Lawsuit filed against city after La Jolla Cove death

By Dave SchwaB | LA JOLLA VILLAGE NEWS

The family of a snorkeler has filed a wrongful death lawsuit against the city over a man who died 10 months after injuries he allegedly suffered in an accident during a July 2017 La Jolla Cove swim.

Filed by Hamidreza Akbarzadegan, son of the late Mortena Akbarzadegan, the lawsuit contends the city should hire more lifeguards and improve the location of its towers and warning signs in dangerous La Jolla beach areas obscured by rock formations and other obstacles. The lawsuit contends that lifeguards and towers, as presently constructed at the cove, impart a false sense of security to ocean users by implying continuous surveillance at the cove is a reality.

“This death was a tragedy, but under the law, San Diego taxpayers cannot be held responsible,” responded City Attorney Mara W. Elliott.

Added Harris, “While I can’t quote on this case because I wasn’t there, we [lifeguards] are in need of more staffing. In the last two years, during budget meetings, we [lifeguards] never make it onto the San Diego Fire Department’s list of priorities.

Another person was added there in front of the cove this July,” continued Harris. “That doesn’t get us to where we need to be. But every person helps us provide better coverage.”

Akbarzadegan was snorkeling at the cove in high waves that had prompted lifeguards, earlier in the day, to order people out of the water until it was deemed safe. Akbarzadegan returned to the ocean to snorkel, only to go missing about 10 minutes later. In the lawsuit, his son claims he and his mother tried waving to lifeguards, but failed to get their attention because guard’s views were blocked by the beach’s geography.

San Diego lifeguard and former union steward Ed Harris, representing the union, noted he has personal experience with the area at the cove where the tragic snorkeling accident happened.

“I worked up there on the rocks from 2008 to 2015,” said Harris. “As everybody knows, the usage of all beach areas in the last 10 years has grown exponentially.”

He recommended a 15-year term for Lucas, saying it was “a tough sentence for someone addicted to these drugs.”

Metropolitan Correctional Facility since his arrest a year ago, Lucas told the judge, “This mistake is not who I am.” He asked her for “so much time to grow” in his thinking. He apologized to the audience.

Keith Rutman, Lucas’ attorney, criticized pharmaceutical companies for “getting people addicted to these drugs.” He recommended a 15-year term for Lucas, saying it was “a long time.”

Wearing an orange jumpsuit, Lucas told the judge, “I’m sure Trevor would do anything to bring him back, but it is not possible,” said his attorney, Keith Rutman. “He tried to do his best to make it right.”

Rutman criticized pharmaceutical companies for “getting people addicted to these drugs.” He recommended a 15-year term for Lucas, saying it was “a long time.”

Read more online at sdnews.com.
New lawsuit argues voters deserve more say on Preserve at Torrey Highlands development

Most San Diegans agree that we need to find the right balance between protecting our environment and quality of life, on the one hand, and our economic future on the other hand. But as we're seeing with Cisterra Development's new project, finding that balance can be both complicated and controversial.

In August, the San Diego City Council gave Cisterra the green light to move forward with development of a 450,000-square-foot office complex, The Preserve at Torrey Highlands, which would border the Del Mar Mesa Preserve. Environmentalists, along with residents in the surrounding communities of Carmel Valley and Rancho Penasquitos, weren't pleased. The 900-acre Del Mar Mesa Preserve is home to dozens of endangered and threatened species of plants and animals unique to San Diego, which is why the area is protected under the city’s Multiple Species Habitat Plan.

In September, a lawsuit was filed in San Diego Superior Court challenging the city’s approval of The Preserve at Torrey Highlands. The lawsuit brought by Protect Our Preserves San Diego (POPs), which advocates for the protection of open space habitats, was necessary “after the City Council caved to special interests,” said POPs President Bob Glaser. Tommy Hough, co-founder of San Diego Democrats for Environmental Action, described the project as “Orwellian” and said that, whatever the project’s benefits, they don’t outweigh the harm this project will do to a natural habitat “that we should take exceptional pride in, and exceptional care to protect.”

What remedy is POPs and its partners seeking? They insist that the issue should be decided by voters. The Torrey Highlands Sub Area IV Community Plan “was approved by a vote of the people and it must be amended by a vote of the people,” said Glaser. “The San Diego City Municipal Code clearly requires a zoning amendment of this magnitude to go before the voters.”

The Preserve at Torrey Highlands would border the environmentally protected Del Mar Mesa Preserve. PHOTO COURTESY OF TOMMY HOUGH

The POPs lawsuit, which was filed by prominent local attorney Cory Briggs, also argues that the environmental impact report, which was used by the City Council to justify its decision, was inadequate. Other opponents of the development include the Sierra Club, Friends of Rose Canyon, San Diego Democrats for Environmental Action, and the Rancho Penasquitos and Del Mar Mesa planning boards.

But there’s another side to this story. Cisterra contends that it took good-faith measures to protect the environment and made a number of accommodations, including agreeing to reduce the size of the complex and the height of a controversial parking garage. In addition, Cisterra has made a $485,000 commitment to fund restoration and enhancement activities within the Del Mar Mesa Preserve.

