraries, classrooms, and more. And they are digitally savvy—constantly updating their social media accounts with stunning images from their latest diving adventures and information about their latest projects.

READ MORE ONLINE AT [sdnews.com](http://sdnews.com)



The view from the back porch of the Ronald McDonald 'Dream House.' Participants in the raffle are eligible for countless opportunities and prizes. PHOTO BY BLAKE BUNCH

## HOUSE»

CONT. FROM PG. 1

trips, a Tesla, cash prizes, and, of course, this amazing home. While those involved with the raffle aim to keep the address undisclosed until allowed to physically do so, they can affirm that the house is located in Bird Rock, and boasts a jacuzzi and two-stories of porches with panoramic views.

"It's truly amazing how these people act when they win, and I am thrilled to be able to personally make the call myself," said Day. "In most cases, people typically select cash prizes, of which they claim changes their lives tremendously. In surveying some of our past participants, we discovered that we should look to properties closer to the coast, which

created some extra buzz. This year, we were extremely lucky to include such a terrific property in our fundraising efforts."

Day notes that all of the proceeds from the raffle will stay directly in San Diego, also benefitting will be the Ronald McDonald House, with its 47-room facility for children and families.

"The Dream House Raffle is our largest fundraiser and while it makes many people happy, it has a tremendous impact on our house and the families who use our services," he said. "Proceeds from the Dream House Raffle allow us to continue providing a 'home away from home' for families who have critically ill or injured children in local hospitals. The raffle supports all of our services, including lodging, meals and emotional support, that are crucial for our

guests."

Raffle tickets cost \$150 each and are also available in discounted multi-ticket packs. A three-pack of tickets costs \$400, and a five-pack of tickets costs \$550. The earlier tickets are purchased, the better the chances there are to win in special "early bird" drawings leading up to the final grand prize drawing in May.

The first early bird ticket deadline is Feb. 10, of which the bonus prize available is a 2017 Tesla Model S—or \$50,000. Early bird winners are still eligible to receive the grand prize. Other prizes available throughout the raffle include some of the hottest technology devices, jewelry, luxury home goods, vehicles and vacations.

For more information, visit [www.sdraffle.com](http://www.sdraffle.com) or call 888-824-9939.

## 1 Wave world record attempt rescheduled

Due to the powerful winter storm system that hit San Diego over the weekend of Jan. 21, organizers of the 1 Wave Challenge and Torrey Pines Adventure Run postponed both events until Saturday, Jan. 28.

With support from San Diego City Councilmember Barbara Bry's office, organizers worked with Park and Recreation Department staff to secure a special event permit for the

new date.

Start times for both events have been adjusted in anticipation of an early morning high tide:

- 1 Wave Challenge will begin at 10 a.m. (registration will open at 8:30 a.m.)

- Torrey Pines Adventure Run will start at noon (registration 9 a.m.)

- Surfers and runners will be treated to a beach-side concert by San

Diego rock band Sandollar beginning at 11:30 a.m.

- Events will take place at La Jolla Shores, near Kellogg Park.

"Surfers respect the power of Mother Nature," said Boys to Men co-founder Joe Sigurdson. "To be safe, we won't be paddling out or running the beach this weekend."

"San Diego Councilwoman Barbara Bry and the Parks and Recreation Department staff couldn't have been more supportive of our change-of-plans," he added. "We're grateful for their cooperation. The community is welcomed to join us next Saturday, Jan. 28, at La Jolla Shores, as two signature charitable events tap into the excitement of the closing days of the Farmers Insurance Open at Torrey Pines."

## 1 WAVE CHALLENGE AND ADVENTURE RUN:

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When: Saturday, Jan. 28 from 8:30 to 11:30 a.m.

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A group of friends detoxifying at iSweat Lodge.

PHOTO BY KAT PYKTA

## iSweat Lodge: An alternative to strenuous exercise in Bird Rock

BY BLAKE BUNCH

With all of the health trends that either begin, or at least gain popularity around Southern California, it is often tough to keep up. People tend to be more active in this part of the country, and often these practices are geared towards those rehabilitating injuries, wanting to look better or simply wanting to be healthier.

Kat Pykta, owner of iSweat Lodge in Bird Rock, caters to all walks of life.

At her cozy “spa” off La Jolla Boulevard, a client reclines in an infrared heat bag. The customer begins to wiggle a bit. Pykta casually grabs a bottle of water, and brings it to him.

“Starting to get warm?” Pykta asks jestfully. “I can always tell when clients are beginning to really sweat – they begin to squirm around.”

iSweat Lodge has operated in the area for nearly three months now, and utilizes infrared radiation treatment (not as scary as it sounds) and vibration therapy to treat a myriad of ailments while detoxifying your body. From arthritis, high cholesterol, skin disorders, etc. to simply removing heavy metals from your body, Pykta highly recommends the forms of therapy offered at her business.

“Basically, this encompasses many areas of our lives that we wish to improve – health, wellness, fitness and beauty,” said Pykta. “Once a client is interested, I always ask them ‘what are your goals?’ My friend, who introduced me to infrared treatment, was diabetic and having circulation issues. His doctor had suggested it to him about seven years ago, and it has helped him tremendously.”

While individuals may seek different treatments, Pykta encourages those who may have questions to consult with their own physician

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prior to any form of treatment. Although she states “I am definitely not a doctor,” her personal knowledge of these treatments is extensive.

“The treatments ultimately lead to rejuvenation, better sleep, an increased libido, and burns fat,” said Pykta. “Fat becomes water soluble at 30 degrees Celsius, and our infrared suits burn at 60 degrees Celsius. Typically, sessions are 50 to 60 minutes, during which one can burn between 1,500 and 1,800 calories.”

Although it may seem uncomfortable to swaddle oneself in an infrared blanket, it actually seems quite the opposite. Each individual area consists of a bed, and is supplanted with Beats headphones and Netflix.

Pykta has seen plenty of return customers in her brief period – current and former athletes, moms in between errands, seniors with inflammation and plenty more. She believes that while it is nice to try out the treatments at least once, that, after the second time, one will experience the full range of results.

Aiming to expand iSweat Lodge throughout San Diego, she seems torn between adding three new locations in either the Banker’s Hill, Hillcrest or Downtown areas to opening up in North County.

Pykta offers her treatments for a cost well below competitors. She strongly believes in these benefits. iSweat Lodge is offering two treatments for \$70, and monthly memberships (unlimited use) for \$250.

## SURCHARGE»

CONT. FROM PG. 1

and labeling the surcharge.” Cohn said the notice of 3 percent surcharges are present in both the reception areas and every Cohn restaurant menu.

Cohn said, with any patron coming forward to complain they weren’t aware of the surcharge, that “we take it off the guest’s check. We can’t force anyone to pay if they did not see it.”

He added that in San Francisco, where minimum wages were already increased, “80 percent of restaurants have surcharges.”

“We have no problem with a minimum-wage increase, and are glad our employees are benefiting,” Cohn said. “These are unprecedented additional costs.”

Cohn added that, over the last 2 1/2 years, “Wages have gone up 44 percent. If every business paid that increase to its employees – a lot of them would have a hard time staying in business. We just want to be transparent with people, let them know that, at some point, we need to pass that along (costs).”

On its website, the Brigantine restaurant chain noted that, as of

‘We have no problem with a minimum-wage increase, and are glad our employees are benefitting. These are unprecedented additional costs.’

DAVID COHN

PRESIDENT, COHN RESTAURANT GROUP

Jan. 1, 2017, a 3 percent surcharge was added to all guest checks at The Brigantine and Miguel’s.

“In restaurants, where employees earn tips, the increased minimum wage goes directly to the highest earners in the house,” said the posting on Brigantine’s website. “At the same time, the restaurant employees who would benefit most from an increase won’t see their pay go up much, if at all. The reason: California is one of the only states in the country that do not allow tips to count toward an employee’s income.

“Rather than just raise prices and, in turn, raise the pay of the highest earners (tipped employees), we decided to add a surcharge so we can better compensate all our employees,” the Brigantine website continued. “Any restaurant opera-

tor will tell you how much they value their back-of-the-house staff (the dishwashers, preps and cooks), who are doing some of the most demanding, labor-intensive work ... the addition of the surcharge is by no means a political statement. Rather, it is our company trying to be more transparent with our guests in lieu of just raising prices.”

Noting San Diego’s minimum wage increase was approved by voters six months ago, Elliott said, “There has been ample time for every business owner to think through the law’s ramifications on their operations, and to make whatever lawful changes they deem appropriate to their prices. It’s unfortunate some restaurants chose another course. Based on the evidence, we may need to take them to court.”

San Diego consumers who believe they have been improperly charged a surcharge may contact a consumer hotline at 619-533-5600 from 9 a.m. to 5 p.m. Monday through Friday. Or they may file a complaint at [sandiego.gov/city](http://sandiego.gov/city) attorney. All complaints will be reviewed to determine whether there are violations of law.



One can’t have a restaurant too clean, which is one reason La Jolla’s new Mendocino Farms works so well.

PHOTO CONTRIBUTED

## Mendocino Farms eatery is not blowing smoke

BY MARTIN JONES WESTLIN

Besides its quaint artist shops and galleries and its million-dollar oceanside landscapes, Mendocino has a standout feature that’s lost a little luster of late. The Emerald Triangle is a series of Mendocino pot

farms located about three hours north of San Francisco, and the harvest there made marijuana one of the major cash crops in Mendocino County the last 10 years despite the authorities’ constant carping.

The recent statewide OK on pot has maybe dulled the romance

behind farming there. No fun anymore if your merchandise isn’t against the law.

SEE MENDOCINO » PG. XXXXX





## Dane Capo: Artist with autism aims for sustainability in his career

BY BLAKE BUNCH

Dane Capo loves the Beatles, Bob Dylan, and the King himself. At 10 months old, Capo was diagnosed with epilepsy, and was further discovered to have autism at age 5. He has not let this set him back one bit, however. It was a tough adjustment, but he has found solace in creating technicolor paintings of some of the most iconic figures in history.

