Scripps research on biofuels hits close to home

By JUDITH GARFIELD

Editor’s note: This is the first in a two-part series by science writer Judith Garfield detailing her recent work on the effects of biofuel emissions on the environment and on our health. The cruise around California’s Channel Islands, about 180 miles northwest of San Diego, was conducted by La Jolla’s Scripps Institution of Oceanography.

There is no gift shop, no Lido deck, no musical theater entertainment. Just my kind of cruise! I recently joined Chief Scientist Lynn Russell, PhD, an atmospheric scientist at La Jolla’s Scripps Institution of Oceanography.

A “snorkel” perched atop a trailer faces the four smokestacks of research vessel Robert Gordon Sproul, with the outlined biofuel emissions captured by the snorkel connected to a portable laboratory. The Sproul, built in 1981 and owned by UCSD, has a permanent crew of five and can hold up to 12 scientists.

Ship’s Log
Day 1: Departure

After arriving dockside, I surveyed the ship and noted I am sharing the quarters with four-person research team aboard the R/V Robert Gordon Sproul. During the five-day mission off California’s Channel Islands, we collected data on biofuel emissions. Results from data gathered on this cruise, supported by the U.S. Department of Transportation Maritime Administration, will take us closer to understanding the effects of biofuel aerosols on the environment and how they compare with what we know about fossil fuel emissions. This includes learning more about the effects of biofuels on human health.

A political football

Film, emails show LJHS officials knew details of player’s injury despite denials to media

Contribution by MARIO KORAN, Voice of San Diego

Video of La Jolla High School’s junior varsity football game against Point Loma High in October shows a 17-year-old knocking helmets with linemen, play after play.

The La Jolla player, who we’re calling Blake for privacy reasons, plays nearly every down of the game – offense, defense and special teams.

La Jolla kindergarten vaccination rates low, countywide study says

According to a recent study published by inewsource.org on vaccination rates in San Diego County kindergarten classes, only two La Jolla programs – those at La Jolla and Torrey Pines elementary schools, about five percent of their students caught up on their vaccinations.

The rates of lateness at La Jolla’s other seven kindergarten programs range from 8 percent at The Children’s School to 59 percent at San Diego French-American School. Vaccinations against diseases such as measles and mumps are recommended for children from anywhere between 12 and 15 months to 4 and 6 years of age.

The data were collected from the California Department of Public Health and California Department of Education.

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Planning group OKs home remodel, new Cove restroom facilities

La Jolla Community Planning Association in February approved conceptual plans for new restroom and shower facilities at the Cove and endorsed a scaled-back proposal for a single-family home remodel/addition in the Shores.

Several people — Ed Comartin, Dede Donovan, Janie Emerson, Jim Fitzgerald, Surry Frymann, Steve Haskins, David Little, Michael Morton and Glen Rasmussen — have tossed their hats into the ring vying for open seats in the advisory group’s annual trustee election to fill seven open positions on Thursday, March 5.

In his president’s report, Joe LaCava also noted an appeal hearing at the city Planning Commission on the controversia l Whale Watch Way mansion project, which the association denied because of its large size, which likely be postponed until April.

Tsaul Sadile, of Sadile Rubines Architects, clued the association in on preliminary design plans for the La Jolla Cove Pavilion, a long-term project to replace outdated and deteriorating restroom-shower facilities with an attractive sustainable pavilion honoring the beauty of the Cove and Scripps Park.

To date, $30,000 has been contributed by La Jolla’s Cove Swim, Kiwanis, Bridge, Rotary and Sunrise Rotary clubs for pavilion design, which, according to the pavilion’s Facebook page, the city of San Diego has agreed to fund in 2016.

“The project was given to us, and we came up with a (design) scheme and also a general development plan, and what we really want is for Scripps Park to have a nice view corridor as much as possible to the Cove,” said Sadile noting the pavilion plan is “quite linear.”

Sadile said revised Pavilion plans include a combination of sex-specific, unisex and family bathrooms with sinks, showers and storage areas on the outside of the building.

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

My extensive experience-through out major shifts in the markets-enables me to help my clients’ structure balanced portfolios to address their specific financial needs—simply by not listening or not being able to relate. As a woman Financial Advisor, I understand the importance of having specific plans for various life events.

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Two LJ RadioShack franchises among eight in county to close

Eight of the 14 RadioShack stores in San Diego County, including two franchises in La Jolla, will be closed as part of the fallout from the struggling electronics retailer's bankruptc y filing, according to a list released Feb. 9. Nearly 1,800 outlets will be shut down nationwide, while the rest of RadioShack's stores — roughly 2,200 — will be sold to wire-

less carrier Sprint and a hedge fund that was the company's biggest investor.

The La Jolla stores are at 8849 Villa La Jolla and 915 Pearl St. Others are in Carmel Mountai n Ranch, Chula Vista, La Mesa, Murphy Canyon Rancho Bernardo and Santee.

RadioShack has suffered financial losses in 11 of its past 12 quarters.

Since we can’t own every model, we live vicariously through you!

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

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

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

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Those who’ve worked with Gregg Whitney will tell you that he’s one of those people. As a real estate professional for more than two decades, he’s had the opportunity to make the process of buying and selling a home a little brighter for many La Jolla residents.

You see, Gregg understands that making important decisions about your most important investment—your home—can be a stressful situation for anyone. But he also knows that working with a professional who truly understands your needs and goals, someone you can trust to make those needs a top priority, will make the entire process simpler, smoother and much more enjoyable—and successful. And that’s the type of professional Gregg has always strived to be.

He believes that when it comes to serving his clients, there’s nothing more important than providing the information and service they need. To him, each transaction is a work of art deserving his best efforts and full attention. No detail overlooked, no “going through the motions,” but a creative and individual approach every time.

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News

Man claims role in call that shut down Country Day

A man came forward Feb. 9 to claim responsibility for a phone call that prompted the closure of a La Jolla school last week and spurred a law enforcement investigation.

William Cooper told San Diego’s Ch. 10 he was the one who made the call, but he said he never made an actual threat and seems to think it was a misunderstanding.

He said he called because he just wanted to know how his 5-year-old daughter was doing. He lives in England and cannot talk to her or see her. He said he had a court order to get the information, so he was frustrated when school staff would not tell him.

“I said, ‘What do you want me to say. I have a friend who’s going to go down there to put a bomb in the school to get your attention?’” Cooper said in a phone interview.

An FBI official said there were specifics in the threat, but Cooper said that is not true. “The FBI agent … I’d like him to come to England and face me and question me over that,” Cooper said. “That is ludicrous. That’s stupid.”

The La Jolla Country Day School was closed on Feb. 4 after the FBI said the school received a telephone message the day before from “a known individual” who threatened to place a bomb on the campus.

In a letter to parents immediately following the threat, Interim Head of School Judy Fox had said the person was not affiliated with the school. FBI officials had said the person was not a student or a school staff member.

The threat prompted authorities to search the campus, but nothing suspicious was found. Extra security was at the school when classes resumed on Feb. 5.

Reporters at Ch. 10 tracked down Cooper’s ex, Cara, the girl’s mom. She said she does not think he would bomb a school but thinks he is unpredictable.

“I would just ask him why. Why do this to your own child,” Cara said.

“I am devastated that it has come to this, and I am of course deeply saddened that it affected this many people,” she said.

The little girl will not be returning to La Jolla Country Day.

La Jolla Country Day School is a private college-preparatory school with about 1,200 students. It has students as young as 3 and serves pupils through the 12th grade.

