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SAN DIEGO COMMUNITY NEWSPAPER GROUP

FRIDAY, FEBRUARY 23, 2018

THIS WEEK



Fourth of July fireworks display fizzles without donors

SEE PAGE 2



La Jolla native, Danica McKellar: actress, author, mathematician

SEE PAGE 6



See gray whales during their migration with Scripps

SEE PAGE 10

LA JOLLA SHORES MAKES ‘TOP 25 BEACHES’ IN U.S. LIST



La Jolla Shores recently came in at No. 22 on TripAdvisor’s ‘Top 25 Beaches’ in the U.S. Pacific Beach received some notice as well, ranking No. 20. A vast majority of beaches on the annual list were located in the Southeast, with Clearwater Beach, Fla., taking the No. 1 position. Several other Florida beaches were on this list as well... and, to be expected, three Hawaiian beaches.

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La Jolla fireworks display halted due to fundraising issues

By DAVE SCHWAB | LA JOLLA VILLAGE NEWS

After a 32-year run, the Fourth of July fireworks display at La Jolla Cove is done.

Due to ongoing fundraising problems, La Jolla's annual pyrotechnic display has been forced to cancel this year. And the possibility of ever reviving it appears bleak.

The 2018 Fourth of July fireworks celebration in La Jolla Cove would have been the community's 33rd consecutive display. But ongoing fundraising issues, a perennial problem with the event, means the 32nd pyrotechnic display in 2017 is likely to have been the community's last.

"Unfortunately, in early January 2018, it was brought to our attention that many of the donors have moved on to other concerns, and will not be making contributions to the fireworks this year," said Fourth of July organizers, including the La Jolla Village Merchants Association, in a Feb. 20 press release. "We have contacted all the donors to determine the viability of the event this year. Of the many donors, only one responded that they pledged to donate this year."

The letter went on to state the event "depends upon pledged donations that are received early, since the event requires large, non-refundable deposits to reserve the

date. Without these donations, the La Jolla fireworks are not funded. So, it is with sadness, we must make the announcement that we will not be moving forward this year to reserve a fireworks vendor."

For its first quarter-century, the annual La Jolla Cove fireworks display, begun by La Jolla restaurateur George Hauer in 1985, went almost without a hitch. Then came legal challenges alleging environmental damage to the ocean from the annual coastal, one-day pyrotechnic display.

After Hauer stepped back relinquishing control of the event, it was saved by formation of a grassroots group known as La Jolla Community Fireworks Foundation. Spearheaded by Deborah Marengo, LJCF has struggled ever since to raise the approximately \$60,000 — and rising — cost of staging fireworks annually.

LJVMA, the community's business improvement district, took over the fireworks extravaganza in 2015, and had been working with Marengo to keep the event afloat. But Marengo told La Jolla Village News the formidable task of fundraising for fireworks each year has just become overwhelming.

"This year we had four sponsors fall out, and I was looking at raising another \$30,000 to put this (display) on," Marengo said, adding she

had contract commitments that needed to be honored soon. "It's just hard to keep going, year in and year out, when you have to start fundraising all over again late in the game."

Marengo said she and others pulled out all the stops in one last-ditch attempt to secure fireworks sponsorship this year, noting, "We had a few sponsors, but not enough to make a dent."

Reacting personally to the loss of the event, Marengo said: "It's very sad. It's really heartbreaking. I wish there was something else that I could do, but the task just keeps getting larger and larger."

Pointing out Fourth of July is one San Diego's biggest annual events and largest crowd draws, Marengo added it was a "daunting task" to handle, and pay for, everything from retaining a private company to do the display, to hiring police and handling all the security necessary to make a fireworks display safe for the public.

Marengo said she shouldered the burden of organizing the Cove display for several years because "it was important for me and the community. It's really been part of our tradition. So, it's just really sad to see that go."

Marengo summed her feelings about fireworks' fizzling in saying, "We were able to keep it going every



Although last year's fireworks went off without a hitch, thus far, they will not occur this year.
DON BALCH/VILLAGE NEWS

year through lawsuits and everything. But the event ... I think it's time (end) has come."

"The annual 4th of July Fireworks event could not have made it since 2008, without the many people behind the scenes who volunteer

their time," concluded the joint letter on the event's cancellation sent out to La Jollans. "We want to use this opportunity to thank everyone who stepped in to make the past 4th of July events happen."

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Man who robbed Pacific Beach tourists, La Jolla woman, receives 12-year prison term

By NEAL PUTNAM | LA JOLLA VILLAGE NEWS

A man who held up five tourists in Pacific Beach and a woman in La Jolla was sentenced recently to 12 years in state prison.

Ephraim Jacob Byers, 21, was denied probation by San Diego Superior Court Judge Michael Groch, who ordered him to pay \$870 to three victims.

Byers' accomplice, Kyle James Holland, 20, was sentenced to one year in jail on terms of three years probation. He was also ordered to pay the victims back.

Holland received credit for serving 413 days in jail, which exceeds the one-year term and he was expected to be released from jail Thursday or Friday.

Groch suspended a six-year prison term for Holland which he won't have to serve if he follows all the rules on probation. He was also fined.

Byers had a 2015 assault conviction for which he received probation. He was also convicted of being a felon in possession of ammunition in another case, said Deputy District Attorney Lucille Yturralde.

Yturralde asked for 20 years for him. Byers faced a maximum term of 21 years and six months in prison because he admitted to personally using a gun when he held up the La Jolla woman on Coast Boulevard on May 12 at night. The gun allegation carried a 10-year sentence.

Byers pleaded guilty to more charges than Holland, who also pleaded guilty to committing multiple robberies. Both men also pleaded guilty to making a criminal threat to one victim.

Groch indicated he was going to

limit the prison term for Byers to be between 11-14 years. The prosecutor then sought a 14-year term.

Byers also pleaded guilty to petty theft in an incident at a Pacific Beach business in which an employee's iPhone was stolen last March after he was distracted in the store.

Some of the victims had not submitted their paperwork to the court as to their losses, so Groch ruled that he could impose additional restitution later against both men.

Both Byers and Holland were identified by most of the witnesses

in a preliminary hearing on Oct. 19.

Three women who were vacationing together from Arizona and an Arizona couple were held up in two incidents in Pacific Beach in which their cell phones and other items were taken.

Detective Stephanie Audette testified she interviewed Holland after his July 24 arrest and he told her he "was acting as a lookout." She said Holland admitted Byers gave him some money for helping him in the hold-ups.

Pilot dies in crash: Craft registered to LJ doctor

The pilot and sole occupant of a small aircraft was killed on Feb. 21 when the plane crashed in Kearny Mesa between Interstate 15 and Montgomery Field, authorities said.

"Emergency crews were dispatched to the crash a little after 6:30 a.m. in a lot outside a business at 4450 Ruffin Road between Balboa Avenue and Ridgehaven Court," San Diego Fire-Rescue Department spokeswoman Monica Munoz said. Nobody on the ground was injured.

"The pilot was the only person

on board and died at the scene," San Diego police Officer Tony Martinez said.

Online records show the plane was a single-engine, fixed-wing Cirrus SR 22T registered to a doctor in La Jolla. Authorities were working to identify the victim.

It wasn't immediately clear what caused the crash, authorities said. Skies were clear at the time and the sun had just risen over the horizon.

Footage from several television stations showed the downed aircraft appeared badly damaged,

with most of its front end destroyed. A SigAlert was issued for Ruffin Road between Balboa Avenue and Ridgehaven Court. All lanes in both directions were expected to be closed for several hours during the investigation.

The deadly air accident is the second this month following a Feb. 6 crash in Santee near Gillespie Field that killed 70-year-old Irvine medical school professor John Longhurt and his wife, 71-year-old Cherril Longhurst.

Salk, UCSD scientists receive \$1.5M to study firefighter health

Salk Institute and University of California San Diego School of Medicine researchers have been awarded a \$1.5 million grant by the Department of Homeland Security for a three-year study to see whether restricting food intake to a 10-hour window can improve firefighters' well-being.

"Firefighters seem invincible to us, but they are actually at high risk for many chronic diseases because of how shift work disrupts the body's natural rhythms," says Satchidananda Panda, a professor

in Salk's Regulatory Biology Laboratory and co-principal investigator of the new study. "We want to understand if we can counter some of the disruption with simple changes not only to what firefighters eat but also when they eat."

For most of human evolutionary history, daylight and access to food were limited. So almost every cell in our body has a biological clock that tells it when to be active, using the nutrients from food to grow and conduct normal business, and when to rest. These 24-hour clocks produce circadian (daily) rhythms in almost every aspect of physiology and behavior. Increasing evidence is showing that disruptions to this natural cycle caused by the modern lifestyle, with its artificial light and round-the-clock access to food, can impact our health, resulting in everything from poor-quality sleep to obesity, heart disease, diabetes and cancer.

Panda, whose laboratory studies the molecular bases of circadian timekeeping in mammals, previously found that restricting the access of lab mice to food for 8-10 hours a day resulted in slimmer, healthier animals compared to mice that ate the same number of calories around the clock. Preliminary studies in humans suggest similar health benefits of such "time-restricted eating," which does not change the quality or quantity of food, just the time period in which it is consumed.

Because firefighters are at higher risk of developing cardiovascular diseases than the general public, Panda and collaborating co-principal investigator Pam Taub, MD, associate professor of medicine at UC San Diego School of Medicine, plan to use the grant to test the effectiveness of a circadian-rhythm-based diet intervention compared to standard nutritional behavioral counseling on firefighters' cardiovascular health.

Rather Eat a Bug Than Talk to a Realtor? What's a Home Buyer or Seller To Do?

To be clear, in most cases it is foolish to buy or sell real estate without the assistance of a competent, professional Realtor. But did you know that *approximately 70 percent of the home-buying and home-selling public are dissatisfied with their Realtor at the close of escrow* (assuming escrow actually closes...40% don't).

Not to worry, though, because if these momentous home-buying & home-selling decisions of yours are spaced out five years apart, **your Realtor has most likely left the profession** (80% hang up their heels or wingtips within five years).

If you are like most home sellers, you would like to sell your home, as is, for a tad more than comparable sales in your neighborhood, and sell it more quickly than your neighbors did. Maybe today, for instance? Maybe a bidding war!

If you are like most home buyers, you want a deal: possibly an ultra-chic, modernistic four-bedroom, three-bath home on acreage, definitely with a pool, for the price of a fixer-upper yurt.

I am not necessarily suggesting your dreams are to be dashed, but I am suggesting **there are very specific things to do and – equally important – not do when you attempt to buy or sell a home.**

Some Realtors do, on average, **sell their listings for 2 – 3 percent higher** than the average Realtor. Why do you suppose that is?

Some Realtors can easily **save their home-buying clients several thousands of dollars** just by pointing them in the right direction as it relates to a mortgage, or by digging a little deeper than just the MLS (multiple listing service) to locate and value any particular property. Any ideas as to why all Realtors don't expend the extra effort?

We have prepared dozens of reports on a variety of real estate topics (7 **Deadly Mistakes Most Home Sellers Make, Buyer Traps and How to Avoid Them, The 9-Step System to Get Your Home Sold Fast and for Top Dollar**) all free, **all without obligation** on your part. The best part: **You don't have to speak to anyone.** Send me a text (619.431.1320) and I'll do my best to promptly text back an answer. Or you can email your questions or request for reports to Michael.Appelman@gmail.com. You can also visit our website: www.beachhomesellermistakes.com.

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Faulconer joins mayors supporting \$1.5 billion in funding for homeless crisis

San Diego Mayor Kevin L. Faulconer on Feb. 21 joined the mayors of the other 10 largest cities in California, and a bipartisan group of state lawmakers at the Capitol to introduce AB 3171 – which would allocate \$1.5 billion, or 25 percent of the state's \$6.1 billion budget surplus to help cities address the growing homeless crisis.

State Assemblymember Phil Ting (D-San Francisco) and State Senator Ricardo Lara (D-Bell Gardens) will champion the effort in their respective houses.

"Homelessness is not just an issue. It is the most pressing issue facing California cities today," Faulconer said. "Cities are responding to this crisis with more local resources and programs, and we need support from our partners in the Capitol too. We are asking state leaders to help us make a real difference on our streets."

California's homeless population has seen year-to-year increases of 13 percent in 2016 and nearly 14 percent in 2017, according to the U.S. Department of Housing and Urban Development.