His artwork is inspired by the French Impressionist painter, Henry Matisse, of whom Capo has depicted in acrylic along with: Albert Einstein, Abraham Lincoln, David Bowie, Elvis, all four Beatles, and countless other personalities. Fortunately enough to have met Ringo Starr during a trip to Hawaii, Capo was actually able to present the former Beatle with his own rendering of himself.

That alone is an accomplishment most will never know.

He not only inherited his initial painting supplies, but also his artistic talent from his late grandmother, who was also a prolific artist. After her passing, Capo began to paint, and possessed an obvious, raw talent

for the visual arts.

"Ninety percent of people with disabilities are unemployed," says his mother, Krista. "We've been working for the past two years or so to truly make his art a sustainable factor in his life. He's already sold many works, and people's overall response has been truly remarkable."

Dane says that he currently paints sporadically, but when he does, it is difficult to stop. Bright, almost neon acrylic seems to be his favorite medium, although he has recently applied to film school and has aspirations of being a director.

Having commenced his craft about five years ago, the artist (like most reasonable ones) is currently on the job hunt. His job coach, Nick Meyers, visits Capo in his South Bay residence at least three to four times per week to gear his direction and aid with filing applications.

"I'd really like to work as a bank teller, customer service representative, art director, or film director," Dane said. "Any job where I can work with people would be terrific. Also, if I were a director I would def-



**Diagnosed with epilepsy at 10-months-old, and as autistic at age 5, Dane Capo creates vibrant, positive works.**

initely join the Director's Guild of America."

With an impressive collection of work, Capo, along with his mother, Krista, are looking to expand his online store. This would present a sole stream of revenue, the forum complete with signature bags, stickers, original artwork, etc. Like most artists stuck on the cusps of the monetized Internet, things will soon take off for this young artist.

In fact, Capo has already held sev-

eral shows throughout the LA beach areas, and most recently brokered a deal to show 10 of his pieces across many Arclights in Southern California. His first installation is currently on display at the La Jolla Arclight, where his pieces will remain there until March 27. The works will also be exhibited in Arclight locations in Sherman Oaks, Culver City, and the beach areas – nearly covering all of Southern California.

Krista Capo says that they are also currently awaiting information regarding showing his pieces at Arclights in Chicago and Maryland.

While Capo continues to strive for a successful career in many of the fields he is interested in, his art represents an honest manifestation of his personality – vibrant and optimistic with a great deal of intelligence and originality.

For more information on Capo, visit [www.danecapoart.com](http://www.danecapoart.com).

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Seacrest at Home, a not for profit 501(c)(3) home care agency located in Encinitas, has received multiple community recognitions as a premier home care agency. They provide non-medical assistance to residents of San Diego County. In addition to providing assistance with personal care, meal prep, light housekeeping, errands and companionship, they also offer two new RN managed programs. The Care Management program can help coordinate your loved one's appointments, social activities and assist with community outreach. Their new C.A.R.E. program can provide hospital ER companionship within 1 hour, thereby providing peace of mind to family members that their loved one is not alone.

Kelli Denton R.N., is the director and

has more than 35 years of nursing experience that includes oncology, infusion therapy, home health and home care. Denton explains that all caregivers are live-scanned fingerprinted, have extensive background checks through the Ca. DOJ (Dept. of Justice) and FBI on a national level. All employees are also bonded and covered with worker's comp. Effective 6.1.16, all home care agencies were required to be licensed with Ca.'s Dept. of Social Services, Community Care Licensing Division and are subject to un-announced state surveys, which Denton welcomes. "Licensure keeps us on top of our game and will weed out those agencies that are not compliant with regulations".

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Seacrest at Home has received multiple community recognitions for service excellence!



By Natasha Josefowitz, Ph.D.

### Doing it Better

In 1978, I was a trainer for a graduate student professional development program sponsored by the National Training Laboratory in Bethel, Maine. The participants were in a week-long sensitivity training group (known as a T group). Our theme for that week was "Management of Similarities and Differences."

In revisiting the paper I wrote at the time, I realized that the same needs exist today: the need to understand the impact of cultural differences on all our interactions with people different from ourselves. My paper was based on the experience I had that week working with Rahim, a dark-skinned, sloe-eyed Malaysian Muslim whose cultural and religious values did not fit into a predominantly Western culture.

Rahim tried to identify with two black men. He invoked his dark skin as a similarity, but his hair was straight and his eyes were slanted; he was not part of them. Rahim tried to identify with the Philippino Catholic priest; he invoked Asia as their cultural similarity, but their histories, religion and cultural patterns were dissimilar. Rahim joined the Jewish group, but he is a Muslim and even though he invoked Abraham as their common ancestor, he was only well tolerated, but not one of them.

So Rahim wrote a letter to our community:

"Saudara dan Saudari (Male Relatives and Female Relatives),

"Assalamualaikum (May the blessing of God be upon you). I am faced with the issue of culture and race that bother me at this moment, the intensity of which I have not experienced previously. I ask myself why?

"I am at a point in my life that requires me to prepare to return back into my own culture, an Asian/Malaysian Islamic culture. This phase in Bethel for me is the

termination stage of an experience so intensely personal and yet in some ways so distant.

"I find myself relating to others in an American cultural context quite foreign to me and often times conflicting with my own cultural values and principles. I have learned a bicultural orientation to Western/American values, but with no reciprocity in this process. I feel my culture devalued. I have straddled cultural barriers and have learned values alien to myself, but I despair for there is no perceived need for others to learn from me.

"I feel alone as a Muslim, a solitary Muslim in Bethel. I feel a need to express from that uniqueness and to have interchange from that uniqueness. I have a need to be different and yet to be one with others different from myself. I have a need to have others share what I have.

"Sekian. Maaf dan Wasalaam (Asking for forgiveness and closing of greetings)."

What spurred Rahim to write this



## SIMILARITIES»

CONT. FROM PG. 8

letter was the result of anger expressed openly in the group. He sided with the victim of the outburst, but was reprimanded for being overprotective. Rahim explained that confrontation is a sign of ill breeding, a concept foreign to the rest of the group. In fact, Rahim stated that to react too quickly is dangerous, emphasizing that one must reflect about an event before responding to it. The value of spontaneity is not a value shared by all cultures. One must turn one's tongue seven times in one's mouth before answering.

Rahim believed in waiting, in being able to be passive. When my authority as trainer was challenged, Rahim expressed with enormous pain that to lose respect for authority is unacceptable; trainers are teachers one does not challenge. He added that there was great dignity in being a good follower—as much as a leader. The non-competitive, non-challenging, non-active mode of responding is so foreign to us Americans that we see it as deviant behavior from the norm—the only one we have been exposed to.

Asians give negative feedback indirectly allowing the receiver to save face by ignoring it publicly. They also do not make demands directly or publicly, seeking to influence covertly. The cues are subtle, but recognizable to Asians. The indirection permits the demand to not be acknowledged publicly and, if refused, to save the demander from shame. We call it cowardly. We call them devious and manipulative. They call us insulting and humiliating.

The global climate has changed since 1978. Since then we have had more opportunities of contact with Muslims and other cultures—some of it positive, some negative. What is important today is to be aware of the different, subtle cultural signals that are sent, but don't know how to interpret, denying the validity of those signals. We don't turn our tongues seven times before responding, but we do say "count to 10 before uttering an angry word" (although we seldom do so). Other concepts are harder to bridge such as our Western openness and face-to-face conflict resolution, which is foreign in many other cultures.

Almost 40 years later, the same lessons need to be continuously relearned as our exposure to other cultures keeps increasing. Identifying our values in order to explain our behaviors to each other is a necessary ingredient to be able to get along.

Natasha Josefowitz is the author of more than 20 books and resides at White Sands Retirement Community. Copyright © 2017. Natasha Josefowitz. All rights reserved.

## Bird Rock home tour returns after hiatus

BY DAVE SCHWAB

After a three-year hiatus, Bird Rock is bringing back its popular fundraising community home tour.

The reinvigorated Bird Rock Tour of Homes will be Saturday, Jan. 28 from noon to 4 p.m., with a reception following from 4 to 5:30 p.m.

The event was held for 10 years starting in 2004. It's revival this year is being spearheaded by a Bird Rock Community Council sub-committee with four members: Timothy Bricton, Ron Fineman, Chrissy Piller and Mina Zolfaghari. Piller and Zolfaghari are BRE parents and foundation members who have partnered with Bricton and Fineman to run the event.

"It's for the benefit of Bird Rock Elementary School Foundation," said Bricton, of the event's beneficiary. "It's a joint effort between the BRCC, which is presenting it, and multiple sponsors supporting it."

Supporting tour sponsors include Golba Architecture, Bird Rock Coffee Roasters, Armstrong Builders (with a home they built on the tour), BMW Builders (also built tour home), CM Natural Designs, Bricton Real Estate, Michelle Dykstra, Ron Fineman Realty, La Jolla Safety, Shawn Rodgers, Tourmaline Properties and Chase Bank.

Tickets will be available the day of the tour at Chase Bank at 5605 La Jolla Blvd.

Tickets for the Tour of Homes wristband donation will be \$30 in advance, \$35 day of the event starting at 11 a.m. at Chase Bank. Wristbands will be numbered and can be picked up at Chase the day of the event whether purchased in advance or that day. Tickets for the post-event reception are \$10.

Event co-chair Piller talked about how proceeds will be used by Bird Rock Elementary.

"Our San Diego Unified School District budget allotment covers only the very basics to run the school," Piller said. "The money raised supports children at Bird Rock Elementary to thrive in smaller class sizes, participate in world-class experiences including music and art appreciation, as well as gain valuable 21st-century learning skills that include critical thinking, communication, collaboration, and creativity."

