Many-headed demon

Drugs, illness mark push to combat homelessness, town council trustees told

By DAVE SCHWAB

The majority of homeless suffer from drug/alcohol dependency, as many as 40 percent are considered mentally ill and a push is on to eradicate homelessness among military veterans.

La Jolla Town Council trustees learned about these and other developments in combating homelessness in a public forum on the issue at the group’s March 12 meeting.

Dolores Diaz, executive director of the Regional Task Force on the Homeless, and Sgt. Teresa Clark of the San Diego Police Department Homeless Outreach Team, discussed tackling homelessness from social services and law enforcement perspectives.

“It’s a complex issue,” admitted Diaz, adding that an annual homeless assessment report, which includes head counts by volunteers, goes to Congress each year.

Around the block

The art of business rules in a changing Upper Girard

By DAVE SCHWAB

Editor’s note: This is the first in a series of pieces on a La Jolla whose current commercial face seems to change by the day. We’re currently dividing the Village into several portions and will spotlight each in our hardcopy edition and online in the coming weeks. For the latest on Village life, please visit sdnews.com.

Upper Girard in La Jolla, between Pearl and Center streets, is changing its complexion. Whether you want to buy a Maserati, a sandwich, camera gear or a perm, work out, take an art class or music lessons or go on a Segway excursion, you can do it all on Upper Girard.

“This block is totally a true artist’s block,” said Leon Chow of C&H Photo, which moved to 7442 Girard Ave. from Fay Avenue a couple years ago. “On the other
Parks group reviews specifications on pavilion and enhancement of shoreline

La Jolla Parks and Beaches, Inc. in March debated the specifications for the proposed La Jolla Cove Pavilion project and was updated on Whale View Point’s planned shoreline enhancement.

The group also reviewed a list of possible options, offered by chair Dan Allen, for cleaning Children’s Pool beach of accumulated marine mammal waste.

“We’ve been on band concerts on summer Sunday afternoons,” said Davis, noting that this will be the group’s 32nd season.

Davis added it’s nice to be associated with an event whose only purpose is to “make people happy. That’s all it is. That’s what we do.”

Regarding Whale View Point enhancement, Judy Halter said plans for improvement now include replanting up to 100 native plants in 5-15-gallon receptacles. Halter also presented a proposed logo of two whales crossing each other, noting it would be “really cool” to have a symbol exemplifying and promoting the improvement project.

Halter said community park planners have also been told by the city that the Pavilion project “needs to be smaller.”

“A major concern expressed about the Pavilion project is that it needs to be large enough to serve the needs of all user groups including swimmers and divers but small enough to maximize ocean views currently impeded by the size of existing restroom facilities. The project also needs to be disabled accessible as well as private enough to accommodate people in wheelchairs requiring assistance from caregivers.

Parks and Beaches board member Bill Robinson suggested the parks group favor extending construction work beyond the Memorial Day start of the summer moratorium should that become necessary to finish construction on lifeguard towers in the Cove and at Children’s Pool. The group backed his proposal without debate.

Allen passed out a list he devised of possible options in cleaning Children’s Pool beach, which has been ordered by the Coastal Commission to be completed when the seasonal rope barrier at Children’s Pool comes back for renewal in a couple years. The group voted to put it on the agenda for the group’s next meeting on Monday, April 27 at 4 p.m. at La Jolla Rec Center, 615 S Prospect St.

“Bigger Crash,” Original artwork by local artist, Nancy Tokos

Mariner blue & white Indoor/outdoor pillows $42 ea
Mariner blue & white embroidered down filled pillows $110 ea

Mixie

Corporate events

fosters a lifelong love of arts,
also encourage students to explore their creativity in a way that will foster a lifelong love of the arts,”

La Jolla resident Peters said. “Arts and design allow students to develop creative problem-solving abilities, which employers list as one of the top five skills that will become increasingly important over the next five years.”