In response to the surge, cities across the state have utilized their general fund resources and local

voter-passed revenue measures to provide housing, shelter, supportive services and outreach to people experiencing homelessness. Despite these efforts, substantial assistance from the state is needed to address the magnitude and complexity of the statewide homelessness issue.

The City of San Diego has taken several actions to tackle homelessness at the local level, including:

- Helping more than 1,000 homeless veterans transition to permanent housing through the "Housing Our Heroes" campaign – a partnership with the San Diego Housing Commission.

- Opening three new bridge shelters with a total of 700 beds and supportive services, including job training, mental health and substance abuse counseling, health care and housing navigators to assist individuals with finding a place to live.

- Expanding a safe parking program, providing individuals living in their cars a safe place to park at night, with supportive services.

- Opening a transitional camp area that helped 24 families with 57 children move into permanent homes before the camp closed in December.

- Moving forward this spring with plans to open a Housing Navigation Center – a one-stop shop where homeless individuals can be connected to the most appropriate supportive services and housing solutions based on their specific circumstances.

- Increasing waste abatement and sanitation efforts downtown, in the riverbeds and in communities most impacted by homelessness.

AB 3171 calls for one-time funds to be allocated to cities on a matching basis, resulting in over \$3 billion in collective state and local funds to meaningfully address one of the most intractable issues facing cities.

The group of Big 11 mayors sent a letter to legislative leaders earlier this month, urging them to set aside part of the budget surplus to help boost services to homeless individuals. The group is planning to lobby lawmakers next month to ensure the passage of AB 3171.

The California Big 11 Mayors is a bipartisan group comprised of the most populous cities in the state – Los Angeles, San Diego, San Jose, San Francisco, Fresno, Long Beach, Sacramento, Oakland, Bakersfield, Anaheim and Santa Ana.

"Homelessness is first and fore-



Mayor Kevin Faulconer's administration has been faced with rampant homelessness throughout the city.

most a humanitarian crisis, but it is also the single greatest threat to the economic prosperity, opportunity and growth our cities are fighting for," said Sacramento Mayor Darrell Steinberg.

"We are on the front lines of pro-

viding compassionate and effective solutions to this issue, and we request that our state partners make alleviating homelessness in our cities an even greater priority."

Petition to end 'Films of Woody Allen' course at UCSD nixed by academic senate

By BLAKE BUNCH | LA JOLLA VILLAGE NEWS

While racism, bigotry, sexism and other forms of hate have no place in academic institutions, as of late, the University of California San Diego has had to address these issues head on.

At UC San Diego, a "Films of Woody Allen" course, one that has been offered since the late 90s, now has been petitioned to come to an end. The student-led initiative, started by student Savannah Lyon, cites allegations of rape against the filmmaker, as well as general unpopularity of the course, to justify its cessation.

"They believe they have a right to

teach this class due to academic freedom. They do not care about the statement it makes to survivors everywhere," Lyon's Care2 petition read. "They do not care that Woody Allen is on his way out of Hollywood. They do not care that the class is less than 1/3 full, making it an unpopular class that has no reason to be taught. They do not care that there are thousands of other directors who could teach the same film basics that they use Woody Allen to teach, directors who haven't raped 7-year-old girls."

On Wednesday, Feb. 21, the UC San Diego academic senate voted to continuing offering the course, responding with the following state-

ment: "First, we recognize that the University is responsible for vigilantly maintaining and promoting the First Amendment guarantee of free expression of ideas and opinions on campus and for encouraging critical, deliberative and informed debate on controversial issues," their decision read.

"This responsibility is manifested both in our valuing and respecting the right of students to express their deeply held views, and our valuing and respecting the right of our faculty, in accordance with fundamental principles of academic freedom, to choose what they teach.

"Second, we conclude that cancelling or removing this, or any

other course for the reason, that it contains the study of controversial material, or even material widely regarded as morally problematic, would undermine both the value of free inquiry and the associated rights of faculty to engage in such inquiry by choosing their course content.

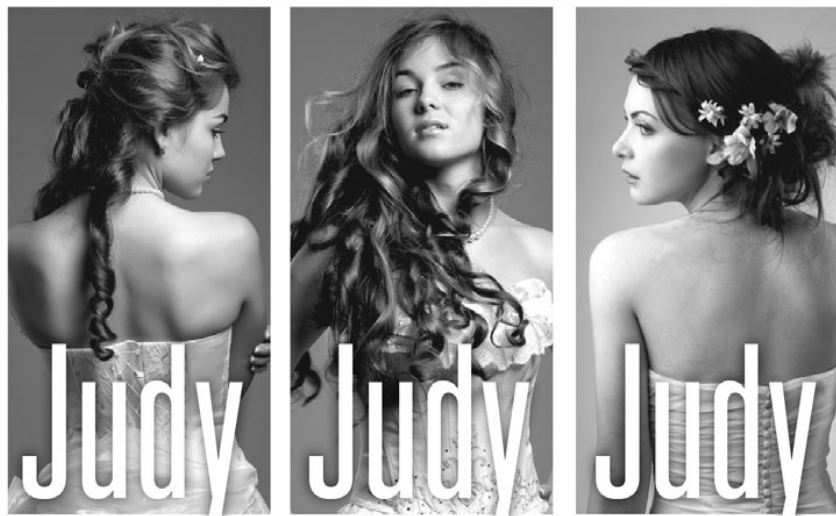
"These rights are set out in the Principles on Academic Freedom and Tenure and include the right of faculty to decide what to teach in the classroom, unimpeded by administrative, commercial, governmental or other pressures."

While dismayed, Lyon says that she intends to appeal the decision.

"I am disappointed but not sur-

prised in their decision. I had hoped that the academic senate would listen to a student, who is advocating for herself and for her peers, in an institution that seems to be incapable of recognizing and listening to us, but they sided with the university and the protection of 'academic freedom,'" she said in a recent email.

"I will continue to stand up and speak out against what I feel is wrong and I know that there will be people beside me helping me along the way. I pay money to this university, all students do, and therefore, we should have a say."



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aggressive marketplace.

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La Jolla resident, McKellar, stars in Hallmark film, releases 8th mathematics book

By DAVE SCHWAB | LA JOLLA VILLAGE NEWS

La Jolla native, and star of the television series “The Wonder Years,” Danica McKellar, is a New York Times-bestselling author, actress and major proponent of mathematics. Her books, “Goodnight, Numbers,” “Ten Magic Butterflies,” “Bathtime Mathtime,” and her most recent work, “Do Not Open This Math Book,” aim to instill a love of math in both young girls and boys.

“Do Not Open This Math Book” was released on Feb. 13. La Jolla Village News recently caught up with McKellar via email to chat about her acting career, her recent Hallmark film, and, of course, all things math.

Hi Danica. Please tell us about this new book of yours, “Do Not Open This Math Book,” that just came out. What was it’s purpose?

As in all my math books, my purpose is to turn kids’ attitudes about math at a young age away from a negative and into a positive.

Particularly for young girls who for too long have been told that for their future, math is not important; if they are struggling with math, it’s ok to give up. This book obviously is purposed to get them cozy and confident with math at a very young age.

Where did you draw your inspiration from to write this book?

Growing up I saw it happening, a double standard for boys and girls. The inspiration coalesced when I was asked to testify before a congressional committee on science and technology in DC as to why there aren’t as many women in science and technology as there are



Danica McKellar (center) in Hallmark’s ‘Very Very Valentine.’ Aside from acting, one of her main goals has been to get children and young adults interested in mathematics through her educational books.

men.

Much to the surprise of the congressmen, I told them the division starts in fifth grade, and by the time they enter college it is too late to change them. The cultural damage is done long before. This was a surprise to the congressmen, who then asked me what I might do to change that. From that experience my inspiration was drawn.

What would you like to see happen with this book now moving forward?

I’d like to see every mom and dad in the world read it to their kids every night at bedtime.

Tell us about this Hallmark Channel Valentine’s movie that you’re in.

I love working with the Hallmark

people from top to bottom. “Very Very Valentine” is another wholesome Hallmark movie that the whole family can watch and enjoy together.

It must be an exciting life to be both an author and a working actor. Tell us something about that. You must be really busy.

I am a busy person, but I enjoy every moment of my professional career. I admit “Dancing with the Stars” added a whole new level of busy, but I got it done.

Hard work allows me to be productive, and ironically also allows me to do the most important thing—spending a lot of time with my husband, Scott, and my son, Draco.

We have to admit to being big fans of your work on “The Wonder Years” and apologize if we, like everyone else, asks about it. We know that was a long time ago.

You’re forgiven.

Anyway, how did you break into acting as a child actress?

My mom somehow knew that my sister, Crystal, and I would take to the stage (my father taught us early the joys of being a ham), and took us unceasingly to dance, acting and singing classes, and then to auditions in LA beginning when I was 6 and Crystal was 4.

You must have been like 6-to 10-years-old early-on during “The Wonder

Years.”

I was 12 in the pilot episode.

It’s often a very difficult transition for child stars later in life. Some never seem to make the transition and a soft landing. Seems like you have been able to avoid that.

As a math advocate and an author, did being multi-faceted like that help you transition into adulthood.

Thanks to the love and support of my family, I never had a problem with that. I was, however, very gratified that at UCLA I began to be identified for my math instead of for my role in “The Wonder Years.”

Even the biggest stars have to compete for roles, have ups and downs in their careers, etc. Tell us something about that please.

Someday I’ll write a book about it. You’ll have to wait until then.

You have been mostly on TV. Is that easier to navigate than landing a Hollywood movie role? Easier to get a job, etc. Why don’t you tell us a little bit about future endeavors you have planned, in terms of writing or acting or whatever. Thanks so much for your time!

Big screen movies difficult to get? Well, I turned down “Titanic,” “Wonder Woman,” and most roles played by Reese Witherspoon.

Seriously, I see my future as more of the same, I love everything about making Hallmark movies and writing math books for kids and teens. But then, who knows what the future may bring?

This beauty is more than meets the eye: ‘Beauty and the Beast’ at Garfield Theatre

“Be Our Guest” from March 2 to 18 and experience the classic story of the bright, beautiful and very independent Belle in a dazzling production of “Beauty and the Beast.” This production will feature 14 La Jolla and University City youth at the Lawrence Family Jewish Community Center, Jacobs Family campus’ David and Dorothea Garfield Theatre, located at 4126 Executive Drive.

The Academy Award-winning film comes to life in this romantic and beloved take on the classic fairytale. Step into this magical world, an international sensation that has played to more than 35 million people in 13 countries worldwide.

The classic story follows Belle, a young woman in a provincial town, and the Beast, a young prince trapped by the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed into his former self. But time is running

out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.

The role of Belle is played by Amber Bartlett, a senior at San Diego Jewish Academy, who has been performing in JCompany shows since she was 10 years old.

“Belle is the role of my dreams,” says Amber. “I’ve loved the songs, story and music of ‘Beauty and the Beast’ since I was a little girl.” She continues: “This is my 18th JCompany show and I’ve played all types of wonderful parts, but I relate to Belle so much. Like Belle, I’d always felt a little bit odd and different and didn’t feel like I fit in. Belle finds a place to belong when she finds the enchanted castle; I found my place to belong at JCompany.”

Joey Landwehr, JCompany artistic director, assures that “Amber’s incredible soprano voice is perfectly suited to the challenging songs and range required to play this part. What Amber brings to the role is a

passionate connection to Belle as a strong, independent woman. As Belle, Amber is a force to be reckoned with.”

Throughout its 25-year history, JCompany’s mission is to use theatre as an educational tool. Joey Landwehr challenges cast, crew and audiences to go deep into a story.

“‘Beauty and the Beast’ is so much more than a ‘princess story,’” Landwehr explains. “It’s a story with so many powerful themes easily grasped by young actors. On one level, the story highlights the strength and determination of a young woman who is willing to make the ultimate sacrifice to protect her family.”

Of course, Belle is a student of life and a lover of books. At the heart of the tale is the idea that you can’t judge a book or a person by their cover. In light of this theme, Landwehr explains that the entire cast and crew decided to all read the book, “Wonder” by R.J. Palacio, the



Amber Bartlett says playing Belle is, ‘The role of my dreams.’

story of a 10-year-old boy named Auggie, who struggles to fit in and make friends despite being born with

severe facial deformity.