“We are confident,” said David Dick of Cisterra Development, “that The Preserve at Torrey Highlands will continue forward to deliver critically-needed office space to support San Diego’s innovation economy, while also protecting and enhancing the adjacent Del Mar Mesa Preserve.”

Among Cisterra’s supporters are the San Diego Regional Economic Development Corporation, the San Diego Regional Chamber of Commerce, and local leaders from the life sciences and technology industry.

Now that the lawsuit has been filed, what’s next?

“We are waiting for all the answers,” said POPs Bob Glaser. “The administrative record is being prepared and we will move forward as soon as possible.”

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LJPB discusses commercial use for Scripps Park

Familiar themes — commercial use of Scripps Park, cleaning Children’s Pool and the La Jolla Cove Pavilion project — were revisited by La Jolla Parks and Beaches, Inc. (LJPB) in October.

La Jolla Shores Association board member Mary Ellen Morgan, who is on a subcommittee on Scripps Park use, cautioned community park planners that rules governing special events in public city parks are currently being updated.

“We feel there’s a need to set down some guidelines for special-use permits in Scripps Park,” Morgan said. “I was told the city is going to be working on those guidelines in its three-year city master plan update.”

Morgan reiterated her subcommittee’s conclusion that “a moratorium ought to be put on any new events in Scripps Park until the plan group can review the city’s (new) guidelines.”

Aske Morgan, “If we start approving new events in the park, what if the city’s new guidelines contradict those new events? We might be opening the city up to liability.”

‘Are there any guidelines currently in Scripps Park?,’ asked board member Patrick Ahern.

‘We’re still putting the guidelines together,’ answered Steve Hadley, new District 1 City Council rep for La Jolla. Morgan noted that some special events, like the Concours D’Elegance held in Scripps Park in spring, are becoming unwieldy to manage.

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Are coyote populations on the rise? Local residents report recent sightings and attacks on pets

By Dan Sumon | LA JOLLA VILLAGE NEWS

Have your pets gone missing? Do you live near a canyon or wooded area? If you answered yes, coyotes may well be the cause of those disappearances.

Responding to a recent rash of reports of coyote sightings in coastal areas on the social networking service Nextdoor, San Diego Community Newspaper Group reached out to local residents and wildlife experts to discuss problems presented by urban coyotes.

Recently on Vickie Drive in north Pacific Beach near Kate Sessions Park, two friends and their five dogs reported on Nextdoor being “staked and chased by a bold coyote who was not at all scared.”

That post touched off an extended string of comments and opinions about urban coyotes and what could—or should—be done about them.

Sandy Cole of Crown Point North knows first-hand the threat posed by urban coyotes: she’s lost a dog and four cats to them over the past couple of years. They’ve even tried, thus far unsuccessfully, to get her chickens.

“They just picked them off, one at a time,” Cole said. “They are everywhere and they’re hungry and thirsty, and they just had babies so they’re hunting. They’ll come any time of day or night. They are not afraid of anyone.”

John Doe (requested anonymity) of Bird Rock has lived in the same home for 20 years. “Until this year, there was never an issue or problem with coyotes,” he said. “But this year, more and more people — four or five on my street — seem to be missing their cats. One cat that had been severely wounded by a coyote was rescued, but did not survive.”

The coyote (Canis latrans) is a mammal that can be taken (killed) at any time of year. Coyotes are more likely to be present in heavily vegetated areas that provide food, shelter, cover and space in which to hide. Coyotes are territorial, so it is unlikely that they will be successful in managing wildlife. For responding to coyotes, it depends on the location and type of problem. Coyotes typically only respond when a human has been bitten or injured by a coyote.

Q. Can a government agency be contacted to trap and remove coyotes to a more favorable location?

A. “It is illegal to trap and relocate coyotes. Coyotes are territorial, so it is unlikely that they will be successful after relocation. Residents can hire a trapper to trap and humanely euthanize coyotes. No depredation permit is required from CDFW. ... State law designates coyotes as a non-game mammal that can be taken killed at any time of the year and in any number. Essentially, they have no protections except within city limits where no hunting is allowed.”

Q. Do coyotes pose a threat to humans at all? Would they attack a small, unattended child?

A. “Coyotes pose very little threat to humans. There are only a handful of bites on humans (there are many, many more bites from pet dogs each year). That being said, it’s always prudent to make sure small children are supervised in areas where wild animals are known to be present.”

Read more online at sdnews.com.
One Medical opens at Westfield UTC and other business briefs

When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how high your home is priced, the sale of your house is either going to turn out to be an amazing opportunity or you are going to end up losing a ton of money. When I say that this decision is huge, I am not exaggerating. Your asking price is often the first thing that potential buyers are going to look at, and if your asking price is too high, you’re going to lose out on potential buyers and sell your house at a lower price than you could have gotten. This is why it’s really important to set the right price for your home.