Piller said that this year, the "responsibly budgeted donations from community members have enabled the Foundation to pay for a STEAM (Science, Technology, Engineering, and Math) teacher to

SEE TOUR &gt;&gt; PG. 16



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# San Diego theatre review: 'Romeo and Juliet,' 'Jersey Boys,' and more

BY CHARLENE BALDRIDGE

Opera tenor Stephen Costello takes his Romeo (by Charles Gounod) to the Metropolitan Opera March 3-18, in a popular new production of the Gounod opera directed by Bartlett Sher. Costello's Juliet will be reprised by soprano Pretty Yende. San Diegans heard Costello at San Diego Opera in "Romeo and Juliet" (2010) playing opposite his then-wife, Ailyn Perez, with whom he also performed with in "Faust" (2011) and with whom he presented a 2014 recital at the Balboa Theatre. Costello created the role of Greenhorn in the world premiere production of Jake Heggie's "Moby Dick," at Dallas Opera in 2010.

Plan ahead: The U.K. premiere of Heggie's exceptionally popular 2000 opera, "Dead Man Walking," will be presented with an all-American company (headed by Joyce di Dona-

to as Sister Helen) in a semi-staged performance Feb. 20, 2018 at The Barbican. Mark Wigglesworth conducts the BBC Symphony Orchestra.

Following an 11-year run, the Tony Award-winning La Jolla Playhouse production of "Jersey Boys" ended its Broadway engagement on Jan. 15, having played 4,642 performances.

On its heels, the Playhouse-sprung "Come From Away" opens in previews Feb. 18 at the Gerald Schoenfeld Theatre. See stories about the show, the artists and director, Christopher Ashley, at [www.comefromaway.com](http://www.comefromaway.com).

Meanwhile, opening Feb. 9 (through March 1) at the Old Globe, the young Pablo Picasso and the young Albert Einstein, aged 23 and 25, respectively, argue genius, art and science in Steve Martin's hilarious comedy "Picasso at the Lapin

Agile." Artistic director Barry Edelstein directs. The award-winning play originated at Chicago's Steppenwolf Theatre, eventually making its way off-Broadway in 1995. In the Globe production, Hal Linden plays an old Frenchman with a penchant for sex and drink.

Now an area resident, Broadway veteran Mary Munger Taylor, who starred with Joel Grey in Hal Prince's 20th anniversary production of "Cabaret," presents "Old Friends and New," a cabaret of Broadway songs by Gershwin, Porter and Berlin at 7 p.m. Saturday, Jan. 28, at La Jolla Community Center, 6811 La Jolla Blvd. Presented under the auspices of the charitable Bodhi Tree Concerts, proceeds benefit Ric Paredes' Save a Life Foundation.

Tickets are \$20 (\$10 military) and there is free valet parking, [www.bodhitreeconcerts.org](http://www.bodhitreeconcerts.org) or 619-



Opera tenor Stephen Costello (seated, center) as Romeo. 'Romeo and Juliet' will be at the Metropolitan Opera from March 3 to 18.

PHOTO CONTRIBUTED

596-9359.

Effective Feb. 8, Vista native and actor/director/choreographer Colleen Kollar Smith is the new executive producer at Moonlight Stage Productions. It's indeed a fit-

ting appointment, because she received her early theater experience

SEE THEATRE &gt;&gt; PG. 12

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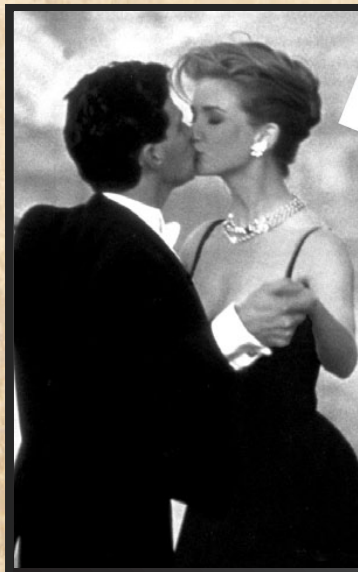
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Twin sisters Izzy (left) and Coco (right) Tihyani have co-owned and operated Surf Diva for the past 20 years.

PHOTO BY DIANA CAVAGNARO

## Fashion files: Surf Diva celebrates 20 years



### Fashion Files

Diana Cavagnaro

Surf Diva is a unique shop and surf school operated by twin sisters, Izzy and Coco Tihyani, in La Jolla Shores. They have turned their passion for fashion and surfing into a two-decade bustling business. Both graduated from UCSD with communication majors. Izzy is a professional surfer who was on the collegiate surf team at UCSD and then she travelled with the national champions to many places all over the world such as Hawaii, Mexico, France and Haiti. Coco always had a love for fashion and wanted to design comfortable clothes that look good. Combining their love for fashion and surfing, Izzy and Coco created "Surf Diva."

This store carries unique brands for surf enthusiasts, with an array of surf merchandise, including wetsuits, beachwear, children's wear and really fun gift items. Some of the trendy brands offered in the store are Desigual, Hurley, Sanuk, Quiksilver, and Tom's. Surf Diva is

the bestselling brand in the store and the best selling items are the rash guards with SPF. In addition, they carry local jewelry designers such as Pura Vida, Set in Stone, Sulti Kali and Mantra Band—for men and women with inspirational sayings. Coco buys all of the merchandise and products for the store. Also, she is a personal shopper for those who need assistance on bringing out their inner Diva or Divo.

Complimenting their surf school, Izzy hires and then diligently trains instructors. These instructors run camps, hold group classes, or private lessons for the whole family. They have 12 to 17-year-old girls that come from all over the US to learn how to surf. In addition, they take groups down to Costa Rica once a year and currently are gearing up for spring break. They even trained the famous dog, Ricochet, to surf.

I asked them what their future held in store. They said, "a new online store to compliment their brick and mortar store. It will include only their Surf Diva brands." These exciting clothes are made in Southern California. This is such a plus now that people are more aware of buying clothes made in the U.S.

This dynamic duo has big hearts and give back to the community in many different ways. One of which is Surf Science, a 30-minute multimedia presentation. This educational outreach program teaches sun safety and ocean safety to children of all age groups. They also have private shopping parties where the store is closed and 20 percent of the sales go to charity.

In 2013, they received the No.1 Surf Shop award in the U.S. The Surfing Industry Manufacturing Association named Surf Diva the Retailer of the Year. This award was a prestigious honor.

They are celebrating their 20th anniversary from May 2016 to May 2017 beginning with a reception at Duke's La Jolla. In celebration to this momentous occasion, Izzy commissioned a Japanese artist, Kouhei Asakura, to create a piece of art that included the Surf Diva bus and showed Coco paddle boarding, Izzy surfing, surrounded by their children and husbands. Izzy surprised Coco with this colorful and fun piece of artwork.

Stop by and visit this awesome store at 2160 Avenida De La Playa, open every day from 8:30 a.m. to 5:30 p.m.

## MENDOCINO»

CONT. FROM PG. 7

The whole idea figures in to La Jolla in name only—but there is a connection (however fanciful) between the two villages and a certain local eatery. It's unabashedly called Mendocino Farms Sandwich Market, and it's the latest in a seven-venue L.A.-area chain that loves it when you eat happy. The websites, in fact, are plastered with the "eat happy" mantra, and the inspiration is apparently catching on. Another Mendocino Farms is set to go online in Del Mar later this year.

For now, we can get our happy on in a shop that makes a surgical lab look like a slum. Obsessive cleanliness is everywhere, leading you to believe your meal is that much more special. And it is, by golly.

The "not so fried" chicken in the chicken sandwich is actually roasted and comes with a side of chipotle barbecue sauce for dipping; the short ribs are braised for four hours with red wine; and the falafel wrap comes in a panini tortilla and is seasoned with hummus that doesn't even belong on the planet. A carefully created selection of curated wines and local craft beers wash it all down.

There's a kids menu, too, which includes the usual, like peanut butter and jelly and grilled cheese—but Mendocino Farms thought enough of its youngsters to include provolone as one of its fixings. Cheddar? How pedestrian!

And if you really hurry, you can take advantage of a special in honor

of Elvis' 82nd birthday (yup, the big 8-2). Check out the PB3, the same kind of peanut butter and jelly sandwich that you or your parents watched Elvis' pelvis by—only this one's slathered with creamy peanut butter under bacon, sliced bananas, almonds and green apples. If you don't jump on this by the 15th (the last day it's offered), don't call here, because we can't help.

Husband-and-wife team Mario Del Pero and Ellen Chen opened their first Mendocino Farms in L.A. in 2005, determined to lead through empowerment and build a thriving business from the passion behind a good idea. For them, Mendo is a true community resource—hence its "Giving Back" program, wherein representatives from local schools and nonprofits are invited on select Mondays and Wednesdays from 5 to 8 p.m. The restaurant donates 20 percent of the evening's proceeds back to a designated cause.

Sustainable farming practices are also top of mind at Mendocino Farms, just like they are at the "Triangle," wherein marijuana cultivation is a way of life. One side washes the other—while the legalization of pot has created a mini-gold rush in Northern California, the parallel community mindset has fueled a seriously good hard opening for the restaurant, which launched Dec. 8.

Other than the plants all over the indoors and patio, you won't find any newly legal namesake products, and you don't need to. Here, the food speaks for itself.

## THEATRE»

CONT. FROM PG. 10

and training on the Moonlight stage at the outdoor theater at Brengle Terrace Amphitheatre.

Moonlight Stage Productions is noted for their annual series of summer musicals. Kollar Smith will collaborate with artistic director Steven Glaudini in planning and implementation of the season as well as additional programs sup-

ported by the City of Vista. Smith, currently executive director of San Diego Musical Theatre, is married to actor Lance Arthur Smith, who is currently holding forth through April 2 as an excellent Henry Higgins in Welk Theatre's "My Fair Lady."

Through Feb. 12, the world premiere of Hershey Felder's "Our Great Tchaikovsky" at San Diego Repertory Theatre, a musically thrilling and touching story of the famous Russian composer's life.

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## From my garden: Getting your garden prepared for this spring

BY LINDA MARRONE

With all the wonderful rain we've received in recent weeks, I am eagerly planning my spring garden and dreaming about tall spikes of foxgloves, delphiniums and Shasta daisies. Now is a great time to clean garden beds and prepare your soil for planting. Each year I take out my rusty red wheel barrel and fill it with organic products, such as; blood meal, bone meal, earth worm castings and kelp meal and work it into the soil, all with the help of my trusty gardeners.