SALK»**CONT. FROM PG. 4**

"Shift workers, like firefighters, are a critical part of our community's well-being and we need to identify strategies to improve their overall cardiovascular health. We believe that a simple life style intervention, such as time-restricted eating, can prevent or help reverse cardiovascular diseases, such as high blood pressure, diabetes and coronary artery disease," says Taub, cardiologist and director of the Step Family Cardiovascular and Rehabilitation Center at UC San Diego Health. "The goal of our study is to better understand how giving the body a 'metabolic rest' by limiting the amount of time food is consumed can improve important parameters for health such as weight, blood glucose levels and cholesterol."

The circadian intervention will incorporate an app developed by the Panda lab and already tested by thousands of people to conveniently track food intake, sleep and exercise habits. The study will enroll 150 firefighters who will be randomly assigned to either the circadian group, whose food intake will be limited to a 10-hour period, or the behavioral counseling group, which will serve as the control. In addition to regular clinic visits to measure blood glucose and lipid levels, all subjects will undergo continuous health monitoring via wearable sensors.

The study will be a close collaboration between Salk, UC San Diego and the San Diego Fire-Rescue Department, which has a robust wellness program.

"The wellness of our employees is our top priority," says San Diego Fire-Rescue Chief Brian Fennessy. "We are hopeful this study will give our members information they can apply to their lives, which will reduce the incidence of chronic disease that firefighters are prone to."

The study will be closely watched by the National Fire Protection Association, which is interested in extending any beneficial results to other fire departments. And because nearly 20 percent of Americans are shift workers with nonstandard hours of activity and rest, the study results may also prove applicable to these individuals and their family members, who can likewise be substantially impacted by a shift worker's schedule.

"We are very excited about this study, which embodies a collaborative model for biomedical research in which landmark discoveries from a premier basic science institute are tested in a real-world situation through a world-class medical research entity," says Panda. "It's a win-win-win."

The Times (and the Light) they are a-changin' (again)!

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LA JOLLA VILLAGE NEWS

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ArtSpot: Violinist Paul Huang sets return engagement with symphony and chorus

By MARTIN JONES WESTLIN | LA JOLLA VILLAGE NEWS

Paul Huang

If violinist Paul Huang's awards were Oscars, Hollywood would quickly replace Fort Knox as the nation's go-to gold repository. If he'd taken a day off school for each nod, he'd never have set foot in a classroom. Recipient of the prestigious 2015 Avery Fisher Career Grant, the 2017 Lincoln Center Award for Emerging Artists and just about everything in between, the Taiwanese American is gaining attention and press worldwide for his eloquent music making, distinctive sound and effortless virtuosity.

You can see and hear for yourself on Sunday, Feb. 25 at 3 p.m. at the Auditorium at Scripps Research Institute as Huang and the La Jolla Symphony and Chorus offers a program of classical markers by Saint-Saens, Prokofiev and Kressler on the heels of his acclaimed 2016 outing at the society's Summerfest. The auditorium is known nationwide for its acoustic perfection -- and Huang's outstanding precision should thus vie for attention from the most discerning ear. The venue is located at 10620 John J. Hopkins Drive.

For further information, see ljms.org or call 858-459-3728.

'The Cake' takes the Playhouse

Della is overjoyed for both her bakery and her best friend's daughter Jen, whose chosen Della's Bible-belt shop to build her wedding cake. Her smile soon features a formidable set of clenched teeth as she learns there's not just one bride but two -- and she's left to examine her own set of beliefs amid the happiest day of Jen's life. Through March 4, you can see how it comes out in "The Cake," La Jolla

Playhouse's latest entry and a testament to modern love and its sometimes painful side effects. "The Cake" plays at the Playhouse's Sheila and Hughes Potiker Theatre, 2910 La Jolla Village Drive. For more information, visit lajollaplayhouse.org or call 858-500-1010.

Six degrees of separation

Supposedly, we're separated from one another by only six degrees, meaning that friends of friends are a mere six connections removed from every living thing on the planet. Beginning Feb. 24, Solana Beach's North Coast Repertory Theatre charts this phenomenon in "This Random World," a Steven Dietz play centering on a mother determined to maintain her independence, a longing for adventure, two sisters seeking common ground and an internet prank gone awry. The ties that bind the characters are infinitely closer, and sometimes more precipitous, than we think.

North Coast is located at 927 Ste. D Lomas Santa Fe Drive. More information is available at northcoastrep.org or at 858-481-1055.

Oscar Peterson Trio

From 1951 to 1966, bassist Ray Brown and pianist Oscar Peterson were partners in the Oscar Peterson Trio, recording some of the most exciting and beloved jazz music of that era. On Saturday, Feb. 24 at 8 p.m., San Diego Symphony will present "Affinity: A Ray Brown and Oscar Peterson Tribute," which catches the spirit of this collaboration with some of today's finest keyboard and string bass artists.

The special guest will be bassist John Clayton, considered Brown's main protégé and legacy-keeper, who performs on Brown's bass. Also per-



Violinist Paul Huang will be at Scripps Research Institute on Sunday, Feb. 23 at 3 p.m.

forming will be Larry Fuller, Brown's final pianist, as well as all three members of the Jeff Hamilton Trio. Copley Symphony Hall, the symphony's venue, is at 750 B St. downtown.

For more, see sandiegosymphony.org or call 619-235-0804.

Beat Quest

Music is a passport that can take our imaginations to a certain time and place. On Sunday, Feb. 25 at 2 p.m., San Diego Symphony will present "Beat Quest, a Musical Journey through Rhythm, Time and Space," featuring fare from jazz to the classic

symphonies. You and the family will explore how beats came to be and how distinctive rhythms transport us to cities like Vienna, Seville and New Orleans. Gill Sotu writes and presents. All aboard!

The symphony's venue is 750 B St. downtown. More is available at sandiegosymphony.org or at 619-235-0804.

Rafael Payare

Rafael Payare, who has conducted major orchestras worldwide and serves as music director of Northern Ireland's Ulster Orchestra, has been

named San Diego Symphony's new music director, effective July 1, 2019.

Venezuela-born Payare, 37, has conducted some of the world's leading symphonies, including the Chicago Symphony Orchestra and the Vienna and Los Angeles philharmonics. He succeeds Jahja Ling, who conducted his 13th and final San Diego season last year. He will make his San Diego debut as music director-designate in January.

Payare is married to cellist Alisa Weilerstein and makes his home in Berlin with Weilerstein and their daughter.

La Jolla restaurant briefs: Piedmont wine dinner at Catania, BrunchCon and George's Level 2

By MARTIN JONES WESTLIN | LA JOLLA VILLAGE NEWS

Catania to repeat Piedmont wine dinner amid popular demand

Catania liked it so much the first time that it's doing it again.

The La Jolla eatery, which specializes in coastal Italian fare and wood-fired pizza, will hold its second in a bimonthly series of wine dinners featuring different regions of Italy on Monday, April 30. Amid popular demand, this is a repeat of the restaurant's Feb. 19 premiere event. That installment featured wines from Piedmont, a northern region famous for Barolo and Barbaresco.

The April event will seat 80, doubling the February capacity. The cost is \$105 per person, including tax and tip.

Sicily and Tuscany are among the regions of focus in the months ahead. Catania is located at 7863

Girard Ave. For more, see cataniaasd.com or call 858-551-5105.

BrunchCon to feature four La Jolla eateries

BrunchCon, a food and drink festival touting all things brunchworthy, will feature fare from four La Jolla restaurants on Sunday, March 4 from 9 a.m. to 4 p.m. at the Port Pavilion on Broadway Pier, 1000 North Harbor Drive.

Some 30 regional eateries will participate in the Los Angeles-based event, now in its third year. The San Diego date is the event's first for 2018; other stops include San Francisco, Washington, D.C., Miami, Austin, New York, Los Angeles and Chicago. The event closes Aug. 19.

A BrunchCon Market and a so-called Museum of Brunch will feature vendors, goods and products associated with the popular late-morning repast. Lawn games and a



The bar at George's Level 2, now out with a cookbook/bar recipes.

disc jockey are set as well. The \$45 and \$85 tickets include one brunch bite from each of the vendors and admission to the open mimosa and bloody Mary bars. Attendees must be 21 or older.

La Jolla-area participants include the Richard Walker's Pancake House La Jolla location; Snooze, an A.M. Eatery; La Clochette du Coin; and Farmer & the Seahorse.

For more information, call

619-686-8027, or visit brunchcon.com.

George's Level 2 releases cocktail history/recipe book

George's Level2, the cocktail bar arm of La Jolla's acclaimed George's at the Cove restaurant, has now tried its hand at publishing, having launched "Neighborhoods of San Diego," a hardbound book that also functions as the bar's cocktail list.

The book, inspired by those about notable bars in other large cities, was created by Level2 bartender Stephen Kurpinsky, who primarily supplied the images. Managers Sam Peters and Christian Ortiz assisted on the project.

The book is available for purchase from the bar at \$25.

George's Level2 is located at 1250 Prospect St.

Fashion files: Lululemon La Jolla's 'Fashion for a Future'



A model wearing a dressed-up look.



An everyday yoga/workout outfit.



Looking down the red carpet.



Fashion Files

Diana Cavagnaro

On Feb. 11, Lululemon La Jolla presented "Fashion for a Future," an event that was co-sponsored by Parakeet Café and Puesto. The fashion show was held outside above their location on Girard Avenue. The guests arrived, mingling with each other and enjoying a reception sponsored by Parakeet Café. DJ Kanoya laid down the tunes and also provided lighting for the event. Store manager, Sandi Crosby, welcomed the crowd prior to Lululemon educator, Erin Shelton, founder of Lightyear Leadership, and Susanne Conrad, talking to the group about imagine1day.

That nonprofit's mission provides equal education and leadership opportunities in Ethiopia, which currently has one of the world's highest numbers of out-of-school children.

All proceeds of the evening benefitted imagine1day and equal education in Ethiopia. They gave away \$2,000 worth of terrific raffle prizes, from which proceeds will help build an elementary school. Erin Shelton will be traveling to Ethiopia as one of 10 leaders with imagine1day and in partnership with Lightyear Leader-



The group of models at the end of the 'Fashion For a Future' event.

PHOTOS BY DIANA CAVAGNARO/VILLAGE NEWS

ship. While there, she will be working with 100 educators and leaders to strengthen educational policies.

The fashion show began with the Lululemon's spring debut collection for both men and women. The clothes are designed for yoga, running, training, swimming, and the fast-paced person who is 'going to and from.' The models were a mix of customers, local Lululemon ambassadors and influencers. A majority of them were fitness instructors

around the La Jolla and San Diego area. There were four lululemon ambassadors, Kat Gunsur-Smith (National Endurance Manager, Triathlon - Ironman at Team Challenge for Crohn's & Colitis and OrangeTheory Fitness instructor), Sophia De Silva Hopson (Mosaic yoga instructor and creator of OM My Goodness podcast), Courtney Day (Spark Cycle instructor) and Eugene Kim (Co-Leader of November Project SD). One of the models

and a Lululemon LJ Educator, Johnathan Hall, was at one point training for the Olympics.

This was such a fun fashion show and the athletic models came down the catwalk with yoga mats, tennis rackets, and dumbbells. One model even did somersaults down the red carpet. Some of the standout styles were women's pants with tech mesh. This peekaboo fabric would be great for cooling down after a workout. The standout color of the

event expressed a variety of shades of green. Additional color trends were maroon, navy, and tangerine. The crowd was continuously engaged with this entertaining show.

If you are not familiar with this fashionable sports wear company, check them out at 7835 Girard Ave. Lululemon Athletica La Jolla is helping to change the world with Fashion For A New Future. Look for more information on imagine1day at imagine1day.org.

Upcoming Events

March 3 to June 26- "Fashion Redux: 90 Years of Fashion Exhibition" at the San Diego History Center in Balboa Park. Showcases local students from San Diego Mesa College with a fashion show on April 26 and lecture by Susan Lazear. For more information, visit sandiego-history.org

Sunday, March 25, High Tea from 2 to 4: 30 p.m. presented by Soroptimist International of Poway and North San Diego at Fairmont Grand Del Mar. Fashion show by Leonard Simpson with an English garden theme. For tickets, visit sihightea.org.

Diana Cavagnaro is an internationally-renowned couture milliner based in the historic Gaslamp Quarter. Learn more about our hat designer, teacher and Blogger at DianaCavagnaro.com

Birch Aquarium gives guests a face-to-face introduction to ‘the friendlies’

By VICTORIA DAVIS | LA JOLLA VILLAGE NEWS

It's the longest recorded migration of any mammal, stretching from 10,000 to 12,000 miles roundtrip. Beginning in December, more than 20,000 gray whales (also known as California grays), make the slow but steady six-mile-per-hour swim from their feeding grounds in the Bering and Chuckchi seas north of Alaska, to their breeding and birthing grounds in the lagoons of Baja.