Before you can sell your home, you need to get your asking price right. Setting the right asking price will make the difference between whether or not you sell your home and how quickly it sells. To get the right price for your home, you need to have a good understanding of what your home is worth and what the local real estate market is doing. You also need to have a good understanding of your target market and what they are looking for in a home.

To get the right price for your home, you need to have a good understanding of what your home is worth. This means that you need to have a good understanding of what similar homes are selling for in your area. You can find this information by looking at recent sales in your area, or you can ask a real estate agent to give you a valuation of your home.

You also need to have a good understanding of what the local real estate market is doing. This means that you need to look at the current supply and demand for homes in your area. You can find this information by looking at the local real estate market report, or you can ask a real estate agent to give you an update on the local real estate market.

To get the right price for your home, you need to have a good understanding of what your target market is looking for. This means that you need to know what types of homes they are looking for, and what features they are looking for in a home. You can find this information by talking to potential buyers, or you can ask a real estate agent to give you an update on what types of homes they are looking for.

Once you have a good understanding of what your home is worth, what the local real estate market is doing, and what your target market is looking for, you can start to think about what your asking price should be. You want to make sure that your asking price is competitive, but you also want to make sure that it is high enough to get the best deal for you. To get the right price for your home, you need to set a price that is going to attract potential buyers and give you the best chance of selling your home.

To set the right price for your home, you need to have a good understanding of what your home is worth, what the local real estate market is doing, and what your target market is looking for. You also need to have a good understanding of what the competition is doing, and what your target market is looking for in a home. To get the right price for your home, you need to set a price that is going to attract potential buyers and give you the best chance of selling your home. You can find this information by looking at recent sales in your area, or you can ask a real estate agent to give you a valuation of your home.
Update your home décor quickly dramatically with window treatments

Most homeowners are looking for ways to upgrade their home décor quickly and dramatically. One of the most overlooked pieces of home décor are the window treatments, which can alter your interior design more than you may realize. Take a look at these tips to see how you can update your home without compromising your style.

A Stylish Upgrade
Drapery is an easy way for any homeowner to layer onto existing window treatments bringing new life to an old look. It can also stand on its own and adds visual warmth and texture to any room. Drapery brings a variety of visual aspects to the space.

Energy Efficiency
Homeowners are always on the lookout for ways to save money, and the monthly gas/electric bill can be a sore spot. Start saving with window treatments that keep your home well insulated.

Drapery is great at controlling the amount of light that enters a room. During the summer, light entering a home will heat the interior and cause the energy costs to rise. Closing drapes during the day can reduce those costs because drapery acts as an additional layer of insulation. Drapery also acts as a barrier from the outside temperature during the cold winter months. No matter the season, drapery is the perfect way to help keep you comfortable inside, regardless of what the weather is doing outside.

Privacy
Sometimes, privacy can be an afterthought until you look out your window and see someone else looking back at you. Having control of who is seeing into your home is something that you need to account for. Before you say your windows are private enough, think about them at night. Once the sun goes down, and it starts to get dark, any light on in your home makes it easier to see in. With light filtering options you can determine the level of light entering or leaving your windows, allowing you to be able to see out without unwanted eyes peering in. Because of the variety of fabrics available, drapery is a stylish way to keep your home to your eyes only.

3 Day Blinds has hundreds of drapery options to choose from. 3 Day Blinds also offers a wide variety of blinds, shades and shutters and all of the window treatments are 100% custom so you get the look and feel you want. If you or someone you know is looking for the home upgrades new window treatments can give you, call (888)875-5969 or visit www.3dayoffer262.com to schedule your free in-home design consultation.
The difficulties of accepting new information and examining old beliefs

By Natasha Josefowitz, Ph.D.

Every new idea that we come across may have some of the following reactions:

- It’s ridiculous.
- Wow. I love it.
- Interesting. Let’s examine it.

So it is with climate change, vaccinations, or the way we feel about people different from ourselves. What is surprising is that facts have very little to do with changing people’s minds. Beliefs that have an emotional charge cannot be easily dissolved. We like to hold on to something that has been part of our belief system for a long time.

Change means we must negate what worked for us for many years, to accept that we had been wrong all those years. We tend to accept our tribe’s belief as fact. We attach labels to generations, races, and cultures.

By confronting our stereotypes of Africa, and the U.S. We started out all lived on the premises, which allowed us to then cry; I did. I realized that I, too, had unconscious biases that could be faced and dealt with. There may be more than one truth; telling a story from an opposite point of view can help to depolarize our thoughts.

Holding on to long-held, false beliefs is reassuring. It takes courage to open ourselves up enough to understand an alternative point of view. A lot of people don’t have the incentive to do so. There needs to be a concerted effort to address feelings because false beliefs are not rational, they cannot be reached by discussion and facts alone.

Asking people to identify what they fear the most when contradicting their beliefs is a step in the right direction. Sometimes it is not a matter of belief, but of convenience or monetary gain. To wit: continuing to use fossil fuels even though it impacts our planet negatively.

I invite my readers to come up with better ideas on how to help reluctant people accept what we seem to be obvious facts reinforced by scientific study. But then, of course, I believe in science and you won’t be able to change my mind, unless….