Earthworm castings are one of my favorite natural fertilizers, since it helps stimulate plant growth, increases your plant's ability to retain water and makes them strong and healthy, so that they can ward off insect infestations, diseases and fungal infections. The castings are filled with natural nitrates, phosphorus, magnesium, potassium and

calcium, as well as a multitude of other minerals, and since they are naturally occurring elements, they will not burn your plants.

When you purchase a bag of earthworm castings, the castings may also include earthworm eggs that will later hatch in your soil and add more worms to your garden, which will in turn add more castings to your soil and also aerate it. If you feel your garden is lacking from earthwork activity, there are many local sources that you can find online that sell earthworms to add to your garden soil.

Blood and bone meal or any organic animal product fertilizers can burn plants, so read the packages and add the appropriate amounts for the size of your garden beds.

Any organic ingredients you add to your soil will feed the earthworms that are already working there.

By the middle to the end of February, it is time to feed your roses. For each rose, I use a cup of Aida Perry Mix that I purchase at Walter Anderson's Nursery and mix it with 2 cups of earthworm castings. The following month, I add about a half cup of Epsom salt around the base of each rose and work it into the soil.

Another experiment I am working on is my meadow lawn. I only have two small strips of grass at the entrance to my garden gate and with the recent water restrictions, the grass looked terrible. Last year I purchased a bag of micro clover seeds and planted it over the grass. Sometimes, passersby ask me when I plan to take out the clover and I tell them that I planted the clover on purpose.

Clover has naturally occurring nitrogen in it and is resilient to dog urine. It requires less water than



With all of the recent precipitation, home gardens are becoming much more verdant this time of year. PHOTO BY LINDA MARRONE

grass, stays a beautiful shade of green year-round and produces tiny white flowers.

In the next few weeks, we are going to remove as much grass as possible and plant all micro clover.

*Linda is a Realtor with Coldwell Banker, La Jolla. Her historic garden has been published in local and national magazines. Take a tour of Linda's garden at [www.LindaMarrone.com](http://www.LindaMarrone.com)*

## University City updates: UCCA meeting highlights, US Constitution classes

BY JEMMA SAMALA

### University City Community Association Meeting Highlights

Some highlights from the January meeting included:

#### San Diego Water Authority Pure Water Update

The Pure Water program plans to provide one-third of San Diego's water supply locally by 2035. The program involves a system of treatment facilities, pump stations and pipelines to: use technology to clean recycled water to produce safe, high-quality drinking water; provide a reliable, sustainable, water supply; and offer a cost-effective investment for local needs. Phase I includes the North City Water Plant (NCWRP) Expansion, pure water facility, pump station and pipeline, located at the Eastgate Mall and Miramar area.

Phase I also includes a Morena Station and pipeline that will eventually continue through University City to the NCWRP. The public is welcome to take a guided tour of the water purification testing facility and find out how wastewater becomes purified water, the project will decrease reliance on imported water, and see comparisons of purified, drinking, and recycled water samples. For more info, go to [www.purewatersd.org](http://www.purewatersd.org).

#### Miramar MCAS Communications

UC resident Stephanie Jed brought up concerns about communicating with Miramar MCAS in commenting about low-flying violations over the neighborhood. Recent incidents



Greice Lane fills up her car to deliver food to Feeding America collected during the Coldwell Banker UC's food drive.

PHOTO BY JEMMA SAMALA

have brought back unpleasant memories of the unfortunate crash of 2008, which destroyed two homes resulting in unnecessary deaths. It was agreed that open dialogue was needed, and residents should continue to file warranted complaints.

#### Community grant requests

UCCA granted UC Little League their request for \$1,000 to help pay for new fencing. Additional requests were presented by: UCHS music boosters, and the UCHS boys water polo, girls water polo, and swim team boosters for aquatics parkas which are good for 10 years. The aquatics programs must spend funds to rent pool time at UCSD. The groups requested grants of \$2,500, which will be decided at the next UCCA meeting.

Next UCCA meeting: Feb. 8, 6 p.m.

at the UC Library.

#### Buy A Brick and be a part of UCHS history

The UCHS stadium renovations are expected to be completed this year, including the new tower entrance. Everyone – current families, future families, alumni – are invited to be a part of the school's history by participating in the Memorial Brick Campaign, and purchasing a brick to be prominently displayed on the new tower. Donation is \$100 for a 4-by-8-inch brick (three lines), or \$250 for a 8-by-8-inch brick (six lines). Proceeds benefit the Centurion Foundation. For more info and to place an order, [www.brickrus.com/order/uchscf/](http://www.brickrus.com/order/uchscf/).

#### U.S. Constitution class offered

UC resident Peter Knobloch is teaching a free weekly U.S. Constitution class, Tuesdays, from 7 p.m. –

8:30 p.m. at 2880 Governor Drive. The classes, sponsored by the Liberty Project, started in January and run through April. The classes are non-partisan, non-political, and non-denominational. All community members, ages 14 and above, are encouraged to attend any or all classes. (No childcare available.) The classes hope to help attendees answer the question "Could you defend the Constitution?" For more info, contact Peter knobloch, 858-220-0210. The remaining class schedule is:

- Feb. 7:** Continental Congress Stimulation;
- Feb. 14:** Forms of Government – Are We a Democracy or Republic?
- Feb. 21:** Order & Cycles of History – Power Structure of America;
- Feb. 28:** Equality & the Declaration of Independence;
- March 7:** The Legislative Branch;
- March 14:** The Judicial Branch;
- March 21:** The Executive Branch;
- March 28:** No class – spring break;
- April 4:** The Bill of Rights;
- April 11:** Unintended Conse-

quences: Cause and Effect;

**April 18:** Our Sacred Honor – Private & Public Virtue;

#### Friends of the Library book sale

The popular book sale will run from Feb. 2 - 4, and hours are: Thursday, 1:30 to 5:30 p.m.; Friday and Saturday, 9:30 a.m. to 5:30 p.m. Stock up on great fiction for all ages, pick up a great cookbook or find some music you've never tried before—all at great prices. Proceeds benefit the UC Library, located at 4155 Governor Drive.

#### Good deeds—Feeding America

Coldwell Banker UC collected over 1,000 pounds of food for Feeding America. They have been doing the food drive for more than 25 years. The Feeding America network is the nation's largest domestic hunger-relief organization, working to connect people with food and end hunger. Donors, staff, and volunteers all play an important role in our efforts to end hunger in the United States. Spreckels Elementary will be volunteering for a Feeding America food sorting day on Feb. 25.



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**ENTRY RULES:** You choose your favorite! Tell us who the best of the best is and you'll be entered into our free drawing. Vote for restaurants in La Jolla and UTC. (92037, 92121, 92122). Maximum of 4 categories per restaurant. Mail or hand deliver your ballot to: La Jolla Today, Readers Choice Awards: 1621 Grand Ave., Ste. C., San Diego, CA 92109; or vote online at: [sdnews.com](http://sdnews.com) or [lajollavillagenews.com](http://lajollavillagenews.com). Please complete at least 50% of the ballot. One ballot per person. Ballots must be postmarked, submitted online, or hand-delivered by **3/15/2017**

Overall Restaurant \_\_\_\_\_  
Overall restaurant service \_\_\_\_\_  
New restaurant \_\_\_\_\_  
Best Chef \_\_\_\_\_  
Breakfast \_\_\_\_\_  
Lunch \_\_\_\_\_  
Dinner \_\_\_\_\_  
Take-out \_\_\_\_\_  
Sunday brunch \_\_\_\_\_  
Family restaurant \_\_\_\_\_  
Best Atmosphere \_\_\_\_\_  
Restaurant Service \_\_\_\_\_  
Restaurant w/ Wine List \_\_\_\_\_  
Wine Shop \_\_\_\_\_  
Wine Bar \_\_\_\_\_  
Beer Selection \_\_\_\_\_  
Sports Bar \_\_\_\_\_  
Martini \_\_\_\_\_  
Place to People Watch \_\_\_\_\_  
Pet Friendly Restaurant \_\_\_\_\_  
Live music \_\_\_\_\_  
Place to Dance \_\_\_\_\_  
Happy hour \_\_\_\_\_  
Best Comfort Food \_\_\_\_\_  
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Most romantic \_\_\_\_\_  
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Appetizer \_\_\_\_\_  
Burrito \_\_\_\_\_  
Burger \_\_\_\_\_  
Fish Taco \_\_\_\_\_  
Fish & Chips \_\_\_\_\_  
Desserts \_\_\_\_\_  
Margarita \_\_\_\_\_  
Omelette \_\_\_\_\_  
Pastry \_\_\_\_\_  
Pizza \_\_\_\_\_  
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Salad \_\_\_\_\_  
Sandwich \_\_\_\_\_  
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Sushi \_\_\_\_\_  
Seafood \_\_\_\_\_  
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BBQ \_\_\_\_\_  
Asian fusion \_\_\_\_\_  
Thai \_\_\_\_\_  
Chinese \_\_\_\_\_

Pho \_\_\_\_\_  
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French \_\_\_\_\_  
Indian \_\_\_\_\_  
Italian \_\_\_\_\_  
Korean \_\_\_\_\_  
Mediterranean \_\_\_\_\_  
Mexican \_\_\_\_\_  
Mexican (fast food) \_\_\_\_\_  
Bakery \_\_\_\_\_  
Bar \_\_\_\_\_  
Cafe \_\_\_\_\_  
Catering \_\_\_\_\_  
Coffee shop \_\_\_\_\_  
Deli \_\_\_\_\_  
Gellato \_\_\_\_\_  
Ice cream \_\_\_\_\_  
Vegetarian \_\_\_\_\_  
Patio dinning \_\_\_\_\_  
Senior special \_\_\_\_\_  
Wings \_\_\_\_\_  
Frozen yogurt \_\_\_\_\_



# Salk scientists' breakthrough in understanding HIV genetic structure

BY BLAKE BUNCH

Dmitry Lyumkis' lab at the Salk Institute serves numerous purposes, but overall, one of their main goals is to determine the structure and genetic makeup of complex viruses. Recently, advances in technology, especially molecular 3D imaging, have allowed Lyumkis and his team to reconstruct the composition and density of HIV cells. Although the team published their findings in early January, this information required years of research at Salk, as well as other institutions, to achieve this breakthrough.