"They're not very fast, but they are very methodical and persistent," said Lisa Gilfillan, education specialist, and the head of the whale watching program at Birch Aquarium in La Jolla. "They travel hundreds of miles a day. It's like a tortoise and the hare story. They do their best just to keep going."

During this lengthy migration period, Birch has partnered with Flagship Cruises for the past 18 years to take marine mammal-loving guests on whale watching excursions to witness this spectacle. The 3.5-hour boat adventure departs twice daily aboard the Marietta, a two-story whale watching yacht. With 70 miles of coastline in their migration path, San Diego is considered the best location to witness these gentle giants travelling south for the winter.

"Right now, we're in the heart of the season where we're seeing 10 to 20 whales per cruise," said Gilfillan. "We usually see them breaching, spyhopping or playing in the kelp forests at the point of Point Loma."

But this is only one of two cruises Birch offers to see these whales. In partnership with Andiamo Travel,



For the 18th consecutive year, the Birch Aquarium at Scripps Institute of Oceanography has partnered with Flagship Cruises to take guests out and witness the annual gray whale migration.

aquarium members are also offered the chance to spend a week in Mexico to visit the lagoons where the whale calves are born. Gilfillan, who just returned from the lagoons last week, says most of the people on her trip became members just to go on this voyage.

"It's a pretty magical experience," said Gilfillan. "In the lagoons, the whales are very curious and will come right up to your boat and let you touch them. You will never forget that moment when you touch your first gray whale."

Gray whales are considered to be "medium-sized wales," only growing to be roughly 45-50 feet in length, according to the Marine Mammal Center. But once these animals get close, Gilfillan says there's "no other feeling like it in the world."

"It's really humbling to see these massive animals up close and know that they've traveled thousands of miles to be in the same place that I happened to be in a week ago," said Gilfillan.

However, interactions between gray whales and humans have not

always been so peaceful. For hundreds of years, instead of being called "the friendlies," they were called "devil fish." According to Gilfillan, this was because the whales would "fight back" after being harpooned.

"For hundreds of years, they were hunted more so than other whales because gray whales hug the coast as they travel south," said Gilfillan. "This means they are very easy to find and were very easy to hunt. Other whales dive deeper and go further off shore."

The California grays rebounded from extinction not once, but twice, and actions to protect the species started in the 1940s, when the International Whaling Commission made it illegal to hunt the whales. In the 1970s, the Marine Mammal Protection Act and the Endangered Species Act, made the gray whales amply more protected and the population is currently estimated at about 26,000, according to NOAA's Southwest Fisheries Science Center in La Jolla.

Because of these laws, Gilfillan and the boat crew have to stop the Marietta 100 yards short of the whales. Still, this doesn't stop "the friendlies" from swimming right up to the starboard side to say hello.

"To think that now we have a relationship with them now where we've both learned to trust each other again and that we can go into their little sanctuaries in Mexico and you can see the moms bring their babies to the boat," said Gilfillan. "I think that's really magical, that two species who don't speak the same language can have this amazing, personal interaction with each other. When you're looking at them, they're looking at you just as much."

Morning tours run from 9:30 a.m. to 1:15 p.m., and afternoon tours run from 1:30 to 5 p.m. mid-December to late April every day.

Tours depart from Flagship Cruises & Events at the Broadway Pier, 990 N. Harbor Drive, downtown San Diego. Weekday admission is \$42 adults and \$21 children 4 to 12. Weekend admission is \$47 adults and \$25 children 4 to 12. Children 3 and under are free.

Smart cookies: La Jolla Girl Scouts building business skills while earning troop funds

Local Girl Scouts, including Muirlands Middle School sixth grader BellaRose Uhrig, are out in full force, helping neighbors stock up on America's favorite cookies. As they participate in the Girl Scout Cookie Program, the girls are learning important life and leadership skills, including goal setting, decision mak-

ing, money management, people skills and business ethics.

All cookie proceeds stay in San Diego to fund troop activities and service projects. The cookie program also makes it possible to provide 31,000 local Girl Scout members with innovative programs in entrepreneurship, outdoors and

STEM (science, technology, engineering and math). Earnings also support camps, volunteer training, and the financial assistance that keeps Girl Scouting available and affordable for all.

BellaRose, a member of Troop 3876, is a fifth-generation La Jollan, and a third-generation Girl Scout. Her grandmother, Caroline Linda Thompson, was a La Jolla Girl Scout in the 1950s.

BellaRose's mother, Jessica Uhrig was also a Girl Scout, and has led Troop 3876 since the girls were Daisies in Kindergarten.

Now a Girl Scout cadette, BellaRose says she loves every aspect of Girl Scouting, especially the cookie program. She earns her way to Girl Scout camp every summer using "cookie rewards," which she is achieving again this year by selling at least 650 boxes. For her, that is an easy feat, since she has been a top cookie seller in the La Jolla-Pacific Beach area (the Girl Scout Pacific Jewel Service Unit) for three consecutive years.

In January, BellaRose's troop used



BellaRose Uhrig purveys Girl Scout cookies. Her troop used this year's cookie proceeds to host a 'She and Me' campout.

cookie proceeds to host a "She & Me" camping weekend for Daisies and Brownies and their mothers (or grandmothers, aunts or other adult 'she') at Girl Scouts San Diego's Whispering Oaks camp near Julian.

Troop 3876 also uses cookie money each year to fund their community service project of making Christmas tree ornaments for special delivery.

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Nicole Turner Yoga: A well-rounded, spiritual approach to practice in Bird Rock

By BLAKE BUNCH | LA JOLLA VILLAGE NEWS

Nicole Turner returned from Bondi Junction, Australia, in August. Prior to her move, the yoga teacher lived in San Diego and now holds classes at the newly-opened FS Athletics in Bird Rock, as well as SUP yoga with Sunchaser SUP, based out of Pacific Beach. While there is no short supply of boutique, as well as corporate, yoga studios throughout the Village and PB, Turner's return has prompted her to pursue an unconventional approach.

Originally from the Bay Area, Turner was working the corporate grind in San Diego before her move to Australia. There, and in Bali, she began to pursue both her extensive 200-and 300-hour yoga teacher training.

Turner, a Pacific Beach resident, says that her love for movement developed early, when she was 5-years-old taking ballet lessons. After participating in gymnastics, cheerleading and other forms of dance throughout her life, she was eventually introduced to yoga when she

was 25-years-old.

So what sets her classes apart? A philosophical approach to the ancient practice available for all levels of practitioners. From novice to experienced, Turner's class truly provides something for everyone.

"Yoga is not just for the fit and flexible," said Turner. "While this is one of the amazing results if you practice consistently, it is not the goal. There are so many life-altering techniques this practice teaches us about breathing, moving and controlling your thoughts, feelings and behaviors, which can be valuable to you in your business, career and personal life. These life tools are what I want to help spread to as many people as possible, the same things that helped me find true freedom and contentment."

The style of classes in Turner's repertoire is by no means limited, entailing vinyasa flow, Hatha, Tantric, Yin, restorative, family and kids, SUP and corporate yoga classes. Since Riffs Studios and Bird Rock Yoga have been in the area for years, Turner says she tries to schedule her classes during offset hours from

NICOLE TURNER YOGA

Where:
FS Athletics, 5703 La Jolla Blvd.

When: Varies.

Website:
nicoleturneryoga.com.

Contact: 619-227-1518.

those studios.

"People ask me 'Why would someone want to do yoga in a gym?'," said Turner. "The truth is, that once you become comfortable in your practice, you can really do yoga anywhere. While there are the obvious physical benefits, the mental, emotional and spiritual aspects of yoga ultimately lead to optimal health."

Currently, Turner has been offering 30 to 45 minute "lunch" classes at FS Athletics on Monday, Wednesday, Friday and Saturdays. She also holds classes for those looking to re-center after work, at 5:30 p.m. On Saturdays, she holds her practice at 10 a.m.



Nicole Turner acquired her 300-hour advanced teacher training in Bali.

Fortune Magazine names Scripps to 'National Best Companies' list for 11th year

For the 11th consecutive year, Scripps Health has been named among the top employers in the nation by Fortune magazine. Fortune's 21st annual list of the 100 Best Companies to Work For ranked Scripps at No. 41. For the third consecutive year, Scripps is the only San Diego-based company to make the list.

Scripps is recognized for creating a high-performing, diverse workforce by accommodating the needs of its employees at the beginning, middle and later stages of their careers.

"Once again, we are honored to be on Fortune's 100 Best Companies to Work For list, and to be recognized as an inclusive, career-destination organization that works to create an environment where employees feel appreciated and empowered to deliver the best

patient care in San Diego," said Scripps president and CEO Chris Van Gorder.

Fortune recognized Scripps for developing its workforce through programs that engage and encourage contributions from all employees. Scripps employees in response say they are grateful for the many opportunities available to them to grow in their jobs and advance their careers.

More than 93 percent of Scripps employees feel the organization offers great workplace rewards and challenges, according to a survey by Great Place to Work, Fortune's partner.

As part of its career-destination philosophy, Scripps has developed several innovative practices for employees at different stages of their careers. Scripps offers career coach-

ing; employee care clinics; as well as family friendly programs, including child care, flexible work arrangements and paid parental leave.

"Despite the many changes in health care, our primary goal remains providing the best patient care, and we believe that is best delivered by a motivated, educated and supported workforce," said Richard Sheridan, corporate senior vice president for human resources at Scripps Health.

Scripps supports the academic development of its employees by administering scholarships, tuition reimbursement and discounts for courses offered by universities that have partnerships with Scripps. In the most recent year, Scripps invested more than \$35 million in training for employees. Additionally, Scripps provided \$1.33 million in

tuition reimbursement and scholarships.

Scripps also encourages movement across the organization through various programs, which is something that mid-career employees appreciate since it allows them to chart their career paths with organizational support.

Scripps offers staged retirement to eligible, experienced employees who want to retire gradually, allowing them to reduce their current work schedule while maintaining their health benefits.

Scripps encourages experienced employees to continue working in other ways. While traditional retirement packages at many other organizations max out at age 60, encouraging employees to leave at that point, Scripps lets retirement plans continue to grow past age 65. Older

employees enjoy this benefit because it allows them to continue working without feeling financial pressure to retire.

In addition to making Fortune's 100 Best Companies to Work For list, Scripps was recognized with other national workforce awards during the past year.

For the fifth consecutive year, Scripps was named one of the Top 10 Nonprofit Companies for Executive Women for 2017 by the National Association for Female Executives (NAFE); for the 13th consecutive year Working Mother Magazine named Scripps one of the 100 Best Companies in 2017; and Becker's Healthcare named Scripps to its list of "150 Great Places to Work in Healthcare."

Meals on Wheels of SD county to participate in 'March for Meals'

Meals on Wheels San Diego County announced Feb. 22 that it will be participating in the 16th annual March for Meals – a month-long, community-by-community celebration of Meal on Wheels and the vulnerable seniors who rely on the vital service to remain independent at home.

"The services that we provide the seniors of San Diego County are critical and the need is rapidly increasing," said Debbie Case, president and CEO of Meals on Wheels San Diego County. "Together, we can keep seniors living independently, healthier at home and feeling more con-

nected to their community as they age."

The annual March for Meals commemorates the historic day in March 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. Since 2002, Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to fill the gap between the seniors served and those still in need.

"This March, hundreds of local Meals on Wheels programs will rally their communities to build the support that will enable them to deliver nutritious meals, friendly visits and safety checks to America's most at-risk seniors all year long," said Ellie Hollander, president and CEO of Meals on Wheels America. "With the demand for Meals on Wheels increasing along with our country's senior population, we need to ensure that seniors are not forgotten."

Meals on Wheels San Diego County's celebration will include various activities throughout the month of March, including:

March – San Diego restaurants will participate in "MOW"jito Madness & More. Local eateries and bars will have delicious specialty cocktails featured at their restaurant of which \$1 of each specialty cocktail served will benefit Meals on Wheels San Diego County. Participating establishments are: Indigo Grill, The Prado, Coasterra, Sea 180 Coastal Tavern, Brooklyn Girl, The Cosmopolitan, Casa de Reyes, Koi Zen Cellars, and Barra Barra. For a complete list, visit meals-on-wheels.org.

