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SAN DIEGO COMMUNITY NEWSPAPER GROUP

FRIDAY, JANUARY 12, 2018

Murder trial opens for former Marine accused of killing two UCSD students

By NEAL PUTNAM | LA JOLLA VILLAGE NEWS

The attorney for a drunk driver accused of killing two UC San Diego medical students in 2015 conceded to a jury Tuesday his client was guilty of gross vehicular manslaughter while intoxicated.

But attorney Rich Hutton, who represents Jason Riley King, said he is not guilty of second-degree murder in the deaths of Anne Baldock, 24 and Madison Cornwell, 23.

"We agree the driver Jason King was the sole cause of the crash," said Hutton to jurors.

Hutton also said King was also guilty of driving under the influence of alcohol causing serious injury to three people who survived the crash in the car Cornwell was driving on May 15, 2015, on state Route 163 north of Interstate 8.

The sole issue for the jury to decide is whether King caused two murders, said Hutton. "It is a manslaughter (case)," he concluded.

Hutton told the nine man, three woman jury and San Diego Superior Court Judge Joan Weber that making that opening statement conceding guilt on some charges was the most unusual way he has ever opened a case.

Baldock is from La Jolla and

Cornwell is from Mission Viejo. Three UC San Diego medical students who survived the crash also testified Tuesday.

Yuki Iizuka, from La Jolla, was comatose for a month at UC San Diego Medical Center. Along with Iizuka, Stosh Ozog and Jared Molitoris described their injuries. All of them have resumed their studies after some absences.

Deputy District Attorney Cally Bright told the jury King struck the Toyota Prius with the UC San Diego students head-on at 1:40 a.m. She said the female students were "killed instantly."

"He knew the dangers of drinking and driving. He does it anyway," said Bright.

She said King, now 24 and a former U.S. Marine, was partying with other Marines at a Mission Beach hotel. Bright said his friends tried to tell him he should not be driving, but "he left anyway."

Bright said King drove to a bar known as In Cahoots in Mission Valley in his Ford F-350 truck that he had owned for just a week. King was with a female friend.

"While he was playing pool, he continued to drink. She knew what

SEE KING >> PG. 2

PLUNGING LIKE POSDEIDON



Ram Udwin wore a festive Poseidon outfit for the Jan. 1 Polar Plunge at La Jolla Shores. DON BALCH/CONTRIBUTOR

Local company sued for alleged fraud

By BLAKE BUNCH | LA JOLLA VILLAGE NEWS

In Spanish, "pura vida" means "pure life." In Costa Rican (Tico) Spanish, the word takes on a myriad of fluid definitions. The saying idealizes a simplistic, whole existence, and a humility before nature, as well as countless other ethereal tenets.

When one company in La Jolla, Pura Vida Bracelets, began to sell simple rope-and-charm bracelets from their headquarters on Prospect Street that donned the name, many in the surf-steeped community understood the connotation.

The name inherently implies that they could be involved (in some fashion) with promoting the laid-

back Central American way of life.

Pura Vida was founded after two friends, Griffin Thall and Paul Goodman, returned from a college graduation trip to Costa Rica with 400 bracelets purchased from two local artisans that were, 'living in pover-

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KING »

CONT. FROM PG. 1

he was like when he drinks," said Bright, referring to his friend.

The prosecutor said the manager kicked King out when he began to slump over. According to previous testimony, his friend tried to grab his keys from him, but he got into his truck and drove off.

Bright said his blood/alcohol level was .14 when it was taken 1.5 hours after the crash. The felony limit for drunk driving is .08.

James Neuearth, a motorist from Pacific Beach, testified he went to aid King in his truck, which had turned over and was on its side. Neuearth said he noticed King still had his seat belt on and heard him "mumble something" before firefighters cut portions of the truck so he could be taken to a hospital.

Dr. Jay Doucet, a UCSD Medical Center surgeon, testified King spent four days in intensive care and was in significant pain due to neck fractures. He had to wear a medical



James Riley King

jacket with aluminum bars to hold his head in place at least six weeks.

Captain Jay Harris, a paramedic, testified firefighters had to remove the truck windshield in order to get King out of the crumpled truck.

Family members of the victim as well as relatives of King attended the trial, which will continue for another 10 days.

King, who was dressed in a suit, remains in jail on \$3 million bail. He has pleaded not guilty.

King's attorney has already conceded guilt to some charges.

La Jolla landlord charged with safety code violations

By NEAL PUTNAM | LA JOLLA VILLAGE NEWS

A La Jolla couple, and a Pacific Beach man, have denied health and safety code charges they maintained a substandard apartment complex that reportedly had bathroom leaks, inadequate heating, insects, rodents, and improper wiring.

The misdemeanor charges were filed by City Attorney Mara Elliott against John Nobel, 78, his wife, Mahin Nobel, 70, and Devdatt Niranjambhai Patel, 34, earlier in December. The couple are the owners and Patel is a property manager.

Through their attorneys, all three people pleaded not guilty Dec. 18 in San Diego Superior Court and a future hearing was set for Jan. 23 in the new courthouse at 1100 Union St. The three were not required to appear in person because the charges are misdemeanors.

"They were extremely surprised (to be charged)," said attorney Richard Katzman, who represents John Nobel on Dec. 28.

Katzman said the couple hired a management company to oversee the apartment complex, located at 5344 Rex Ave. in City Heights. He said Nobel's wife had nothing to do with the apartment complex.

"I need to do research on what the word 'maintain' means," said

Katzman, adding that was the reason the couple hired a management company to oversee it.

"Did the owner maintain it or the management company?" said Katzman.

The exact wording of the 10 charges alleges they "did unlawfully maintain, use, and permit the use of a building... in such a condition that it endangers the life, limb, health, property, safety and welfare of the public and the occupants thereof."

A Dec. 20 press release from the city attorney says seven refugee families from the Republic of Congo moved into the complex with a Swahili interpreter and assistance from Catholic Charities in June through Sept., 2016. The families repeatedly complained about bathroom leaks, old equipment, broken doors, a severe roach infestation, and a few said there were rats in some units.

In a separate proceeding, an administrative law judge ordered the couple to pay \$34,278 in relocation and other costs to the seven families plus a \$10,000 civil penalty on July 17. The couple were represented by another attorney, who could not be reached for comment.

The seven families were relocated by the city, and the city wants John and Mahin Nobel to pay the

city back. They filed an appeal, but it was denied on Dec. 8, according to an order by an administrative law judge.

A city code inspector cited the property for exposed electrical wiring, mold, lack of heating, presence of trash, debris, infestation of roaches, spiders, rodents and expired fire extinguishers.

The property was developed into a 12-unit apartment complex in 1980, and the Nobels purchased the property in 2004 under the name of Casa De Las Palmas, LLC. Court documents say JN Financial Services manages the apartment complex and John and Mahin Nobel are officers for this firm with Patel as the property manager.

"Exit and fire violations were created when the apartments were illegally converted from two-bedroom units into three-or four-bedroom units," according to the city attorney's press release.

John and Mahin Nobel and Patel all remain free on their own recognizance. They have waived their right for a speedy trial and a trial date has not yet been set.

San Diego Community Newspaper Group will provide follow-up coverage once further information is available.

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Tiger Woods commits to 2018 Farmers Insurance Open

Seven-time champion, Tiger Woods, will make his 2018 debut at Torrey Pines, joining a strong field that includes Jon Rahm, Justin Rose, Phil Mickelson, Rickie Fowler and many more.

The Farmers Insurance Open will be played Jan. 25-28 at historic Torrey Pines Golf Course, host site of the 2008 and 2021 U.S. Opens. With defending champion Jon Rahm, the Farmers Insurance Open consistently attracts a world-class field, including other past winners such as Phil Mickelson (three-time winner), Jason Day, Bubba Watson and seven-time champion Woods. This is the 66th year that a PGA TOUR event has been held in San Diego, beginning with the San Diego Open in 1952. The 2018 tournament also marks the event's 67th year and the ninth year of Farmers Insurance sponsorship of the tournament.

Woods won the Farmers Insurance Open in 1999, 2003, 2005, 2006, 2007, 2008 and 2013, and earned his most recent major championship victory in a 19-hole playoff at the U.S. Open at Torrey Pines in 2008.

In addition to his seven victories at the Farmers Insurance Open, the 79-time PGA Tour winner has finished in the top 10 six other times in 15 appearances. He is the tourna-

ment's all-time leading money winner, with \$6.85 million to date.

"Tiger shares a rich history with Torrey Pines Golf Course, and with The Farmers Insurance Open, in particular. We are excited to have him join our field once again, alongside some of the game's greats," said The Century Club of San Diego CEO, Peter Ripa. "His legacy already cemented, we look forward to, together with our fans, watching as Tiger writes the latest chapter of his storied career."

Woods returned to competitive golf at December's Hero World Challenge after missing 10 months due to a fourth back surgery and finished tied for ninth in the limited-field event.

"I was good with my irons, I drove it pretty good all week, and made some good putts," Woods said after the tournament. "Overall I'm very pleased. I showed some good signs, I hit some really good shots out there and (think there's) a bright future."

Woods joins a stellar list of early commitments that includes defending tournament champion and World No. 4 Jon Rahm, No. 5 Hideki Matsuyama, No. 6 Rose, No. 7 Fowler and three-time Farmers Insurance Open Champion Mickelson. The field is not final until the commitment deadline on Friday, Jan. 19 at 5 p.m. EST.



Woods returns to Torrey Pines for his first major tournament this year.

Among the early commitments are a group of players with San Diego ties, including Poway High School alum and four-time PGA winner Charley Hoffman as well as San Diego State University alumni J.J. Spaun and Xander Schauffele, who won the 2017 FedExCup play-

offs-ending TOUR Championship and was awarded the PGA Tour's 2017 Rookie of the Year honor earlier this year.

In addition to attracting some of the biggest names in the sport, the Farmers Insurance Open will also feature an array of specialty food

and drink offerings showcasing the San Diego flavor and venues to entertain the 100,000-plus spectators who attend the four-day tournament.

New areas open to the public include an expanded Grey Goose 19th Hole, which will feature an all-new elevated viewing deck that provides panoramic views of the course, a Pétanque course and specialty drinks including the 2018 signature cocktail called, the "Torrey Breeze."

Other public areas of interest include the William Hill Estate Wine Lounge, which offers views alongside par-3 8th green; and the Michlob Ultra Zone, where fans can enjoy happy-hour specials starting at 3 p.m. Thursday through Saturday, and a DJ as part of the Post Party presented by Harrah's Resort SoCal.

Tickets for the Farmers Insurance Open are now on sale and can be purchased at FarmersInsuranceOpen.com. Adult grounds tickets cost \$50, with upgraded VIP tickets starting at \$85.

Discounted tickets are available for seniors, veterans, and youth (aged 13 to 17).

Tickets are complimentary for active-duty military, reservists, retired military and dependents, and for children 12 and under.

1 Wave Challenge & Beach Run reigns in attempt at Guinness World Record

Extending its impact zone beyond the surfing community, the world record-breaking 1 Wave Challenge charges into the New Year with a new name and an expanded constituency. Rebranded as the 1 Wave Challenge & Beach Run, the event invites runners and walkers to lace up their sneakers and head to La Jolla Shores on the morning of Saturday, Jan. 27.

In addition to offering surfers the chance to break the Guinness World Record for the most surfers riding a single wave into shore, the 1 Wave Challenge & Beach Run offers runners the chance to participate in an exhilarating 5-mile trek stretching from La Jolla Shores to Blacks Beach, and to the southern rim of the Torrey Pines Golf Course where the Farmers Insurance Open will unfold.

An alternative 5K Beach Run/Walk will ensure that joggers and walkers, including families, can join in the fun.

The 1 Wave Challenge & Beach Run benefits Boys to Men Mentoring Network, a San Diego nonprofit dedicated to guiding and supporting at-risk and fatherless boys on their journey to manhood. Fueled by Boys to Men's partnership with The Century Club of San Diego's Champions for Youth campaign and a generous Title Sponsorship by Dr. Bronner's

All One!, the 1 Wave Challenge and Beach Run taps into the excitement of the closing weekend of the Farmers Insurance Open.

The 1 Wave Challenge will attract 200 surfers to La Jolla Shores for the chance to smash the current world record for Most Surfers Riding One Wave, a feat accomplished almost 10 years ago in Cape Town, South Africa, when 110 surfers rode a single wave to shore.