The main issue at hand was the building up of intasomes, which are the molecular machinery that enables HIV to irreversibly integrate its genetic material into host immune cells in the body. Salk researchers captured the structure of the complex intasome that lets HIV and similar viruses establish permanent infection in their hosts. The intasome hijacks host genetic material, and irreversibly inserts viral DNA. While other researchers have come close to mapping out these structures before, it took significant increases in biochemistry and technology to be able to view these molecular compositions in the third dimension.

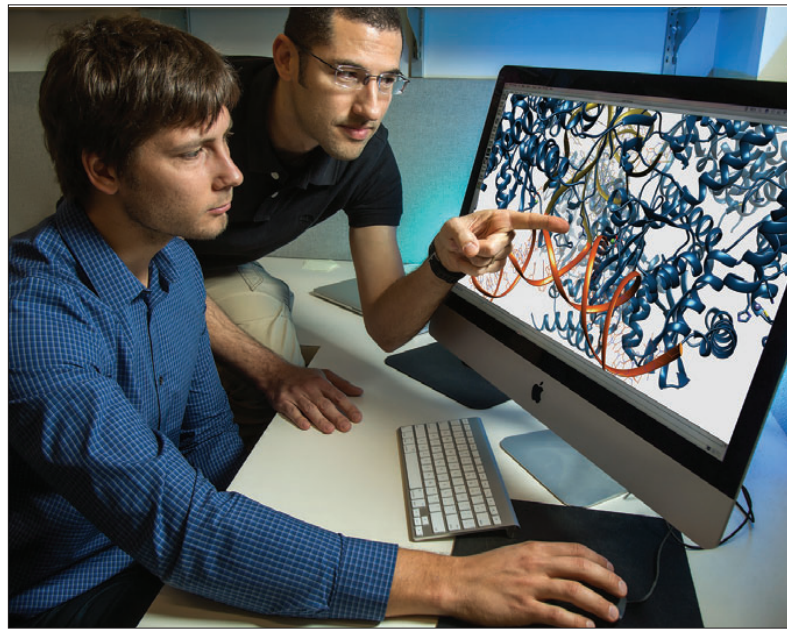
"This is truly the first atomic-

level blueprint for understanding how intasomes target host cells," said Lyumkis, a Helmsley Fellow at the Salk Institute. "Furthermore, this allows us to modify treatments or understand how the HIV virus learns to evade current therapies."

Lyumkis explains that prior to the breakthrough, their working understanding of HIV was derived from another retrovirus, the prototype foamy virus (PFV).

"In solving the HIV intasome, essentially we are completing the atomic blueprint of the viral machinery," Lyumkis said. "What we need to do, is understand this structure at the molecular level. Now, with our data, we can better understand how drugs that target intasomes work. This way, we can create new drugs, or improve existing ones."

Currently, there are existing treatments on the market, as seen in a class of drugs called integrase strand transfer inhibitors (INSTIs). This drug targets the intasome, and has already been approved to treat HIV in the U.S. and Europe. Although these drugs work, scientists have only been able to gain a "limited understanding" of exactly the mechanism of action of INSTIs, and how the virus mounts resistance by the interference of structures of the similar retrovirus, PFV.



**Dmitry Lyumkis (seated) and Dario Passos (standing) utilize molecular 3D imaging to better understand the molecular structure of intasomes.**  
PHOTO CONTRIBUTED BY LYUMKIS LAB

In their most recent study, the Lyumkis team utilized a cutting-edge imaging technique called "single-particle cryo-electron microscopy (cryo-EM)." This technology has allowed scientists to create images of large, complex and dynamic molecules.

In their comparison of HIV with PFV enzyme cores, the original author and senior researcher, Dario Passos, commented: "Although these molecular variations are minor, they could be a big

deal for drug development and understanding drug resistance."

Lyumkis further notes that while there are some effective drugs already on the market, they aim to find those with very low-resistance profiles, of which he says a number of compounds are already under development in collaborating labs.

When it comes to third-dimensional characterization of the molecular machinery within the HIV-1 virus, Lyumkis says that his team uses "many different" pro-

grams, which can be divided into two general classes. These classes are comprised of programs that recover the 3D density of the molecular complexes and those that build and refine atomic coordinates into the density.

Once they have all of this data mapped out in a high-definition model, they are able to view the molecular components of the virus in their natural state. Much to the group's surprise, they discovered that HIV intasomes are "much more intricate and complex than other retroviruses." Lyumkis notes that the HIV intasome's complexity hints at how nature shaped its evolution from simpler retroviruses. Although HIV intasomes are a great deal larger, they all use core pieces of a similar enzyme.

"HIV is like the luxury car, whereas other retroviruses are the economy models," said Lyumkis. "They're both cars, but the HIV intasome contains important upgrades to do different jobs."

"Taking the car analogy further, if you really want to understand how the car works in order to modify its performance, you can't just look at a whole engine. You have to take it apart and dig inside to really understand it inside out," Lyumkis says.

## Warwick's author series: Dr. Ronald Epstein to speak on Feb. 1

BY LUCIA VITI

Warwick's will host Dr. Ronald Epstein, author of "Attending: Medicine, Mindfulness and Humanity," on Wednesday, Feb. 1 at 7:30 p.m. Chock-full of fascinating clinical stories spanning an impressive medical career, "Attending: Medicine, Mindfulness and Humanity" is a hands-on, must read for doctors, clinicians, caregivers as well as patients and their families.

Epstein presents a model for the medical community to offer the best possible care by addressing the four foundations of mindfulness – attention, curiosity, beginner's mind, and presence.

"When doctors approach care mindfully, they are open to possibility, less likely to let diagnoses define their patients, and more likely to consider alternate perspectives and avoid fatal mistakes," said Epstein.

Tapping into the "secret" of mindfulness, the physician and educator guides readers with tools and techniques that provide quality care in accordance with what really matters – mindfulness. Epstein also highlights "a world of

medicine in crises," by describing doctors and patients in a world disillusioned by a splintered health care system. According to Dr. Epstein, "The commodification of health care has shifted doctors' focus away from the healing of patients to the bottom line."

Epstein explains that physicians are now "looking inward" to increase their ability to offer high-quality care.

"They are seeing how they, as doctors, have the power to transform and humanize the practice of medicine and how patients can be better consumers of health care, building stronger relationships with their physicians, and identifying those who can provide the care they need," he said.

"Attending: Medicine, Mindfulness and Humanity" offers a bird's eye view into the what happens in the operating room while giving readers an outline to distinguish the difference between a surgeon and a "master" [surgeon] and the role mindfulness plays between the two. "His [the master] expertise resided in his exquisite moment-to-moment awareness: he was able to present and to bring what was needed to each moment," he

writes.

Epstein also noted the importance of a physician's sense of mindfulness outside of the operating room listing thoughtfulness, insight and curiosity into the human condition as essential components. Dr. Epstein also identifies the importance and benefits of being mindful in all work circumstances. "Approaching medicine and all work mindfully requires and builds grit and resilience," he says.

This work has proven to be a blueprint for doctors, patients and their families to "thoughtfully" cooperate and work together to provide the very best medical care. The book is best summarized by Epstein's reason for including "attending" within the title.

Epstein writes, "In medicine, the senior physician responsible for a patient's care is called the attending physician or just 'the attending.' The attending's responsibility is to direct the clinical team's attention to the most important things, take charge, make the patient feel attended to and provide attentive care. Attending means showing up, being present, listening and accompanying patients when it matters most. Attending is also a moral



**Dr. Ronald Epstein, author of 'Attending: Medicine, Mindfulness and Humanity,' will be speaking at Warwick's in La Jolla on Feb. 1.**

PHOTO CONTRIBUTED

imperative: by being attentive, doctors not only provide the best care, they also honor each other's humanity."

Ronald Epstein is a practicing family physician, a professor of medicine, psychiatry and oncology at the University of Rochester School of Medicine and Dentistry

where he serves as the Director for the Center of Communication and Disparities Research and codirects Mindful Practice Programs. Accolades include being named as one of America's Best Doctors yearly since 1998 by the U.S. News & World Report.



## TOUR»

CONT. FROM PG. 9

train classroom teachers in the Next Generation Science Standards and implement STEAM lessons.”

Piller noted STEAM “is an interdisciplinary, hands-on, approach to solving real-world problems.”

Bricton said there are “A range of six houses on the tour showing both historical and progressive Bird Rock homes.

“We have a formal coastal cottage chic house that's been totally updated,” Bricton said. “Another house is a modern, Southern California Craftsman. We have a house that we're calling a designer's spa retreat, built by local builder Louis Beacham in 1974. We also have a Bird Rock cottage built in 1952, which was actually brought into Bird Rock by railcar from a prefabricated kit.”

Bricton said the tour culminates at “one of the original 10 homes in Bird Rock built in 1923.”

To purchase tickets, go to [www.birdrockfoundation.com/product/bird-rock-tour-of-homes](http://www.birdrockfoundation.com/product/bird-rock-tour-of-homes).

For more information, email [Timothy@BrictonRealEstate](mailto:Timothy@BrictonRealEstate). Also, contact [HomesofBirdRock@Gmail.com](mailto:HomesofBirdRock@Gmail.com).

# Circus Vargas unveils original production - Steam Cirque!

Circus Vargas embarks on a brand new epic adventure under the big top. Debuting their innovative new production at Del Mar Fairgrounds before moving on to Mission Bay, National City and Escondido, Circus Vargas will divide performances between the four San Diego locations from Jan. 19 through March 13, with a special matinee and evening show added on Monday, Feb. 20 for President's Day.

## The show

Goggles, gears, and gadgets set the stage for Circus Vargas' retro-futuristic production, Steam Cirque! Join them on a journey of fantastic proportions where children of all ages will marvel at the wacky and wonderful cast of characters that come alive in this exciting steampunk, science fiction fantasy-inspired circus odyssey.