March 19 to March 23 – Champions for Meals Week: Mayors, elected officials, and local celebrities

deliver meals throughout San Diego County to seniors.

March 31 – March for Meals 5K Charity Walk. March to end senior hunger and isolation. Join us in beautiful Crown Point South at Mission Bay Park at 7:30 a.m. Registration - Crown Point Drive and Moorland Drive, in Pacific Beach. For more information, visit meals-on-wheels.org/events.

For more information on how you can volunteer, contribute or speak out for the seniors in San Diego County this March, visit www.meals-on-wheels.org.

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LA JOLLA VILLAGE NEWS



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Beachgoers flock to the new trend: Bird scooters in PB

By DAVE SCHWAB | LA JOLLA VILLAGE NEWS

Heard of car or bike share? Now there's scooter share in Pacific Beach.

Black-hued "Bird" Segway Kickscooter ES1 Electric Scooters, retailing for \$399, are seemingly everywhere these days along the beachfront.

The 30- to 40-pound dockless electric scooters, capable of speeds up to 15 mph, are available through a scooter-share service via a smartphone app.

The scooter-share startup, Bird, was begun by Travis VanderZanden, who was previously an executive with Uber and Lyft ride sharing.

Launched in September 2017, tens of thousands of people have already ridden Bird. The company started in Los Angeles, and has since spread from Venice Beach down to San Diego. Bird plans to branch out to dozens of other markets this year.

In Pacific Beach and elsewhere along the San Diego coast, the new mode of transportation played to mostly mixed reviews.

"Bird scooters could be a unique opportunity to offer an alternative transportation model, and last-mile commutes that align with our eco-district principles, while mitigating some of Pacific Beach's parking and traffic issues," said Sara Berns, executive director of Discover PB, the community's business improvement district.

"However, we want to ensure that

the company and its ridership are adhering to public safety concerns, and that of our merchants.

"We have reached out to work with the company to help alleviate some of those issues to ensure they are not impeding on our existing business community, but rather enhancing it," she said. "We look forward to them working with us and the community at-large."

Dan Michaels, a Pacific Beach business owner, turned his thumbs down on the new alternative ride share service.

"These new electric scooters for rent all over PB is getting annoying," said Michaels on the Next Door social media site. "They are leaving them everywhere and [they're] allowed to operate without a business license. Riders are intoxicated renting them, under age, and don't obey any laws of the road. Then when finished, they are leaving them in front of doors, ramps, etc."

Michaels pointed out Pacific Beach has "fought hard to remove bike share stations (Deco renamed DiscoverBike) from the boardwalk. This company thinks they can just establish these in the same places. What can we do next to stop this before someone gets hurt."

There are numerous rules in the California Vehicle Codes applying to the safe and proper use of electric scooters like Bird. Police warn they will issue citations for a range of violations, costing between \$197 and \$367, for non-lawful operation of such scooters.



Stephanie Michaels (left), visiting from Chicago, and Pacific Beach resident Kelley Hopkins download the Bird app so they can take a ride. THOMAS MELVILLE/VILLAGE NEWS

Citable scooter offenses include: driving while intoxicated, not having headlights and reflectors at night, not riding on the right-hand edge of roadways, exiting bike lanes without signaling, not having brakes, riders not wearing manda-

tory bicycle helmets, and not allowing passengers, among other restrictions.

When finished, Bird users lock them in place at their end destination. Scooters employ GPS and an electric lock restricting wheel move-

ment. If tampered with, an alarm is triggered on the vehicle locking its wheels in place and making them unridable.

For more information about vehicle codes applying to Bird scooters visit, codes.findlaw.com.

Padres sign Hosmer to 8-year, \$144M contract away from Royals

The San Diego Padres have signed first baseman Eric Hosmer to an eight-year, \$144 million contract through the 2025 season, executive vice president/general manager A.J. Preller announced on Feb. 20. The agreement, which is the largest in club history, includes an opt-out clause after the fifth season.

Hosmer, 28, played in all 162 games (160 starts) for the Kansas City Royals in 2017 and set career highs in hits (192), average (.318), on-base percentage (.385), slugging (.498), OPS (.882), total bases (300), walks (66) and WAR (4.0),

while tying career highs in home runs (25), runs (98) and fielding percentage (.997). The 6-4, 225-pound first baseman also captured his first Silver Slugger Award last season and his fourth Gold Glove Award (2013-15, 2017).

"We're truly excited to have Eric as part of the Padres organization," said Preller. "His resume speaks for itself. Eric has been a winner throughout his career, both as an integral part of a championship team and as a player who's earned a tremendous reputation on and off the field. We believe his leadership

and passion for the game will be invaluable as we work towards our goal of a World Series championship."

"Eric's decision to join our club represents a significant moment in Padres history," said Padres executive chairman Ron Fowler and general partner Peter Seidler. "He has competed on baseball's biggest stages and has embraced each opportunity. The intangibles and experience that he brings to the table will be vital as we continue the development of our young club and strive to bring a championship to

deserving Padres fans everywhere."

Over seven Major League seasons (2011-17), Hosmer has a .284 career average (1,132-for-3,991) with a .342 OBP, 206 doubles, 16 triples, 127 home runs, 566 RBI, 60 stolen bases and 547 runs scored in 1,048 games.

A 2015 World Series champion with the Royals, Hosmer has played in 31 career postseason games with a .276 average (34-for-123), four doubles, one triple, three home runs and 29 RBI. He earned his first career All-Star selection in 2016 and was named MVP of the Mid-

summer Classic at Petco Park, going 2-for-3 with a game-tying home run off Johnny Cueto.

He also played for Team USA in the 2017 World Baseball Classic and hit .385 (10-for-26) for the tournament champions, including a go-ahead home run in a second-round comeback win over Venezuela en route to being named to the All-World Baseball Classic team.

Hosmer was originally selected by Kansas City in the first round (third overall) of the 2008 First-Year Player Draft out of American Heritage High School (Fla.).

Annual used book sale takes over Lawrence Family JCC from March 14 to 18

Put down your Nook and pick up a real book. From March 14 to 18, one of the largest used book sales in the county, this is a not-to-be-missed event for book lovers of all ages. Give yourself plenty of time to browse our huge selection featuring Everyone is bound to find something in our sale including books for children and young adults, cookbooks, fiction and non-fiction, Judaic topics,

gifts, art and more with prices starting at just 50 cents.

History buffs and antiquarian book collectors are sure to find some treasures among the collection of books on the Civil War, British history magazines on WWII, antiquarian books from 1820 to 1910, classic writings from Bret Harte, Abraham Lincoln, an Honore de Balzac set in the 1890s,

poems of Joaquin Miller from 1909 and more.

Travelers will want to peruse their selections on Hawaii, New York City, Israel and exotic destinations. Culture lovers will delight in the variety of art books, art work, and an original of Theadrius McCall's Jewish People series, Jewish music CDs and movies.

Gift givers can pick up something

special for a loved one or add something to a holiday table with decorative Judaica items such as seder plates, menorahs (hanukiot), and items made of pewter, glass and silver.

Pre-sale shopping will be held on Wednesday, March 14, from 7:30 to 9:30 a.m. Cost is \$20.

The clearance sale will be held on Sunday, March 18, from 9 a.m. to 5

p.m. Cost is \$10 for "all the books you can fit into one grocery bag (some exceptions apply)."

For more information, visit sdccj.org/ajl/used_books.aspx. To volunteer or make donations, email: melanier@lfjcc.org or call 858-362-1141. Book donations accepted through Feb. 28.

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2018-9000691 Fictitious Business Name(s) OUT OF
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DIEGO, CA 92109. Is registered by the following:
JULIEN CREBASSA. This business is conducted by:
AN INDIVIDUAL. The first day of business was:
01/09/18. Registrant Name: JULIEN CREBASSA. 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 09th, 2018 ISSUE
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2018-9001702 Fictitious Business Name(s) a. WEST
COAST AUTO BODY & PAINT b. WEST COAST BODY
& PAINT. Located at: 3036 UPAS STREET, SAN
DIEGO, CA 92104. Is registered by the following:
ABEL PLACENCIA. This business is conducted by: AN
INDIVIDUAL. The first day of business was:
11/18/2008. Registrant Name: ABEL PLACENCIA.
Title of Officer, if Limited Liability Company/Corpora-
tion, Title of Signor OWNER. The statement was filed
with Ernest J. Dronenburg, Jr., Recorder / County
Clerk of San Diego County on: JANUARY 19th, 2018
ISSUE DATES: FEBRUARY 1st, 8th, 15th, AND 22nd,
2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO.
2018-9002342 Fictitious Business Name(s) DEL
MAR NAIL STUDIO. Located at: 8561 EL PASEO
GRANDE, LA JOLLA, CA 92037. Is registered by the
following: CHRYSALIS HOLDINGS, INC. This business
is conducted by: A CORPORATION. The first day of
business was: 09/01/07. Registrant Name: MARK
YOUNES. Title of Officer, if Limited Liability Company/
Corporation, Title of Signor TREASURER. The state-
ment was filed with Ernest J. Dronenburg, Jr.,
Recorder / County Clerk of San Diego County on:
JANUARY 26th, 2018 ISSUE DATES: FEBRUARY 1st,
8th, 15th, AND 22nd, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO.
2018-9002322 Fictitious Business Name(s) CATTEY
CREATIONS. Located at: 4425 48TH STREET, SAN
DIEGO, CA 92115. Is registered by the following: a.
MARIAH M. CATTEY b. ROBERT L. CATTEY JR.. This
business is conducted by: A MARRIED COUPLE. The
first day of business was: NOT APPLICABLE. Regis-
trant Name: MARIAH M. CATTEY. 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 26th, 2018 ISSUE DATES: FEBRUARY 1st,
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SUPERIOR COURT OF CALIFORNIA CIVIL DIVISION,
COUNTY OF SAN DIEGO 220 W. BROADWAY, SAN
DIEGO, CA 92101 CENTRAL DIVISION CASE NO: 37-
2018-00003596-CU-PT-CTL FILE DATE: January
23rd, 2018, PM 2:39 PETITIONER OR ATTORNEY,
Nawfal Kilidar and Deena Tahir on behalf of their
minor children, for change of name of Omar Nawfal
Alkilidar and Ali Nawfal Alkilidar. HAS FILED A PETI-
TION WITH THIS COURT FOR A DECREE CHANGING
PETITIONER'S NAME FROM: a. OMAR NAWFAL AL-
KILIDAR to OMAR NAWFAL KILIDAR b. ALI NAWFAL
ALKILIDAR to ALI NAWFAL KILIDAR. 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 objec-
tion is timely filed, the court may grant the petition
without a hearing. NOTICE OF HEARING TO BE HELD
ON MARCH 8th, 2018 TIME: 9:30 AM, DEPT- 903 AT
1100 UNION STREET, 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:
FEBRUARY 8th, 15th 22nd, and March 1st, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO.
2018-9002205 Fictitious Business Name(s) ORLAN-
DOS TRANSPORTATION. Located at: 4096 IBIS
STREET, SAN DIEGO, CA 92103. Is registered by the
following: ORLANDO MEDEIROS BRANCO. This busi-
ness is conducted by: AN INDIVIDUAL. The first day
of business was: 05/01/17. Registrant Name:
ORLANDO BRANCO. Title of Officer, if Limited Liabi-
lity Company/Corporation, Title of Signor. The state-
ment was filed with Ernest J. Dronenburg, Jr.,
Recorder / County Clerk of San Diego County on:
JANUARY 25th, 2018 ISSUE DATES: FEBRUARY 8th,
15th, 22nd, AND MARCH 1st, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO.
2018-9002654 Fictitious Business Name(s) SPARK-
LEEN CLEANING SERVICES. Located at: 7710
HAZARD CENTER DR., STE. E-132, SAN DIEGO, CA
92108. Is registered by the following: VERONICA
MONTIEL. This business is conducted by: AN INDI-
VIDUAL. The first day of business was: 01/01/2018.
Registrant Name: VERONICA MONTIEL. Title of Of-
ficer, if Limited Liability Company/Corporation, Title
of Signor. The statement was filed with Ernest J. Dro-
nenburg, Jr., Recorder / County Clerk of San Diego
County on: JANUARY 30th, 2018 ISSUE DATES: FEBRUARY
8th, 15th, 22nd, AND MARCH 1st, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO.
2018-9002632 Fictitious Business Name(s) MAMA
WELLNESS COACHING. Located at: 8919 MCKINLEY
CT., LA MESA, CA 91941. Is registered by the fol-
lowing: STEFANY LYNN MEYER REED. This business
is conducted by: AN INDIVIDUAL. The first day of
business was: 01/30/18. Registrant Name: STEFANY
LYNN MEYER REED. Title of Officer, if Limited Liabi-
lity Company/Corporation, Title of Signor. The state-
ment was filed with Ernest J. Dronenburg, Jr.,
Recorder / County Clerk of San Diego County on:
JANUARY 30th, 2018 ISSUE DATES: FEBRUARY 8th,
15th, 22nd, AND MARCH 1st, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO.
2018-9001957 Fictitious Business Name(s) MULTI-
PLE SCLEROSIS NATIONAL RESEARCH CENTER.
Located at: 10865 ROAD TO THE CURE, SUITE 100,
SAN DIEGO, CA 92121. Is registered by the follow-
ing: SAN DIEGO BIOMEDICAL RESEARCH INSTITUTE.
This business is conducted by: AN INDIVIDUAL. The
first day of business was: NOT APPLICABLE. Regis-
trant Name: JOANNA DAVIES. Title of Officer, if Lim-
ited Liability Company/Corporation, Title of Signor
PRESIDENT & CEO. The statement was filed with
Ernest J. Dronenburg, Jr., Recorder / County Clerk of
San Diego County on: JANUARY 23rd, 2018 ISSUE
DATES: FEBRUARY 8th, 15th, 22nd, AND MARCH
1st, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO.
2018-9002648 Fictitious Business Name(s) CRAZY-
CLEAN. Located at: 6218 VEMAC AVE., LA MESA,
CA 91942. Is registered by the following: DESIREE

continued on page 17



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La Jolla High School has the only wrestling program in the area