The competition is open to all high school students in the district. All entries must be an original concept, design, and execution. The artwork may include paintings, drawings, collages, prints, mixed media, computer-generated art and photography.

For more information on the annual Congressional District Art Competition, visit scottpeters.house.gov/art-competition.

UCSD-led researchers find blood test to detect autism

In a study published in the current online issue of JAMA Psychiatry, an international team of scientists, led by researchers at UCSD School of Medicine, report finding a highly accurate blood-based measure that could lead to development of a clinical test for autism spectrum disorder (ASD) risk in males as young as 1 to 2 years old. The degree of accuracy they said, outperformed other behavioral and genetic screens for infants and toddlers with ASD described in literature.

The causes of ASD are complex and diverse, making it difficult to conclusively diagnose the disease much before a child’s fourth year of life. Indeed, the median age of diagnosis in the United States is 3-5 months.

“A major challenge is the difficulty of accurately diagnosing ASD, which is very heterogeneous, at an early enough age to implement the most effective treatment,” said principal investigator Eric Courchesne, professor of neurosciences and director of the Autism Center of Excellence at UCSD School of Medicine.

The study used an unbiased systems biology-based method to search for genes and gene pathways in blood samples that best distinguished ASD infants and toddlers from typically developing toddlers and toddlers with non-autism developmental delays. Specifically, the researchers measured leukocyte (white blood cell) RNA expression levels.

Peters launches high school art competition

Congressman Scott Peters, whose 52nd District includes La Jolla, has launched the 2015 Congression al District Art Competition for district high school students. Over the last two years, participation in the district’s annual competition has more than doubled, growing from 13 submissions in 2013 to 27 submissions in 2014. The competition, which began in 1982 and has seen more than 650,000 participants, is held annually across the country.

“This competition is a great opportunity for high school students to showcase the artistic talent and creativity of students in San Diego, Coronado and Poway but also encourage students to explore their creativity in a way that will foster a lifelong love of the arts,” said La Jolla resident Peters. “Arts and design allow students to develop creative problem-solving abilities, which employers list as one of the top five skills that will become increasingly important over the next five years.”

The competition is open to all high school students in the district. All entries must be an original concept, design, and execution. The artwork may include paintings, drawings, collages, prints, mixed media, computer-generated art and photography.

The deadline for artwork submission is 4 p.m. on Wednesday, April 22. Works must be delivered to Peters’ San Diego district office at 635 Executive Drive, Suite 105, San Diego, CA 92121. High schools in the 52nd District were notified of the competition via a letter from Peters last month.

Leaders from the local arts community will serve as the judging panel. The panel will select this year’s winner—who will be invited to a winners celebration in Washington, D.C., that coincides with the unveiling of the 2015 student artwork exhibition where his or her piece will be hung in the Capitol Building for one full year.

For more information on the annual Congressional District Art Competition, visit scottpeters.house.gov/art-competition.
This issue of The La Jolla Village News contains thousands of words about real estate. All you have to remember are two.

GREGG WHITNEY

You can read thousands of words about real estate in this newspaper. Scour the classifieds. Browse the homes agents have for sale. But your time is limited. Wouldn’t it be nice to find a professional agent you can count on with expert knowledge and courteous service? Someone to handle all the details, keeping you informed of the progress of your purchase or sale? Call Gregg if you have questions about any of the homes for sale in this publication. He has the information you need at his fingertips through the Multiple Listing Service. Gregg Whitney understands that you have better things to do than worry about your home. Before you read any further, call him for a complimentary brochure. You’ll be glad you did.

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Hans Petersen found guilty in La Jolla double shooting

After 4½ hours of deliberations, a jury March 18 convicted Hans Antoine Petersen of two counts of premeditated attempted murder in a double shooting of two men in their La Jolla homes in 2013.