Envisioned as a counterpoint fundraiser to Boys to Men's successful 100 Wave Challenge, the 1 Wave Challenge immerses a pack of big-hearted surfers in Boys to Men's inspiring mission, empowering them to expand the positive impact the organization is making in the lives of hundreds of teenage boys.

Bringing the running community into the mix is a natural evolution of the event, which marks its third anniversary in 2018.

"Welcoming runners and walkers into the Boys to Men family builds on the exciting partnership we've developed with The Century Club, Champions for Youth, and the Farmers Insurance Open," Boys to Men executive director Craig McClain said. "The 1 Wave Challenge & Beach Run gives surfers, runners, and walkers of all ages and abilities the chance to participate in some-

thing much larger than themselves at the start of a New Year. We see the event generating a spirit of excitement and possibility that will inspire our work throughout the coming year."

The 1 Wave Challenge, 5-Mile Trail Run and 5K Beach registration fee is \$40. A Surf/Run Combo Package is available for \$70. Participation in the 1 Wave Challenge will be limited to 200 surfers.

Surfers, runners and walkers will be treated to delicious snacks and beverages provided by local food purveyors. They also will receive an exclusive event T-shirt (and rash guard for surfers), commemorative medal, and a swag bag filled with goodies, and a beachside concert performed by Ryan Hiller.

Athletes also are encouraged to support Boys to Men Mentoring Network's Champions for Youth campaign, "Stand Up for Their Dreams." By accepting the invitation, participants can create their own personal fundraising pages and ask family, friends, and colleagues to sponsor their dreams of making history. Champions for Youth will amplify sponsor donations from a revenue pool made possible by the generosity of Century Club members, through the Farmers Insurance Open, San Diego's PGA tour event.



Participants during the 1 Wave Challenge last year.

1wavechallenge.org

The morning of Jan. 27 will unfold in a way that sparks connections between event participants, aligning them with a shared sense of purpose. According to Easy Day Sports Founder and CEO Jamie Monroe, the 1 Wave Challenge & Beach Run is powered by that synergy.

"The event is a celebration of community and the environment," Monroe explained. "After surfers paddle out together in hopes of riding a wave into history, runners and walkers will be on hand to cheer them on before taking off along two

scenic routes stretching the length of the San Diego-Scripps State Marine Conservation Area.

"Our athletes will have the opportunity to test their endurance while immersing themselves in the beauty of a coastal ecosystem. Whether participating on land or in the water, their adventure will be an unforgettable experience."

For more information, visit 1wavechallenge.org.

READ MORE ONLINE AT sdnews.com

Due to Aguerre's efforts, Surfing will be included in the 2020 Tokyo Olympics

By DAVE SCHWAB | LA JOLLA VILLAGE NEWS

Surfing is now a part of the summer Olympics, and the International Surfing Association headquartered in Bird Rock is playing a major role in laying the groundwork for the worldwide event to be hosted by Tokyo in 2020.

And leading the charge for the ISA in preparing for surfing in the next summer Olympics is La Jollan Fernando Aguerre, who was elected president of the international surfing group in 1994. In 1995, shortly after being elected, Aguerre met with the IOC president in Switzerland. He began pressing for inclusion of surfing in the Olympic Games, stressing it would be an ISA strategic priority.

Founded in 1964, ISA is recognized by the International Olympic Committee as the World Governing Authority for Surfing. The ISA governs and defines surfing as shortboard, longboard, bodyboarding,

standup paddle (SUP) racing and surfing, bodysurfing, wake surfing, and all other wave-riding activities on any type of waves, and on flat water using wave-riding equipment.

ISA membership includes the surfing National Governing Bodies of 101 countries on five continents. ISA's office is based at 5580 La Jolla Blvd. No. 145 in La Jolla.

"There is an international Olympic federation, one per sport," said Aguerre. "La Jolla is very privileged to be the only international surfing organization in the United States."

A native Argentinian who was a member of Argentina's national surfing team, Aguerre noted there are 33 different international federations representing every Olympic sport — gymnastics, aquatics, track and field, etc.

"When I was elected ISA president in 1994, I decided to move the ISA office from Australia to La Jolla," Aguerre said noting the surfing

organization is active locally promoting the evolving sport.

"We have scholarships we give to underprivileged boys and girls," Aguerre said. "We have surfing judging seminars, all based in the United States."

Surfing in the Olympics has been a long time coming. The dream of Olympic Surfing started with Duke Kahanamoku, an Olympic gold medalist in swimming and a native Hawaiian known as the father of the modern sport. He first presented his dream at the 1912 Summer Olympic Games in Stockholm, where he expressed his wish to the International Olympic Committee (IOC) to see surfing included in the Games.

Despite several unsuccessful attempts to promote inclusion of surfing into the Olympic Games through the first decades of his ISA presidency, Aguerre persisted and pushed forward. In 2014, the ISA was given renewed optimism under new IOC President Thomas Bach.

Bach brought a fresh vision to the Olympics, realizing the need to add youthful, vibrant sports to the Games.

The door had finally been opened for 26 sports, included surfing, to apply for inclusion in the Tokyo 2020 Games. Two years later, on Aug. 3, 2016 at the 129th IOC Session in Rio de Janeiro, the Duke's dream came true, as the IOC voted to include surfing as one of five new sports for the Tokyo 2020 Games.

"Surfing was never in the Olympics, but I believed one day it would be," said Aguerre joking, "After 20 years — we finally got it right."

Characterizing the ISA as "an embassy of surfing," Aguerre said the group is organizing a surf festival during the two weeks of the Summer Olympics in Tokyo.

"The competition, the games and everything is being run by us (ISA)," said Aguerre, who added there will be 20 qualifying male and 20 qual-



Fernando Aguerre, ISA president.

ifying female contests from around the world, selected to compete in the first Olympic surfing competition.

"There will be thousands of people applying, but only 20 will be chosen from each gender," Aguerre said. "It will be a very competitive process."

For more information, visit www.isa.org.

VIDA >>

CONT. FROM PG. 1

ty," according to their website. They slept with their family in a single cramped room with three beds."

The bracelets sold out quickly at a local boutique, after which Thall and Goodman figured they had a good thing going: capitalize on a slogan (which many in Costa Rica do), and give back to the artisans.

Pretty soon, a choice group of A-list celebrities, like Ellen Degeneres, David Beckham, Robert Downey, Jr. and Rihanna were sporting the bracelets. Talk about a successful marketing campaign. Seemingly overnight, the business started to bring in \$9 million in revenue.

A recent lawsuit has aimed to challenge the business' credibility, however.

The San Diego Reader recently reported that a former director of

supplies for Pura Vida, Shannon Eagle, filed a lawsuit against the company for fraud in August of 2017.

The lawsuit alleges that shortly after Eagle was hired, she discovered that the bracelets were actually produced in El Salvador, not in Costa Rica, like the name, business model, and general marketing plan insinuated. Furthermore, the artisans who may or may not have been compensated are not those insisted upon by the company.

Eagle is not the only one to file suit, however. In December of 2017, several customers who purchased the bracelets from the La Jolla storefront are seeking a refund, as well as punitive damages, and have joined her suit.

"Pura Vida is, and has always been, a philanthropically-led company," said a representative of Pura Vida, who asked to remain anonymous. "We value each and every

one of our artisans, regardless of where they call home, and will continue to connect their skill and talent with our customers and fans. The claims made in this lawsuit are patently false and Pura Vida will vigorously fight them."

If further attention is directed to their website, it points out that the company has been more than open about their transition to include artisans from other countries than Costa Rica.

In a "We've expanded" section, it states: "Today, we are happy to announce that our artisan community has expanded from Costa Rica to El Salvador, India, and more. Our 200-plus artisans can depend on steady income in positive working environments..."

Whether or not any of these claims were fraudulent is now left for the courts to decide.

Mindvalley Reunion returns to San Diego

From Feb. 24 to 25, disruptive educational platform, Mindvalley, will be returning to San Diego to host the second edition of Mindvalley Reunion, which will take place at the Marriott in La Jolla. This will be the largest Mindvalley event yet, with an attendance of 1,000 guests from 50-plus countries, and will bring together members of the Mindvalley tribe and new faces for the two-day event.

Guests will have the chance to learn from transformational speakers in the worlds of personal growth, health, wellness, motivation, meditation and much more. This includes Neale Donald Walsch, and Jim Kwik, who is a speed-read-

ing, memory improvement, and accelerated learning expert and the author behind Mindvalley's 30-day Superbrain Quest.

More speakers on board for include Ziva Meditation founder Emily Fletcher; multiple New York Times best-selling author Deborah King; former Warner Communications and McGraw-Hill executive and known teacher of creativity and personal Mastery at some of the world's leading business schools Srikumar Rao; New York Times best selling author Vishen Lakhiani; founder of Kernerworks, WildFit and the Business Freedom Academy Eric Edmeades; Agape International Spiritual Center founder

Michael Bernard Beckwith; and Motivating the Masses CEO Lisa Nichols, who is one of two female African American female entrepreneurs to have taken a global company public.

"We are so excited to be returning to San Diego for the second edition of Mindvalley Reunion," says Mindvalley and A-Fest founder Vishen Lakhiani. "Our first edition brought so many incredible minds together and was a truly unforgettable experience, and it only made sense to return to San Diego once again."

For more information, or to purchase tickets, go to theconfluencegroup.com/Mindvalley/Reunion/.



The simple rope bracelets made a major splash.

PINTEREST

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History, culture converge in a positively magnificent 'Hamilton'

By MARTIN JONES WESTLIN | LA JOLLA VILLAGE NEWS

It isn't like Lin-Manuel Miranda, playwright/composer of "Hamilton: An American Musical," stumbled into international acclaim last week. At 27, he wrote the music and lyrics to 2008's Tony- and Grammy-winning "In the Heights" and was nominated for that show's Best Actor Tony.

His pedigree stretches from here to Mars, peppered with Emmys, Pulitzers, fellowships and honorary degrees more befitting a head of state than a guy of letters.

In the case of "Hamilton," the Broadway San Diego entry running through Jan. 28 at downtown's Civic Theatre, he's both – such is his brilliant portrayal of a newborn United States and his unparalleled command of modern culture in informing it. This rap- and street-infused story of America's tempestuous founding, centering on Alexander Hamilton's rebellion against British rule and his installment as the country's first secretary of the Treasury, is absolutely everything everybody's been raving about since its Broadway opening in 2015.

Calling this a history play is like calling Washington National Cathedral a neighborhood parish.

And calling it musical theater doesn't quite describe its place as a legitimate treatise on nation-building, especially when the builders are set adrift in a country without a world.

The U.S. is an immigrant nation in



Chris De'Sean Lee, Jose Ramos, Wallace Smith, Miguel Cervantes of the Chicago Company of 'Hamilton.'

the extreme here, with twentysomething West Indies native Hamilton emerging as a great Revolutionary military leader and capturing George Washington's attention in 1777. Four years later, victory over England brought its own hardships as the fledgling nation flailed about in its attempt to assuage its leaders' egos – chiefly those of Hamilton and Vice President Aaron Burr, whose views on the new country's direction morphed into a bitter litany of personal attacks.

In fact, Al is a bit of a cad here, whose arrogance and headstrong demeanor color a chronic overachiever – precisely the dominant traits of the nation to come. The music and lyrics cartwheel and bodyslam off the stage accordingly, rife with the urgency feted by at least one standard-bearer of the national mien.

"In this telling," Barack Obama declared, in welcoming the Broadway cast to the White House in May of 2016, "rap is the language of revolution. Hip-hop is the backbeat. In

each brilliantly crafted song, we hear the debates that shaped our nation, and we hear the debates that are still shaping our nation. We feel the fierce, youthful energy that animated the men and women of Hamilton's generation... with a cast as diverse as America itself..."

"Raise a glass to the four of us; tomorrow, there'll be more of us." "These are wise words; enterprising men quote 'em; don't act surprised, you guys, 'cuz I wrote 'em." The lyrics seamlessly and relentlessly bend and reassemble amid Austin

Scott's Hamilton, Ryan Vasquez's Burr, Rory O'Malley's putzy King George and Jordan Donica's outstanding Thomas Jefferson, sanctioning Julian Reeve's music direction and Andy Blankenbuehler's torrid choreography.

Meanwhile, director Thomas Kail and scene designer David Korins have everything to work with amid Broadway San Diego's outstanding technical traditions.

It took Miranda about seven years to write this script and its 34 tunes, inspired by Ron Chernow's biography "Alexander Hamilton." What followed is a colossal, stark-raving miracle. Not since "Wicked" has one show galvanized the public behind an issues-driven message; and arguably, not since the country's founding has the theater embraced a retrospective in so consummately definitive a light.