---KimTV

Business dispute cited in shooting of Ch. 8 sports director Kyle Kraska; condition critical but stable

Officials say a business dispute may have led to the shooting of Ch. 8 sports anchor and director Kyle Kraska, who was shot outside his Scripps Ranch home on Feb. 10.

San Diego police spokesman Scott Wahl said the dispute involved work that painter Mike Montana had done to Kraska’s home, but he did not offer specifics. Montana was arrested in the attack after a standoff with police at a residence in El Cajon.

KFMB-TV, Ch. 8, had said Kraska, 48, was shot in the leg and the left side of his stomach. It later reported that Kraska had undergone surgery and his prospects were good. Radio reports the morning of Feb. 12 said Kraska had been shot as many as 10 times and that he was hospitalized in critical but stable condition.

The CBS affiliate had reported that shots were initially fired into the rear window of Kraska’s Mercedes.

His car then appeared to pull out of his driveway and the confrontation spilled into the street in front of Kraska’s home before another round of gunshots were heard.

The car could be seen parked on the edge of a driveway in a cul-de-sac with its back window shot out.

Policy said Montana drove away from the scene in a white minivan with the logo “Superior Painting” on its side. Rob Pedley, who owns Superior Painting in San Diego, said the van did not belong to his company and he didn’t know Montana.

Kraska appears on KFMB’s evening newscasts and hosts the San Diego Chargers postgame show. He has worked at the station since 1999 and has been its sports anchor since 2003.

He previously worked for TV stations in New York, Florida, Texas and Los Angeles.

---KGTV

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Compliments of
By DAVE SCHWAB

In February, the La Jolla Village Merchants Association board discussed creating uniform parking time limits throughout the Village and received a pitch from the San Diego Padres about the ball club wanting to become more community involved.

“We should review changing all parking in the Village to one set time,” said association executive director Sheila Fortune, who noted existing time limits are a hodgepodge.

“It needs to be uniform,” she said. “If the magic number is 90 minutes, then we should make that a blanket limit across the Village.”

“It’s a big mess,” agreed group president/CEO Mike Dee, who noted a “one-size-fits-all” time limit in the Village would “help traffic.”

Board member Nancy Warwick pointed out it’s important to support Village merchants as to what they think the most appropriate time limit should be.

“Ninety minutes is a compromise that would make sure there’s good (customer) turnover,” Warwick added.

The group agreed that it will recommend to the La Jolla Traffic and Transportation Board, an association subcommittee that follows land-use recommendations to the city that it review establishing a uniform parking limit Villagewide.

Padres president/CEO Mike Dee dropped in to discuss this year’s baseball team, which begins spring training soon.

“This is a baseball-rich community, and we want to become more ingrained with your organizations and your businesses,” said Dee, who strongly invited La Jollans to have “a more active role at Petco Park.”

Acknowledging the Padres want to promote their brand in La Jolla, Dee noted the relationship will be a “two-way street” moving forward.

Dee added major improvements upgrading the team’s scoreboard and roster are exciting new developments indicating the club’s commitment to quickly building a competitive team.

“We’re also bringing the baseball All-Star Game here to Petco in July 2016,” Dee said.

Fortune noted that the game of Sunday, June 14, against the Dodgers has been chosen as the date for the second annual La Jolla Day at the Padres.

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**Ex-nurses face jail in elder abuse case**

Two former registered nurses, caught on camera having sex in front of their patient, a 98-year-old-grandmother in her La Jolla home, pleaded guilty Monday to committing felony elder abuse.

They face up to one year in jail when they are sentenced March 30 before San Diego Superior Court Judge Timothy Walsh. Both remain free on $200,000 bond.

The licenses of both men, Russell Olvera Torralba, 42, of Bonita, and Alfredo Villagarcia Ruiz, 43, of San Diego, were revoked in July of 2011 by the state. The men are no longer caring for patients.

Court records show the District Attorney’s office will not seek more than one year in jail for both men. The maximum sentence is four years in state prison.

The family of the grandmother had hidden security cameras installed in 2011, following which they discovered the nurses were engaging in sexual acts in front of the grandmother.

The videos somehow got leaked onto the Internet.

Both men had a 3½-day preliminary hearing last August and were ordered to stand trial on multiple elder abuse counts, some including neglect of patients in a facility Torralba ran in Mira Mesa. The judge tossed out allegations these men had molested the grandmother.

The grandmother could not speak following a stroke, and she could only move her left arm in what her daughter testified was distress.

In his guilty plea, Torralba signed a statement saying he “inflicted unjustifiable mental suffering upon an elder.”

He also pleaded guilty to elder abuse as a misdemeanor involving care of another patient in 2010 in his Mira Mesa facility which he no longer owns.

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**Disabled vet pleads guilty in vehicular death**

A disabled Air Force veteran pleaded guilty Monday, Feb. 2, to gross vehicular manslaughter while under the influence of prescription drugs in the death of a Pacific Beach man in a crash on La Jolla Village Drive.

The motorist, Soranon Booppanon, 40, admitted to responsibility in the Oct. 23, 2013 crash that killed George Matteson, 77, and seriously injured his mother.

Alcohol was determined not to be a factor in the crash.

“Did kill George Matteson while driving...” she wrote with her attorney’s help, “and the death was the proximate result of an unlawful act with gross negligence, and I personally inflicted great bodily injury upon Betty Matteson.”

“Booppanon’s attorney, G. Cole Casey, said Booppanon served in the Air Force and was posted to Mira Mesa. The judge tossed out allegations these men had molested the grandmother.

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**'Revenge porn' site operator found guilty, faces 20 years**

Following 14 hours of deliberations over three days, a jury convicted a Pacific Beach man Feb. 2 of sex extortion charges and 21 identity thefts in connection with his operation of a “revenge porn” website, which displayed photos of nude women and required fees ranging from $299 to $150 for their deletion.

The eight-woman, four-man jury deadlocked on a conspiracy charge and another identity theft count against Kevin Bollaert, 28, but he faces 20 years in prison at his April 3 sentencing for the 27 guilty verdicts he received.

Testimony began Jan. 16. San Diego Superior Court Judge David Gill initially said he had leaned toward letting Bollaert remain free on $50,000 bond until Deputy Attorney General Tawnya Austin asked that he be remanded to jail because of “potential harm to the community, (as) he is a master to using the Internet.”

“His specialty is harm on the Internet,” said Austin. “This is an individual who has no moral compass.”

Twenty-six women and two men testified they learned their nude photos somehow got on the website and were told they had to pay $299 to $350 to get them taken down. Most of the victims said they did not know how or who got their pictures.

Austin told Gill that Bollaert was “displaced” from a federal court of giving a wrong address on applications to buy 20 firearms, seized by authorities. Bollaert is currently on federal probation and served 15 days in federal prison in 2014, his attorney Emily Rose-Weber, confirmed to Gill.

Bollaert reportedly intended to sell the guns over the Internet. Gill wondered if the probation restrictions limited Bollaert from being on the Internet, to which Rose-Weber replied no.

“I don’t think he’s a danger to anyone,” said Rose-Weber, adding that Bollaert now lives with his parents in another state and that the parents paid the $50,000 bond.

The judge ordered Bollaert’s bail increased to $500,000.

One juror’s note to the judge revealed the jury’s impasse on the conspiracy count, inquiring if any of the posters to the website described conspirators. The jury foreperson said the last vote on the conspiracy count was 8-4 and 7-5 on the other.

In her closing argument Jan. 29, Rose-Weber had argued for acquittal on all counts, saying Bollaert created “a blanket canvas” for others to post nude photos and comments on the website YouGotPasted.com. She said Bollaert didn’t take any of the photos and did not know any of the people whose photos were posted.