Petersen, 50, of University City, showed no reaction as the guilty verdicts to all but one charge were read in San Diego Superior Court. He was convicted of shooting Steven Dowdy, 54, a former neighbor, and Ronald Fletcher, 51, his ex-brother-in-law.

The six-man, six-woman jury acquitted Petersen of attempted murder of Lisa Dowdy who was not shot but was in bed with her husband at 3 a.m. on Sept. 18, 2013, when Petersen fired multiple rounds through their glass doors.

Judge Leo Valentine Jr. set sentencing for May 15. Petersen has been held in jail in lieu of $3 million bail, but Valentine ordered him held without bail following the verdict.

Petersen faces two life terms that include parole, but he could get six consecutive sentences of 25 years to life for personally discharging a handgun during a violent crime. The jury determined Petersen caused great bodily injury, and he could get six additional years for that charge.

“This will be the first night we’ve slept in a year and a half,” said Steven Dowdy afterward about the verdict. The Dowdys said they were not concerned about the acquittal of attempted murder for Lisa, as Petersen would likely be sentenced to prison for the rest of his life.

“He’s already taken so much time from us. It’s been a year and a half of hell for us,” said Steven Dowdy. “It was his choices, his doing... all the negative impact he’s had on so many people.

“We’re very grateful to the jury, who saw the truth,” said Lisa Dowdy. Fletcher was present to hear the verdict, but he declined comment afterwards. Fletcher is a real estate agent in Pacific Beach and La Jolla and was shot in the stomach after Petersen broke into his Cottontail Lane home at 6:30 a.m.

“The jury has spoken. They didn’t buy his story,” said Deputy District Attorney Amy Maund. “We are pleased, and we believe we proved our case. The jury did not excuse his conduct.”

Petersen testified he could not recall any of that night’s events up until Fletcher struck him in the head with his own gun and he was arrested. “This body did this,” he told the jurors; “this mind never could.”

Petersen’s attorney, Marc Carlos, had argued that Petersen was in a mental black out due to drinking alcohol and taking prescription medications that included anti-seizure drugs and tranquilizers. Petersen’s blood/alcohol level was .18 twice the level for drunk driving.

“We presented a mental defense; we thought it was the best defense. We believe the medications affected him,” said Carlos afterwards.

Petersen was also convicted of exhibiting a firearm in a threatening manner to Michael Nielsen, an emergency room physician who was driving home from work at 3 a.m. on Raveswood Road in La Jolla when he saw a shadowy figure hide behind trees. Nielsen identified Petersen as having pointed a gun at him before Nielsen then quickly drove off.

Petersen could get several years for that incident.

He was also convicted of firing into an occupied dwelling and burglarizing Fletcher’s home, but those charges will not likely add any more to the sentence.

Jurors left the courthouse without comment. Testimony began March 4 after several days of jury selection in the three-week trial.

—Neil Putnam

Robber gets 2 more years following jail assault

A University City bank robber serving five years in prison got another two years added to his term March 18 after pleading guilty to felony assault upon an inmate in jail.

Casey Wilson, now 29, was brought back from Avenal State Prison to face charges stemming from the injury of a 25-year-old inmate on Nov. 23, 2013 before he went to prison for robbing the Wells Fargo Bank on Genesee Avenue on June 11, 2013.

Wilson was shot in the arm by a security guard. He pleaded guilty to robbery and was sentenced to five years. On March 18, San Diego Superior Court Judge Timothy Walsh imposed seven years for the jail assault but ordered that it run concurrent to the five-year term.

The net effect is another two years.

Robert Hodge, now 29, was sentenced to 20 years in 2014 for the UC bank robbery plus five other bank hold-ups in La Jolla and elsewhere. The third robber, Laura Eshlie, now 44, was sentenced to 19 years in prison for bank robbery and possession of razor blades in jail.

Welcome, Sima Alefi, new financial advisor for Wells Fargo

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 Carolina area of North Carolina.

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 undervalued 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.