By ED PIPER | LA JOLLA VILLAGE NEWS

After a combined 297 years of existence among La Jolla's three high schools, how can it be that only La Jolla High has a wrestling program?

It's a unique situation, and the demanding sport provides a unique perspective from which to view things.

"(Wrestling) is probably the most important sport," says third-year Viking assistant coach Chuck Pieritz, who grew up in the sport. "It teaches you values: hard work, dedication, sacrifice. It makes such a difference. It gives you such a backbone. The day-to-day grind, the accountability (within the team). Nothing teaches those things like wrestling. 'Are you doing your schoolwork at school and at home? Are you eating the right foods? All of those things. We're talking about wrestling, but these things apply in life in general.'"

Walter Fairley, Jr., long-time coach and former vice principal on the public school campus, now retired, who chooses to continue to coach in the Viking grappling program in retirement, says that at one time Bishop's had its own program for a short time. But present programs now enjoy a kind of "grandfathered-in" status, due to physical liability.

Fairley, who starred as a prep locally and who was inducted into



128-pounder Elliot Austin pins an opponent from UCHS.

ED PIPER/VILLAGE NEWS

the Southern California Wrestling Hall of Fame for lifetime service to the sport, asserts, "Wrestling builds a person's confidence. Why? You can't go out on the mat saying to yourself you're not going to make it."

"We had a wrestler at Crawford High (where he taught years ago)," recalls the coach. "He could hardly chew gum and walk at the same time. He didn't become great, but by

the time he was done, he had grown in self-confidence. He went on to Grossmont College and became their student body president."

Viking head coach Kellen Delaney wants his young men (and women, though the Vikings don't have any female wrestlers this year) to share in the relationships and skill-building that he experienced in his years as a prep and college wrestler. "I just want our wrestlers to have what I

had," the fourth-year coach says. "I have nothing much apart from wrestling. My present job (off-campus) I owe to wrestling. My boss and I got talking, and he respected that I had wrestled."

Pieritz, a Chicago transplant, tells a gripping personal story. "Wrestling saved me," he says. "I lost my dad when I was 12. Wrestling gave me something to put my life into. I don't know what I would have done with-

out wrestling."

Valuing the "work ethic" the sport demands to be successful, and the fact "there are no shortcuts" to moving up, La Jolla's coaches continue to build their team, having instituted a youth wrestling program to introduce younger athletes to the physical sport.

A recent foray to Holtville, in Imperial County, for the Vikings' annual trip to the huge Rotary Invitational Tournament in the tiny community, gave a young but striving contingent of eight wrestlers experience in the demanding 41-school, 366-athlete event over two days.

Three freshmen and a like number of sophomores accompanied senior 128-pounder Elliot Austin, in his third year competing at Holtville, and junior Isaiah Torres, at 222 pounds. Every wrestler got at least three bouts each over the Friday-Saturday event, providing invaluable minutes on the mat to further try out and perfect moves some of them only recently were introduced to.

Austin, commanding in his discipline and his own fourth-place finish in his weight class a year ago, pinned four of his first five opponents, including two pins in under one minute, on his way to fifth place in the tournament in a much stronger bracket than last year.

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Carly Phoon, Bishop's equestrian takes jumping to new heights

By ED PIPER | LA JOLLA VILLAGE NEWS

You better know your "eq on the flat" from your "eq over fences," and "undersaddle" from Western equitation, if you're going to become conversant in the world of equestrian riding.

Carly Phoon, one of eight riders for Bishop's School, not only spins these terms, but carries them out on the back of Fin (short for 'Finale'), her beloved Oldenburg horse that measures 16 hands, 3 inches (at four inches per hand, 67 inches from the top of his shoulder).

The Bishop's sophomore stands only 5-foot-6-inches tall herself, so Fin has the edge over her by an inch, not counting his head that he carries proudly.

It's more a partnership than me commanding him to obey," says Phoon, who has been riding for 11 years, but only "seven or eight seriously" since another mother recommended her mother put her in lessons after showing potential. "It's two-way communication with Fin. He uses mostly body language. He'll whinny or nicker."

"Nickering is a softer sound," the Lady Knight equestrian explains, reserved now but chatty with classmates at lunch. "It comes out of

their nose. They only do it if they like you."

How long did it take before Fin nickered in greeting to Carly?

"Pretty early. He's one of the friendliest horses I've ever known. I try to build a relationship with the horses I ride, so they tend to like me." The Phoons lease Fin rather than own him.

"Eq over fences" is equestrian slang for "equitation over fences," doing jumps over rails in the ring, while "eq on the flat," as the phrase says, doesn't involve jumps and is carried on before the same single judge in a similar routine.

The way Phoon portrays it, she is pretty calm in competition and doesn't stress. "I enjoy the competitive part, so I don't get too nervous in shows," she insists. "All I'm doing in a show is doing what I do in practice."

If every athlete and competitor had things down this coolly, we wouldn't need "mental coaches" and sports psychologists.

One is struck by the stark being-on-the-spot of the rider being paraded before the sole all-powerful judge at the show who doesn't have to share her or his evaluation of riders with a team of judges: of such things as the rider's posture, posi-

tion on the saddle, and manner of holding the reins ('Equitation is based on the rider,' Carly says), or the horse's ability to walk, canter, then trot (in the case of hunter riding). In contrast seems the humanity of having true affection for one's horse, and sharing that with family members to point where he almost becomes a member of the family.

"The one judge has a walkie talkie, and she or he tells the announcer via walkie talkie when she/he wants to have us walk, canter, trot..." the rider says.

One feels the cold sweat that that would seem to evoke, but apparently not for the high school sophomore.

But then is the joy of connection between animal and human. "My sister Kacey (a seventh-grader) loves my horse," says big sister, three years older. "She goes to my barn (Haven Farms). I've taught Kacey basic horse care, so she knows how to do that. She loves going to see Fin."

And Carly freely says herself, "I obviously love my horse a lot. He's one of my favorite pets. He's sweet and funny."

That's when she explains that the relationship is a partnership rather than command-and-obey.



Carly Phoon, a sophomore on the Bishop's equestrian team.

ED PIPER/VILLAGE

"That's great that you're willing to cover equestrian," says Florence, Phoon's mother, who sits nearby during the hour-plus interview on the terrace on campus before ferry-

ing her daughter home in bumper-to-bumper rush hour traffic to Rancho Santa Fe.

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LEGAL ADS 900

LEEANN SPILLMAN. This business is conducted by: AN INDIVIDUAL. The first day of business was: 02/04/13. Registrant Name: DESREE LEEANN SPILLMAN. Title of Officer, if Limited Liability Company/Corporation, Title of Signor OWNER. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 30th, 2018 ISSUE DATES: FEBRUARY 8th, 15th, 22nd, AND MARCH 1st, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9002723 Fictitious Business Name(s) TAG Property Management. Located at: 4081 KANSAS STREET, #8, SAN DIEGO, CA 92104. Is registered by the following: THE ARENDSEN GROUP, INC. This business is conducted by: A CORPORATION. The first day of business was: NOT APPLICABLE. Registrant Name: JOSEPH ARENDSEN. 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: JANUARY 30TH, 2018 ISSUE DATES: FEBRUARY 8th, 15th, 22nd, AND MARCH 1st, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9002531 Fictitious Business Name(s) a. MAJOR WAVEZ b. VINTAGE WAVEZ. Located at: 4344 MONTALVO STREET, #2, SAN DIEGO, CA 92107. Is registered by the following: RUBEN BARRAZA. This business is conducted by: AN INDIVIDUAL. The first day of business was: 12/7/16. Registrant Name: RUBEN BARRAZA. 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 29TH, 2018 ISSUE DATES: FEBRUARY 8th, 15th, 22nd, AND MARCH 1st, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9002693 Fictitious Business Name(s) a. SAN DIEGO RELOCATION SERVICES b. LA JOLLA HOME IMPROVEMENT. Located at: LA JOLLA, CA 92037. Is registered by the following: ROBERT WILLIAM RASH. This business is conducted by: AN INDIVIDUAL. The first day of business was: NOT APPLICABLE. Registrant Name: ROBERT WILLIAM RUSH. 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 30TH, 2018 ISSUE DATES: FEBRUARY 8th, 15th, 22nd, AND MARCH 1st, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000503 Fictitious Business Name(s) NIRA SAHARI. Located at: 1140 WALL STREET, #2066, LA JOLLA, CA 92038. Is registered by the following: MUNIRA SHIKHALI. This business is conducted by: AN INDIVIDUAL. The first day of business was: NOT APPLICABLE. Registrant Name: MUNIRA SHIKHALI. 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 8TH, 2018 ISSUE DATES: FEBRUARY 8th, 15th, 22nd, AND MARCH 1st, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9003069 Fictitious Business Name(s) CHEYANIMALS PET SERVICES. Located at: 1142 WAVERLY HEIGHTS DR., THOUSAND OAKS, CA 91360. Is registered by the following: CHEYENNE RACHELLE HALL. This business is conducted by: AN INDIVIDUAL. The first day of business was: NOT APPLICABLE. Registrant Name: CHEYENNE RACHELLE HALL. 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: FEBRUARY