Natasha Josefowitz is the author of more than 20 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2019. Natasha Josefowitz. All rights reserved.

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Read more online at uhnews.com.
On Tuesday, Oct. 15, La Jolla resi-
dents John and Martha King were celebrated for their recent enshrine-
ment into the National Aviation Hall of Fame. At this ceremony, the cou-
ples were recognized for their strides in aviation education through the
impact they have made as co-founders, co-chairmen, and co-owners of King Schools, Inc.

The Kings co-founded the avia-
tion school King Schools in 1975 after having difficulties in another business. When they started their school, both John and Martha each had been certified pilots for around 15 years. They wanted to dedicate their time to benefiting the aviation community and making aviation ed-
ucation accessible.

“We enjoyed the knowledge part of flying so much,” said Martha King. “We wanted to share a love of flying, and we thought that this would be a fun and purposeful way to spend our time.”

For the first 10 years of the coup-
ble’s business, they traveled through-
out the country teaching week-
end-long “Ground School” training courses to help pilots pass their FAA (Federal Aviation Administration) knowledge tests in order to become licensed pilots.

Once video started to become pop-
ular, the Kings started selling their courses on VHS tapes so that pilots could complete Ground School in their own homes. Today, the Kings’ training courses are available online.

“When the magic of technology, we wound up teaching about half of the pilots in the country who have learned to fly,” said John King. “Through the years, ‘John and Mar-
tha’ became important in the lives of lots of pilots.”

King Schools has grown immense-
ly since its start in the mid-’70s. The company is headquartered in Kearny Mesa and employs 50 people who work in everything from videogra-
phy to course production to software.

In addition to their flexibility with changing technology, the Kings at-
tribute their success to soliciting and listening to the feedback of their cus-
tomers. This feedback has allowed the Kings to master their craft as ed-
ucators and improve the lives of so

many of the nation’s pilots.

“When you learn to fly, it con-
sumes a lot of your energy,” said John King. “If you’re in command of an airplane that can go at high speeds in three dimensions, it changes who you are and how you feel about yourself forever. In our process, we are giving people better lives.”

Although the Kings are proud of the strides that they have made in aviation education, they are touched that the National Aviation Hall of Fame has recognized them together.

“We’ve done everything as equal partners,” said John. “We’re both good teachers, we’re both good students, we’re both good on video.”

“We’re both light directors,” said Martha finishing her hus-
band’s thought. “This is just a fantastic recognition of our part-
nership and what we’ve been able to do for people together as a couple.”

To learn more about John and Martha’s King Schools, visit king-
schools.com.

UC resident aims for youth to be heard in government

By Dave Schram | La Jolla Village News

Times are changing, and youth
want to take part. Which is what Youth
Will is all about, said Thomas Konrad
of University City, who is in the van-
guard of the new civic-minded group.

A regional organization uniting young people to drive the changes they seek, Youth Will’s objective is to ensure youth are adequately rep-
presented in all future governmental decision-making.

“It’s crucial for us as a youth community to organize because it’s the critical step to ensuring that we are not a forgotten, an in-
visible community to policymakers,” says Youth Will’s mission statement.

Konrad, who handles policy and organizing for nonprofit Youth Will, said the immediate goal is “to engage youth around the city in do-
ing transformative systems change, from helping plan where money is allocated publicly, to determining how our neighborhoods and our transportation systems are con-
structed.”

Added Konrad, “Historically, youth have not been a part of that conversation, have not been able to have their voices heard. What we are [Youth Will] about is mobilizing to really change that, make it so that, as San Diego grows and big changes happen, youth are engaged and not marginalized.”

How will that be accomplished:

“It’s not simple,” admitted Kon-
rad. “It really will be through expe-
rience in creating a collective voice, and in mobilizing in numbers show-
ing youth want to be given space to really be part of the conversation about the priorities of San Diego.”

By taking those steps, we can get a seat at the table.

Youth Will has developed a col-
lected shared vision for a better future embodied in a “Youth Bill of Rights,” SB 18, Bill of Rights for the Children of California. The bill would declare the intent, by Jan. 1, 2022, to enact legislation ensuring that SB 18 is applied equitably and appropriately to all children and youth across the state.

Konrad said Youth Will’s game plan is to divide the city up into five districts comprising “a whole ecosystem,” then mobilize youth in those districts.

He said the group is presently working on developing a holistic youth “mas-
ter plan” that actually “puts youth’s voice at the center in speaking to the heart of all policies that affect them.”

Concluded Konrad, “There’s a lot of moving parts to this. What we’d like to have is a road map for youth to use to enact change.”

For more information, visit youth-
will.org.
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60 years a church: All Hallows celebrates its diamond jubilee

By Karen ScaNloN

Restaurant owner Johnny Perni-cano welcomed fellow parishioners to his Italian eatery for Mass and plans on a Sunday in May this year—much the same as he did 60 years ago at the founding of the new All Hallows Catholic Church.