As a mother of two adults boys, married for 24 years, I understand the juggler 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 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 have-mom, daughter, caregiver, wife, career.

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If you would like to discuss your financial goals, please call me at 858-456-2037 to set up a no-obligation consultation.

—Sima Alefi

Shores group elects new members, discusses Avenida mess, repair of The Map

At its March meeting, La Jolla Shores Association held its annual members election and heard about the ongoing infrastructure construction that has Avenida de la Playa torn up and about plans to restore The Map in Kellogg Park.

Stevie Lindsay, of the city’s Field Engineering Division, gave an update on the disruptive Project 809 Sewer and Water Replacement.

“We are going to try and wrap this up by Memorial Day,” said Lindsay, adding, “We’re going to take us every bit of that.

Lindsay said workers on Avenida de la Playa will be working six days, 10-hour shifts to complete the project, noting work is difficult given that crews have to dig down 20 feet to reach pipes needing to be replaced.

The plan at the end of the project is to repave and remark all the streets along with restoring pedestrian ramps and sidewalks, said Lindsay.

Mary Munk, of nonprofit Friends of La Jolla Shores, reported progress is being made on negotiations with contractor T.B. Penick & Sons, Inc. to do repair work on The Map, an educational display originally constructed in 2007 featuring wildlife found at the Shores that has disintegrated and needs to be replaced.

“We have an agreement with Penick to repair The Map, which is being divided into two parts,” said Munk. “The first part is to make a template of the existing map. Then Penick will come in and replace embedded bronze symbols, which number about 50.”

“This is probably the most valuable educational tool for our community and the city of San Diego,” said Munk.

In other action:
• Elected to the advisory group for two-year terms were: Izy Tihanyi, John Sheridan, Angie Preisendorfer, Karen Marshall, Christian Malecot, chair Tim Lucas, Nick Labesouf, Dave Gordon, Brian Earley and Shabah Compton. Compton tied with Duke Jarboe in community votes and won a coin flip deciding which of the two would take the seat.

• New shorelakes park ranger Parish Rye introduced himself to the group, noting he works alongside lifeguards and police.

“My focus will be on issues with Kellogg Park and the Shores,” said Rye.

He said his coverage area is from Tourmaline Surf Park in the south to Torrey Pines Gilderport in the north.

His email is rye@sandiego.gov.

Driver pleads guilty in beach-area robberies

The getaway driver in a series of 11 robberies and attempted robberies that started in Ocean Beach and expanded to Mission Beach and La Jolla has pleaded guilty to committing two hold-ups and faces up to six years in prison.

A sentencing date for Benjamin Hernandez, 24, will be set on April 20 in San Diego Superior Court. Deputy District Attorney Michael MacNeil on March 10.

The remaining nine charges will be dismissed. Meanwhile, Joseph Andres Garcia, 20, is charged with eight counts of robbery and three attempted robberies in the same series and will stand trial on April 20. Garcia has pleaded not guilty.

Hernandez was arrested Feb. 3, 2014 by San Diego police after a witness wrote down the license plate number of the BMW used a day earlier as the getaway car. It was traced to Hernandez’s home in National City. Garcia was arrested two days later.

The victims, 10 men and one woman, testified last April in the preliminary hearing. Most victims, many of whom were pedestrians, were robbed at gunpoint.

The first robbery happened about 6:50 p.m. in Ocean Beach, and other hold-ups occurred in Hillcrest, Golden Hill, Mission Beach and the Midtown area. Two students were held up at UCSD in La Jolla. Wallets and cell phones were taken from each victim.

Hernandez and Garcia remain in jail on $500,000 bail each.
It’s rare to hear about a business that’s successful without any marketing or advertising efforts, or even a company website, but that’s the case with Albina Brow-tique in La Jolla Cove.