“He is not legally responsible for actions of thousands of people,” Rose-Weber said in closing arguments. “He didn’t think he did anything wrong. He didn’t invent revenge porn.”

Austin described Bollaert as “a puppet master,” adding that “The very best criminals have others do their dirty work for them. He’s a vindictive person who takes pleasure in harming someone.”

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**Faulconer and police reach agreement on contract extension beef up city’s efforts in recruitment retention**

Mayor Kevin Faulconer and the San Diego Police Officers Association Feb. 9 announced that they had reached a tentative agreement on a contract extension that would strengthen recruitment and retention of San Diego police officers.

The tentative agreement establishes a pay increase of approximately 6.6 percent over five years and complies with Proposition B’s freeze on pensionable pay.

The package is structured to focus on incentive-based increases and is geared toward officers who reached specific experience requirements.

The total cost of the contract extension is approximately $92 million over five years, with new starting pay of $59,000, largest in the department’s history, achieved partly by a restoration of holiday pay and an increase in healthcare, equipment and uniform allowance, with specific incentives for experienced officers and an allowance for eligible recruits.

From 2009 to 2013, San Diego’s police force dropped from 1,600 to 1,200, to under 1,900, its lowest level in a decade.
The charges each carry a life term in prison. Luckett has argued unsuccessfully to dismiss the two counts of kidnaping. The association is also in the throes of “adopting” the annual Cove Fourth of July fireworks display, plagued of late with fundraising problems.

“Our city is growing,” said Fortune, “and we want to figure out ways we can help it.”

In February, Bird Rock residents heard from Councilwoman Sherri Lightner, received a progress report on a newly developed, debated the fate of some problematic trees along La Jolla Boulevard and were introduced to the community’s new San Diego Police Department representative, Lt. Adam Sharki.

The most important message Sharki conveyed was that “draws people coming from other parts of town to do break-ins,” Lightner said, adding that “stunts the (city) neighborhood image.”

“Once the city of San Diego determines you are within our three-zone business district,” Fortune said, “they send out an invoice with the (district) fees, which are based on a formula for each different zone.”

Fortune said that “you have to pay that assessment to be in business” or face penalties for non-payment, which can accumulate and ultimately end up in collections.

“It’s really not a choice,” he said, adding that “it’s going to get even crazier.”

In only its third year of existence, the merchants association is still in the process of laying its financial foundation. Fortune noted many of the other longer-lived districts city-wide have funding mechanisms already in place — mutual assessments, special events — to help pay for their promotional activities.

“A lot of people think that everything we do is all done with (district) fees,” said Fortune. “It’s not happen, the (businesses) have multiple sources of revenue generation.”

Fortune said the merchants group is heading along this year into planning special events.

“We’ve got a ton of ideas,” she said, adding that the district “wants to make sure we don’t take away from some of the events that are already happening here.”

Other special events, like the La Jolla International Fashion Film Festival, are seeking the merchants association out for further involvement.

“They have been here the last six years,” Fortune said, “and now they’ve come to us for partnership. We want to figure out ways we can grow that because it’s become known all around the world.”

In three months, we’ve raised $600,000,” noted Fortune.
Qualcomm pays $975 million in Chinese antitrust fines

San Diego-based Qualcomm, one of the world's largest manufacturers of computer chips, said Feb. 9 it will pay a $975 million fine as part of a long-awaited settlement with Chinese antitrust authorities. The penalty also includes several changes to Qualcomm's practices in licensing patents for mobile phones sold in China.

Qualcomm, which sells more smartphone chips than any other manufacturer, makes most of its profit from patent royalties paid by handset makers that use its chips. China recently accounted for roughly half the company's revenue, which totaled $26.5 billion in the fiscal year that ended in September.

China's National Development and Reform Commission, which has been investigating Qualcomm with Chinese antitrust law since November of 2011, found that Qualcomm violated the country's anti-monopoly law, the company said. Qualcomm officials said they are disappointed in that finding, which has not yet been released in detail, but agreed not to contest it in further legal proceedings.

The changes Qualcomm agreed to were much less severe than some analysts expected. In fact, Qualcomm boosted its estimates for revenue and profit excluding the fine in the current fiscal year as a result of the settlement.

Open house set amid R/V Melville retirement

The community is invited to an open house and tours at Broadway Pier Saturday, Feb. 21, aboard the Scripps Institution of Oceanography research vessel Melville. This is the research ship's farewell, as it is being retired from the national oceanography fleet after 46 years of service to generations of ocean scientists.

Scripps research ships are rarely accessible to the public due to the scope of ocean research, safety concerns and intricate instruments onboard. The open house opportunity provides a glimpse into the rigor of research work at sea and the excitement of ocean-going exploration.

The open house will be held from 9 a.m. to noon. Closed-toed shoes (no heels) are required for boarding ship. ID Photo is required for all adults for ship access. The location is Broadway Pier, cruise ship terminal, North Harbor Drive at Broadway.

Tourism group launches $9 million ad campaign

The San Diego Tourism Authority on Feb. 5 unveiled a $9 million multi-platform,-scenic-intensive advertising campaign that will include television spots in key U.S. markets as well as print, digital and billboard advertising beginning on Feb. 9 and running through June.

The campaign features city and neighborhood signs "playfully mod-ified to portray the feel-good attitude of San Diego, along with iconic local scenes and upbeat music," the agency said.

Most of the $9 million will be spent on television advertising throughout the West in San Francisco, Sacramento, Las Vegas, Salt Lake City, Seattle, Portland, Los Angeles and Phoenix.

With more Americans choosing to watch television on their computers and handheld devices, the spot will also run on television websites such as ABC, FOX and Hulu. In addition, the campaign includes several banner ads on a variety of websites. The campaign also includes advertising on travel websites such as Expedia, Travelocity and Orbitz as well as search engine marketing.

"This new campaign exemplifies what San Diego is all about -- fun and friendly," said Mayor Kevin Faulconer, who joined tourism officials in making the announcement.

The tourism authority said the new campaign is the result of its global research project conducted last year to evaluate the perceptions of San Diego. Focus groups were held in four U.S. cities, and opinions were gathered from 5,000 people in seven countries through surveys and face-to-face meetings.

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Such is life at iconic Harry's

Re your Jan. 16 story on Harry's Coffee Shop: We all die and mostly are forgotten. Mark Twain, Harry Rudolph and my father Frank Ren, the actual founder of Harry's Coffee Shop, have all passed. Since all of Gene's Waffle Shop in their 70s, perhaps this is my last attempt to recall his memory.

Any old-time La Jollan of the '50s that has kept his mind will remember Gene's Waffle Shop in the Arcade building, 7906 Girard Ave., and then in 1960 Gene's Waffle Shop number two at 7545 Girard, formerly a Western Auto store.

My father was a genius with restaurants. He inexplicably sold the second waffle shop to Harry Rudolph, who kept the restaurant unchanged for years.

As my grandmother often said, "Such is life."

James Ren
La Jolla

Amid the high-end retail shops and waterfront eateries in La Jolla, Cove lies art gallery Africa and Beyond, now in its 25th year of operation. Specializing in traditional artifacts and contemporary pieces, the gallery also offers a cross-section of rare ceremonial and everyday utilitarian objects — all hand-selected by owners Ian and Julie Allen.

Born in Zimbabwe and raised in South Africa, Ian eventually found his way to La Jolla, where he opened Africa and Beyond at 12520 Prospect St. Ian met his wife Julie while she was a customer at the gallery. Each year, they travel to Africa to hand-pick new merchandise for the gallery and later share their travel and acquisition stories with patrons.