This country is the most successful multiracial experiment in human history – with "Hamilton," it boasts a work of art whose ferocity marks the character of its inheritors and, ideally, their successors.

Martin Jones Westlin is a theater critic at San Diego Story and a San Diego Community Newspaper Group editor emeritus.

This review is based on the Jan. 9 press opening performance. "Hamilton" runs through Jan. 28 at Civic Theatre, 1100 Third Ave. \$340-\$800. broadwaysd.com, 619-564-3000.

UC San Diego: Kick off January with these ArtPower events

ArtPower kicks off this year with Sufi hip-hop Compagnie Hervé Koubi, one of Europe's hottest dance companies. Recognized as one of Europe's most distinctive choreographers, Hervé Koubi draws creative strength from his Algerian roots and Mediterranean culture.

His company makes its San Diego debut with "What the Day

Owes to the Night (Ce Que le Jour Doit à la Nuit)," a highly physical, stunningly fluid work for 12 French Algerian and African male dancers who were trained in urban street dance and hip-hop.

The piece combines capoeira, martial arts, and urban contemporary dance, and is packed with backflips, head spins, and powerful imagery evocative of Eastern

paintings and Islamic architecture. The performance takes place at Mandeville Auditorium on Jan. 17 at 8 p.m.

January continues with Aeolus Quartet, one of the finest young quartets touring today. Raved by the Cleveland Plain Dealer as the "string quartet to watch," the Aeolus Quartet has been awarded prizes at nearly every major competition in the United States since its inception at the Cleveland Institute of Music.

The evening program at ArtPower includes Beethoven's String Quartet No. 14; Haydn's String Quartet in D Minor; and Philip Glass's Quartet No. 3 "Mishima." This evening performance takes place at Department of Music's Conrad Prebys Concert Hall on Jan. 19 at 8 p.m.

Portland native Liz Vice takes the stage at The Loft on Thursday, Jan. 25 at 8 p.m. The gospel, soul, and R&B-inspired artist's music features dynamic, beautiful vocals and classically influenced lyrics that reference her deep-rooted spirituality. Her debut album, "There's a Light," is a gospel-fueled nod to the R&B / soul records of the '60s



The Aeolus Quartet will perform a number of classical arrangements on Jan. 19 at the Prebys Concert Hall.

and '70s, is modern enough not to be "throw back," but classically influenced enough to feel timeless.

January concludes with a special event by French composer and percussionist Roland Auzet on Jan. 31 at 7:30 p.m. at the Mandeville Auditorium. Auzet premieres his new work A bare hands, a sound performance that will reveal the joys of rhythms and sounds. The new work starts with a car on an empty stage, but he quickly fills the

room with so much more.

Mixing percussion, choreography, and cirque, expect an evening like nothing you've ever experienced when Auzet begins to play the car as a percussion instrument. This concert is part of San Diego Symphony's It's About Time festival and curated by percussionist Steven Schick.

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Local hotelier, Durisoe, named a San Diego 'Wonder Woman'

By DAVE SCHWAB | LA JOLLA VILLAGE NEWS

La Jolla hotelier Lurnie Jackman Durisoe was named recently as one of a dozen San Diego "Wonder Women" honored in 2017 at the 52nd annual Women of Dedication Luncheon and Celebration presented at La Jolla Country Club.

Besides honoring distinguished local women, the luncheon celebration is also the major fundraiser for The Salvation Army Women's Auxiliary of San Diego County.

The auxiliary sponsors a number of humanitarian programs including Adult Rehabilitation Centers, Coordinated Assistance to Residential Stability (CARS), Christmas Programs Assistance, Thanksgiving at Golden Hall, Christmas banquets, Door of Hope, family services, homeless outreach, senior nutrition sites and the Shelter Transition Employment Program Services (STEPS).

"For me it's a real honor," said Durisoe on being chosen a "Wonder

Woman," one of two La Jollans, along with Sally Watt Oxley, so honored last year. "They (Salvation Army) discovered I was an active person within the community, and it was a total surprise."

Durisoe was recognized for her community volunteer work, and her family are deeply engaged in operating the historic, five-star, Balinese-themed luxury boutique hotel Pantai Inn at 1003 Coast Blvd. Pantai has achieved international acclaim, and is ranked the No.1 San Diego hotel by TripAdvisor.

Proud of her family heritage and its military background, Durisoe cited her father's dedication during 25-plus years in the Navy. He retired as a commander. Durisoe said her mother and father both instilled in her the love for the military and giving back to the military community.

It took Durisoe and her family five years, in a legacy effort inspired by her grandfather, to restore a special part of historic La Jolla with build-

ings dating from 1904 to the 1950's.

Raised in La Mesa and a graduate of Grossmont High School and San Diego State University, Durisoe's current résumé of volunteer activities contains an impressive list of civic engagements including: being on the USO board for 25 years; 20 years as a La Jolla Rotary Club member; 10 years creating and directing the Northeast Texas Film Commission; and five years on the Center for World Music board.

In recent years, Durisoe was elected to the La Jolla Merchants Association board promoting and developing the "Village" of La Jolla; became a member of the San Diego Lincoln Club, an organization dedicated to making a stronger business community; was inducted into the Charter 100 organization promoting accomplishments of professional women; and was recruited for the San Diego Chapter Board of PATA, Pacific Asia Travel Association.



Pantai Inn owner, Lurnie Durisoe, outside her business.

Internationally-acclaimed, Durisoe will be representing PATA in Macau to hundreds of travel industry institutions from around the world.

Durisoe said she was given something special, a dozen yellow long-

stemmed roses, as part of being selected one of 2017's 12 Women of Distinction.

About being named a wonder woman, Durisoe said, "It's a nice way to be recognized for what you do in San Diego."

14th annual Concours d'Elegance dates announced: April 7 and 8

The La Jolla Concours d'Elegance will be returning to the stunning shores of La Jolla on Saturday, April 7 through Sunday, April 8. As a tradition, the La Jolla Concours d'Elegance chooses a featured marque each year to set the theme of this prestigious automotive event. This year, they have announced Lincoln as the honored marquee for the 14th annual Concours d'Elegance.

Having started as a small company that supplied Liberty aircraft engines for the Army during WWI, Lincoln has had a deep-rooted evolution to becoming a world-renowned luxury automobile manufacturer. The 1930s marked a monumental turning point of Lincoln's rise in the luxury market with the launch of its classic V12 engine models.

Setting the path to sales success with the release of the Lincoln-Zephyr and introducing an icon of automotive design, the Lincoln Continental, the 1930s designs are forever synonymous with Lincoln's tasteful elegance. Lincoln vehicles are not only popular antiques of the decade but also an integral part of U.S. automotive history. Lincoln automobiles were prime examples in their day of American-made cars at their finest and we are pleased to present the finest specimens of these painstakingly preserved and restored automobiles in 2018.

In addition to Lincoln, the Concours will also showcase some of the most exquisite automobile displays in the world. Earning the reputation as one of the finest internationally-renowned classic automobile showcases in the U.S., the La Jolla Concours continues to attract discerning car enthusiasts from around the globe.

It is not often you get a sneak-peek behind the curtains of the some of the most beautiful collections and clubs in San Diego—this is a one-of-a-kind opportunity to be on the highly regarded tour of the year. Continue the celebrations into the night with the exclusive VIP reception presented by Fraser.

Saving the most extravagant for last, the weekend will conclude with the La Jolla Concours d'Elegance on April 8 with 125 spectacular vehicles, cocktails, and cuisine from San Diego's finest restaurants, VIP Lounges, and more. Staying true to tradition, we will also be featuring the La Jolla Motor Car Classic at the Concours, which will once again be free and open to the public and will expand the show from the Ellen Browning Scripps Park into the La Jolla Village roadways displaying a variety of more than 90 automobiles from select car clubs.

Ticket costs are starting at \$175. The Saturday night soiree will be held down on the field of the La Jolla Concours for an art deco-inspired theme that will be filled with delicious food, creative cocktails from the '30s and moonlit dance floors. Entry for this luxurious event begins at \$50 for general admission.

Upgrade your experience in VIP style for \$150, and enjoy exclusive check-in, fabulous bites from 15 of San Diego's finest restaurants, hosted bar in the VIP sponsor lounge, a signed poster from artist Scott Jacobs, as well as a La Jolla Concours commemorative program. For \$300, one can attend all of the charming La Jolla Concours events and enjoy first-class benefits all weekend long with the ultimate VIP package.



The highly-anticipated Concours d'Elegance will make its return again this year.

Proceeds will go towards La Jolla Historical Society. In addition to the La Jolla Historical Society, the La Jolla Concours d'Elegance benefits

several additional local community nonprofit partners each year.

For additional information to register or to purchase tickets, visit

lajollaconcours.com or call 619-233-5008.



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Recreational marijuana legalized: District 1 dispensary in spotlight

By **BLAKE BUNCH** | LA JOLLA VILLAGE NEWS

It's been more than twenty years since California passed SB420, which "clarified the scope and application of California Proposition 215," legalizing marijuana use for medical purposes. While Jan. 1 marked the first available sales date for recreational use throughout the state, some local municipalities prohibition of recreational pot shops within their confines. District 1 (La Jolla), however, has more or less welcomed the decision.

The New Year ushered in throngs of customers to pre-established dispensaries throughout San Diego County. One in particular, Torrey Holistics, is the only licensed location to operate within District 1.

On Friday, Dec. 15, Torrey Holistics became the first approved "adult use" marijuana dispensary in the state of California. They are now legally permitted to sell marijuana to adults 21 years of age and over without the medical recommendation of a physician, as was previously required in California.

Although Torrey Holistics has been operational since 2015, providing marijuana to patients with a medical recommendation, they have since transitioned to purvey both recreational and medical cannabis products (in separated groups). Unsurprisingly, on New Year's Day, a

queue of customers stretched down the block.

"There were still people when I left the store earlier, so here we are, in the second week, and are still seeing large numbers of customers," said Ruthie Edelson, marketing director of Torrey Holistics. "I definitely think our customer contingency will continue to grow. Everyone has seemed happy with everything thus far. Perhaps the only negative response I have heard is in regard to taxes."

What Edelson is referring to is the \$3.88 plus 7.75 percent local sales tax added to flat-rate product costs. Projections show that in 2018, a 15 percent excise tax and \$1.15 state cultivation tax will also be added. Disregarding taxes, clients at Torrey Holistics seemed to be in good spirits.

"Our buyer was extremely prepared, so we did not run out of any product on 'opening day,'" added Edelson.

The ruling to allow recreational marijuana testing labs, large-scale cultivation, production and distribution within San Diego County passed 6-3 in a Sep. 11, 2016 vote.

Councilmembers Chris Cate, Lorie Zapf, and Scott Sherman voted against the option.

While Zapf and Bry have typically co-authored legislative work in the past, Bry, who represents District 1, ultimately voted in favor of the option, saying:



A customer narrows down their selection with help from a Torrey Holistics cannabis consultant. It should be noted that any adult (over 21) should not drive any vehicle after ingesting marijuana. BLAKE BUNCH/VILLAGE NEWS

"By allowing for local government oversight of the cannabis industry, we can benefit from new jobs and a new source of much-needed tax revenue for the general fund."

"San Diego voters overwhelmingly turned out to pass Proposition 64 and it is our responsibility to put reasonable regulations in place that protect public safety and enhance our local economy. If we don't allow all parts of the supply chain in San Diego, we are merely enabling a large black market and San Diego consumers are counting on us to provide them with a safe product."

Not everyone is on board with the recent decision, most notably U.S. Attorney General, Jeff Sessions. Sessions is quoted as saying, "No good people smoke pot," and has vowed to utilize federal resources to "harass and otherwise circumvent the will of the people in California."

It is also no secret that District 2 representative, Lorie Zapf, has expressed her opinion that moving forward with that recreational pot would be disastrous for teenagers in her district (or any).

At the public meeting of City Council, in open comment session

on Sep. 11 and 12, 2017, Zapf cited a Daily Mail article, "Proof Cannabis Does Lead Teens to Harder Drugs," after scolding District 3 Councilmember Chris Ward for "reading headlines" in support of moving forward with the options presented before them.

Despite those in opposition, a majority vote allowed this to happen in the county, so it will be interesting to see where things expand from this point forward.

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Torrey Holistics, like many dispensaries across the state, offers a wide variety of marijuana products. (Above) Three types of flower strains.