Albina Kisanova’s success didn’t come without a lot of sacrifice, hard work and time away from her then-infant daughter. Kisanova immigrated to the U.S. from the Ukraine, where she received training as an esthetician and eyebrow specialist, but subsequently she had to get licensed to practice in California. Not yet fluent in English but determined to get through classes at the California Hair Design Academy, Kisanova excelled in her courses and was named student of the month every month she was there.

“This is the land of opportunity,” Kisanova said. “When I came here, I told myself I’m going to make it here.”

She loved strolling the streets of La Jolla with her daughter, and eventually, she worked up the nerve to inquire about job opportunities at Gaia Day Spa in 2003. She kept her application simple and direct by stating that she gave the best facial in town.

Now that Kisanova has been in the business for several years, she’s seeing a new crop of clientele who are the daughters of other longtime clients. The majority of her clients are female, but many have encouraged gifted esthetician services to their male companions.

“I’m pretty jealous of people who get my treatments,” Kisanova said. “I don’t get to have it!”

Kisanova has never asked clients to write Yelp reviews for her services, but she has a five-star rating, with more than 55 reviews to date.

“My dad always told me to find something I’m really good at and stick with it and then master it,” said Kisanova. “He also told me to treat people how I want to be treated, which I always do when giving clients treatments.”

Kisanova’s work schedule is booked weeks in advance, and she is unable to accept walk-in business. She creates her own schedule, which often includes late nights or early mornings to accommodate all her clients, most of whom secure their appointments three or four months in advance.

“Everyone deserves to experience this treatment, because we need to treat ourselves, especially busy moms,” said Kisanova. “So many moms looked forward to their appointment for months.”

Kisanova’s work schedule also revolves around her two children, Alina and David, and their after-school activities like ballet, soccer and drama. Her husband Kash has learned to accept “brow emergencies” as a regular part of her business.

Kisanova’s customized facial treatments combine her love for massage therapy and energy work and flow with the rhythm of the soft music playing throughout the session. Her work is a matter of personal pride; therefore, she has no interest in training a staff to fill in for her.

“When applying masks during facials, I’m like a chef without a recipe — I cater to whatever the client’s skin needs,” she said.

Kisanova tries to keep her prices affordable for everyone, including students. She offers 60- and 80-minute facials; the shorter service ($95) is more concentrated to the face; and the longer service ($130) includes additional massage, mask treatments and NuFACE microcurrent therapy.

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“How to save thousands when selling your home

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 a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range.

Your asking price is often your home’s “first impression,” and if you want to realize the most money you can for your home, it’s imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeseller as pricing too low. A

**Brow-tique: Word of mouth is key to thriving esthetician business**

By KAI OLIVER-KURTIN

It’s rare to hear about a business that’s successful without any marketing or advertising efforts, or even a company website, but that’s the case with Albina Brow-tique in La Jolla Cove.

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San Diego schools propose start date before Labor Day

By DAVE SCHWAB

San Diego Unified School District is seeking public input on a proposed change, which would take effect in the 2016-17 school year, to switch the first day of school from the Tuesday after Labor Day to the last week in August.

Pointing out that for 30-plus years SDUSD has had a calendar committee responsible for putting together instructional calendars, SDUSD director of communications Linda Zintz said, “San Diego Unified is one of the last remaining school districts to start after Labor Day. Out of 42 districts in the county, only three or four of us continue to start the day after Labor Day.”

The proposed start date for the calendar change is Aug. 29, 2016 for all schools, with an end date of June 14, 2017 for traditional calendar schools and an end date of July 21, 2017 for year-round schools.

But before making any adjustments to its calendar, SDUSD acknowledges the importance of informing all the stakeholders why the district is considering the move, which it believes will benefit students.

The district Calendar Committee identified several benefits of moving the start of school to August, including:

- Aligns the district calendar with the majority of school districts across San Diego County.
- Maximizes instruction time for students prior to the administration of standardized tests, which are given in the spring.
- Aligns the district calendar more closely with the San Diego Community College District and other university academic calendars, which expands opportunities for high school students to participate in early summer special enrichment programs or pre-collegiate classes.
- Students who participate in fall classes.
- Students who participate in fall classes.
- Not being tied to the definitive start date of the day after Labor Day provides flexibility for the end of the school year so it does not end on a Monday.