"I buy what I like and hope every- one else agrees," said Ian. "I'm not a salesperson, so I have to love what I carry in order to sell it. I have to feel passionate about it."

Each item in their shop is accompanied by background information on its history and function so the art- work is fully appreciated, much like visiting a museum.

"Everything has a story behind it, and we tell our customers about it," said Ian. "You look at the ob- ject from an aesthetic standpoint, but when you learn about the culture and what it was used for, it brings another dimension to the object."

The Allens procure most of their merchandise through museum deaccessions and fair-trade projects in Africa. They often hold special events such as book signings, lectures and hat or jewelry shows to raise money for charitable organi- zations. Much of their work now is focused on supporting fair-trade projects, which they say is gratifying for everyone involved.

"We buy directly from the source," said Ian, "and we know where to go, because we've been investigating the company since 2009. It was a matter of choice for us when we acquired this artwork from a certain vendor. We don't buy what we didn't like. We only buy what we found unique and important for our collection."

Africa and Beyond sells masks, jewelry, beadwork, furniture, textiles, ceramics, sculpture, books, music, dolls, collector's items and more.

"To me," said Ian, "this is what makes Africa rich—the art, culture and heritage—it's all very rich. Unfortunately, a lot of this artwork dies out with the culture, so now it's a lot of imitations that are made to look like the originals."

The Allens are scheduling a trip to Africa this summer, after which they plan to hold a divination exhibition at the gallery sometime in the fall. They've been collecting artifacts for years that tell the stories of traditional healers and the spirits they used to conjure up spirits.

"Africa and Beyond is more than just a shop; it's an adventure," said Ian. "People are transported into another world, and we want every- one to leave with a deeper apprecia- tion and understanding of Africa."

Africa and Beyond is open daily from 10:30 a.m. to 6 p.m. For more information, visit africanbe- yond.com.

Africa and Beyond: Inspiration is the key to commerce

By KAI OLIVER-KURTIN

Julie and Ian Allen run their Prospect Street shop like a museum.
Residents are full of ideas for UC civic improvements

By SANDY LIPPE

“More than a neighborhood” is a theme of University City Community Association. It is written on street banners and publicized in the UC Outlook newspaper newsletter. Its meaning is simple: Living in UC, you are part of a caring community.

“More than a neighborhood” is a nice description of UC, but as a community that’s been around since the 1960s, University City needs a facelift.

Members of the community were excited to attend a productive meeting was planned for Feb. 11 at Standley Middle School. The catchy moniker, Imagine UC 2020, drew residents who contributed ideas for special projects, including an expansion of Swanson Pool, a pavilion at Standley Park for concerts and other events and a walking path around the perimeter of that park.

University City Community Association co-hosted the meeting with guidance from President Barry Bernstein, John Lee Evans, San Diego Unified Trustee from District A, and Greg Zinser, head of ImperialUC, a group dedicated to building a pavilion. Bernstein welcomed the crowd while Evans shared hope on how the school district resources can enhance the community with the joint use of an improved aquatics center that would allow water polo and swim teams from University City High School to use the facility the way La Jolla High uses Coggan Family Aquatic Complex. Add another idea — swimming instruction for Standley and Spreckels.

Currently, Swanson Pool has been closed for three months in the winter to save the city money. In truth, closing the pool defeats the purpose of building a strong clientele of swimmers. Jan. 12 saw Swanson close, and it will reopen on March 8.

Evans invited people to imagine a jogging/walking path around the perimeter of Standley Park, something that could be used by PE classes, running clubs and residents.

Zinser was another leader whose board members are developing a plan for a permanent stage/pavilion in Standley Park for community and outdoor school performances. This part of the facade has been popular with locals who love to attend Standley summer concerts and could envision the pavilion serving the students for outdoor shows.

The attendance at Imagine 2020 came up with a host of creative ideas that take time and money. Time never seems to be a problem.

Suggestions included sprucing up neighborhood median strips, updating the facade of the rec center and pool building and installing outdoor art. Fixing up the entrances at the community at Regents Road and Genesee Avenue, calming traffic on the entire length of Governor Drive and addressing pedestrian and bike safety also made the list. Some of the youth wanted a skate and bike park. Not to be left out, the dog lovers asked for a fenced, off-leash dog park.

Critical to the whole group was the need for service brickwork on the blacktop at the intersection of Governor Drive and Genesee Avenue. Presently, cars and trucks race through this intersection and never get the sense of a community that is “more than a neighborhood.” It was City Council President Sherri Lightner who originally thought this would help drivers get a feel that something is different here. Beyond the corners with four gas stations, real people live in a real neighborhood, and they feel safe crossing the street.

UC residents not in attendance at the Feb. 11 meeting should feel free to email ideas to info@improveuc.org. Imagine UC 2020 will be scheduling follow-up meetings and welcome Mayor Kevin Faulconer and future candidates for City Council District 1 when it’s time for Lightner to step down. Faulconer and the candidates can listen to the heartbeat of this neighborhood and help big dreams turn into reality.

Besides picking the neighbors’ brains about what UC should look like in 2020, a recent community meeting was cleared up by Chabad Center of University City.

Two aluminum poles were placed on each side of Regents Road just below Pennyman Way. Strung across them was a wire with small squares of shiny aluminum. What could it be? Lightner’s office said it’s an eruv, a line marking an area in which Orthodox Jews may carry on certain activities normally forbidden on the Sabbath, like wheeling a baby stroller or carrying keys. Three other areas of UC will see eruvs going up. University City Planning Group approved this project in 2013. Chabad paid city fees to implement it. Chabad has been a good neighbor in University City and appreciates the understanding and support in the same way that it understands and supports public schools choosing Christian holidays to have time off to celebrate.

Finally, the past several months have seen trouble between police and residents from Ferguson, Mo., to Manhattan. Meanwhile, the University City neighborhood has a strong relationship with the police, especially Captain Jerry Hara and community police officer Larry Hesselgesser.

Both men go the extra mile for their citizens, and Northern Division gets rock-star status from local residents.

In turn, Hesselgesser recently surprised a dynamic volunteer, Barbara Gellman, and nominated her volunteer of the year.

She has headed Neighborhood Watch and formed more than 80 groups in the past two years. She was honored at the 11th annual City of San Diego Law Enforcement Volunteer of the Year Appreciation Luncheon, sponsored by the Exchange Club of San Diego.

Congratulations go to Barbara Gellman for the huge impact she has made on UC.

Jason Day survives four-man playoff to win Farmers Insurance Open at Torrey Pines

Jason Day saved par on the 18th hole, got into a four-man playoff and won the Farmers Insurance Open on Feb. 8 with a par on the second extra hole at Torrey Pines Golf Course.

Day, who had birdied the 18th hole for a 72, and defending champion Scott Stallings (69), also were in the playoff. They were eliminated on the first extra hole.

Tiger Woods withdrew from the competition on opening day, Feb. 5, citing a back injury. San DiegoPhil Mickelson failed to make the cut Feb. 5. Day’s win on the 18th is on the Torrey Pines North Course.

This was Day’s second win at Torrey Pines. He also won the Junior World Championship in 2004.

The tournament honored Billy Casper, who grew up in San Diego and died Feb. 7 at age 83, with a picture of him on the first tee.

Avenida water shut-off adds insult to injury

La Jolla Shores residents, already deeply affected by five months of utility work along Avenida de la Playa and Camino del Sol, were further chagrined amid a recent unplanned water shut-off for which they received no notice.