2nd, 2018 ISSUE DATES: FEBRUARY 8th, 15th, 22nd, AND MARCH 1st, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9003006 Fictitious Business Name(s) SAN DIEGO ARROW TAG. Located at: SAN DIEGO, CA 92106. Is registered by the following: JOHN CRESWELL GRUBB. This business is conducted by: AN INDIVIDUAL. The first day of business was: NOT APPLICABLE. Registrant Name: JOHN CRESWELL GRUBB. 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: FEBRUARY 1st, 2018 ISSUE DATES: FEBRUARY 8th, 15th, 22nd, AND MARCH 1st, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9001689 Fictitious Business Name(s) MERIDIANS BODYWORK. Located at: 2180 GARNET AVE, #3L, SAN DIEGO, CA 92109. Is registered by the following: SHANNON MILLSAP. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/19/18. Registrant Name: SHANNON MILLSAP. 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 19th, 2018 ISSUE DATES: FEBRUARY 8th, 15th, 22nd, AND MARCH 1st, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9002421 Fictitious Business Name(s) M & J PROFESSIONAL CLEANING SERVICES, INC. Located at: 612 M AVENUE, #5, NATIONAL CITY, CA 91950. Is registered by the following: M & J PROFESSIONAL CLEANING SERVICE, INC. This business is conducted by: A CORPORATION. The first day of business was: 01/26/18. Registrant Name: DELIAR ZUNIGA. 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: JANUARY 26th, 2018 ISSUE DATES: FEBRUARY 8th, 15th, 22nd, AND MARCH 1st, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000819 Fictitious Business Name(s) INNER LIGHT. Located at: 4324 W. POINT LOMA BLVD., #E, SAN DIEGO, CA 92107. Is registered by the following: ASHLEIGH NICOLE LEBRON. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/10/18. Registrant Name: ASHLEIGH NICOLE LEBRON. 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 31ST, 2018 ISSUE DATES: FEBRUARY 8th, 15th, 22nd, AND MARCH 1st, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9000695 Fictitious Business Name(s) a. COASTAL ESTATE POOLS b. COASTAL ESTATE POOL CAFE. Located at: 5050 LA JOLLA BLVD., SAN DIEGO, CA 92109. Is registered by the following: KIRK THOMAS PATZEM. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/01/18. Registrant Name: KIRK THOMAS PATZEM. 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 9th, 2018 ISSUE DATES: FEBRUARY 8th, 15th, 22nd, AND MARCH 1st, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9003110 Fictitious Business Name(s) FULLY LOADED MICRO JUICERY. Located at: 466 N. COAST HWY., 101 #5, ENCINITAS, CA 92024. Is registered by the following: MBGA CALI LLC. This business is con-

ducted by: A LIMITED LIABILITY COMPANY. The first day of business was: NOT APPLICABLE. Registrant Name: GABRIEL ALTMAYER. Title of Officer, if Limited Liability Company/Corporation, Title of Signor MEMBER MANAGING. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: FEBRUARY 2ND, 2018 ISSUE DATES: FEBRUARY 15th, 22nd, MARCH 1st, AND 8th, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9002980 Fictitious Business Name(s) a. TOVA COMMERCIAL REALTY ADVISORS b. LEFNER REALTY GROUP c. COUTURE HOMES REALTY d. NEW-MINDFUL HOMES e. COUTURE HOMES SD f. INSPIRED LIVING GROUP g. LANDING COLLECTIVE REAL ESTATE SOLUTIONS h. LEGACY REALTY NETWORK i. SNYDER GLOBAL REALTY GROUP j. NICONI REALTY GROUP k. SOLDIERWEAR SW m. JENSEN AND ELLIS REALTY GROUP p. COASTAL DREAM HOMES q. SAN DIEGO HOUSE HUNTING r. HOME SALUTE REALTY. Located at: 2877 HISTORIC DECATO RD., SAN DIEGO, CA 92106. Is registered by the following: CENTRAL SD REAL ESTATE SALES INC.. This business is conducted by: A CORPORATION. The first day of business was: 02/01/2018. Registrant Name: TONI DIANE DONNET. Title of Officer, if Limited Liability Company/Corporation, Title of Signor SECRETARY/ROKER. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: FEBRUARY 1st, 2018 ISSUE DATES: FEBRUARY 15th, 22nd, MARCH 1st, AND 8th, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9003285 Fictitious Business Name(s) OPEX FITNESS SAN DIEGO/CENTRAL. Located at: 5803 MISSION GORGE ROAD, #B, SAN DIEGO, CA 92120. Is registered by the following: THOMAS ALLEN ANDERSON. This business is conducted by: AN INDIVIDUAL. The first day of business was: 04/01/2017. Registrant Name: THOMAS ALLEN ANDERSON 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: FEBRUARY 5th, 2018 ISSUE DATES: FEBRUARY 15th, 22nd, MARCH 1st, AND 8th, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9002802 Fictitious Business Name(s) SHEAR ORGANIX. Located at: 4639 30th STREET, STE.-C, SAN DIEGO, CA 92116. Is registered by the following: GABRIELLE FREELS. This business is conducted by: AN INDIVIDUAL. The first day of business was: NOT APPLICABLE. Registrant Name: GABRIELLE FREELS. 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 31ST, 2018 ISSUE DATES: FEBRUARY 15th, 22nd, MARCH 1st, AND 8th, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9003618 Fictitious Business Name(s) a. BOARDWALK RECOVERY b. BOARDWALK RECOVERY CENTER d. BOARDWALK RECOVERY CENTERS. Located at: 1940 GARNET SUITE 110&120, 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: 02/08/2018. 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: FEBRUARY 8th, 2018 ISSUE DATES: FEBRUARY 15th, 22nd, MARCH 1st, AND 8th, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9003579 Fictitious Business Name(s) PACIFIC BEACH ACE HARDWARE. Located at: 1544 GRAND AVE., SAN DIEGO, CA 92109. Is registered

by the following: BSM, INC.. This business is conducted by: A CORPORATION. The first day of business was: 01/01/18. Registrant Name: SEAN MOKOU. 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: FEBRUARY 7th, 2018 ISSUE DATES: FEBRUARY 15th, 22nd, MARCH 1st, AND 8th, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9002688 Fictitious Business Name(s) POINT LOMA HIGH CLASS 2008. Located at: 3922 JEWELL ST., SAN DIEGO, CA 92109. Is registered by the following: SARAH ALEXANDRA HERVEY. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/30/18. Registrant Name: SARAH ALEXANDRA HERVEY. 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 30th, 2018 ISSUE DATES: FEBRUARY 15th, 22nd, MARCH 1st, AND 8th, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9003571 Fictitious Business Name(s) LANG NISSAN AT MISSION BAY. Located at: 4433 MISSION BAY DRIVE, SAN DIEGO, CA 92109. Is registered by the following: DAS MOTORS CORPORATION. This business is conducted by: A CORPORATION. The first day of business was: 02/01/18. Registrant Name: STEVEN FREDERICK LANG. 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: FEBRUARY 7th, 2018 ISSUE DATES: FEBRUARY 15th, 22nd, MARCH 1st, AND 8th, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9003986 Fictitious Business Name(s) TAYLOR FAUSETT FINE ART PHOTOGRAPHY. Located at: W10918 ARBOR VALLEY RD., COOI, WI 53555. Is registered by the following: TAYLOR FAUSETT. This business is conducted by: AN INDIVIDUAL. The first day of business was: NOT APPLICABLE. Registrant Name: TAYLOR FAUSETT. 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: FEBRUARY 15th, 22nd, MARCH 1st, AND 8th, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9002441 Fictitious Business Name(s) COMPLETE HEALTH. Located at: 2180 GARNET AVE. #3C, SAN DIEGO, CA 92109. Is registered by the following: AUDREY DARLENE PREVOST. This business is conducted by: AN INDIVIDUAL. The first day of business was: 01/29/18. Registrant Name: AUDREY PREVOST. 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 29th, 2018 ISSUE DATES: FEBRUARY 22nd, MARCH 1st, 8th, AND 15th, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9003681 Fictitious Business Name(s) GALKANA STUDIOS. Located at: 2412 F ALTIMA WAY, CARLSBAD, CA 92009. Is registered by the following: JUSTIN D. YASGOOR. This business is conducted by: AN INDIVIDUAL. The first day of business was: NOT APPLICABLE. Registrant Name: JUSTIN D. YASGOOR. 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: FEBRUARY 8th, 2018 ISSUE DATES: FEBRUARY 22nd, MARCH 1st, 8th, AND 15th, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9004410 Fictitious Business Name(s) FLOOR STORE & DESIGN II. Located at: 1878 ROSECRANS STREET, SAN DIEGO, CA 92106. Is registered by the following: PLM GROUP. This business is conducted by: A CORPORATION. The first day of business was: 08/01/2017. Registrant Name: CARRIE WILLIAMS. 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: FEBRUARY 15th, 2018 ISSUE DATES: FEBRUARY 22nd, MARCH 1st, 8th, AND 15th, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9004437 Fictitious Business Name(s) SEASHORE BOOKKEEPING SERVICES. Located at: 3775 MACTIBBY STREET, SAN DIEGO, CA 92117. Is registered by the following: EMILY JARAMILLO. This business is conducted by: AN INDIVIDUAL. The first day of business was: NOT APPLICABLE. Registrant Name: EMILY JARAMILLO. 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: FEBRUARY 15th, 2018 ISSUE DATES: FEBRUARY 22nd, MARCH 1st, 8th, AND 15th, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9004431 Fictitious Business Name(s) a. IANNITTI REALTY GROUP b. IANNITTI REALTY. Located at: 3636 NOBEL DRIVEN, SUITE 170, SAN DIEGO, CA 92122. Is registered by the following: NICHOLAS IANNITTI. This business is conducted by: AN INDIVIDUAL. The first day of business was: NOT APPLICABLE. Registrant Name: NICHOLAS IANNITTI. 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: FEBRUARY 15th, 2018 ISSUE DATES: FEBRUARY 22nd, MARCH 1st, 8th, AND 15th, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9004166 Fictitious Business Name(s) MERMAID PUBLISHING HOUSE. Located at: 5057 SEPTEMBER STREET, SAN DIEGO, CA 92110. Is registered by the following: NICOLE RENEE CANDELAIRIO. This business is conducted by: AN INDIVIDUAL. The first day of business was: 02/08/18. Registrant Name: NICOLE RENEE CANDELAIRIO. 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 22nd, 2018 ISSUE DATES: FEBRUARY 22nd, MARCH 1st, 8th, AND 15th, 2018

NOTICE OF PETITION TO ADMINISTER ESTATE OF: Albert M. Thompson, Case No. 37-2018-00007316-PR-PW-CTL. To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of specify: A PETITION FOR PROBATE has been filed by: WILLIAM SCOTT PIDD in the Superior Court of California, County of: SAN DIEGO. The Petition for Probate requests that: WILLIAM SCOTT PIDD be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (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 IN THIS COURT AS FOLLOWS: DATE: 03/21/2018 TIME: 1:30PM DEPT. 502. ADDRESS OF COURT: 1100 UNION STREET, SAN DIEGO, CA 92101. 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 AN LEGAL AUTHORITY MAY AFFECT YOUR RIGHTS AS A CREDITOR. YOU MAY WANT TO CONSULT WITH AN ATTORNEY 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 Request for Special Notice (Form DE-154) 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: HARVEY M. PAYNE III 10085 CARROLL CANYON ROAD, STE. 210, SAN DIEGO, CA 92131 (858)271-1900. ISSUE DATES: February 22nd, March 1st and 8th, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9001792 Fictitious Business Name(s) LA JOLLA CAR WASH. Located at: 891 TURQUOISE STREET, SAN DIEGO, CA 92109. Is registered by the following: REKOP INC. This business is conducted by: A CORPORATION. The first day of business was: 01/01/1994. Registrant Name: JOHN C. DOYLE. Title of Officer, if Limited Liability Company/Corporation, Title of Signor OWNER. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JANUARY 22nd, 2018 ISSUE DATES: FEBRUARY 22nd, MARCH 1st, 8th, AND 15th, 2018

SUMMONS ON FIRST AMENDED COMPLAINT. Notice to Defendant: RICARDO A. CRUZ, AKA RICHARD CRUZ. You are being sued by Plaintiff: NELIDA GARCIA. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. YOU HAVE 30 CALENDAR DAYS AFTER THIS SUMMONS AND LEGAL PAPERS ARE SERVED ON YOU TO FILE A WRITTEN RESPONSE AT THIS COURT AND HAVE A COPY SERVED ON THE PLAINTIFF. A LETTER OR PHONE CALL WILL NOT PROTECT YOU. YOUR WRITTEN RESPONSE MUST BE IN PROPER LEGAL FORM IF YOU WANT THE COURT TO HEAR YOUR CASE. THERE MAY BE A COURT FORM THAT YOU CAN USE FOR YOUR RESPONSE. YOU CAN FIND THESE COURT FORMS AND MORE INFORMATION AT THE CALIFORNIA COURTS ONLINE SELF-HELP CENTER (www.courtinfo.ca.gov/selfhelp), YOUR COUNTY LAW LIBRARY, OR THE COURTHOUSE NEAREST YOU. IF YOU CANNOT PAY THE FILING FEE, ASK THE COURT CLERK FOR A FEE WAIVER FORM. IF YOU DO NOT FILE YOUR RESPONSE ON TIME, YOU MAY LOSE THE CASE BY DEFAULT, AND YOUR WAGES, MONEY AND PROPERTY MAY BE TAKEN WITHOUT FURTHER WARNING FROM THE COURT. THERE ARE OTHER LEGAL REQUIREMENTS. YOU MAY WANT TO CALL AN ATTORNEY RIGHT AWAY. IF YOU DO NOT KNOW AN ATTORNEY, YOU MAY WANT TO CALL AN ATTORNEY REFERRAL