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Annual Ronald McDonald 'Dream House' raffle launches

The 14th annual Dream House Raffle tickets are now available, giving ticket purchasers the chance to win a custom-built home, \$2.5 million or one of 2,350 prizes, while also supporting Ronald McDonald House Charities of San Diego.

The nearly 5,000-square-foot, grand prize home sits in the hills above La Jolla, offering panoramic ocean views. The four-bedroom, five-bathroom home is situated on nearly an acre of land and features two grand fireplaces, a gourmet chef's kitchen, a zen-inspired spa room, private balconies and more.

Raffle tickets cost \$150 each and are also available in discounted multi-ticket packs. A three-pack of tickets is \$400, and a five-pack of tickets is \$550.

All proceeds from the Dream House Raffle help San Diego's Ronald McDonald House provide a range of services – like lodging, meals and emotional support – for families with a critically ill or injured child in a local hospital. The Ronald McDonald House provides 55 bedroom suites for overnight guests, and is at capacity on a daily basis.

"Funds raised through the Dream House Raffle help strengthen fami-

lies by keeping them together during difficult times," said Chuck Day, president and CEO of Ronald McDonald House Charities of San Diego. "While ticketholders will be delighted by the 2,350 different prizes available, the most important thing to remember is every ticket purchased helps families during an unthinkable time."

This year, ticket purchasers have a 1-in-30 chance to win a prize like laptops, luxury cars, thrilling vacations, extravagant home goods and more. The earlier tickets are purchased, the more 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. 16 for the chance to win a choice of a 2018 Audi A7 Sportback, a National Geographic guided expedition to Antarctica or \$50,000.

Ticket information is available at SDRaffle.com or by calling 888-824-9939. Raffle ticket purchasers must be 18 years of age or older and meet other requirements. For a complete list of raffle rules, deadlines and prizes, visit SDRaffle.com.



Similar to years past, the 'Dream House' sports amazing views.

Museum of Contemporary Art San Diego to host auction on March 28

The Museum of Contemporary Art San Diego (MCASD) will host the 11th biennial Art Auction at its downtown location at 6:30 p.m. on Wednesday, March 28.

The highly anticipated event will feature live and silent auctions of approximately 100 works by early career and internationally recognized artists, including John Baldessari, Liza Lou, Wangechi Mutu, and Ed Ruscha.

The biennial event is the museum's largest fundraiser, providing vital support for educational programs, exhibitions, and art acquisitions. All works are carefully considered by MCASD's director and curators.

"MCASD's Art Auction allows visitors to switch from being mere observers of art to being active collectors of it," said Kathryn Kanjo, The David C. Copley director and CEO. "MCASD's curatorial team invites exhibiting artists, whose works reflect the dynamism of today's art world. The objects range in style, scale, media, and price: whether you're an auction veteran

or just looking for an entertaining way to support the museum, Art Auction 2018 has something for you."

This year's auction will offer a range of works, from paintings and sculpture, to works on paper, all donated from artists and galleries both locally and internationally. Artworks will be on display in the galleries at MCASD Downtown from Saturday, March 10 through Wednesday, March 28, the night of the auction.

Art Auction will begin at 6:30 p.m. with a hosted bar and ample food stations as guests enter their silent auction bids. Christie's will be the official auction house partner, and senior vice president Lydia Fenet as auctioneer for the evening. The live auction will begin at 8 p.m., after which Fenet will conduct a live closing of select silent auction works to conclude the evening.

Guests at this year's auction will have exclusive access to special-edition Art Auction 2018 paddles created by artist Mara De Luca. These limited-quantity paddles are avail-

able to Gold Circle ticket purchasers. Gold Circle ticket holders will also be able to preview the works and receive tours and curatorial counsel at a private VIP preview reception on Saturday, March 10. Mobile bidding will open at the VIP preview.

Event tickets will go on sale and contributing artists will be announced in January. The full list of artworks will be available at www.mcasd.org before the auction.

Tickets

General tickets: \$100 MCASD Members (\$60 is tax-deductible); \$125 Non-members (\$60 is tax-deductible). General tickets include access to the cocktail reception, silent auction, standing tickets to the live auction, and dessert reception.

Gold Circle Tickets: \$250 MCASD Members (\$125 is tax-deductible); \$275 Non-members (\$125 tax-deductible). Gold Circle ticket holders may book a private curatorial tour of the auction works and will be invited to a private VIP reception with a preview of the works led by MCASD's curators on March 10. In

addition, Gold Circle ticket holders will receive a special-edition paddle designed by artist Mara De Luca (limited quantity), and will have preferred seating at the live auction, complimentary valet parking the night of the auction, and a listing in the auction's program.

About The Auctioneer

As denior vice president, international director of strategic partnerships at Christie's, Fenet leads a global team forging significant collaborations with other luxury brands. Building on her 15-plus-year career at the historic auction house, Fenet pioneered the strategic partnerships program at Christie's in 2010, leveraging skills sharpened both as special events director from 2004-2010 and during her time on Christie's client advisory team.

Under Fenet's purview, innovative brand partnerships have grown into a valuable marketing and business development platform for Christie's and its partners, producing dynamic co-branded initiatives worldwide. These initiatives include major exhi-

bitions, special events, and targeted digital activations.

Since leading her first auction in 2001, Fenet has become Christie's international head of benefit auctioneering and the top performer in the field, raising hundreds of millions of dollars for some of the largest nonprofit organizations around the world and training Christie's new classes of charity auctioneers. Some of her recent auctions include The Clinton Foundation, AMFAR, Tipping Point, the Naples Winter Wine Festival and The Bob Woodruff Foundation. She also serves as the emcee for JAM, WeWorks' ongoing event series aimed at introducing entrepreneurs to potential investors, and in 2014 partnered with Glenn Close and Robert DeNiro to launch the Bring Change To Mind auction benefiting mental health.

In 2014, Fenet was named one of New York's most influential women by Gotham Magazine. She speaks regularly on "The Art of Selling."

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ArtSpot: January brings in big productions

By MARTIN JONES WESTLIN | LA JOLLA VILLAGE NEWS

"Hamilton." It's being called a look at America then as told by America now—and it's such a colossal Broadway hit that it may alter the way we look at American theater to come. (See related story on pg. 6).

On Saturday, Jan. 6 through Jan. 28, Broadway San Diego will present "Hamilton," the story of the first American Secretary of the Treasury, his life as a West Indian immigrant and the flap that led to his duel with former Vice President Aaron Burr. It took Lin-Manuel Miranda seven years to write his piece; rave reviews and astronomical ticket sales reflect that he didn't miss a trick.

Downtown's Civic Theatre is the venue; 1100 Third Ave. is the locale. For more, see, broadwaysd.com or call 888-757-3374.

Russian-German pianist Igor Levit is only 30, but as a 2016 Gramophone winner, he's joined a legion of seasoned young artists as one of the most sought-after performers of his generation. On Sunday, Jan. 7, and under the auspices of La Jolla Music Society, he brings a program featuring diverse works such as J. S. Bach's virtuosic "Chaconne in D Minor," Wagner's "Solemn March to the Holy Grail" and Shostakovich's "Preludes and Fugues for Piano."

7946 Ivanhoe Ave. More information is available at ljms.org, or call 858-459-7328.

The beat goes on as La Jolla Symphony and Chorus music director Steven Schick presents "Fascinating Rhythm," a nod to the world of the tempo and pulse that defines the nature of music. Under the auspices of San Diego Symphony, the first concert will be held Saturday, Jan. 13 and features Roberto Sierra's percussion concerto, which festival curator Schick will perform on an array of percussion instruments stretching across the stage.

The project, part of the symphony's "It's About Time" program that runs until Feb. 18, is designed to illuminate the web of musical partners that, whether they know it or not, span all of San Diego.

Copley Symphony Hall 750 B St. downtown. For more, see sandiegosymphony.com or call 619-235-0804.

Atheism and the clergy make odd bedfellows—but Henri Matisse's membership in the for-

mer was no match for his sense of gratitude and fair play.

Matisse, one of the 20th century's greatest French classical painters, will have his local day in court on Saturday, Jan. 13 through Feb. 3, it's then that La Jolla's Vantage Theatre, in association with Talent to a Muse Theatre Company, presents "The Color of Light," Jessie Kornbluth's world-premiere drama about Matisse the nonbeliever and "The Chapel at Venice," his final work four years in the making, dedicated to a young nun who helped him through a tough convalescence.

Tenth Avenue Center for the Performing Arts, 930 Tenth Ave. Visit vantagetheatre.com for more information, or call 619-940-6813.

A 72nd anniversary of anything (such as the San Diego Youth Symphony) is quite an accomplishment, and the benchmark is that much more valuable when it involves young people.

On Saturday, Jan. 13, La Jolla Music Society will show its appreciation as it showcases the incredibly talented musicians of SDYS' Chamber Orchestra, joined by solo guitarist Celino Romero. This mul-

tiyear collaboration highlights the music society's longstanding commitment to education and SDYS' tradition of excellence and innovative programming. The concert program will feature works by Beethoven, Boccherini and Vivaldi.

Irwin w. Jacobs Qualcomm Hall, 5775 Morehouse Drive. For more, see sdys.org, or call 619-233-3232.

It has been a tough few years in France – a time of strong crosswinds from every direction. Paris-based circus artist, composer and percussionist Roland Auzet fights back on Feb. 10 and 11 in La Jolla Symphony and Chorus' "Cross Winds," a new percussion concerto written for and co-commissioned by UCSD graduate student Fiona Digney.

The balm of Mahler's Fourth Symphony, with one of the most beautiful slow movements ever written, helps calm the currents. Steven Schick conducts. The venue is at 9500 Gilman Drive on the UCSD campus.

For further information, visit lajollasympphony.com, or call 858-534-4637.



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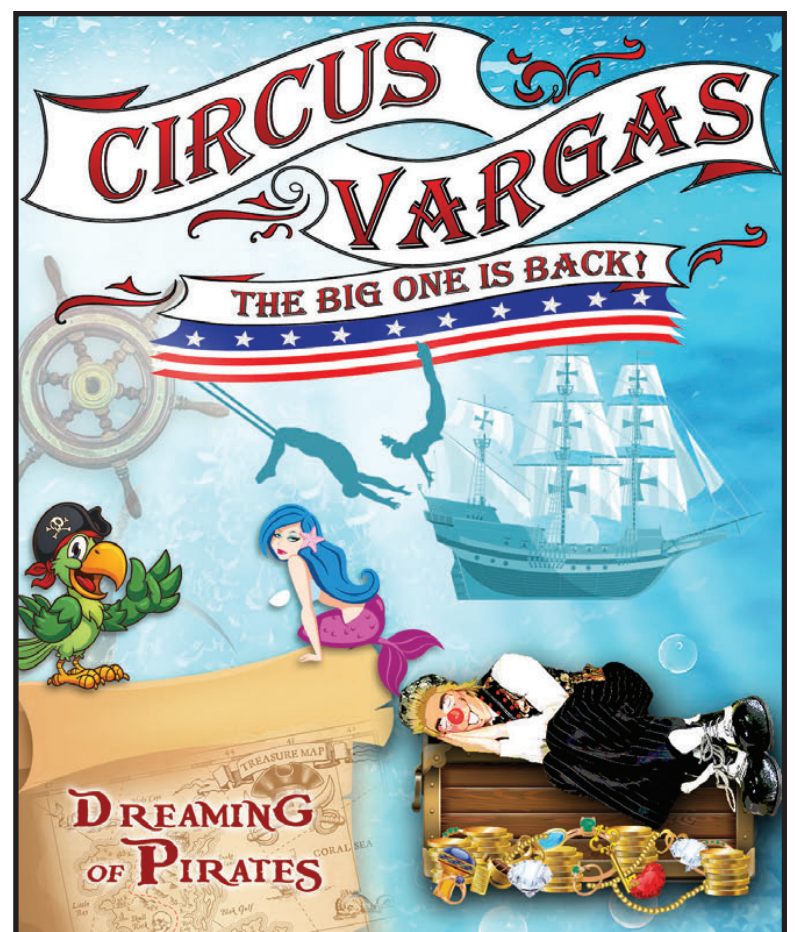
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Reader's Choice winners were selected by the readers of the La Jolla Village News by a ballot in the paper and online over a 3 month period.

The difference between happiness and the road to a meaningful life



Doing it Better

By Natasha Josefowitz, Ph.D.

Two questions we ask ourselves with little information on how to exactly answer are Does my life have meaning? and Am I happy? What do we need to be aware of when pondering these questions? According to David Brooks in "The Problem with Meaning" (The New York Times, Jan. 5, 2015):

A meaningful life is more satisfying than a merely happy life. Happiness is about enjoying the present; meaning is about dedicating ourselves to the future. Happiness is about receiving; meaningfulness is about giving. The latter gives us a deeper sense of satisfaction; serving others gives us a feeling of significance, an uplifting state of consciousness.