The water utilities department reportedly cut a water line during the current excavation amid the department’s failure to identify the line. Residents say they’ve heard nothing from the city on the damage or its repair.

Extensive infrastructure repair has significantly affected business in the area since last September. Construction is expected to continue until May.

La Jolla Recreation Center to replace fallen tree

A 100-year-old Italian stone pine tree that fell onto La Jolla Rec Center last fall will be replaced in advance of UC’s center’s July 25 centennial celebration.

Mark Moncey, City Park and Recreation area manager, said the city is ordering a 12- to 15-foot Italian stone pine from Village Nurseries and is working with the supplier following previous lessons with transport of a Canary pine.

In between, city workers must use a stone grinder to remove below-ground roots.

Melton to run for State Assembly

Community advocate and local politician Kevin Melton has announced his candidacy in the upcoming election for California’s 78th District State Assembly seat in 2016. Melton was a member of the “Kevin Faulconer for Mayor” campaign finance committee.

Melton said he is “willing to do whatever is necessary, not what is easy.”

Melton added that he supports fiscal responsibility with tax dollars, the assurance of adequate care for all citizens and the preservation of the safety and beauty of the community.
A STRONG COMMUNITY STARTS WITH A STRONG BANK.

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

unionbank.com
Lamb's 'Joseph': There’s more to life than the Super Bowl

By CHARLENE BALDRIDGE

Meanwhile, there’s Joe

While the rest of the world watched the Super Bowl on TV, the theater critic took the opportunity to see Lamb’s Players Theatre’s new production of Tim Rice and Andrew Lloyd Webber’s 1968 musical, ‘The Joseph and the Amazing Technicolor Dreamcoat,’ as actor Kurt Norby (the Biblical patriarch, Jacob) called it in a bit of theatrical foreplay. ‘Joseph and the Amazing Technicolour Difficulties.’ The ‘difficulties’ were remedied just as soon as flashlights got the show past purportedly corrupted computer light cues and into the smooth scheme that transports the audience to Canaan in the days of Jacob. Who in this case runs an enterprise called “Jacob and Sons.” That is, if we are to believe the neon sign hanging between scenic designer Mike Buckley’s metal palm trees festooned with plastic fronds.

With an assist from the Narrator (marvelous singer/actor Joy Yandell), the musical’s book takes a very look at the story of Biblical favorite son Joseph. The onstage band, comprising six of them members of Actors Equity. The onstage band, comprising six of them members of Actors Equity. The Knitwear brought comfort and sophistication to each design. A New York native, Walden most recently was seen at Fashion Week San Diego. Proceeds from the event went to San Diego Center for Children, which the Iris Auxiliary has supported for more than 35 years. This event gives back 100 percent of the profit, providing a plethora of services to children, adolescents and families, such as mental health, education, and social services. For more information, visit centerforchildren.org.

UPCOMING EVENTS
Fridays MARCH 6: AMERICA THE BEAUTIFUL, Hats Off to San Diego (Gold Diggers) will present a luncheon and hat parade at the Hilton La Jolla Torrey Pines from 10:30 a.m. to 2 p.m. For reservations, call (619) 670-3643.

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

Wednesday MARCH 15: HONEY-BEE FASHION BUZZZZZ SHOW AND LUNCHEON will be at the Hilton La Jolla Torrey Pines beginning at 10:30 a.m. Proceeds for the event go to Epilepsy Foundation of San Diego County. For tickets, see fashionbenefit.org.

TODAY

Cirque du Soleil's Varekai set to take over Valley View on Feb. 25

The art of bodyskating is featured in Varekai, the latest Cirque du Soleil touring show to visit San Diego, which begins Feb. 25 at Valley View Casino. COURTESY PHOTO

Varekai, Cirque du Soleil’s latest touring show to visit San Diego, will debut at Point Loma’s Valley View Casino Center (the former Sports Arena), 3500 Sports Arena Blvd., for seven performances beginning Wednesday, Feb. 25 and running through Sunday, March 1.

If you haven’t yet seen a Cirque du Soleil production, whether in an arena or theater or under a big top, you’ll be in for a delightful surprise. But don’t let the “circus” in Cirque du Soleil’s name deceive you. Cirque du Soleil’s shows contain none of the traditional circus or trained animal acts. Instead, they offer high-energy, choreographed acrobatic entertainment, designed to delight and amaze. And the only “animals” in the show are elaborately costumed creatures populating Varekai’s mythical world.

While many Cirque shows are loosely connected acts performed by highly trained acrobats and street performers, Varekai, which means “wherever” in the gypsies’ Romany language, is different because of its story, explained Cirque publicist Vanessa Napoli.

“This one has a narrative,” Napoli said. “It will be very different from any other Cirque du Soleil you’ve seen. Varekai has many layers to it. You can watch it just to be entertained and transported to another time. If you’re looking for a deeper meaning, the acrobats are telling the story for those looking to find it.” She said.

The storyline, she explained, picks up after and rewrites the

Fridays February 13, 2015

Fashion Files
By DIANA CAVAGNARO

Everyone was able to shop for fine jewelry with Mark Himmel of Salang Jewelry, Sandra Mass, from KUSI-TV, was emcee. The fashion show featured the collection of Iris Russell, known as San Diego’s Diva of Haute Couture.

The tea room modeling began with day dresses. One of my favorite segments was a line with black and white designs of different sizes, which were a hit with the audience. Russell showed sizing-height eveningwear for her last collection, which brought a huge response. One of the models was Kim Covert, which brought a huge response.

A model brightens up the runway in Lizz KUSI-TV, was emcee. The fashion show featured the collection of Iris Russell, known as San Diego’s Diva of Haute Couture.

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Donovan’s UTC has moved to a new location with an ocean view.

America’s Best

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Don't forget the key ingredient in your holiday recipe! By MARTIN JONES WESTLIN

You devil, you. Admit it. You've been pining like a schoolkid since last Feb. 15 in hopes of netting that unspoken payoff (wink!), and now the moment of truth is at hand. Flowers, candy, cards and champagne are nice, you think, but they're a dime a dozen against the prospect of your wildest dreams come alive. So you fork over a record $19 billion (the National Retail Federation's estimate of Valentine's Day spending this year) as you craft a night to tell your friends about. And amid the post-holiday lie-fest at the water cooler, it'll be clear they've done the same.

There are better ways to go about this, you know. And they're probably a lot less stressful on the heart. They're part of something called romance, which your significant other also knows by the phrase "a change of pace." The Village, after all, is more than a playground for the insanely rich – it's also a tapestry of unusual architecture, friendly like-minded couples and markedly lavish ocean vistas to fuel the lovey-dovey in the most casehardened skeptic.

Neighborhood restaurants will overflow pretty much all day Saturday, but as you choose your spot, consider that the food is only one element in your holiday recipe. The vistas, vibes and senses take their share of center stage on this occasion, for sure – and if you play your cards right, your inner schoolkid might just snag a passing grade (don't pretend you don't know what we mean).

George's at the Cove. We mentioned George's last issue, noting its vaunted place in the public mind around here – but seriously: The venue's upstairs Ocean Terrace sports a classic vista, with the Pacific commanding the day's tenor as far as the eye can see. On the clearest days, it's hard to see the horizon as water and sky vie for identical shades of azure; evenings yield some of the most brilliant sunsets we've seen in a while, owing to the haze that rises over the ocean at twilight. You know George's. Now come appreciate the panoramas that frame it. 1250 Prospect St. (858) 454-4244, georgesatthecove.com.