SERVICE. IF YOU CANNOT AFFORD AN ATTORNEY, YOU MAY BE ELIGIBLE FOR FREE LEGAL SERVICES FROM A NONPROFIT LEGAL SERVICES PROGRAM. YOU CAN LOCATE THESE NONPROFIT GROUPS AT THE CALIFORNIA LEGAL SERVICES WEB SITE (www.lawhelpcalifornia.org). THE CALIFORNIA COURTS ONLINE SELF-HELP CENTER (www.courtinfo.ca.gov/selfhelp), OR BY CONTACTING YOUR LOCAL COURT OR COUNTY BAR ASSOCIATION. NOTE: THE COURT HAS A STATUTORY LIEN FOR WAIVED FEES AND COSTS ON ANY SETTLEMENT OR ARBITRATION AWARD OF \$10,000 OR MORE IN A CIVIL CASE. THE COURT'S LIEN MUST BE PAID BEFORE THE COURT WILL DISMISS THE CASE. Case Number: 37-2017-000166712-CU-FR-NC. The name and address of the court is: SUPERIOR COURT OF CALIFORNIA, NORTH COUNTY 325 MELROSE DRIVE, VISTA, CA 92081-6695. The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney is: JEFFERY GRAHAM, 7027 CAMINO DEGRAZIA, UNIT 201, SAN DIEGO, CA 92111, (619)796-1377. DATE 11/20/2017, CLERK, BY I. SALAS, DEPUTY. Notice to the person served: 1. as an individual defendant. Issue Dates: FEBRUARY 22nd, MARCH 1st, 8th, AND 15th, 2018

STATEMENT OF DAMAGES (personal injuries or wrongful death). Attorney or party without Attorney JEFFREY T. GRAHAM, ESQ. (262305) Attorney for NELIDA GARCIA. Superior Court of California, County of: 325 S. MELROSE DRIVE, VISTA, CA 92081-6695, NORTH COUNTY DIVISION. Plaintiff: NELIDA GARCIA. Defendant: RICARDO A. CRUZ, AKA RICHARD CRUZ. Case No.: 37-2017-00016671-CU-FR-NC. To (name of one defendant only): RICARDO A. CRUZ, AKA RICHARD CRUZ, Plaintiff (name of one plaintiff only): NELIDA GARCIA, seeks damages in the above-entitled action as follows: 2. SPECIAL DAMAGES K. CONTINUED ON ATTACHMENT 2.K. 3. PUNITIVE DAMAGES: Plaintiff reserves the right to seek punitive damages in the amount of (specify). \$30,000 when pursuing a judgment in the suit filed against you. Date: 11/21/2017, JEFFREY GRAHAM, CAUSE OF ACTION 1. FIRST CAUSE OF ACTION-BREACH OF CONTRACT: a. For an award of damages of \$5,000.00 and for interest on the said sum at the maximum legal rate which is the effective contract rate of 0.3571% percent per day or the legal default contract rate of 0.0274% percent per day, whichever is greater, from AUGUST 15, 2013 to date of judgement herein; \$5,000 + Pre-judgment interest. b. For pre-judgement and post-judgement interest on the amount due; TBD. c. For such other further relief as the Court may deem just and proper. TBD. 2. SECOND CAUSE OF ACTION-FRAUD: a. For an award of damages of \$4,000.00 and for interest on the said sum at the legal rate of seven percent per annum or the maximum legal rate, whichever is greater, from JUNE 6, 2013 to date of judgment herein; \$4,000.00 + pre-judgement interest. b. For punitive damages, according to proof; \$28,914.29 estimated. c. For such other further relief as the Court may deem just and proper. 3 THIRD CAUSE OF ACTION-CONVERSION: a. For an award of damages of \$4,000.00 and for interest on the said sum at the legal rate of Seven percent per annum or the maximum legal rate, whichever is greater, from JUNE 6, 2013 to date of judgement herein; \$4,000 + pre-judgement interest. b. For compensation for the time and money expended in pursuit of the property; TBD. c. For such other further relief as the Court may deem just and proper. TBD. 4. FOURTH CAUSE OF ACTION-TREBLE DAMAGES: a. For treble damages; three times the amount of \$4,000 and for interest on the said sum at the legal rate of SEVEN PERCENT per annum or the maximum legal rate, whichever is greater, from JUNE 6, 2013 to date of judgement herein; \$12,000 + pre-judgement interest. b. For attorneys fees and costs. TBD. c. For such other further relief as the Court may deem just and proper. TBD. ISSUE DATES: FEBRUARY 22nd, MARCH 1st, 8th, AND 15th, 2018

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Overall Restaurant _____
Overall restaurant service _____
New restaurant _____
Best Chef _____
Bloody Mary _____
Breakfast _____
Latte _____
Lunch _____
Dinner _____
Take-out _____
Sunday brunch _____
Family restaurant _____
Best Atmosphere _____
Restaurant Service _____
Restaurant w/ Wine List _____
Wine Shop _____
Wine Bar _____
Local Winery _____
Beer Selection _____
Sports Bar _____
Martini _____
Place to People Watch _____
Pet Friendly Restaurant _____
Live music _____
Lobster _____
Place to Dance _____
Happy hour _____
Best Comfort Food _____
Late Night Eatery _____
Place to go on a budget _____

Place for a birthday party _____
Most romantic _____
Best ocean view _____
Appetizer _____
Bagel _____
Burrito _____
Burger _____
Fish Taco _____
Fish & Chips _____
Desserts _____
Margarita _____
Omelette _____
Pancakes _____
Pastry _____
Pizza _____
Pita _____
Prime Rib _____
Salad bar _____
Sandwich _____
Steak _____
Sushi _____
Seafood _____
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Chinese _____
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Mediterranean _____
Mexican _____
Mexican (fast food) _____
Bakery _____
Bar _____
Cafe _____
Catering _____
Coffee shop _____
Deli _____
Gellato _____
Ice cream / frozen yogurt _____
Vegetarian _____
Patio dining _____
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Tea _____
Wings _____
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University City updates: Girls softball, Sip and Bid, banners and more

By JEMMA SAMALA | LA JOLLA VILLAGE NEWS

Time to play ball for UC Del Sol girls softball

Opening day will be Saturday, Feb. 24 at Standley Middle School. Ceremonies will include the parade of teams, banner contest, barbecue, speed gun and raffle prizes. New and returning players have been practicing at skills clinics put on by current University City High School softball players. It's not too late for players to play ball, go to ucdelsol.com for registration information.

UC Little League

Opening day for UCLL will be on Saturday, March 3 at Standley Park. Festivities include the team and player parade, games, food, and the ever popular tee-ball otter pop run. They will also have the annual baseball equipment exchange, please bring any used gloves, bats, baseballs, baseball clothing, and other used baseball equipment to the snack bar. Any equipment left over will be distributed locally and abroad through kids gear for baseball (kidsgearforbaseball.org). Registration

is still open for the spring season, so visit ucll.org to register and for the schedule.

UC Blood Drive

On Saturday, March 10, there will be a UC San Diego Blood Bank Blood-mobile Blood Drive at the Sprouts/Starbucks marketplace on Governor Drive from 8 a.m. to 1:30 p.m. For more information, visit mysddb.org.

Spreckels Sip and Bid

Spreckels Elementary School PTA will be hosting their annual Parent Party on Saturday, March 10, from 6 to 10 p.m. at Bay City Brewing Co., 3760 Hancock St. Plan for a fun night of sipping beverages and bidding on the silent auction. There will be a raffle, teacher auction, and food trucks. Tickets are \$30 a person, \$50 for two, or \$70 for a fun pack that includes two admissions and five raffle tickets. Each admission includes one concession ticket, excluding food. Childcare will be available through Metro Dance where the kids will have their own party with games, pizza, and a dance party, cost is

\$25 per child. For more information, visit spreckelscommunityuc.com.

Banners - Look up, University City

Check out the new spring banners proudly displayed in UCCA's banner district of Governor Drive and cross streets Regents Road and Genesee Avenue. The new banners feature one sure sign of spring, poppies in full bloom.

Many thanks go to County Supervisor Kristin Gaspar for her support; these new banners were funded with a grant to UCCA from the San Diego County Board of Supervisors. The Neighborhood Reinvestment Program provided for the design of attractive and uniform street banners to welcome visitors to University City. Thanks also go to UCCA's Buy Local partners who made this project come to life: banner design by AlphaGraphics on Governor Drive; banner production by WikiTiki; and installation by The Décor Plan. A second set of new banners is scheduled for display in April.



New banners for spring around University City.

Living with Siri and Alexa: Using the latest information technology



Doing
it
Better

By Natasha Josefowitz, Ph.D.

I love Siri to the point of anthropomorphizing her. I say, "thank you," when she has been helpful. Now Alexa has come into my life. While Siri renders aid wherever you take your iPhone, Alexa is a stay-at-home, cloud-based personal assistant. For those of you who don't yet know what I'm talking about, it is the advent of artificial intelligence (AI) in our lives. Siri lives in my iPhone and is available at my command. When I first got her, my grandson Ari happened to be visiting, and he asked her to marry him. She demurely replied, "I don't know you well enough." I have used Siri for weath-

er reports, entering dates in my calendar, reminding me of upcoming meetings, etc. She knows historical dates, corrects spellings, and is both a dictionary and an encyclopedia. Siri is constantly in touch with Wikipedia.

Now Alexa has arrived. She is about nine-inches tall and measures three inches in diameter. She normally costs \$169, but I got her on a sale for only \$99. I also bought her a very becoming orange wraparound cover for only \$9, which I'm sure brightened her mood along with the décor in my office. If she is too tall for your environment, you can get a shorter version called the Amazon Echo Dot for \$50. Dot is only two inches tall and does the same thing as her taller sister, but I am told her singing voice is not quite as good. You think I'm kidding; I am not!

I can ask Alexa to play any piece of music, and she does so immediately.

She sits next to me in my office, while Dot sits next to my bed. I have asked Dot to sing me a lullaby, which she does very sweetly to put me to sleep. Alexa can call Uber or Lyft to pick me up or order any item that either Amazon or now Whole Foods has in stock to be delivered on the same day. I just noticed that I ran out of AAA batteries. I asked Alexa to order some; within two hours they arrived at my door.

It is mind boggling what robots are capable of doing today. For example, a robot can be fed current Medicare research information, clinical trials, etc., at the rate of hundreds per day, which no human brain can absorb. So when given a list of symptoms, robots can respond with possible diagnoses; this can be a great help to doctors.

All of this leads me to where I was going in the first place: The incredible transformation of the way we man-

age our lives. We are in the midst of a major revolution affecting every facet of society. We will no longer own CDs; Alexa can play everything. We will no longer go to malls or shop in stores; Alexa will order for you online. There was a newspaper story of a 6-year-old girl who asked Alexa to buy her a doll house; sure enough, her surprised mother opened her door to a doll house on her front steps. Alexa will read books on tape for you as well as current newspaper articles, tell a joke, and check for traffic on your way to work.

According to Psychology Today (October 2017): The Deep Blue computer beat the chess champion Kasparov. We can create machines with the ability to learn, give them more memory and power than our own brains, and also give them the ability to create smarter versions of themselves. The frightening part is the use of drones able to execute commands

from a distant computer to target and drop bombs on vehicles and people. Just as we need to do no harm and do as much good as we can, we need to be sure that our new inventions will be taught to do the same. Just as my parents could not have imagined the scope of today's technology, I cannot imagine the world my grandchildren will be living in.

In the meantime, go online and order your own personal assistant. Have her sing your favorite songs, tell a fairy tale to your child, and send yourself a bouquet of flowers and a box of dark chocolates...with a love note.

Natasha Josefowitz is the author of more than 20 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2018, Natasha Josefowitz. All rights reserved.



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'Kosher gospel' act The Klezmatics in La Jolla

Klezmer and gospel collide with brilliant and euphoric results as the San Diego Center for Jewish Culture, housed at the Lawrence Family Jewish Community Center, hosts The Klezmatics with special guest Joshua Nelson: Brother Moses Smote the Water. The event, timed for both Passover and Easter, will be held on Wednesday, March 28 at 7:30 p.m. at the David & Dorothea Garfield Theatre, 4126 Executive Drive.

At this exclusive concert, the gutsy, award-winning band that defines klezmer's edge, teams up with special guest artist Joshua Nelson, who sings black-Jewish soul that recalls Mahalia Jackson. Experience a cross-cultural celebration of freedom songs from the Jewish and African-American traditions, illustrating their spiritual common ground while weaving a musical story of inspiration and social action.

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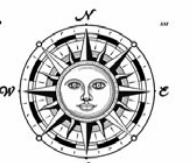
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