We need both, a feeling of accomplishment, of doing what you really want to be doing, as well as a feeling of contentment, of being happy in our lives.

Socrates said know thyself. It is only after we know ourselves that we can truly be ourselves. What

stops us from being our true selves? Why do we sometimes do something we don't want to do? The answer is often fear. It is fear of displeasing people, of failing, fear of the unknown, of being found to be not good enough; generally it is really a fear of not being accepted or not being loved.

So in order to gain acceptance and/or love, we develop strategies. Some of us become helpers, meeting other people's needs; some become experts, sought out for our knowledge; while still others become entertainers, the life of the party. For many there is a prevailing fear of insignificance.

Behind the need for superiority is the fear of inferiority. We wear an invisible sign: "Please notice me; please like me."

I will be important if I know important people. The push for significance can induce some people to name drop, acquire titles, or show off with fancy clothes or eccentric behaviors. When children misbehave, it is often to gain attention; negative attention (punishment) is better than no attention.

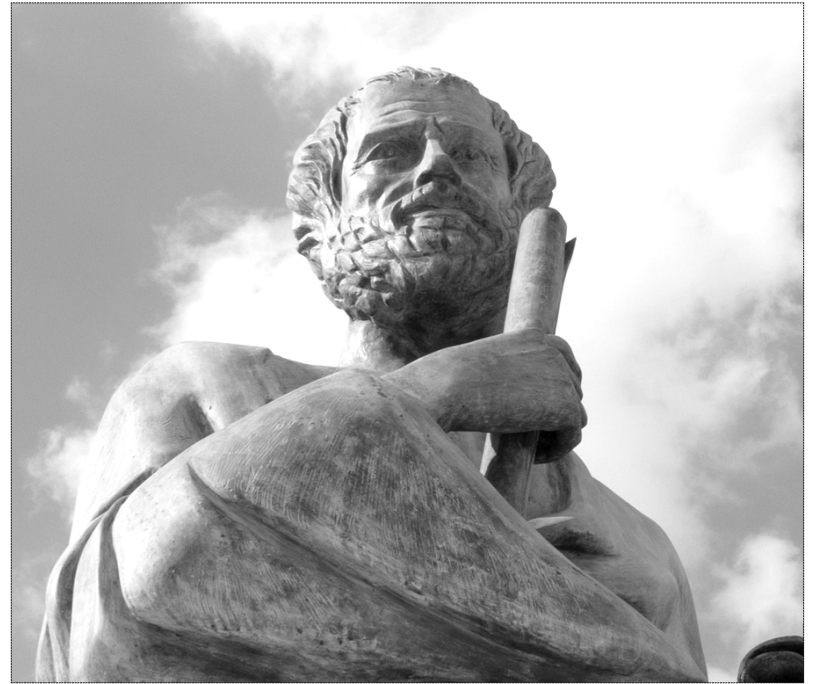
What we need is to become conscious of our needs, and I don't mean food, water, and shelter. I mean the need to be connected to others, to be part of a community, to

be significant, to be loved, to have fun, to have a measure of control over our lives, to grow and learn. We also need the security of prediction, to be able to count on the outcomes of our behaviors, if I do this, then that will happen. However, even though we need routines, we also need variety and challenge.

What are your unmet needs? It is not what you wish for; it is what is missing in your life. This list can include traveling to places we've dreamed of or things we wish we owned, as well as books we could have written, people we should have helped, an education we did not get, what we could have done, but didn't. What did not happen and should have? Are the gaps due to the unfairness of life, due to our own mistakes, to the opportunities we missed? Do we beat ourselves up because of it? What are we still pining for? What do we still need to do or be in order to feel that we have meaningful lives?

A meaningful life is not about material things; it is about spiritual needs; by this I mean feeling part of something larger than our individual selves. It can be belonging to a group or to a movement, working for a cause, or being part of a larger community for one's own growth as well as for the benefit of others.

Our learning curve should include



Socrates said 'Know thyself,' in order to truly be yourself.

raising our consciousness to create awareness of issues, working through emotional resistances, denial, prejudice, and wishful thinking. Moving out of our comfort zones is a choice.

In order to lead a fulfilling life, we need to keep learning, to keep growing, to become wiser, more tolerant, understanding, compassionate. As we become more of what we truly can be, we are also able to give more of ourselves, to contribute to the

welfare of others, to share our gifts and make a difference in others' lives.

Natasha Josefowitz is the author of more than 20 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2017. Natasha Josefowitz. All rights reserved.

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La Jolla Country Day womens basketball: Stats and standout players

By ED PIPER | LA JOLLA VILLAGE NEWS

In J Balvin's song "Mi Gente," the Colombian croons to a throbbing reggaeton beat in Spanish, "The party doesn't stop/It's barely starting." And that's the way Bianca Notarainni and her La Jolla Country Day teammates hope the present basketball season rolls on, as Coach Terri Bamford features a talented group of seniors who have been together since the seventh grade. They include forward Kendal Ellenbeck, and guards Jayda Villareal and Kiera Oakry, besides the 18-year-old Notarainni.

Bianca, a six-foot-tall grinder at her forward spot in the front court, uses Balvin's music to "get in a frame of mind" to play. Basketball, though she loves it, hasn't been a joy ride for her. This comes right out of the playbook of her fiery coach, who fought for game minutes in her own playing career at UC Irvine and who has taught her young charges, "Don't take anything for granted."

"Basketball has been hard for me. Coach (Bamford) knows that," confides Notarainni, who has committed to play for Washington University of St. Louis for next year.

"One thing I pride myself in is, I'm not going to be the best player out there, the best rebounder, the best

shooter. So I want to contribute to my team in any way I can," the senior returner says. Bamford, in her 20th year leading the LJCDS program, affirms, "She competes on every possession."

Leading the break in transition for Notarainni and the others, Oakry, a "jet quick" point guard standing 5-foot-10-inches tall, relishes the physical contact on the court. "I like everything about basketball," she says. "It's kind of a place to be free. Not a lot of thinking. You can allow your skill to be free."

The 17-year-old, who like Ellenbeck is a USD commit for fall 2018, states, "I'm told anyone can be beat anyone on any given day." And she plans to compete in that spirit. She and Notarainni literally form the Lady Torrey's "brain trust," because they are both interested in studying neuroscience in college. "I like to study in the sciences," reports Oakry. "I like psychology, biology, and chemistry. There's a major that combines all three, neuroscience."

Echoes Bianca, Bamford addresses each affectionately by the first syllable of their first name, "Bi" ("bee") and "Ki" ("key"), "I just like the brain. It sounds weird. It interested me how little we know about the brain, and how it makes each person totally different."

Bamford, who serves on campus as the athletic liaison to College Counseling, learned some hard-earned lessons in her undergraduate days. "I had to work really hard to get playing time (at UC Irvine), so putting the time in on fundamentals is really important."

Over her 19 years guiding the Lady Torrey's basketball program, she has raised it to an elite level and garnered 13 league titles, an equal number of CIF titles, eight regional titles, and four state championships.

"We have something we call the Breakfast Club at 6 a.m. before school, and girls can come in for extra help," she says. "Kelsey Plum (a former Torrey who set the NCAA record for career points last season at the University of Washington) was a big one on that. She was there five, six days a week." That means weekends, too. That's the level of commitment in a program like this.

Villareal, a 5-foot-6-inches tall guard, is a three-point bomber and First Team All Coastal League returner. "We know when Jayda is on," says Oakry, the point guard. Her teammates will find her with the open pass. She has signed a National Letter of Intent to play at Cal Poly Pomona.

Ellenbeck, a six-foot tall power forward, completes the senior "Fab



LJCDS womens basketball coach, Terri Bamford.

ED PIPER/CONTRIBUTOR

Four" and likewise takes no prisoners. "She is a much improved offensive player," says the coach, "the team's best post defensive player, and one of the scoring leaders from the summer" on Bamford's AAU team.

Getting high marks from Bamford is 5-foot-10-inches tall sophomore Te-Hina Paopao. "She is one of her

class's top-ranked point guards nationally," says Bamford. "She tore her ACL right before the season last year. She came back at the end of the season to play in the playoffs. She came back in four and a half months. She did a pro recovery."

READ MORE ONLINE AT sdnews.com

La Jolla High's Quinn Rawdin talks hoops, dedication

By ED PIPER | LA JOLLA VILLAGE NEWS

"I don't know how to explain it. Not playing basketball every day is like the anxiety you feel when you leave the keys in the car and lock the door," said Quinn Rawdin, a left-handed outside shooter for La Jolla High's basketball team. The subject is the sport of basketball, and why it can be so pleasurable in feel, rhythm, even as part of a daily lifestyle of activity.

"Or it's like losing your wallet." Two very real things to a 17-year-old who has access to his own wheels.

But the senior, who will start for Coach Paul Baranowski's Vikings this winter for basically the third year in a row, thrives on yet another aspect of balling.

"It's about the competition. It's always about the competition. I like competing because that's how you get down to winning each game," says the sandy-haired southpaw. Rawdin also derives a lot, as many team-sport athletes do, on the connection with teammates who become deeper friends through another dimension of interaction.

The psychology/biology enthusiast, who will experience a major change on the court this year with fixture Reed Farley, who he played next to throughout high school in the backcourt, graduating and mov-

ing on, tells a poignant story of a gift Steve Fisher gave him.

Fisher is the recently-retired coach of San Diego State's high-standing basketball team. When Quinn took part in his basketball camp at SDSU as a freshman, and had all the Aztec players around him, and the few thousand other young campers trying out their raw skills on the Viejas Arena hardwood, the renowned coach called him over, by name, and told him, "Quinn, I've been watching you during the camp. I like the way you shoot the ball." Rawdin, then 13, was deeply affected. "Matt Shrigley (one of the Aztec players) told me I reminded him of his shooting when he was younger," remembers Rawdin. That gave him a boost, too.

But then at the end of the SDSU camp. Coach Fisher called out to him by name again, he thought originally it was just because he was wearing an I.D. tag, and yelled, "Stay fearless." The older Rawdin now looks back on the coach's personal attention as something to hold onto. It certainly gave him a shot in the arm, some great moral support from a nationally-recognized coach.

The other story the Viking shooting guard tells is about the opportunity he had to exercise some leadership with younger teammates in the Maccabee Games in St. Louis during summer 2016. Facilitated by



Quinn Rawdin is currently finishing his senior year. ED PIPER/CONTRIBUTOR

Baranowski, activities director at Lawrence Family Jewish Center, and co-coached by Jake Baranowski, his son, the combined San Diego-San Antonio entry bonded over a week of basketball play together and "stuff kids do" off the court, like going to arcades and being entertained by rappers that were part of the Maccabee event. Fellow Viking senior Charlie Gal was also on the team.

"Our very final game was for the championship of the bronze division. We had won some games and lost some games. The very next day, we were going to fly home. We could

go home with a medal, or not. We got down by 15 points or so. Jake Baranowski said the usual good things coaches say: 'We want to go home with a medal,' etc. I kind of huddled up the guys in another place, and I said, 'I think we can win the game. We've been together for a week. The other team doesn't have any subs and looks done.' The whole team kicked into gear. It was like everyone went into adrenaline. Kids who hadn't hit their shots hit them. I don't remember how much we won by, but every kid stepped up and it went our way."

The takeaway for Rawdin was

that he "extended" himself in leadership, not always something he has had to do with the veteran Farley present until now on the school team. He took a chance, maybe sounding a little corny in his pep talk to his teammates. But it took effect and helped lead to the San Diego-San Antonio team coming from behind to win the bronze division title.

A further enjoyment from basketball for Rawdin, whose father is Gregg, his mother is Jeanne (pronounced 'Jeannie'), and his older brother and former Viking is Mark, is the rush of excitement. "It's almost like you can't feel pain," he avers. "I love that feeling. The adrenaline is a big part of basketball for me. The hype, the competition... I like the fast-paced movement of the game. I like the constant back-and-forth of the game."

The connection he feels to his teammates is enhanced, he says, by the involvement in the sport. They include Behzad Hashemi, a junior, and Gal, both of whom he hangs out frequently with. Also, Nick Holmquist and Evan Brown, both juniors, and senior Jacob Ohara all point to a season ahead in which "we're going to be a lot quicker. We're shorter this year, but we're quicker and more agile."