Neighboring Catholic parishes were bursting at the seams, and the bishop of San Diego Diocese, the Most Reverend Charles F. Buddy, established a third congregation for La Jolla in March 1959.

Churchgoers met at Pernican’s Family Restaurant, La Jolla Women’s Club, and even assembled among carved images in La Jolla’s Town House Hotel while a church edifice was being raised on Mount Soledad.

“Contracts were let, and as often happens, the lowest bid is awarded the building contract. And so it was at All Hallows,” laughs retired building contractor Leonard Teyssier. “We always figured that to win a job, build it quicker so there’s not so much overhead. We built the church and rectory in just eight months for about $160,000.”

Teyssier is also responsible for a number of other notable structures around town, among them the Ocean Beach Fishing Pier, the Roman del Rey in Point Loma, and, curiously, the city’s first outdoor elevator at the landmark hotel, El Cortez.

The Catholic Parish of All Hallows began its diamond jubilee celebration on Nov. 1 last year with a Founders’ Reception, and peaks this Nov. 1 with the time-honored Bal de la Toussaint (meaning All the Saints). Tickets for the dinner dance at La Jolla Country Club are available online at AllHallows.com. The congregation invites everyone who has enjoyed association with All Hallows to join the commemoration.

Parishioner Mary Jane Fee remembers, “It was a big church and we all wondered how to pay for it. Bishop Buddy gave our pastor permission to sign up people who were already attending Mary, Star of the Sea.”

Fundraising efforts were aggressive by the Charter Parish Council, Men’s Club, Woman’s Guild, and generosity of individual donors, interestingly, two additional acres of usable land for the parish were created by donations of fill dirt.

Acquisition of the breathtaking 6-acre site on Mount Soledad began with a generous donation by Carlos Traversas. According to church history, “At the time, few realized that the location provided a link to the Catholic Church’s past in San Diego. Named after Nuestra Senora de la Soledad, Our Lady of Solitude, Mount Soledad was home to many Indians as noted in Mission records of baptisms, marriages, and deaths.”

The founding pastor officiated a 30-minute groundbreaking and blessing ceremony on April 17, 1960. A long-awaited first Mass in the new church was celebrated on Easter Sunday, April 2, 1961.

In November 1961 at the Feast of All Saints, Bishop Buddy formally dedicated the lovely new church. He said the tradition of celebrating the dead goes back to pre-Columbian cultures in what is now Mexico. As European influences came into play, the traditions became mixed with Christian traditions and it evolved into the celebration we have today.

WHAT TO SEE AND DO

While at the event, the state park will offer a festival of activities and attractions for the entire family that will be a tribute to those who have passed away. From a professional artist painting a large Day of the Dead skull in the middle of the park to a public altar where visitors can place remembrances, there’s something for everyone. Additionally, there will be a vibrant Dia de Los Muertos parade that will proceed around the state park plaza on Sat-urday at 5 p.m. featuring many local groups and performers.

Simms added the Fiesta de Reyes courtyard at the north end of the state park will be full of fanciful, humorous, and visually stimulating décor offered as tributes to many of San Diego’s early citizens. Many life-sized Catrina skeleton dolls in fancy dress hold court at Fiesta de Reyes throughout the fall season.

Besides Halloween and fall football, another October event gaining in popularity is Dia de los Muertos or Day of the Dead.

Over the years, the holiday traditionally celebrated in Mexico and San Diego has grown to attract people from all walks of life. This year, the Fiesta de Reyes Dia de los Muertos Celebration will be held once again in Old Town San Diego State Historic Park in the Fiesta de Reyes plaza Nov. 1-3.

“Dia de los Muertos is a community-wide celebration of the history, Hispanic culture and rich heritage of the region. It is at this time of year that the spirits of loved ones who have died are thought to return to Earth to celebrate with friends and family,” said Fiesta de Reyes Dia de los Muertos Celebration Spokesperson Mike Simms.

The Fiesta de Reyes Dia de los Muertos Celebration will be held in Old Town San Diego State Historic Park.

“Day of the Dead, or Dia de los Muertos, has been celebrated in Old Town for more than 10 years and has become an event that people who used to come with their parents are now bringing their children to.

“The event in the state park is more than a street fair as so many other Dia de los Muertos celebrations in the area have become. We embrace and celebrate the meaning of the holiday and people—especially families—are attracted to that. People of all ages and ethnicities attend. The state park event sees many families attending together with multiple generations of progeny.”

Celebrating Day of the Dead in Old Town San Diego State Historic Park

By Jil Damion

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Dame Zandra Rhodes held a lecture and book signing on Oct. 14, at Warwick’s Bookstore in La Jolla. Dennis Nothdruft is the head of exhibition at the Fashion and Textile Museum in London, and he was on-hand to ask Rhodes questions about her 50-year career in fashion. They were greeted with a packed audience. Rhodes spoke about her career in the early days when punk came along and she designed garments with holes and chains. In the beginning of her career, she said she would start off with spectacular fashion shows creating performance art — some of the runway had ballet dancers, Egyptian dancers walking sideways, and models tossing rose petals. At that time, they always did a celebration poster with her makeup and then adds the jewelry until the look is visually pleasing to her. After the lecture and Q&A, the audience formed a huge line for the book signing.