Zintz noted the proposed 2016-17 calendar change was first proposed in December 2014, but added the district board, “felt like we weren’t giving families (proper) notice to make the change in 2015-16, so that was changed to 2016-17.”

Zintz said her initial impression was that district stakeholders were about evenly split on the pros versus the cons of starting the school year earlier rather than later. She added there is an online forum on a district website where parents and others can “give their input saying, ‘Yes, we support the Aug. 29 start date,’ or ‘No, we to stay with the day after Labor day time.’”

“I know there are some vocal parents out there,” said Zintz.

Zintz noted the propose calendar change will not only affect students and their parents, but will also impact the district’s 14,000 employees at all of its school sites. She added though whether or not it’s “the best thing for kids,” will likely ultimately determine whether or not it’s made.

Founded in 1854, SDUSD represents more than 200 institutions with more than 15,000 employees. The district includes 113 elementary schools, 24 middle schools, four atypical schools, 10 alternative schools, 27 high schools and 25 charter schools. The district is governed by a five-member elected Board of Education. Members are elected for four-year terms.

The survey is available at www.sandi.net. Deadline to provide feedback is March 31. If you have questions, email communications@sandi.net.

OBITUARY:
La Jolla Kiwanian John Talbot, 93

John “Jack” Talbot, 93, a La Jolla Kiwanian of long standing who “recruited” numerous service club members over the years, died March 13 of pneumonia and congestive heart failure.

Talbot was born in Washington, D.C. on Sept. 4, 1921. He was the son of Mildred Watson Talbot and Leland Crowell Talbot, secretary to Congressmen Allen Treadway.

At 18, Talbot moved himself and his family to La Jolla from Massachusetts to start the first Berkshire Life Insurance Company agency west of the Mississippi. He later became an independent broker and kept his license active the rest of his life.

Talbot was a past president of La Jolla Kiwanis and volunteered on the Meals on Wheels program, serving food to homebound seniors. He was a member of the Congregational Church of La Jolla and La Jolla Beach and Tennis Club.

Talbot served in the Navy during World War II.

“Jack Talbot was one of the finest people I’ve ever met, and his role as a community servant in La Jolla cannot be underestimated,” said Dave Schwab, a former La Jolla Kiwanian.

“His literature recruited half of the service club’s members. His leadership and personal example cannot be replaced and will not be forgotten.”
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UC library branch chief is retiring; patrons take her over Google any day

By SANDY LIPPE

In 2002, Sharon Thomerson headed to San Diego from Colorado to become part of the San Diego Public Library staff. Her first position as a librarian was at La Jolla Riford branch. One of her fondest memories was presenting story time on the lawn of John Coles’ Book Shop in La Jolla. During the 18-month remodel of Riford, Thomerson served as assistant branch manager at the University Community Library. She said, “I knew then that I had found my home.”

After an interim promotion as branch manager at North Clairemont, Sharon was able to “come home” as branch manager at University City Library five years ago.

Jerry Sanders proposed that several branch libraries be closed to save money in the city budget. Among them was the UC venue. “Libraries will get you through times of no money better than money will get you through times of no libraries,” according to A. Herbert.

Many UC residents raised a ruckus with the mayor and City Council, and UC Library had its hours slashed, but the library remained open. Sharon transformed it into a vibrant community center.

“The library as more than just a place to go for a good read... ‘With funding from Friends of the Library,’ she explained, “we increased the number of computers from 7 to 22.” Adults used the computers to seek out jobs, and students worked on homework.

Activities took place in the community meeting room: musical talent, educational events, even Zumba. Not only did Thomerson wear the hat of a library manager; she became a talent agent. She credited the Friends group as “those passionate and dedicated volunteers; one of my great joys has been working with Friends of the Library.”