Arrive 45 minutes early for an entertaining, interactive pre-show celebration, where kids can create their own magic under the big top, learning circus skills such as juggling, balancing and more. Meet and mingle with the entire cast after each performance. Capture the fun by posing for photos or selfies with your favorite cast members, all part of an unforgettable Circus Vargas experience.

## CIRCUS VARGAS - STEAM CIRQUE!

**Where:** Del Mar Fairgrounds and Mission Bay

**When:** Through March 13, special matinee and evening show on Feb. 20.

**Web:** [www.circusvargas.com](http://www.circusvargas.com).

## The storyline

An eccentric group of adventure seekers stumble upon a traveling circus in an imaginary Victorian city, far, far-away. Steam Cirque's peculiar protagonist, part magician-part inventor, attempts to industrialize the circus by incorporating his steam-powered mechanical contraptions into the ordinary, typical circus rigging, filling the big top with new, imaginative acrobatic apparatus for the artists to perform their acts.

## Creative inspiration

Husband-and-wife team Nelson and Katya Quiroga's inspiration for this year's production came to them over a casual dinner with friends. While reminiscing of traveling, their many adventures and how fast time



Some of this year's Circus Vargas - Steam Cirque! cast members.

PHOTO CONTRIBUTED

has passed, Nelson remarked suddenly that he'd felt as if he'd been “Around the World in 80 days!” referring to a novel from French author Jules Verne's collection, “Voyages Extraordinaire.”

That comment and the subsequent conversation that followed morphed into hours of story telling. “It's been quite the journey,” says Katya. “Sometimes we don't even believe it ourselves.” Steam Cirque is inspired by adventure, colored by

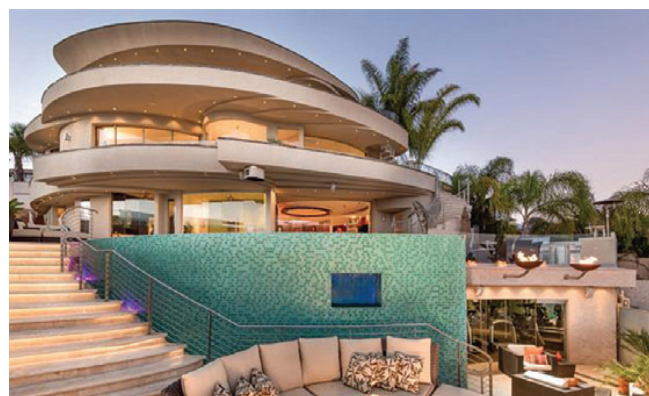
imagination and brought to life by the cast of Circus Vargas.

General admission tickets are \$22 to \$32 for children and \$27 to \$37 for adults. Reserved ringside seating is \$52 to \$67 for children and \$57 to \$72 for adults. For Circus Vargas performance dates, times and to purchase tickets, visit [www.circusvargas.com](http://www.circusvargas.com), call 877-GOTFUN-1 (877-468-3861) or visit the box office at each location.



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Check out video and more at [1535Loring.com](http://1535Loring.com)

Steve Cairncross | [TeamCairncross.com](http://TeamCairncross.com) | 858-859-3370 | CA BRE #00859218



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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-032241 Fictitious Business Name(s) BEADS AND MORE located at: 4150 MISSION BLVD., STE 111 SAN DIEGO, CA. 92109 is registered by the following: JULIA CANDILLO This business is conducted by: AN INDIVIDUAL The first day of business was: 03/01/1998 Registrant Name: JULIA CANDILLO Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 21, 2016 ISSUE DATES: JAN 05, 12, 19 AND 26, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-032817 Fictitious Business Name(s) INTERACTIONS FOR PEACE located at: 5356 SWARTHMORE ST. LA MESA, CA. 91942 is registered by the following: INTERACTIONS FOR PEACE This business is conducted by: A CORPORATION INTERACTIONS FOR PEACE 5356 SWARTHMORE ST. LA MESA, CA. 91942 CALIFORNIA The first day of business was: 01/01/2001 Registrant Name: AMANDA ROUSSELL Title of Officer, if Limited Liability Company / Corporation EXECUTIVE DIRECTOR The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 28, 2016 ISSUE DATES: JAN 05, 12, 19 AND 26, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-032241 Fictitious Business Name(s) BEADS AND MORE located at: 4150 MISSION BLVD., STE 111 SAN DIEGO, CA. 92109 is registered by the following: JULIA CANDILLO This business is conducted by: AN INDIVIDUAL The first day of business was: 03/01/1998 Registrant Name: JULIA CANDILLO Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 21, 2016 ISSUE DATES: JAN 05, 12, 19 AND 26, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-032817 Fictitious Business Name(s) INTERACTIONS FOR PEACE located at: 5356 SWARTHMORE ST. LA MESA, CA. 91942 is registered by the following: INTERACTIONS FOR PEACE This business is conducted by: A CORPORATION INTERACTIONS FOR PEACE 5356 SWARTHMORE ST. LA MESA, CA. 91942 CALIFORNIA The first day of business was: 01/01/2001 Registrant Name: AMANDA ROUSSELL Title of Officer, if Limited Liability Company / Corporation EXECUTIVE DIRECTOR The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 21, 2016 ISSUE DATES: JAN 05, 12, 19 AND 26, 2017

ment was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 28, 2016 ISSUE DATES: JAN 05, 12, 19 AND 26, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-031208 Fictitious Business Name(s) UPPER MEADOW LODGE located at: 33350 UPPER MEADOW ROAD PALOMAR, CA. 92060 is registered by the following: TGD CORP This business is conducted by: A LIMITED LIABILITY COMPANY SEAMOUNT, LLC. 831 SAPPHIRE STREET SAN DIEGO, CA. 92109 CALIFORNIA The first day of business was: 01/01/2016 Registrant Name: MELISSA SEAMAN Title of Officer, if Limited Liability Company / Corporation MANAGING MEMBER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 07, 2016 ISSUE DATES: JAN 05, 12, 19 AND 26, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-032746 Fictitious Business Name(s) SLAGHOLE ENTERPRISES, TOM FOX ART AND DESIGN located at: 5151 SANTA FE ST. SAN DIEGO, CA. 92109 is registered by the following: THOMAS FOX, TAMARA FOX This business is conducted by: A MARRIED COUPLE The first day of business was: 05/01/2013 Registrant Name: THOMAS FOX Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 28, 2016 ISSUE DATES: JAN 05, 12, 19 AND 26, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-032466 Fictitious Business Name(s) MISSION BEACH REALTY located at: 8865 BALBOA AVE., STE F SAN DIEGO, CA. 92109 is registered by the following: GNP REALTY INC This business is conducted by: A CORPORATION GNP REALTY INC. 8865 BALBOA AVE., STE F SAN DIEGO, CA. 92109 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: DANIEL COTA Title of Officer, if Limited Liability Company / Corporation PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 22, 2016 ISSUE DATES: JAN 05, 12, 19 AND 26, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-032019 Fictitious Business Name(s) PRECISION DESIGN AND CONSTRUCTION CONSULTING SERVICES located at: 4323 MISSION BAY DR. #U SAN DIEGO, CA. 92109 is registered by the following: MARK IRWIN This business is conducted by: AN INDIVIDUAL The first day of business was: 01/01/2016 Registrant Name: SIERRA M. BAKER Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 19, 2016 ISSUE DATES: JAN 05, 12, 19 AND 26, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-031828 Fictitious Business Name(s) LUCE BAR & KITCHEN, BACI RISTORANTE located at: 1955 MORENA BLVD. SAN DIEGO, CA. 92110 is registered by the following: TGD CORP This business is conducted by: A CORPORATION TGD CORP 1955 MORENA BLVD. SAN DIEGO, CA. 92110 CALIFORNIA The first day of business was: 11/14/1979 Registrant Name: TONY D'AMATO Title of Officer, if Limited Liability Company / Corporation PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 15, 2016 ISSUE DATES: JAN 05, 12, 19 AND 26, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-000209 Fictitious Business Name(s) SAXY WINDOW COVERINGS located at: 3946 HAINES ST. #B SAN DIEGO, CA. 92109 is registered by the following: JEFF SACKS This business is conducted by: AN INDIVIDUAL The first day of business was: 12/01/2016 Registrant Name: JEFF SACKS Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 04, 2017 ISSUE DATES: JAN 12, 19, 26 AND FEB 02, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-000172 Fictitious Business Name(s) GIANT APPAREL located at: 4230 SANTA CRUZ AVE. SAN DIEGO, CA. 92107 is registered by the following: DOUGLAS CERRI This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: DOUGLAS CERRI Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 04, 2017 ISSUE DATES: JAN 12, 19, 26 AND FEB 02, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-000299 Fictitious Business Name(s) EUROPUPP located at: 2443 LORING ST. SAN DIEGO, CA. 92109 is registered by the following: VADIM PODOLEANU This business is conducted by: AN INDIVIDUAL The first day of business was: 10/20/2015 Registrant Name: VADIM PODOLEANU Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 05, 2017 ISSUE DATES: JAN 12, 19, 26 AND FEB 02, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-000086 Fictitious Business Name(s) LES IGENUS located at: 2055 FELSPAR ST. APT #5 SAN DIEGO, CA. 92109 is registered by the following: LUCIE LEDENTV This business is conducted by: AN INDIVIDUAL The first day of business was: 01/03/2017 Registrant Name: LUCIE LEDENTV Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 03, 2017 ISSUE DATES: JAN 12, 19, 26 AND FEB 02, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-033102 Fictitious Business Name(s) LEARN ARMOR located at: 11199 SORRENTO