Both Rhodes and Nothdruft are editors of this new publication, “50 Fabulous Years in Fashion.” The book has a foreword by British journalist and fashion critic Stylenews.

The fashion icon and interior designer Iris Apfel wrote the preface to the book. You may remember that Apfel was the subject of an exhibit at The Costume Institute in The Metropolitan Museum of Art in 2006. Contributions in the book looked like a who’s who in fashion and included industry icon Mary Lou Luther, American fashion designer Anna Sui, film producer Joan Aga- sanian Quinn, and Indian designer Ra- jive Sethi. London-based journalist, author, and opera specialist Helena Matheopoulos, textile historian and author Mary Schoeser, and creative director of Valentino, Pierpaolo Piccioli, also made additional contributions.

Rhodes discussed some of the people she worked with during her five-decade career, which began with the big break meeting Diana Vree- land when she came to the U.S. Additional personalities she talked about meeting were Diana Ross, Princess Diana, and Freddie Mercury from Queen. The audience had an opportunity to ask questions and one was, “Do you wear anyone else’s clothes?” Rhodes said not if she is trying to sell her dresses. Another audience member asked, “How do you always look so delicious?” Rhodes said that she uses herself as a pallet and begins with her makeup and then adds the jewelry until the look is visually pleasing to her. After the lecture and Q&A, the audience formed a huge line for the book signing.

The exhibition highlights five decades of this British design legend and will run through Jan. 26, 2020.

Warwick’s is the oldest continuously family-owned business and operated independent bookstore in the U.S. It’s now in its fourth generation. Some of the biggest authors and celebrities, such as Ozzy Osbourne, Hilary Clinton and Dame Zandra Rhodes, have come here for people to meet and greet. For a list of upcoming events and author signings, check out warwicks.com.

**UPCOMING EVENTS**

**Thursday, Nov. 7 — Zandra Rhodes Fashion Show** at 11:30 a.m. at the Westgate Hotel, 1055 Sec- ond Ave. There will be a Champagne reception, a three-course luncheon and a fashion show of the Golden Hour collection to celebrate her 50 years in the fashion industry. For more information, visit westgatehotel.com.

**Wednesday, Dec. 11 — ’50 Fab- ulous Years’ luncheon** celebrates Zandra’s 50 years in fashion at the L’Auberge Del Mar. There will be an auction for some of Zandra’s historic pieces. For details, email Dakota@zandrarhodes.com.

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

The Athenaeum’s Acoustic Evenings series continues on Nov. 8 with performances from guitarist Tim Flannery, event host Jeffer- son Jay and his band, as well as the folk duo Trails & Rails. All are well worth hearing, but Flannery is in a league of his own. Perhaps best known for his legendary stint with the San Diego Padres and later as a World Series-winning coach with the San Francisco Giants, Flannery is well on his way to being a leg- end in a second field: music. A gifted songwriter and excellent storyteller, Flannery is currently touring behind his 14th album, “The Light,” full of music that will appeal to fans of The Eagles or Tom Petty’s acous- tic material. Songs such as “Ashes to Ashes” showcase a real dedication to songcraft, but it’s the warmth in his voice that will win you over.

Tim Flannery: 7:30 p.m., Friday, Nov. 8, at The Athenaeum Music & Arts Library, 1008 Wall St. All ages. $12 for members and $17 for non-members. For more information, visit ljathenaeum.org.
La Jolla High School field hockey: the continual climb of a program

Inexorable. It was going to happen. It is happening.
As certain as the determination of Coach Amanda Warford and her La Jolla High field hockey players, the continual ascent of the program can be measured in tangible results:
A Division 1 title game appearance in 2017, which resulted in a narrow 1-0 loss to Mission Vista for the ring.
A 12-1-2 record to begin the 2019 campaign.
The championship of the Valley Center Tournament — the first tourney title in the history of the school.

Offensive key.

Seattle Seahawks wide receiver Doug Baldwin is one of the supreme pass catchers in the NFL. But one of the other catchers who has shined for Coach Amanda Warford says.

Luke Brunette has been effective on the quarter back as a place-kicker for the Vikings says. The key point about snagging the football with hands extended out from the body is “then the ball can’t bounce off your body” and go for a nine yard, the 6-foot-2-inch receiver/kicker for the Vikings says.

Bale is one of a corps of pass catchers who have shined for Coach Tyler Rouch’s offense through the first half of the 2019 campaign. While Bale adds the bonus of being a punter, place-kicker as well as field goal threat for La Jolla, fellow junior Diego Solis also is in the mix at quarterback and catches a few passes himself.

The point about catching the ball with your hands, not your body. “I remember I played catch in the alley with my dad,” the brown-haired, unassuming young man says. “He was a really good receiver at Arapahoe College [in Littleton, Colorado, just south of Denver].”