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

Donovan's. You know by now that this venerable steak house has...
Library to offer finance programs

The San Diego Public Library has announced that access to financial and investor information and educational programs will be available again in San Diego with the continuation of Smartinvesting@yourLibrary.

The additional funding for Start Here: Your Road to Smart and Savvy Personal Finance will expand current financial education resources and services for military families, older adults who are struggling financially and youth, especially those coping with challenging financial circumstances. Services will be offered at 19 branch library locations; however, family-oriented financial education resources will be available at all 36 libraries.

The San Diego Public Library was one of 14 public libraries nationwide chosen for a grant from the American Library Association in partnership with the Financial Industry Regulatory Authority Investor Education Foundation as part of Smartinvesting@yourLibrary. This grant is designed to build the library's capacity to provide financial and investor education to the community. This is the library's second such award.

The investor education foundation supports innovative research and educational projects that give underserved Americans the knowledge necessary for financial success. More information on the library can be obtained at sandiegolibrargov.

QUARTERDECK BAR & GRILL

VALENTINE’S DAY DINNER MENU

Saturday, February 14, 2015 - 5:00 p.m. to 10:00 p.m.
$59.95 per person, plus tax & gratuity
Includes (1) bottle of champagne per couple or 2 glasses per person.

STARTERS - CHOICE OF ONE:
- Spice Rubbed Seared Ahi Tuna with balsamic reduction
- Buttermilk Battered Calamari with garlic mayo & marinara sauce
- Thai Chicken Satay with a curry peanut sauce

SOUP OR SALAD - CHOICE OF ONE:
- Shrimp Bisque or New England Clam Chowder
- Bay Club House Salad or Caesar Salad

ENTREES - CHOICE OF ONE:
- All entrees served with sautéed baby carrots & zucchini & your choice of red roasted potatoes, garlic mashed potatoes or saffron rice
- Center Cut Filet of Beef Medallions with a cabernet reduction sauce & sautéed mushrooms
- Herb Encrusted Rack of Lamb served with rosemary
- Fresh Grilled Cajun Swordfish with a spicy peanut sauce
- Grilled Chicken Breast & Artichoke with a braised creamy artichoke sauce and sautéed mushrooms

DESSERT
- Red Velvet Cake
A rich red velvet cake layered with a smooth cream cheese frosting, finished with chocolate drizzles and surrounded by red cake crumbs.

2131 Shelter Island Drive, San Diego, CA 92106
619-224-8888 • 800-672-0800 • www.bayclubhotel.com

Includes (1) bottle of champagne per couple or 2 glasses per person.
Old Town Gift Co., one of 19 shops in the Fiesta de Reyes courtyard in Old Town, will host a series of book-signing events this year, featuring author and native San Diegan Raquel Perez. The first event will be held Saturday, Feb. 21, from 4 to 6 pm and Perez will be signing her historical profile of San Diego called “Legends of the Californios; Nana’s Stories of our Family Roots.”

A descendent of the original settlers of the pueblo in San Diego, Perez was inspired by the history of her birthplace to write a fictional collection of stories that capture the culture of her ancestors. In Legends of the Californios, Perez takes one on a journey through time. The three legends, set in different time periods throughout California history, are filled with vengeance, lust, betrayal, love, heartache and grief. Perez’s stories weave through twists and turns with mysteriously scary happenings and outcomes that are not expected.

The event will be held in the front of the Old Town Gift Co. store, 2754 Calhoun Street in San Diego. Perez will be discussing what inspired her characters, settings and stories. Books will be available for purchase at the event.

Admission to the event is free. For more information, call (619) 252-8282.
Something new is simmering at Ahi Sushi

Be sure to try the NEW tonkotsu ramen soup – you’ll be in for a real treat. The slow-cooked pork broth is rich and creamy with a lip-smacking salty meatiness that is addicting.

Add to that Pork Slices, ramen noodles, bamboo shoots, Shiitake mushrooms, sliced green onions and top it off with a soft-yolked soy-sauce tinged egg and garnish with seaweed and you have the ultimate meal-in-a-bowl.

It is definitely the Japanese version of comfort food.

Thirsty? Take advantage of Ahi’s drink special. Buy any large beer & get a small Sapporo for $1.99 (Not valid with sake bomb).

And be sure to visit Ahi’s website for dine-in and take out coupons and specials! iloveahi.com

Richard Walker’s Pancake House

“Excellent scrambled eggs and waffles. They know exactly how to make both.” “The apple pancake was the best breakfast ever!” “The staff is great, very attentive and friendly. The food is incredible. Pancakes the size of your head!” “Mediterranean omelet was delish.” “Everything is so fresh.” “Fantastic food, huge portions.” “Great service!”

The Broken Yolk Café

The Broken Yolk Café offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are more than 20 different omelets to choose from, as well as a wide variety of other breakfast favorites which include pancakes, waffles and french toast. Feel more like lunch? Try one of our juicy half-pound burgers or one of our large sandwiches.

Donovan’s

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

A big THANK YOU to everyone in La Jolla for your support!

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3D Permanent Eyebrows

Hairstroke Technique

Jennifer Broomberg of The Artist’s Touch is now offering a new hyper-realistic method of permanent makeup for eyebrows called Micro-stroking, Micro-blading or Eyebrow Embroidery.

This is the latest technique in eyebrow tattooing when very tiny micro eyebrow strokes are placed delicately into the skin. This creates the most natural beautiful eyebrow, the end results are beautiful hair strokes which are finer and more defined than ever before. These crisp, fine hair strokes mimic one’s own eyebrow hairs exactly and fill in thin brows, brows with bald spots and are used for total brow reconstruction in the case of Alopexia, Trichotillomania or any other condition causing hair loss.

It is ideal for anyone wanting to enhance the look of their eyebrows regardless of the amount of hair present. The pigments used in this method have been formulated to match one’s original eyebrow color and blend perfectly into one’s own eyebrow hairs to create a natural, flawless, fuller looking brow. The entire process takes about two or three hours, and then the client returns in about 3 weeks for a follow up to lock in color. The duration of permanent cosmetics is dependent on several factors, including client’s skin type and after care. The eyebrows will appear darker and bolder due to natural scabbing and healing for the first 10 days. It is very difficult to predict how well the skin will retain the pigment (two touchup appointments are offered at no extra cost at The Artist’s Touch). All tattoos are subject to fading over time. While there is some discomfort most people would not classify the procedure as very painful. Topical anesthetics are used that numb the area locally. Recommendations on shape, design and color according to the client’s individual needs are made. There are many different shades of pigment which can be mixed to create a large variety of colors. As a painter and sculptor Jennifer has spent years working with colors and perfecting faces. Although working on a different surface – the human skin, she still relies on her years of training in and knowledge of color theory and the anatomy of the face. Every face is different and great care is taken to ensure the color is just right for her clients and designs are chosen to maximize the beauty of the face. Subtle changes can be made in the placement and shaping of the brow and can make an enormous difference. This is the most time consuming part of the procedure as well as the most important.

Although cosmetic tattooing is considered to be permanent, the procedure does allow flexibility for color or shape change to some extent. Jennifer allows her clients to have as much control over the procedure as possible, so there’s very little room for error.

Sola Salons is located at 5726 La Jolla Blvd, Suite 120. For more information call 858-945-7297 or email jennbroomberg@gmail.com.

Hiring a Private or Non-Professional Caregiver

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

Your private caregiver calls in sick or takes a vacation and just doesn’t show up.

Are you going to have to take off work or cancel appointments to fill in?

Was a national background check done and verification of prior employment done?