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FICTITIOUS BUSINESS NAME STATEMENT FILE
NO. 2017-9029904 Fictitious Business Name(s)
a. GREAT WESTERN TIRE b. SPECIALTY TIRES.
Located at: 1327 FAYETTE STREET, EL CAJON,
CA 92020. Is registered by the following: WHOLE-
SALE TUBE & TIRE, INC. This business is con-
ducted by: A CORPORATION. The first day of busi-
ness was: 05/11/2012. Registrant Name: ARA
T. CHAGHLASSIAN Title of Officer, if Limited Li-
ability Company/Corporation, Title of Signor PRES-
IDENT. The statement was filed with Ernest J.
Dronenburg, Jr., Recorder / County Clerk of San
Diego County on: DECEMBER 8TH, 2017 ISSUE
DATES: DECEMBER 21th, 28th, JANUARY 4th,
AND 11th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE
NO. 2017-9028774 Fictitious Business Name(s)
VMJ MANAGEMENT SERVICES. Located at: 126
E. NORTON STREET, LONG BEACH, CA 90805. Is
registered by the following: JERSON NOE
FUENTES. This business is being abandoned by: AN INDI-
VIDUAL. The first day of business was: 11/13/17.
Registrant Name: JERSON NOE FUENTES. Title
of Officer, if Limited Liability Company/Corporation,
Title of Signor. The statement was filed with Ernest
J. Dronenburg, Jr., Recorder / County Clerk of San
Diego County on: NOVEMBER 22nd, 2017
ISSUE DATES: DECEMBER 21th, 28th, JANUARY 4th,
AND 11th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE
NO. 2017-9028987 Fictitious Business Name(s)
CONCENTRIC FIT. Located at: SAN DIEGO, CA
92109. Is registered by the following: a. CAROLINE
SUZANNE MCCANDLESS b. VICTOR NOGUEIRA
OLIVEIRA. This business is conducted by: CO-
PARTNERS. The first day of business was: NOT
APPLICABLE. Registrant Name: CAROLINE
SUZANNE MCCANDLESS. Title of Officer, if Lim-
ited Liability Company/Corporation, Title of Signor.
The statement was filed with Ernest J. Dronen-
burg, Jr., Recorder / County Clerk of San Diego
County on: NOVEMBER 28TH, 2017 ISSUE
DATES: DECEMBER 21th, 28th, JANUARY 4th,
AND 11th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO.
2017-9030506 Fictitious Business Name(s) LA
MAESTRA IMAGING. Located at: 4060 FAIRMOUNT
AVE., SAN DIEGO, CA 92105. Is registered by the
following: COMMUNITY HEALTH IMAGING CEN-
TERS. This business is conducted by: A CORPO-
RATION. The first day of business was: NOT APPLI-
CABLE. Registrant Name: KEITH EDWARDS. Title of
Officer, if Limited Liability Company/Corporation,
Title of Signor General COUNSEL. The statement
was filed with Ernest J. Dronenburg, Jr., Recorder
/ County Clerk of San Diego County on: DECEMBER
15TH, 2017 ISSUE DATES: DECEMBER 21th, 28th,
JANUARY 4th, AND 11th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE
NO. 2017-9030603 Fictitious Business Name(s)
CATALINA REALTY. Located at: 909 CATALINA
BLVD., SAN DIEGO, CA 92106. Is registered by
the following: ROBERT TRIPP JACKSON. This
business is conducted by: AN INDIVIDUAL. The
first day of business was: 12/18/17. Registrant
Name: ROBERT TRIPP JACKSON. Title of Of-
ficer, if Limited Liability Company/Corporation, Title
of Signor. The statement was filed with Ernest J.
Dronenburg, Jr., Recorder / County Clerk of San
Diego County on: DECEMBER 18TH, 2017 ISSUE
DATES: DECEMBER 21th, 28th, JANUARY 4th,
AND 11th, 2017

SUPERIOR COURT OF CALIFORNIA CIVIL DIVI-
SION, COUNTY OF SAN DIEGO 330 W. BROAD-
WAY, SAN DIEGO, CA 92101 CENTRAL DIVISION
CASE NO: 37-2017-00048341-CU-PT-CTL FILE
DATE: December 15th, 2017, PM 2:39 PETI-
TIONER OR ATTORNEY, Dave Edward Gadong Sto
Domingo. HAS FILED A PETITION WITH THIS
COURT FOR A DECREE CHANGING PETITIONER'S
NAME FROM: DAVE EDWARD GADONG STO
DOMINGO TO DAVE DARMIN GADONG. The Court
orders that all persons interested in this matter
shall appear before this court at the hearing indi-
cated below to show cause, if any, why the peti-
tion 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 with-
out a hearing. NOTICE OF HEARING TO BE HELD
ON FEBRUARY 15TH, 2018 TIME: 10:00 AM,
DEPT- 27 AT 220 WEST BROADWAY, SAN DIEGO,
CA 92101. A copy of this Order to show cause
shall be published at least once each week for four
consecutive weeks prior to the date set for hear-
ing on the petition in the following newspaper of
general circulation, printed in this county: Beach
& Bay Press. ISSUE DATES: JANUARY 4th, 11th,
18th, AND 25th, 2017

ESPINOZA. The Court orders that all persons inter-
ested in this matter shall appear before this court
at the hearing indicated below to show cause, if
any, why the petition should not be granted. Any
person objecting to the name changes described
above must file a written objection that indicates
the reasons for the objection at least two court
days before the matter is scheduled to be heard
and must appear at the hearing to show cause
why the petition should not be granted. If no writ-
ten objection is timely filed, the court may grant the
petition without a hearing. NOTICE OF HEARING TO
BE HELD ON FEBRUARY 15TH, 2018 TIME: 09:30
AM, DEPT- 27 AT 220 WEST BROADWAY, SAN
DIEGO, CA 92101. A copy of this Order to show
cause shall be published at least once each week
for four consecutive weeks prior to the date set for
hearing on the petition in the following newspaper
of general circulation, printed in this county: Beach
& Bay Press. ISSUE DATES: DECEMBER 21st,
28th, JANUARY 4th, AND 11th, 2017

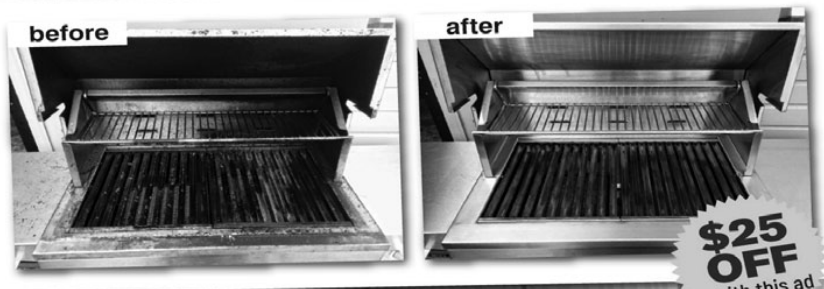
STATEMENT OF ABANDONMENT OF USE OF FIC-
TITIOUS BUSINESS NAME FILE NO. 2017-
9030681. Fictitious Business Name to be Aban-
doned: QUSP. Located at: 6020 CORNERSTONE
COURT W., #220, SAN DIEGO, CA 92121. The
Fictitious Business name referred to above was
filed in San Diego County on: 06/29/2015 and
assigned File No. 2015-016923. Fictitious Busi-
ness name is being abandoned by: SYNTRIGI,
INC. 6020 CORNERSTONE COURT W., #220, SAN
DIEGO, CA 92121. This business is conducted
by: A CORPORATION. I declare that all information
in this statement is true and correct. (A registrant
who declares as true any material matter pur-
suant to section 17913 of the Business and Pro-
fessions code that the registrant knows to be false
is guilty of a misdemeanor punishable by a fine not
to exceed one thousand dollars (\$1,000.) Regis-
trant name: SEAN MULLEN. Title of officer, if lim-
ited liability company/corporation VP OF OPERA-
TIONS. The statement was filed with Ernest J.
Dronenburg, Jr., Recorder/ County Clerk of San
Diego County on: December 19th, 2017. Issue
Dates: DECEMBER 21st, 28th, JANUARY 4th, AND
11th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE
NO. 2017-9029711 Fictitious Business Name(s)
VRITTI SHIRTS. Located at: 1603 THOMAS AVE.,
SAN DIEGO, CA 92109. Is registered by the fol-
lowing: DEVON THOMAS MCCLELLAND. This
business is conducted by: AN INDIVIDUAL. The
first day of business was: NOT APPLICABLE. Registrant
Name: DEVON THOMAS MCCLELLAND. Title of
Officer, if Limited Liability Company/Corporation,
Title of Signor. The statement was filed with Ernest
J. Dronenburg, Jr., Recorder / County Clerk of San
Diego County on: DECEMBER 6TH, 2017
ISSUE DATES: DECEMBER 21th, 28th, JANUARY
4th, AND 11th, 2017

SUPERIOR COURT OF CALIFORNIA CIVIL DIVI-
SION, COUNTY OF SAN DIEGO 330 W. BROAD-
WAY, SAN DIEGO, CA 92101 CENTRAL DIVISION
CASE NO: 37-2017-00048341-CU-PT-CTL FILE
DATE: December 15th, 2017, PM 2:39 PETI-
TIONER OR ATTORNEY, Dave Edward Gadong Sto
Domingo. HAS FILED A PETITION WITH THIS
COURT FOR A DECREE CHANGING PETITIONER'S
NAME FROM: DAVE EDWARD GADONG STO
DOMINGO TO DAVE DARMIN GADONG. The Court
orders that all persons interested in this matter
shall appear before this court at the hearing indi-
cated below to show cause, if any, why the peti-
tion 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 with-
out a hearing. NOTICE OF HEARING TO BE HELD
ON FEBRUARY 15TH, 2018 TIME: 10:00 AM,
DEPT- 27 AT 220 WEST BROADWAY, SAN DIEGO,
CA 92101. A copy of this Order to show cause
shall be published at least once each week for four
consecutive weeks prior to the date set for hear-
ing on the petition in the following newspaper of
general circulation, printed in this county: Beach
& Bay Press. ISSUE DATES: JANUARY 4th, 11th,
18th, AND 25th, 2017

continued on page 17

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UC San Diego Health receives certification for second stroke center

A patient loses 1.2 million neurons each minute during a stroke, so time is of the essence to receive the highest level of care. Jacobs Medical Center at UC San Diego Health in La Jolla recently received certification from the Joint Commission to be a Comprehensive Stroke Center. This certification is in addition to the existing accreditation at UC San Diego Medical Center in Hillcrest. This expansion makes UC San Diego Health the only health system in San Diego County to have two access points for comprehensive stroke care.

“Where you get your stroke care matters more so than almost any other medical condition,” said Thomas Hemmen, MD, PhD, director of stroke neurology at UC San Diego Health and associate professor of neurosciences at UC San Diego School of Medicine. “Care at a Comprehensive Stroke Center means advanced treatment options and not having to be transferred to other facilities when a more complex intervention is needed, ensuring a continuity of care without wasting valuable time.”

Jacobs Medical Center’s stroke care facilities include a state-of-the-art neurological intensive care unit, an endovascular suite for minimally invasive therapies and inter-operative suites with image guidance technology, which means all imaging can be reviewed in real time right in the operating room, making the process more efficient and time sensitive.

“We use highly advanced diagnostic and treatment technologies to provide tailored care for each individual patient,” said Alexander Kha-

lessi, MD, acting clinical chief of neurosurgery and director of neurovascular surgery in the Department of Neurosurgery at UC San Diego Health.

The Comprehensive Stroke Center certification is awarded by The Joint Commission and is a voluntary process that distinguishes UC San Diego Health as having top tier physicians, significant resources in infrastructure, dedicated staff and the training necessary to provide state-of-the-art, complex stroke care. The designation is also based on neurosurgical outcomes. UC San Diego Health was found to have a high volume of stroke cases with low complications and optimal outcomes.

In 2012, UC San Diego Medical Center received its first designation as a Comprehensive Stroke Center. At the time, it was one of the first five facilities in the nation to receive this designation, and the only one in San Diego County. There are now 130 Comprehensive Stroke Centers in the nation.

A stroke occurs when blood flow to an area of the brain is disrupted. This can happen either by a blood clot (ischemic) or bleeding in the brain caused by an aneurysm or leaking blood vessel (hemorrhagic). When blood flow is cut off from the brain, cells begin to die from a lack of oxygen, which could potentially damage the affected area.