“Definitely,” said Viking Athletic Director Paula Conway, who headed the program for many years and hired Warford three years ago. “We’ve always only played in the Sierra tournament when I was coaching, and we never won that.”

What’s remarkable, in the steady determination and the methodical, though personal preparation is that this year’s squad, which has vaulted out of the gate so quickly, is made up of almost identical players from last year. The 2018 edition ended 9-1-3, less than they had hoped.

“Kicking is a lot harder in the game, because of the pressure.”

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On his impact as a place-kicker, Bale observes, “Kicking is a lot harder in the game, because of the pressure. You’re thinking about the pressure. Also, you’re facing the pressure of the defense.”

Inexorable. It was going to happen. It is happening.

Problem solver.

Jolla High School Vikings.

La Jolla’s Devin Bale on receiving corps sparkle for Vikings

Devin Bale, junior receiver for La Jolla High School, says his father Mark taught him to “catch the ball with your hands, not your body.”

“I remember I played catch in the alley with my dad,” the brown-haired, unassuming young man says. “He was a really good receiver at Arapahoe College [in Littleton, Colorado, just south of Denver].”

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Bale is one of a corps of pass catchers who have shined for Coach Tyler Rouch’s offense through the first half of the 2019 campaign. While Bale adds the bonus of being a punter, place-kicker as well as field goal threat for La Jolla, fellow junior Luke Brunette has been effective on both sides of the ball. Cooper McNally has returned for his senior year to add his pass-catching skills, while sophomore Makai Smith is a newcomer and future star for the Vikings, moving here from Arizona.

Most of the time, they’re taking passes from sophomore quarterback Jackson Stratton, but returner Diego Solis also is in the mix at quarterback and catches a few passes himself.

About half the varsity roster also plays for Warford on her club team, Coastal Clash. In pursuit of the Ser das and Scripps Ranches of the San Diego CIF Section, this is a crucial element in developing players beyond the school-only, ninth-through-12th-grade experience, which leaves a team short of being able to battle the elite teams on equal terms.

Various Vikings in interviews also identified the development of forward Haley Mossmer, who has become an offensive force; Claire Telford’s emergence as goalkeeper; the rapid development of sophomore Sabine Knott on defense; plus a bonding off the field that has exceeded a “disjointed” feeling of last year.

The championship of the Valley Center Tournament — the first tourney title in the history of the school.

A Division 1 title game appearance in 2017, which resulted in a narrow 1-0 loss to Mission Vista for the ring.
A 12-1-2 record to begin the 2019 campaign.
The championship of the Valley Center Tournament — the first tourney title in the history of the school.

Devin Bale, junior receiver for the La Jolla High School Vikings.

Telford, who moved up from the junior varsity this year, posted three shut-out victories on the final day of the Valley Center Tournament: 1-0 over host Valley Center, 1-0 in the semifinals over Cathedral, and the 3-0 win in the championship game over the same Mission Vista team that had beaten them two years ago for the CIF title.

“We’ve been doing a lot of hitting and trapping in practice,” said Warford. “Also, double-teaming.”

The team historically has always played well on defense. What takes time to develop are the offensive stick skills strong enough to move the ball through aggressive defenders to drive the ball to the goal.

Read more online at sdnews.com.
From my garden: November is prime time for California poppies

The heavy rains we had this past winter brought a spring “super bloom” of wildflowers to the fields and hillside of California and most notable were the masses of golden orange California poppies that literally popped up everywhere.

Declared the state flower of California in 1903, the California poppy (Eschscholtzia californica) is easy to grow and requires very little care. These colorful, long-lasting flowers come in shades of red, orange and yellow and their foliage has a fern-like appearance. They prefer the cooler temperatures of spring and early summer and will stay in bloom along the coast until the weather heats up in July. A good time to plant California poppy seeds is around the end of November and into December.

California poppies will grow in most soils as long as it has good drainage and is not clay based or too fertile. Plant the seeds in full sun with about a 1/4 inch of soil covering them and lightly pack it down. Keep the soil moist as the seeds germinate, which will happen in about 10 to 15 days after planting.

In the wild, the seeds begin to germinate as the fall rains begin. While they need a good supply of water at the early stages of their growth, once they establish they are considered to be drought-tolerant plants. It will take about 75 days for the seeds to flower after they have been planted.

Deadhead the faded flowers, but leave a few so that they will reseed your beds for flowers the following season. As the brightly colored flower petals fade and fall, an elongated seed pod will grow from the flower stem. Eventually, the pod will open and release its seeds.

A few years ago, I planted a mixture of California wildflower seeds that included California poppies and the poppies come back year after year — much to the delight of the bees and butterflies that love to visit them. This area of my garden is not fertilized like the other areas since wildflowers, such as the California poppy, prefer little to no fertilizer, unlike most garden flowers. If fertilized, the poppy plants will produce an abundance of leaves and few flowers.

California poppies only have a few pests and turning a bunch of ladybugs loose in your garden will keep many unwanted bugs in check. Plan to release your bag of ladybugs just before dusk and water your garden before you set them free. The late hour and the water clinging to your plants and the soil will keep them hanging around even after the sun comes up.