Is there a professional Geriatric Care Manager to supervise and mentor?

Are you providing workers’ compensation insurance in case your caregiver falls or strains her back? This is extremely expensive but a required expense.

Do you want to tell your Mom you hired the cheapest caregiver you could find to care for her in her “golden” years? And the cheapest could end up being costlier in the long run.

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Consider these possibilities:
The Benefits of Gratitude

By Natasha Josefowitz, Ph.D.

We often are told that we should count our blessings every day. I never bothered until I read the study by Dr. Robert A. Emmons, professor of psychology at the University of California Davis. In researching gratitude, Dr. Emmons found that study participants who kept a list of a few things they were grateful for each day tended to have not only more energy and enthusiasm but also exercised more, slept better and were more tolerant of pain. People who feel grateful are more likely to help others and thus have more friends, and close relationships promote well being as well as having a positive effect on blood pressure and cholesterol. Gratitude is correlated with increased happiness. You can concentrate on being grateful by recognizing what is going well — it can be your health, your home, your work; any experience that has the potential of producing gratitude.

Right now, I am grateful that I am writing this column and able to express my thoughts. I am also grateful for the cup of coffee and scone I took from breakfast, the fact that the shirt I am wearing did not shrink in the wash. I am looking forward to lunch with my poetry group and a phone call from my daughter, who is traveling. It can be everything and anything. What it takes is awareness. We need to pay attention, stop to savor the moment, feel lucky to have a job or home or a grandchild’s smile or just focus on the sensation of being alive.

It is easy to be grateful when things are going well, but it is even more important to count your blessings when facing challenges. It is under times of stress that gratitude exerts its most powerful influence. It keeps life in perspective.

You cannot be grateful and angry or resentful or anxious at the same time. One thing that may interfere with people being grateful is comparing with others. The more you think about what more than you do, more money, better education, better job, more friends, better social skills, better looking, more athletic...the list can be endless. Yet we do not look at people who have less of these things. In being so one-sided, we have the tendency to see ourselves as less than, in other words, inferior. Thinking poorly of ourselves as compared with others is a painful feeling, so we respond with either depression or anger at the person who makes us feel this way. We often badmouth high achievers and are happy to see celebrities fail or caught off-guard with their mouths full. It is comforting to feel that they, too, are flawed. Taking people we admire and are well thought of down a few pegs equalizes the playing field.

For some reason, looking at people who are further down that hypothetical hierarchical success ladder does not make us feel more secure. We only look up the rungs of that ladder. Not down. It is when we realize how much we have been given, how much more than so many others, that we become filled with gratitude.

So here is some homework for all my readers: Stop right now, look around you and notice the view outside your window, the painting on your wall. Be grateful for the fact that you can read and think, that you have a good friend, that you can breathe, that you have a good friend, that you can read and think, that you have a good friend, that you can breathe, that you have a good friend, that you can breathe, that you have a good friend, that you can breathe, that you have a good friend, that you can breathe, that you have a good friend, that you can breathe, that you have a good friend.

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

Can hair extensions damage my hair?

No, they will not. Actually, even very fine and damaged hair can become healthier if you’re wearing hair extensions because they will protect your hair from things that could damage it like curling irons, blow dryers, styling heat and environmental damage. Because of the unique application bonding system, the extensions can be easily removed. This is different than many hair extension methods that bond too tightly to your hair. Judy is fully trained on how to educate her clients to professionally take care of their hair extensions at home. Judy will recommend hair care products, brushes, combs and appliances for use at home. Hairstyling techniques for styling your hair without extensions. Contact Judy in LA JOLLA VILLAGE for answers to any more of your hair extension questions. hairextensionsoflajolla.com

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FRIDAY – FEBRUARY 13, 2015
LA JOLLA VILLAGE NEWS
19
Great News in Pacific Beach is a tool store for a cook. That’s how founder Ron Eisenberg described the cookware and cooking school at 1788 Garnet Ave. “We’re in our 38th year,” said Eisenberg about his strip-mall establishment, which has been in business since 1977.

Eisenberg said Great News started out as more of a “housewares, functional giftware store with a greeting card department,” and has morphed over the years to include a full-on cooking school in a retail store selling “high-quality cookware and gadgets, kitchen tools for the home chef.”

What’s really unique about Great News is the approximately 135 classes taught each quarter, nine a week and both days on the weekend, said Eisenberg. He noted that class subject matter includes everything from “how to stock your pantry to a skills class taught by a sophisticated restaurant chef to everything in between.”

Cooking classes are 2 ½ hours long with an intermission and cost $49 to $65. Great News is also the only cooking school of its type with a legal permit to serve wine with meal preparation.

Cookware and cooking classes at Great News mirror trends happening outside in the field. Right now, what’s really popular is the farm-to-table trend.

“We teach a farm-to-table class where we bring a farmer’s bag in of specialty produce and then show people how to cook from it,” said Eisenberg. “They walk out with recipes for the unique items they got that day in their basket. Instead of having to guess what to do with it — we show them how to do it.”

Eisenberg enthused about his staff, both on the cooking and cookware sides. “We have an educated staff that know what they’re selling: That makes us different,” he said.

Tammy Ford is one of the store employees who helps handle customer queries.

“A lot of people love to come to this store because we’re pretty knowledgeable about the items,” Ford said. “Sometimes they come in because they know we have everything new,” said Eisenberg. “Other times they come in for a cooking class to learn something.”

“We get phone calls and people walking in who want to know how to use a particular item,” said Ford. “We help them with that.”

“We’re above average at trying to help people select the right item for their cooking style,” said Eisenberg about his business philosophy. “We try and communicate with them.”

Cookware in Great News is compartmentalized. Entire sections are devoted to cooking oils and herbs, coffee and tea, cutlery, condiments, Asian cookware, roasting pans, barbecue-related items and bakeware. Nearly an entire aisle alone is devoted to cookie cutters. Even specialty items, like comfortable, customized high-end kitchen mats that cushion a cook’s feet, are available. There’s even a blender costing more than $1,000 that Eisenberg refers to as a “Rolls Royce.”

In honor of its 38th year in business, Great News has a promotion going offering discounted items, gift certificates and shopping sprees to customers ending on Feb. 16 with a prize drawing.

“There are 38 prizes in all and you don’t have to be present to win,” said Eisenberg.

“We’re a destination store,” concluded Eisenberg about Great News’ widespread appeal.

Eisenberg said the industry is exciting because, with technology, it’s constantly changing. “That’s what makes this business interesting, all the new items that keep coming out, new thermometers, everything,” he said.

For more information, visit http://www.great-news.com.

Great News keeps on cooking into its 38th year  

Great News founder Ron Eisenberg in his store located in Pacific Beach.  

PHOTO BY DAVE SCHWAB
Cymbidium orchids are made for our coastal climate

BY LINDA MARONE

Cymbidiums are one of the easiest orchids to grow. They love to be outdoors in our temperate climate, and our coastal region is considered the perfect growing environment for them. They come in many colors and color variations, many more than other orchid species. Some varieties even have scents. Their blooming season is from November through early spring, so now is the time to enjoy their beautiful sprays of flowers.

My cymbidiums love an area on the side of the house shaded by an old olive tree. This area has good light, and the tree's canopy shades the plants from the afternoon sun. Along the coast, they can take a lot more sun, as long as it is not baking them for hours – figure about 20 to 25 percent shade for the day. Cymbidiums can tolerate colder weather better than most orchids, and you will actually have more flowers if the winter weather is a little on the cold side.