UC San Diego Health has a multidisciplinary team of stroke experts, including neurologists, neurosurgeons, endovascular surgeons and cardiologists who use leading-edge approaches and image-guided



The UC San Diego comprehensive stroke team brings expertise from many disciplines.

devices to restore blood flow of major brain arteries in the most severe stroke cases.

The team of experts has been on the forefront of stroke care by leading clinical trials, developing innovative devices at the Center for the Future of Surgery at UC San Diego School of Medicine and working with the American Heart Association/American Stroke Association to write new guidelines for the early management of stroke patients.

“We are truly shaping the future of stroke care,” said Khalessi.

Every year, more than 5,000 San Diegans arrive to a hospital with an acute and sometimes fatal stroke. In 2016, stroke was the fifth leading cause of death in the United States, with 795,000 Americans experiencing some form of stroke, according to the Centers for Disease Control and Prevention.

“During an acute event, a stroke patient doesn’t always get to choose where they go to receive care, but there can be a broad range of elective procedures that are needed after a stroke,” said Khalessi. “Patients

need to understand their condition and where to get the necessary care for the best possible recovery and quality of life.”

“Meeting the high standards of The Joint Commission and having two Comprehensive Stroke Centers at UC San Diego Health speaks to the depth of our expertise, dedication and commitment to the community we serve,” said Hemmen.

To learn more about the Comprehensive Stroke Centers at UC San Diego Health, visit health.ucsd.edu/stroke.

Salk Institute solves puzzle: Alzheimer’s drug turns back clock in powerhouse of cell

The experimental drug J147 is something of a modern elixir of life; it’s been shown to treat Alzheimer’s disease and reverse aging in mice and is almost ready for clinical trials in humans. Now, Salk scientists have solved the puzzle of what, exactly, J147 does. In a paper published on Jan. 8 in the journal *Aging Cell*, they report that the drug binds to a protein found in mitochondria, the energy-generating powerhouses of cells. In turn, they showed, it makes aging cells, mice and flies appear more youthful.

“This really glues together everything we know about J147 in terms of the link between aging and Alzheimer’s,” says Dave Schubert, head of Salk’s Cellular Neurobiology Laboratory and the senior author on the new paper. “Finding the target of J147 was also absolutely critical in terms of moving forward with clinical trials.”

Schubert’s group developed J147 in 2011, after screening for compounds from plants with an ability to reverse the cellular and molecular signs of aging in the brain. J147 is a modified version of a molecule (curcumin) found in the curry spice turmeric. In the years since, the researchers have shown that the compound reverses memory deficits, potentiates the production of new brain cells, and slows or reverses Alzheimer’s progression in mice. However, they didn’t know how J147 worked at the molecular level.

In the new work, led by Schubert and Salk Research Associate Josh Goldberg, the team used several approaches to home in on what J147 is doing. They identified the molecular target of J147 as a mitochondrial protein called ATP synthase that helps generate ATP—the cell’s energy currency—within mitochondria. They

showed that by manipulating its activity, they could protect neuronal cells from multiple toxicities associated with the aging brain. Moreover, ATP synthase has already been shown to control aging in *C. elegans* worms and flies.

“We know that age is the single greatest contributing factor to Alzheimer’s, so it is not surprising that we found a drug target that’s also been implicated in aging,” says Goldberg, the paper’s first author.

Further experiments revealed that modulating activity of ATP synthase with J147 changes the levels of a number of other molecules—including levels of ATP itself—and leads to healthier, more stable mitochondria throughout aging and in disease.

“I was very surprised when we started doing experiments with how big of an effect we saw,” says

Schubert. “We can give this to old mice and it really elicits profound changes to make these mice look younger at a cellular and molecular level.”

The results, the researchers say, are not only encouraging for moving the drug forward as an Alzheimer’s treatment, but also suggest that J147 may be useful in other age-associated diseases as well.

“People have always thought that you need separate drugs for Alzheimer’s, Parkinson’s and stroke” says Schubert. “But it may be that by targeting aging we can treat or slow down many pathological conditions that are old-age-associated.”

The team is already performing additional studies on the molecules that are altered by J147’s effect on the mitochondrial ATP synthase—which could themselves be new drug targets.

J147 has completed the FDA-required toxicology testing in animals, and funds are being sought to initiate phase 1 clinical trials in humans.

Other researchers on the study were A. Currais, M. Prior, W. Fischer, C. Chiruta, D. Daugherty, R. Dargusch and P. Maher of the Salk Institute; E. Ratliff and K. Finley of San Diego State University; P.B. Esparza-Molto and J.M. Cuezva of the Universidad Autonoma de Madrid; and M. Petrascheck of The Scripps Research Institute.

The work and the researchers involved were supported by grants from the National Institutes of Health, California Institute of Regenerative Medicine, the Nomis Foundation, the Della Thome Foundation, the Bundy Foundation, the Hewitt Foundation, the Paul F. Glenn Center for Aging Research at the Salk Institute and the Waitt Foundation.

LEGAL ADS 900

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030811 Fictitious Business Name(s) STARIDE INC. Located at: 6189 UNIVERSITY AVE., SAN DIEGO, CA 92115. Is registered by the following: STARIDE INC. This business is conducted by: A CORPORATION. The first day of business was: 12/20/17. Registrant Name: ABBASHEKH MOHAMED. Title of Officer, if Limited Liability Company/Corporation, Title of Signor PRESIDENT. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 20TH, 2017 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017

SUPERIOR COURT OF CALIFORNIA CIVIL DIVISION, COUNTY OF SAN DIEGO 330 W. BROADWAY, SAN DIEGO, CA 92101 CENTRAL DIVISION CASE NO: 37-2017-00049227-CU-PT-CTL FILE DATE: December 21st, 2017, AM 10:15 PETITIONER OR ATTORNEY, Fernando Enrique Navarro. HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONER'S NAME FROM: FERNANDO ENRIQUE NAVARRO to FERNANDO DAVID COPPEL. The Court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING TO BE HELD ON FEBRUARY 15TH, 2018 TIME: 10:00 AM, DEPT-27 AT 220 WEST BROADWAY, SAN DIEGO, CA 92101. A copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: La Jolla Village News (FKA) La Jolla Today. ISSUE DATES: JANUARY 4th, 11th, 18th, AND 25th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030672 Fictitious Business Name(s) SAN DIEGO WUSHU CENTER. Located at: 8898 CLAIREMONT MESA BLVD., STE. G, SAN DIEGO, CA 92123. Is registered by the following: XIAO TANG LIU. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/01/13. Registrant Name: XIAO TANG LIU. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 19TH, 2017 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030404 Fictitious Business Name(s) a. SOCIAL CARPENTRY, FINISH CARPENTRY b.

SO CAL CARPENTRY. Located at: 2150 PACIFIC BEACH DR., #130, SAN DIEGO, CA 92109. Is registered by the following: BARRY CANTRELL INDUSTRIES, INC. This business is conducted by: A CORPORATION. The first day of business was: 08/31/15. Registrant Name: BARRY A. CANTRELL. Title of Officer, if Limited Liability Company/Corporation, Title of Signor RMO/PST PRESIDENT, SECRETARY, & TREASURER. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 14TH, 2017 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9031143 Fictitious Business Name(s) TRIGIDAE Located at: 10053 JONBELL PL., SANTEE, CA 92071. Is registered by the following: BLAKE BENJAMIN DARBY. This business is conducted by: AN INDIVIDUAL. The first day of business was: 12/21/2017. Registrant Name: BLAKE BENJAMIN DARBY. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 27TH, 2017 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030434 Fictitious Business Name(s) a. MILITARY FAMILY REPORT b. BLUE LEAF ENTERPRISES c. KOMIXX. Located at: 8690 AERO DRIVE UNIT 115-69, SAN DIEGO, CA 92123. Is registered by the following: BLESSED HEARTS, INC. This business is conducted by: A CORPORATION. The first day of business was: 08/03/2017. Registrant Name: JEN KOGAK. Title of Officer, if Limited Liability Company/Corporation, Title of Signor PRESIDENT. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 15TH, 2017 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030960 Fictitious Business Name(s) a. PACIFIC RECOVERY CENTER b. PACIFIC RECOVERY CENTERS. Located at: 4683 CASS STREET, SAN DIEGO, CA 92109. Is registered by the following: LOCAL 92109, LLC. This business is conducted by: A LIMITED LIABILITY COMPANY. The first day of business was: 12/22/2017. Registrant Name: THOMAS HATHORN. Title of Officer, if Limited Liability Company/Corporation, Title of Signor MANAGING MEMBER. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 22nd, 2017 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030669 Fictitious Business Name(s) L & M COATING THE PAINT PRO'S. Located at: 3789 CITRUS STREET, LA MESA, CA 91941. Is registered by the following: HEATH JOHN WHITE. This business is conducted by: AN INDIVIDUAL. The first day of business was: NOT APPLICABLE. Registrant Name: HEATH JOHN WHITE. Title

of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 19TH, 2017 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017 FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000033 Fictitious Business Name(s) THE SALES PRODUCERS. Located at: 4640 CASS ST., STE. 9713, SAN DIEGO, CA 92109. Is registered by the following: KRISTINA MARIE STANBERY. This business is conducted by: AN INDIVIDUAL. The first day of business was: NOT APPLICABLE. Registrant Name: KRISTINA MARIE STANBERY. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 2nd, 2018 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017

NOTICE OF PETITION TO ADMINISTER ESTATE OF (IMAGED FILE) Robert Arthur Walshe, deceased CASE NO. 37-2017-00049482-PR-LA-CTL ROA#:1 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Robert Arthur Walshe, deceased A PETITION FOR PROBATE has been filed by Bernadette C. Hilgeman in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that Bernadette C. Hilgeman be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act with full authority. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on 02/15/2017 at 01:30 pm in Dept. 503 Room No: 503 located at 1100 UNION ST. SAN DIEGO CA 92101 CENTRAL COURTHOUSE. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attor-

ney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a formal Request for Special Notice (DE154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: Elizabeth G. Blust SBN 265232 401 B St., Ste. 2010 San Diego, CA 92101-4234, Telephone: 619-607-0235. ISSUE DATES: JANUARY 4th, 11th and 18th, 2018 FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030706 Fictitious Business Name(s) SHAKA CHAKRA. Located at: 3071 SUNSET CANYON DR., SAN DIEGO, CA 92117. Is registered by the following: IVORY MELONE. This business is conducted by: AN INDIVIDUAL. The first day of business was: 12/19/17. Registrant Name: IVORY MELONE. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 19th, 2018 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000060 Fictitious Business Name(s) THREE TINY BEES PHOTOGRAPHY. Located at: 2333 BLOM STREET, SAN DIEGO, CA 92109. Is registered by the following: BRIDGET KATHLEEN BADSTUEBNER. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/01/2018. Registrant Name: BRIDGET KATHLEEN BADSTUEBNER. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 2ND, 2018 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9030799 Fictitious Business Name(s) a. CALIFORNIA BBQ AND OVEN CLEANING b. CALIFORNIA BBQ & OVEN CLEANING. Located at: 3104 GERONIMO AVE., SAN DIEGO, CA 92117. Is registered by the following: a. NICHOLAS P. MCEWEN b. ZACHARY TAYLOR MANNIS. This business is conducted by: A GENERAL PARTNERSHIP. The first day of business was: 11/01/17. Registrant Name: NICHOLAS MCEWEN. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 20TH, 2018 ISSUE DATES: JANUARY 4th, 11th, 18th and 25th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000209 Fictitious Business Name(s) CUSTOM COMMODITY. Located at: 7201 OCOTILLO STREET, SANTEE, CA 92071. Is registered by the following: IRFAN JANJUA. This business is conducted by: AN INDIVIDUAL. The first day of business was: NOT APPLICABLE. Registrant Name: IRFAN JANJUA. Title of Officer, if Limited Liability Company/Corporation, Title of

Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 3rd, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000080 Fictitious Business Name(s) ACUSPORT EDUCATION. Located at: 4760 ADAIR STREET, SAN DIEGO, CA 92107. Is registered by the following: ACUSPORT SEMINAR SERIES, INC. This business is conducted by: A CORPORATION. The first day of business was: 5/12/16. Registrant Name: MATT CALLISON. Title of Officer, if Limited Liability Company/Corporation, Title of Signor OWNER/PRESIDENT. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 2ND, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2017-9030602. Fictitious Business Name to be Abandoned: CATALINA REALTY. Located at: 909 CATALINA BLVD., SAN DIEGO, CA 92106. The Fictitious Business name referred to above was filed in San Diego County on: 05/22/2015 and assigned File No. 2015-013685. Fictitious Business name is being abandoned by: PAUL D. VADNAIS. 1551 CALLE DE CINCO, LA JOLLA, CA 92037. This business is conducted by: AN INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000.) Registrant name: PAUL D. VADNAIS. 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: December 18th, 2017. Issue Dates: JANUARY 11th, 18th, 25th, AND FEBRUARY 1st, 2017