Another way to keep them in your garden is to make a shallow “pool” from a terracotta pot saucer. Set the saucer into the garden soil, level with the dirt and fill it with small pebbles and water. Ladybugs usually flee the garden looking for a water source and this shallow watering station should keep the little creatures around to do their job. You might even see butterflies enjoying the water!

Ladybugs are attracted to plants that produce small flowers, like alyssum and most herbs, such as mint.

California poppies look great when planted with contrasting colored flowers, such as purple verbena, which also attract butterflies, bees and beneficial insects to the garden.
San Diego named most beautiful city... again!

By Victoria Davis

From the best surf town to the best city for coffee fanatics, San Diego has been listed as a favorite more than a dozen times by publications such as Surfer Magazine, Culture Trip, Best Cities, and SmartAsset. In October, San Diego was once again featured in the spotlight during the Flight Network’s World’s 50 Most Beautiful Cities campaign, ranking at No. 22, ahead of Madrid, Athens, and Jerusalem. "Something we also hear a lot from visitors is how clean our city is," said Eley, who has lived in San Diego since 2004. "For the size of a major U.S. city, it can be really a really surprising thing to visitors how nice the streets and buildings are."

The World’s 50 Most Beautiful Cities is the third time San Diego has been listed as a favorite, most recently in 2017. In those same awards, San Diego was ranked at No. 20, ahead of Tel Aviv and Rome. The city has been named most beautiful city… again!

According to the Tourism Authority, visitors passing through San Diego spend roughly $11.5 billion every year. That amount of cash might make sense since the city also hosts 35.8 million visitors annually. Jam-packed with seaside taco shops (and trucks), breweries and beaches—not to mention the ample wine country hot-spots and historic towns—San Diego’s daytime and nighttime activities are virtually endless.

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Read more online at sdnews.com.
Nibbles and Sips: organic restaurant replaces Grate Grilled Cheese

By Frank Sabatini Jr.

Attention healthy eaters and those taking a break from processed foods: A new cafe specializing in wholesome takes on sinful dishes has emerged in the heart of downtown La Jolla. It’s called Lagom Balanced Food, which replaced Grate Grilled Cheese.

With a bright, homey interior awash in pink, the menu features sweet and savory dishes using “all-natural ingredients and some organic,” according to Joaquin Fernandez, who owns the restaurant with his wife, Karina. The couple also owns four restaurants with a similar concept in Guadalajara, Mexico.

Their menu at Lagom, which is a Swedish word that denotes a balanced lifestyle, features baked goods made on-site, plus breakfast dishes, bowls, Mexican fare and more. Many items are free of gluten, dairy, and sugar. 723 Pearl St., 858-203-7679, lagomfood.us.

WAYFARER RANKS

Condé Nast Traveler recently directed its focus on San Diego’s dining scene by citing “25 best restaurants” in the county, from Oceanside and down into our urban core. Establishments in La Jolla and Ocean Beach made the list – Wayfarer Bread & Pastry and Little Lion Cafe.

Wayfarer received praise for having “the best sourdough loaves and pastries in town.” Not mentioned in the article is the bakery’s recent reintroduction of pizza night, a popular draw that takes place from 5 to 9 p.m. every Wednesday. (1424 Sunset Cliffs Blvd., 619-756-6921, thelittlelioncafe.com.)

NEW SUSHI RESTAURANT

From car parts to Japanese rolls, the former auto-repair garage located on the lot of The Gym in Pacific Beach has turned into Umo Sushi. Owner Jon Russo and chef Leo Rodriguez, who last worked at Hane Sushi in Bankers Hill, have created a concise selection of nigiri and sushi rolls named playfully after the restaurant’s proximity to the gym. They include the “619 muscle,” “Mr. Clean” and “sexy strong.” Russo said the redo of the space involved “a full scrub, de-greasing and repainting” for achieving its current lounge feel. 2951 Garnet Ave., 619-772-3093.

NEW PB TAVERN OPENS

What used to be Blackthorn Irish Pub in Bay Park is now Bay Hill Tavern. The establishment has ownership ties to Second Nature in Pacific Beach and Working Class in North Park. It offers hearty grub, craft beer, and kicky cocktails. Among the top food sellers are one-pound orders of chicken wings, pastrami Reubens, Kauai chicken pizza with whiskey barbecue sauce, and an ice cream sundae with jalapeno-chocolate drizzle. 3010 Clairemont Drive. For more information, call 619-326-8828 or visit bayhilltavernsd.com.

NEWPORT PIZZA

Newport Pizza and Ale House is looking for a new location and will remain open in the mean time. General manager Megan Schuster tells us, “It’s looking very good that we’ll be moving to another nearby property on Newport Avenue. We’re just waiting to work out the details for signing a lease.”

The establishment has been around since 1984, starting originally as a pizzeria before becoming a serious beer bar as well. Its current landlord, Schuster added, “did not want to renew our lease.” Stay tuned for updates. 5050 Newport Ave., 619-224-4540, obpizza.com.

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