Water your plants about once a week during warm weather. When we have hot Santa Ana conditions, they will need more water. Do not overwater the plants, or they could get root rot, and do not let them dry out completely. During the summer, keep them moist. During the winter, you can let them get a little drier in between watering.

If you keep your pots on the ground, you may want to bait for snails and slugs around your pots. Aphids can gather on the flower spikes, and you can use a solution of water and a mild detergent and gently wipe them away. Use the same solution to keep the leaves wiped clean and free of other pests.

I use Grow-More orchid food. There are two different types: one is used to produce new growth (30-10-1), and you use it from spring to late summer. The other is used to encourage flowers (6-30-30) and is used in August and September. Suggested application is every two weeks. Mine usually get fed about every three weeks or once a month during these months. Do not feed them when they are dry or when they are in bloom.

In the spring, you will begin to notice new growth. The new flower spikes will only form from the new growth. Cymbidium flower spikes begin to peak out around October. As the spikes grow, use stakes to keep them growing upright. When the flowers are beginning to open, bring my pots in the house and enjoy the blooms for about three months or longer. While inside, they will not require a lot of water, and I only give them a drink when they just begin to dry out. Repot your plants about every three to four years when they get crowded. If they are very crowded and large, you can divide your plants and put them in new pots. Repot your plants right after they bloom so you will not disturb new growth. Use a cymbidium potting mix that can be found at most nurseries. Cymbidiums actually prefer plastic pots. Clay or ceramic pots let the roots dry out too quickly. Since the plastic pots are not attractive, plan to have baskets and attractive pots to put your cymbidiums in after they bloom. Top the pots with some moss, and you will have an attractive arrangement to enjoy for months.

— Linda is a local Realtor with Coldwell Banker. Take a tour of her garden at LindaMarrone.com.

As the sea swallows the sun, the golden hour begins to paint its splendid tapestry of colors across the sky, spinning reds and bouncing blues off clouds to create a saturation of hues that radiate in one’s soul. Or at least in one’s iPhone.

Instagram feeds and Facebook walls have been brightened by San Diego sunsets for the past six weeks as nature’s color palette has been magnificent during the early evenings of winter. But why? What makes this season a stunning sunset kaleidoscope as opposed to summer?

The simple answer? It’s the clouds.

“It seems January and February have the best sunsets,” said Courtney Davis, a local photographer who likes to shoot around La Jolla and North County and whose Instagram (@seamerias) feed is loaded with sunsets. “It’s the cloud patterns in the winter that bring out more colors. It’s a great show before ‘May Gray’ and ‘June Gloom’ set in.”

The difference in seasons brings a difference in clouds.

“During the winter, we get more storms that move to the north; they don’t bring rain, but they do leave behind these high clouds,” said Ivory Small, science and operations officer at the National Weather Service station in San Diego.

All the colors of the spectrum are in the atmosphere, and it’s during sunrise and sunset that those colors are at a sharp angle and the clouds act as a prism separating them — especially the reds, pinks, and oranges. “High clouds are the canvas for the light in the red spectrum,” Small said.

Another factor that gives winter sunsets that extra visual value is low tide coinciding with the early sunsets, which creates a reflection of the crimson sky, and takes photos to another level of wonder.

SEE SUNSETS >> PG. 23
Late in the second quarter, Blake fires off the line of scrimmage, crashing his helmeted head into the helmet of a defender. The crack reverberates. You can hear it on the video. Behind him, the quarterback rolls a pass, connecting with his receiver for a 60-yard touchdown.

In the excitement, it may have been easy to overlook Blake’s injury, even if he told a coach he was hurt – as the boy’s father and La Jolla coach Jason Carter say happened immediately after that play.

San Diego Unified School District says the video, which Voice of San Diego obtained through a Public Records Act request, is now part of the investigation into whether coaches and staff acted swiftly enough the day Blake suffered a concussion.

The game film will neither prove nor put to rest all of the allegations about that day, including whether the player was vomiting to rest all of the allegations about that day, through a Public Records Act request, is video, which Voice of San Diego obtained from a local production company, doesn’t show anything not right, the staff immediately aware anyone had been injured.

But this much is certain: By the time he took himself out of the game, Blake’s head injury was very serious. He has missed more than three months of school. A neurologist has treated him for chronic migraines.

His playing days are likely over. He is struggling with basic life skills, and his parents are mostly focused on just making sure he can graduate.

One telling piece of the La Jolla game film contrasts starkly with a statement Carter made when I first contacted him in December. At the time, he denied any incident like Blake’s injury ever happened at La Jolla High School.

Referring to a parent who described the incident to Voice of San Diego, Carter said, “He must have been talking about a different program. He wasn’t talking about my kids, because nothing like that ever happened.”

My coaches know what to do if they suspect a concussion. If I ever heard that a coach put a kid back in the game, I’d fire him on the spot.”

A day later, when I contacted him with more details, he acknowledged Blake’s injury did happen.

He’d been confused by my question a day earlier, he told me, and didn’t know which team I’d been referring to (Carter is the head varsity coach, and the injury happened on the junior varsity team).

He was present at the junior varsity game on the day of the injury, he said, but wasn’t on the sideline coaching and wasn’t immediately aware anyone had been injured.

Blake’s injury was very serious. He has missed more than three months of school. A neurologist has treated him for chronic migraines.

Blake was present when the play happened.

On top of the film, several emails, obtained through a Public Records Act request, show school officials were aware of the incident since the day it happened.

When I first inquired, school officials referred me to different people, and ultimately, La Jolla High Principal Chuck Podhorsky wouldn’t confirm whether the incident took place. The district said my inquiry was the first it had heard of the details of the incident.

A related Oct. 16 email from La Jolla Vice Principal Anne McCarty to other principals and another email from Foundation of La Jolla High School President Beth Penny to school officials are included within the electronic version of this story, available at sdnnews.com (click on La Jolla Village News).

Penny, who is not employed by the school or the district, was at the game but told me Dec. 19 she was unaware of the details of the incident at school nurse Kerri Goldstein:

It’s reasonable for La Jolla High officials to use discretion when speaking with media. Officials at an individual school aren’t obligated to speak to the press.

The problem is that individual schools aren’t required to notify the public information office when an injury happens, Kroemer said.

That means that health and safety information that could potentially benefit parents and administrators may never publicly surface.

An incident-related forum, moderated by Voice of San Diego’s Scott Lewis, will be held at 6 p.m. Thursday, Feb. 19, at Francis Parker School.
"I love low tides and clouds," said local photographer Evgeny Yorobe (on Instagram @evgenyy-orobephoto), who uses a tide app on his phone to make sure he doesn’t miss an opportunity to shoot something spectacular.

"Being out in nature and being able to capture that perfect moment is something that I love," said Yorobe, who has photos hanging in three area galleries, including Turquoise Cellars in Pacific Beach. "I love seeing the reactions my friends and different perspectives," Yorobe said. "That’s how I started growing as a photographer."

All three photographers agreed that aspiring shutterbugs should “chase the light” and just keep shooting and learning “to be able to improve their photos and maybe impress their friends on social media.”

“Make it a challenge to do something original,” Rubens said. “Just get out there, because you never know, it could always be an amazing sunset.” Davis said. “And remember that the sky is the star,” Yorobe added.

Rubens said. "It’s a great way to improve your photos and even maybe impress your friends on social media." Four all three photographers agreed that aspiring shutterbugs should “chase the light” and just keep shooting and learning “to be able to improve their photos and maybe impress their friends on social media.”

"Just get out there, because you never know, it could always be an amazing sunset," Davis said. "And remember that the sky is the star," Yorobe added.

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