VALLEY RD. #203 SAN DIEGO, CA. 92121 is registered by the following: PSYCHARMOR, INC. This business is conducted by: A CORPORATION PSYCHARMOR, INC. 11199 SORRENTO VALLEY RD. #203 SAN DIEGO, CA. 92121 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: MARJORIE MORRISON Title of Officer, if Limited Liability Company / Corporation CEO The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 30, 2016 ISSUE DATES: JAN 12, 19, 26 AND FEB 02, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-000390 Fictitious Business Name(s) A+ CARPENTRY, A+ CARPENTRY & HANDYMAN SERVICE, SO CAL CARPENTRY, SOUTHERN CALIFORNIA CARPENTRY located at: 2150 PACIFIC BEACH DR. #131 SAN DIEGO, CA. 92109 is registered by the following: BARRY CANTRELL INDUSTRIES, INC. This business is conducted by: A CORPORATION BARRY CANTRELL INDUSTRIES, INC. 2150 PACIFIC BEACH DR. #131 SAN DIEGO, CA. 92109 CALIFORNIA The first day of business was: NOT APPLICABLE Registrant Name: BARRY CANTRELL Title of Officer, if Limited Liability Company / Corporation MANAGING MEMBER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 05, 2017 ISSUE DATES: JAN 12, 19, 26 AND FEB 02, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-000080 Fictitious Business Name(s) HILTON LA JOLLA TORREY PINES located at: 10950 N. TORREY PINES ROAD LA JOLLA, CA. 92037 is registered by the following: CHH TORREY PINES TENANT CORP. This business is conducted by: A CORPORATION CHH TORREY PINES TENANT CORP. 14185 DALLAS PARKWAY, SUITE 1100 DALLAS, TX. 75254 DELAWARE The first day of business was: 01/03/2017 Registrant Name: DERIC EUBANKS Title of Officer, if Limited Liability Company / Corporation PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 03, 2017 ISSUE DATES: JAN 12, 19, 26 AND FEB 02, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-032685 Fictitious Business Name(s) GOLDFINCH APARTMENTS located at: 4077 GOLDFINCH ST. SAN DIEGO, CA. 92103 is registered by the following: LOUIS OTTO EMMIE This business is conducted by: AN INDIVIDUAL The first day of business was: 12/27/2016 Registrant Name: LOUIS OTTO EMMIE Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 27, 2016 ISSUE DATES: JAN 12, 19, 26 AND FEB 02, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-000501 Fictitious Business Name(s) FARMERS TABLE located at: 8141 LA MESA BLVD., LA MESA, CA. 91942 is registered by the following: ALBERTO MORRALE This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: ALBERTO MORREALE Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 06, 2017 ISSUE DATES: JAN 12, 19, 26 AND FEB 02, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-000515 Fictitious Business Name(s) RAMOS LANDSCAPING located at: 3483 ½ DEL REY ST. SAN DIEGO, CA. 92109 is registered by the following: NVAN RAMOS GIRON This business is conducted by: AN INDIVIDUAL The first day of business was: 09/01/2016 Registrant Name: NVAN RAMOS GIRON Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 13, 2017 ISSUE DATES: JAN 19, 26 FEB 02 AND 09, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-000138 Fictitious Business Name(s) KINGDOM PRESENTERS located at: 3020 CAMINITO ARENOSO SAN DIEGO, CA. 92117 is registered by the following: MARYANN MARIANI, DONALD MARIANI This business is conducted by: A MARRIED COUPLE The first day of business was: 01/03/2008 Registrant Name: MARY ANN MARIANA Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 05, 2017 ISSUE DATES: JAN 12, 19, 26 AND FEB 02, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-032440 Fictitious Business Name(s) MODERN DAY PRO located at: 4070 HUIERFANO STREET, UNIT #126 SAN DIEGO, CA. 92117 is registered by the following: ELIZABETH LENAHAN This business is conducted by: AN INDIVIDUAL The first day of business was: 08/01/2016 Registrant Name: ELIZABETH LENAHAN Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 22, 2016 ISSUE DATES: JAN 12, 19, 26 AND FEB 02, 2017

SUMMONS (Family Law) NOTICE TO RESPOND (Name): LUPE NYE You have been sued. Read the information below and on the next page. Petitioner's name is: MICHAEL D. NYE CASE NUMBER FAMVS1600012 You have 30 calendar days after this Summons and Petition are served on you to file a Response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call, or court appearance will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center ([www.courts.ca.gov/selfhelp](http://www.courts.ca.gov/selfhelp)), at the Cal-

fornia Legal Services website ([www.lawhelpca.org](http://www.lawhelpca.org)), or by contacting your local county bar association. NOTICE-RESTRAINING ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered, or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or sen a copy of them. FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party. 1. The name and address of the court are VICTORVILLE SUPERIOR COURT 14455 CIVIC DRIVE, SUITE 100 VICTORVILLE, CA. 92392. CA. 92392 2. The name, address, and telephone number of the petitioner's attorney, or the petitioner without an attorney are: SHARON J. BRUNNER, ESQ., CSBN: 229931 14393 PARK AVENUE, SUITE 100 VICTORVILLE, CA. 92392 Deputy ISSUE DATE(S): JAN 12, 19, 26 AND FEB 02, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-000817 Fictitious Business Name(s) COLLEGE IS MY LIFE, VIRALIZED located at: 750 B ST. SUITE 1230 SAN DIEGO, CA. 92101 is registered by the following: HOLONIS, INC. This business is conducted by: A CORPORATION HOLONIS, INC. 750 B ST. SUITE 1230 SAN DIEGO, CA. 92101 DELAWARE The first day of business was: 06/10/2016 Registrant Name: ZACHARY COHEN Title of Officer, if Limited Liability Company / Corporation CHIEF OPERATING OFFICER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 11, 2017 ISSUE DATES: JAN 19, 26 FEB 02 AND 09, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-000950 Fictitious Business Name(s) SAN DIEGO SURF RENTAL located at: 5810 LAURETTA ST. SAN DIEGO, CA. 92110 is registered by the following: TRAVIS AGBAYANI This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: TRAVIS AGBAYANI Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 11, 2017 ISSUE DATES: JAN 19, 26 FEB 02 AND 09, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-000409 Fictitious Business Name(s) WESTERN SKY PRESS located at: 870 SAN ANTONIO PLACE SAN DIEGO, CA. 92106 is registered by the following: AUGUST FELANDO This business is conducted by: AN INDIVIDUAL The first day of business was: 07/16/2010 Registrant Name: AUGUST FELANDO Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 06, 2017 ISSUE DATES: JAN 19, 26 FEB 02 AND 09, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-001115 Fictitious Business Name(s) RAMOS LANDSCAPING located at: 3483 ½ DEL REY ST. SAN DIEGO, CA. 92109 is registered by the following: NVAN RAMOS GIRON This business is conducted by: AN INDIVIDUAL The first day of business was: 09/01/2016 Registrant Name: NVAN RAMOS GIRON Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 13, 2017 ISSUE DATES: JAN 19, 26 FEB 02 AND 09, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-000331 Fictitious Business Name(s) CALIFORNIA MARKET TRADERS located at: 11268 APPR #204 VISTA SORRENTO PARKWAY SAN DIEGO, CA. 92130 is registered by the following: JOAO JUSTINO DA SILVA NUNES GIRON This business is conducted by: AN INDIVIDUAL The first day of business was: 09/01/2016 Registrant Name: JOAO JUSTINO DA SILVA NUNES Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 13, 2017 ISSUE DATES: JAN 19, 26 FEB 02 AND 09, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-000745 Fictitious Business Name(s) MORJAN COUTURE located at: 3810 WABASH AVE. APT 20 SAN DIEGO, CA. 92104 is registered by the following: MOHAMMED SAIF This business is conducted by: AN INDIVIDUAL The first day of business was: 01/01/2017 Registrant Name: MOHAMMED SAIF Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 10, 2017 ISSUE DATES: JAN 19, 26 FEB 02 AND 09, 2017

STATEMENT OF ABANDONMENT OF USE OF A FICTITIOUS BUSINESS NAME FILE NO. 2016-031572 (1) Fictitious Business Name(s) to be abandoned: THE ELECTRIC CHAIR located at: 4944 NEWPORT AVE #A SAN DIEGO, CA. 92107 (2) The Fictitious Business Name referred to above was filed in San Diego County on 12/03/2014 and assigned File No. 2014-031425 (3) Fictitious Business is being abandoned by STANLEY PAUL BOLTON 827 TENTH AVE. SAN DIEGO, CA. 92101 (4) This Business is conducted by: AN INDIVIDUAL Registrant Name: STANLEY PAUL BOLTON Title: OWNER The Statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on DEC 13, 2016 ISSUE DATES: JAN 05, 12, 19, AND 26, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-000396 Fictitious Business Name(s) EFFICIENT POWER CONSULTING located at: 3858 CAMINITO DE TATAN SAN DIEGO, CA. 92111 is registered by the following: RICARDO SANCHEZ This business is conducted by: AN INDIVIDUAL The

first day of business was: 01/03/2017 Registrant Name: RICARDO SANCHEZ Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 06, 2017 ISSUE DATES: JAN 19, 26 FEB 02 AND 09, 2017