SUPERIOR COURT OF CALIFORNIA CIVIL DIVISION, COUNTY OF SAN DIEGO 330 W. BROADWAY, SAN DIEGO, CA 92101 CENTRAL DIVISION CASE NO: 37-2018-00000032-CU-PT-CTL FILE DATE: January 2nd, 2017, PM 12:19 PETITIONER OR ATTORNEY, Ashraf Aziz and Hanan Aziz for change of name of Mario Namroud. HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONER'S NAME FROM: MARIO NAMROUD to MARIO AZIZ. The Court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING TO BE HELD ON

MARCH 1ST, 2018 TIME: 9:30 AM, DEPT- 27 AT 220 WEST BROADWAY, SAN DIEGO, CA 92101. A copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Beach & Bay Press. ISSUE DATES: JANUARY 11th, 18th, 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030375 Fictitious Business Name(s) RELIANCE FINANCIAL SERVICES. Located at: 1350 ROSECRANS STREET, SAN DIEGO, CA 92106. Is registered by the following: RONALD COTA. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/01/2005. Registrant Name: RONALD COTA. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 14TH, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000074 Fictitious Business Name(s) LIZ FITNESS. Located at: 645 PASEO RIO, VISTA, CA 92081. Is registered by the following: a. TINA LIZ THOMAS b. ANOOP R. THOMAS. This business is conducted by: A MARRIED COUPLE. The first day of business was: 01/15/2017. Registrant Name: TINA THOMAS. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 02ND, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000303 Fictitious Business Name(s) BAREFOOT BAKERY AND MARKET. Located at: 3852 MISSION BLVD., SAN DIEGO, CA 92109. Is registered by the following: CHOP SHOP TERIYAKI, LLC. This business is conducted by: A LIMITED LIABILITY COMPANY. The first day of business was: NOT APPLICABLE. Registrant Name: AMALIA HUFFMAN. Title of Officer, if Limited Liability Company/Corporation, Title of Signor CO-OWNER/MANAGER. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 04TH, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000485 Fictitious Business Name(s) SAN DIEGO SAVANNAHS. Located at: 10175 ARROW ROCK AVE., SAN DIEGO, CA 92126. Is registered by the following: KELLI NICOLE WILLIAMSON. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/08/18. Registrant Name: KELLI NICOLE WILLIAMSON. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on:

JANUARY 08TH, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000119 Fictitious Business Name(s) DIRECT BUY AUTOMOTIVE GROUP. Located at: 6904 MIRAMAR RD., #106, SAN DIEGO, CA 92121. Is registered by the following: BJAN RASTEGARI. This business is conducted by: AN INDIVIDUAL. The first day of business was: 02/10/2006. Registrant Name: BJAN RASTEGARI. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 02ND, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000417 Fictitious Business Name(s) CAPTAIN DON MARINE. Located at: 2787 W. CANYON AVE, #28, SAN DIEGO, CA 92123. Is registered by the following: DON ROGER GRIGG II. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/01/2018. Registrant Name: DON ROGER GRIGG II. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 05TH, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030302 Fictitious Business Name(s) UNDERGROUND FURNITURE.COM. Located at: 3117 OGALALA AVE., SAN DIEGO, CA 92117. Is registered by the following: UNDERGROUND FURNITURE.COM, LLC. This business is conducted by: A LIMITED LIABILITY COMPANY. The first day of business was: NOT APPLICABLE. Registrant Name: COREY PAGANO. Title of Officer, if Limited Liability Company/Corporation, Title of Signor CEO. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 13TH, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-9030105 Fictitious Business Name(s) BEST FRIEND BEES. Located at: 323 20TH STREET, SAN DIEGO, CA 92102. Is registered by the following: TRAVIS LEE WOLFE. This business is conducted by: AN INDIVIDUAL. The first day of business was: 04/20/17. Registrant Name: TRAVIS LEE WOLFE. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DECEMBER 11TH, 2018 ISSUE DATES: JANUARY 11th, 18th 25th, AND FEBRUARY 1st, 2017

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From my garden: Herbs make healthy eating delicious

By **LINDA MARONE** | LA JOLLA VILLAGE NEWS

The New Year is a time when people make the resolution to eat healthier, and adding herbs to your diet will help you accomplish that goal. Researchers are continuing to find that herbs provide a multitude of health benefits and the flavor they add to foods can help you cutback on using too much salt.

Both freshly-picked and dried herbs have health benefits and during the cool weather months, thyme, rosemary, oregano, sage and parsley thrive in gardens. These herbs also can grow in containers outdoors or inside on a sunny warm window sill.

Since dried herbs are more concentrated than fresh, if a recipe calls for 1 teaspoon of a dry herb, replace it with 1 tablespoon of the fresh version (three times the amount of a fresh to dry and 1 tablespoon = 3 teaspoons). When adding fresh herbs to your recipes, it is best to incorporate them into the final cooking phase, but dry herbs should be added early on in the cooking process.

While using herbs in cooking only provides a small portion of what many supplements tout as being beneficial, regularly using herbs in your food allows your body to derive benefits from them over time.

Thyme: The essential oils of thyme have been used to prevent food contamination due to its strong



A variety of culinary herbs growing with flowers will make both a flavorful and visual impact.

antibacterial properties. Thyme is also good for your brain, skin and cartilage growth. Adding thyme to chicken soup is said to help with sore throats, so remember to throw in a few springs of this beneficial herb in chicken soup to help you through the flu season.

Oregano: Said to be one of the most "healthy" herbs, 1 tablespoon of oregano has more cancer fighting antioxidants than an apple and

2 times more than a serving of blueberries. Both fresh and dry versions of this herb provide vitamins and minerals, as well health benefits that include; detoxifying the body, boosting the immune system and improving bone health. Sprinkling oregano on meat before you place it on the barbeque will help reduce carcinogenic compounds that are created when meats are grilled.

Rosemary: Shakespeare

wrote, "There's rosemary, that's for remembrance..." I wonder if Shakespeare knew that rosemary is actually good for your memory? This pine scented herb is also full of anti-inflammatory properties and it can aid in detoxifying the body. Rubbing chopped rosemary leaves on meats before grilling has the same benefits as using oregano... Why not use both? I make a wet rub with fresh thyme, rosemary and oregano, a lit-

tle garlic, salt, pepper and olive oil and use it as a marinade for grilled meats, poultry and fish. Sprinkle on more of the chopped fresh herbs on the meat before you grill it and enjoy the wonderful scent as it cooks.

Sage: The "sister herb" to rosemary, the healing properties of sage has been used by cultures around the world for centuries. This beneficial herb is good for the brain, reduces inflammation, strengthens the immune system, improves bone health and aids in digestion. Besides the common sage we associate with Thanksgiving, try growing pineapple sage, which has both the scent and flavor of pineapple. The pineapple sage plant also has sprays of small red flowers. Use it in chicken and fish marinades, or in a pineapple salsa.

Parsley: Filled with antioxidants, parsley works as a natural diuretic and has an overall cleansing effect on the body. It is good for the kidneys, liver and urinary tract. Add freshly chopped parsley to salads and sauces to give them a fresh touch. When the weather cools and basil is finished growing in the garden, make parsley pesto by replacing the basil in your pesto recipe with a bunch of flat-leaf parsley. Add a touch of lemon juice and zest and you will have a cleansing, fresh tasting sauce to toss with pasta, or spoon over seafood, chicken, or lamb.

Come celebrate the sounds of Charles Mingus' 'Tijuana Moods' Jan. 20

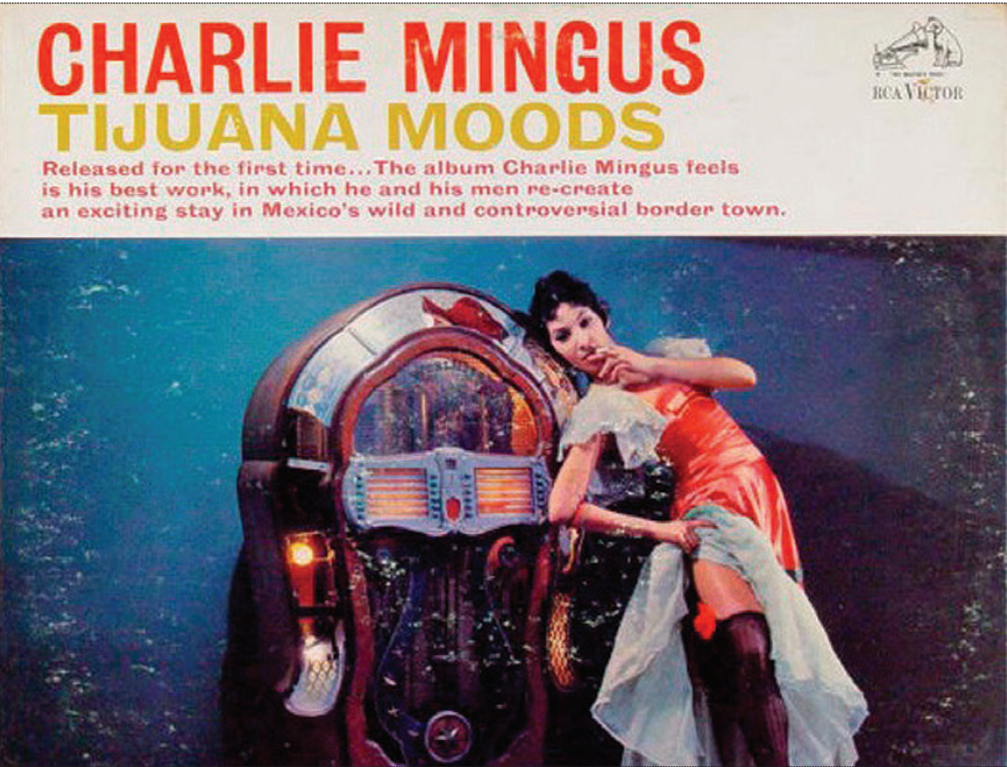
By **BART MENDOZA** | LA JOLLA VILLAGE NEWS

Fans of the late composer Charles Mingus have much to celebrate this month, with both a lecture and a concert taking place, celebrating his 1962 album, "Tijuana Moods."

First up, on Jan. 20 at the San Diego Central Library's Morgan Auditorium, there will be a discussion on the album and Mingus legacy, Moderated by Steven Schick, panelists are set to include alto saxophonist Charles McPherson and UC San Diego professor of music, Anthony Davis.

Then, on Jan. 22, The Mingus Dynasty will perform the album its entirety at the Auditorium at TSRI. Mingus is one of the most important musicians of the 20th century influencing jazz, pop and rock, if you're a fan of music's more adventurous side, this concert and talk are one of the year's early highlights.

When: Jan. 22 at the Auditorium at TSRI, 10640 John Jay Hopkins Drive. 7:30 p.m.



The album cover of Mingus' 1962 release, 'Tijuana Moods,' some of his most popular work.

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- 4) Measurable Steps Towards Your Goal. (To know you're progressing.)
- 5) A FIRST STEP... and A Commitment to Taking Continual Steps.
- 6) Amusement! (See, you got stuck on the numbers didn't you!)

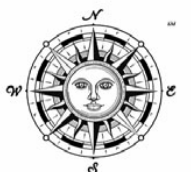
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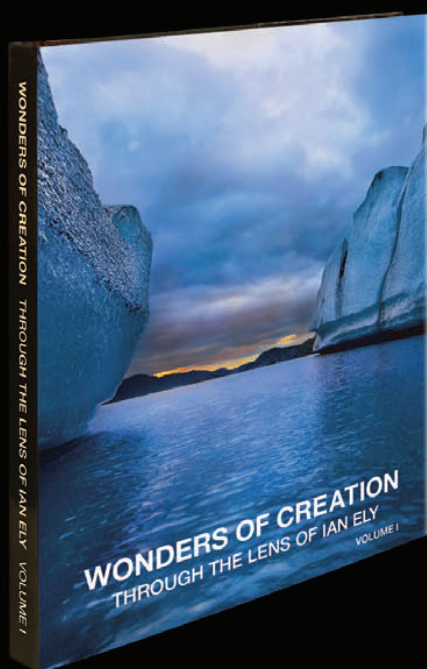
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