SUPERIOR COURT OF CALIFORNIA CIVIL DIVISION 330 W. BROADWAY SAN DIEGO, CA. 92101 CASE NO. 37-2016-00045826-CU-PT-CTL PETITIONER OR ATTORNEY, Alexis Rodriguez Wayman 1457 Oliver Avenue San Diego, CA. 92109 (619)920-0691 HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONER'S NAME Alexis Rodriguez Wayman on behalf of minor children FROM ALEXIS NICOLE RODRIGUEZ WAYMAN TO ALEXIS NICOLE RODRIGUEZ FROM ATHENA ELIZABETH ANN WAYMAN TO ATHENA ELIZABETH RODRIGUEZ WAYMAN THE COURT ORDERS that all persons interested in the 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 17, 2017 TIME: 8:30 AM DEPT 46 SUPERIOR COURT OF CALIFORNIA Civil Division 220 W. Broadway San Diego, CA. 92101 ISSUE DATES: JAN 12, 19, 26 AND FEB 02, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-033045 Fictitious Business Name(s) STARSHINE MOBILE DETAIL located at: 3784 MERRIMAC AVE. SAN DIEGO, CA. 92117 is registered by the following: ROBERT VOTOLATO This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: ROBERT VOTOLATO Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 30, 2016 ISSUE DATES: JAN 26 FEB 02, 09 AND 16, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-001440 Fictitious Business Name(s) ALL FRIENDS NATURE SCHOOL located at: 4418 MONTALVO ST. SAN DIEGO, CA. 92107 is registered by the following: SUSAN SEIGUER This business is conducted by: AN INDIVIDUAL The first day of business was: 01/01/2017 Registrant Name: SUSAN SEIGUER Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 18, 2017 ISSUE DATES: JAN 26 FEB 02, 09 AND 16, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-001495 Fictitious Business Name(s) DESIGN AND STEEN located at: 2526 CHATSWORTH BLVD. SAN DIEGO, CA. 92106 is registered by the following: KRISTINA MOURITZEN, ROSCELIA MOURITZEN This business is conducted by: CO-PARTNERS The first day of business was: NOT APPLICABLE Registrant Name: KRISTINA MOURITZEN Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 18, 2017 ISSUE DATES: JAN 26 FEB 02, 09 AND 16, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-001211 Fictitious Business Name(s) ATHLETE PERFORMANCE SERVICES located at: 1772 REDONDO ST. SAN DIEGO, CA. 92107 is registered by the following: MICHAEL SHANNON This business is conducted by: AN INDIVIDUAL The first day of business was: NOT APPLICABLE Registrant Name: MICHAEL SHANNON Title of Officer, if Limited Liability Company / Corporation The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 13, 2017 ISSUE DATES: JAN 26 FEB 02, 09 AND 16, 2017



## SeaWorld transitions to 'Orca Encounter'

As announced in March 2016, SeaWorld is transitioning from theatrical orca shows to a more educational presentation reflecting the natural behaviors of the whales. The first of these "live documentary" presentations, called "Orca Encounter," will debut at SeaWorld San Diego this summer. SeaWorld Orlando and SeaWorld San Antonio will follow suit in 2019.

The final "One Ocean Shamu" show was conducted at SeaWorld San Diego on Sunday, Jan. 8. Their interim educational orca presentation called a "Killer Whale Presentation" started on Monday, Jan. 9. They have set up temporary seating (bleachers) around the orca underwater viewing area pool, and will provide guests this educational presentation while the new Orca Encounter backdrop is constructed at the main pool. Guests to SeaWorld San Diego will continue to experience live orca presentations, as they make preparations for the new education-based Orca Encounter to debut this summer.



An artist's rendering of the new 'Orca Encounter' show.

Guests will learn how killer whales behave in the wild, how they move, hunt and navigate, what they eat and even how they communicate. Orca Encounter will not only help guests gain a deeper appreciation and respect for the Orcas, but will leave them with a new sense of determination and purpose to help preserve the future of these majestic animals.

This new presentation will also look

at broader themes such as research, rescue, conservation, habitats and distribution, husbandry and care, and social structures.

This will inspire, as well as educate, guests about the majesty of these complex animals and reinforce the company's commitment to provide educational experiences with the park's resident Orcas.

## Autonomous vehicles come to SD

The U.S. Department of Transportation has designated the San Diego region as one of ten proving grounds for autonomous vehicles in the nation. The region has advanced features in its local transportation network and a global reputation as a high-tech hub for research and wireless innovations.

"This is great news for the San Diego region," SANDAG chair and County Supervisor Ron Roberts said. "We are at the start of a new transportation era, and it's tremendously exciting for our region to be part of a national initiative to foster innovations and best practices that will enable the safe deployment of driverless vehicles."

SANDAG, Caltrans, and the City of Chula Vista jointly submitted the application to the federal government for the designation. The application garnered support from major auto manufacturers and technology companies, including Toyota, Qualcomm, Teradata, and DENSO International America Inc. To see the list of supporters and

other background materials related to this initiative, visit [www.sandag.org](http://www.sandag.org).

"The designated proving grounds will collectively form a Community of Practice around safe testing and deployment," U.S. Department of Transportation Secretary Anthony Foxx said. "This group will openly share best practices for the safe conduct of testing and operations as they are developed, enabling the participants and the general public to learn at a faster rate and accelerating the pace of safe deployment."

As part of the nationwide pilot, proving ground sites will bring together auto manufacturers, local cities, public agencies and private companies to test autonomous vehicles on designated facilities. The test sites will share information and work together to develop best practices.

"Caltrans is proud to join with SANDAG, the City of Chula Vista,

READ MORE ONLINE AT [sdnews.com](http://sdnews.com)

## Get to know Barry & Betty Tashakorian

Led by Barry Tashakorian and Betty Toroyan, The Tash Team offers personalized and thorough representation for clients with a wide array of needs. Specializing in the marketing and sale of luxury homes and coastal properties in La Jolla and San Diego, they offer professional assistance in French, Spanish or English. With extensive market knowledge, a talent for home staging and superior negotiating skills, The Tash Team has consistently:

- Ranked in the Top 25 for Berkshire Hathaway agents in San Diego County, and
- Ranked in the Top 1/2% for their sales production, out of more than 50,000 agents for Berkshire Hathaway nationwide.

Barry Tashakorian is widely known for his proficiency with negotiating, business acumen and complex understanding of the La Jolla market. A resident of La Jolla for more than 30 years and a graduate of La Jolla High School, Barry offers an insider's perspective about local school districts, property values and neighborhoods.

With a vast network of professional connections, Barry helps his buyers find hidden listings and provides his sellers with short market times. Having built a reputation for delivering seamless transactions, as well as his discretion and service-oriented approach to real estate, he has earned referrals and trust from a past client list that includes senior-level executives, high net-worth individuals, and international investors.

Prior to real estate, Barry helped to rebrand many jewelry designs from Mont Blanc, Gucci and the Swatch Group. Recognized by Jewelers of America and the California Jewelers Association as having one of the top leading retail corporations, he has excelled in real estate by applying his entrepreneurial

skills and talent for listening carefully to his clients, along with the knowledge he gained from earning his degree from San Diego State University.

Betty Toroyan brings more than 18 years of experience in residential sales to the team. Guided by a sense of responsibility to her clients, Betty leverages her tireless work ethic, marketing skills and knowledge of interior design to provide her buyers and sellers with a superior standard of support and service.

A lifelong fascination with home décor and interior design motivated Betty to pursue a career in real estate. Drawing from the time she spent working with top designers such as Gianni Versace and Tom Ford, she helps her sellers maximize their homes' aesthetic appeal and helps her buyers visualize the potential of specific properties.

Betty has successfully combined these skills with her attention to detail and focus on developing comprehensive marketing plans. By utilizing professional photographers and implementing sweeping advertising campaigns across the most widely read print and online destinations, she delivers high sale prices for her sellers.

Having studied International Law at McGill University, Betty is adept at contract negotiations and highly skilled at working with people of differing cultural backgrounds. An active board member for the French American Women's Club and a member of the Women's Council of Realtors, she is committed to give back to the community where she lives and works.

Currently both reside in La Jolla California with their twin girls Nadi and Soraya 12. The dynamic Tash Team is combined with Six buying agents to help sell luxury Real Estate.

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**Yvonne Oberle** CalBRE #01303501  
**619-316-3188 | [yoberle@willisallen.com](mailto:yoberle@willisallen.com)**



**La Jolla | \$2,495,000**



**8001 Paseo del Ocaso | 4BR/3BA**

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**Yvonne Oberle** CalBRE #01303501  
**619-316-3188 | [yoberle@willisallen.com](mailto:yoberle@willisallen.com)**



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**3064 Ducommun Ave. | 4BR/2BA | 1,900 sqft**

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**Nancy Beck** CalBRE #01229297  
**858-945-5478 | [NancyBeckRealEstate@gmail.com](mailto:NancyBeckRealEstate@gmail.com)**



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## \* 2017 IS OFF AND RUNNING\*

Klatt Realty is off and running with the New Year! Our listing in the La Jolla Seville has already closed escrow! List where the action is at Klatt Realty!!! Happy New Year to all!



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*Michelle Silverman*  
& ASSOCIATES

**Michelle Silverman**  
Michelle@Viewsofajolla.com  
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**Dona Aumann 858.752.7531**  
CalBRE 01898410

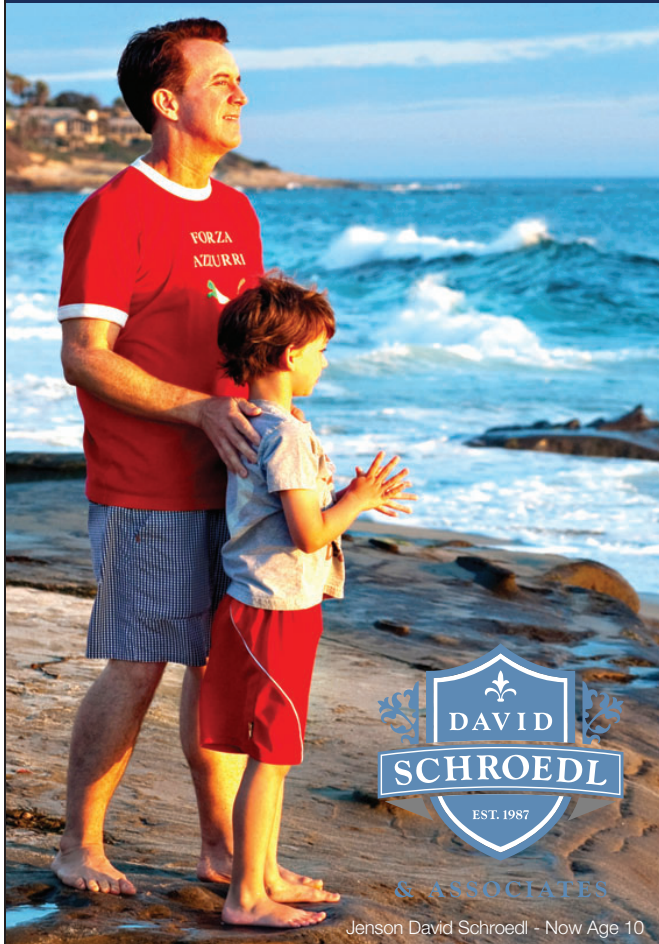


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