In turn, the Friends group credited Sharon for making lemonade out of lemons; the financial crisis, the slashed hours, the need to market the library as much as just a place to check out books. The American Library Association reminds us that “when you absolutely, positively have to know something, ask a librarian.” Sharon knows so much and does so much for the library community and all UC. She wisely had a sign with 12-inch letters spelling out “LIBRARY” placed on the building “to let nonlibrary users know we were there to serve them,” she said with a smile.

Sharon’s retirement date is today, March 27. She will spend time catching up on reading, lunch with friends, resuming long walks and yoga. Colorado will be on her travel plans, as she wants to visit her daughter and two grandsons. “I will continue to live in San Diego, where I hope to see my UC friends around.” Her UC friends will sorely miss her. “Google can bring you back 100,000 answers,” one library advocate says; “a librarian can bring you back the right one.” That’s our Sharon.

Hauer unveils plans for beach-oriented taco eatery

By DAVE SCHWAB

La Jolla restaurateur George Hauer unveiled plans for a new, casual, beach-oriented restaurant to inhabit half of the Kellogg Building in La Jolla Shores. He was joined by Bill Kellogg, president of La Jolla Beach & Tennis Club, Inc., in laying out details for redevelopment of Kellogg’s building at 2259 Avenida de la Playa before the La Jolla Shores Association March 11.

Once an independent market on the ground level, the retail space is now being remodeled for alternative uses, including Hauer’s new Galaxy Tacos eatery.

Noting the market’s been gone for three years and that finding a replacement grocer proved impossible due to an economic downturn and competition from big-box grocers, Kellogg said the new changes will “be real positive for that end of the street.”

Kellogg added the result will be an “upgraded building that will bring some more business to our little area.”

Kellogg said about half the ground-floor space of his building is being converted for use by the new restaurant specializing in tacos.

The other half, he said, will be taken up by Everyday California kayak rentals and apparel, which plans a new juice bar/retail store with some room in the back of the building for storage of kayak trucks.

Shores residents have complained of trucks transporting kayaks to and from the Shores boat launch being problematic, tracking in sand and adding to increasingly crowded traffic and parking, especially during the peak summertime.

Hauer, who’s owned upscale George’s at the Cove since 1984, quipped that he was talked into developing the new Spanish-style restaurant by his business partner, which he said “shows I have no intelligence at all.”

“My business partner has been obsessed with Mexican street food,” said Hauer, who added he was working with four neighbors who protested ed his acquiring a liquor license. “We negotiated with them, and we’re taking the exhaust up 30 feet so cooking smells won’t bother the community,” Hauer said. “We’re doing everything we can to lessen our impact on the neighborhood.”

The restaurateur said other compromises have been made, such as cutting alcohol service off at 10 p.m. outside and 11 p.m. inside. The restaurant will have a hybrid of new and old architectural styles.

‘It’s going to be a casual place where people can feel comfortable...’

LA JOLLA RESTAURANTEUR

George Hauer

Galaxy Tacos, planned by longtime restaurateur George Hauer.

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This Passover...
Reflect, Remember, Renew.

- **Yehuda Gefilte Fish**
  - Select Varieties, 7/2 lb. Each
  - $3.99

- **Lieber's Potato Chips**
  - Select Varieties, 10 oz.
  - $10.00/$10.19

- **Manischewitz Matzo Ball & Soup Mix**
  - Select Varieties, 4 & 5 oz.
  - $2.99

- **Gofen Matzah**
  - Select Varieties, 1 lb.
  - $2.99

- **Gofen Macaroons**
  - Select Varieties, 1 lb.
  - $2.99

- **Osam Matzah**
  - Select Varieties, 1 lb.
  - $3.98

- **Romaine, Red or Green Leaf Lettuce**
  - Each
  - $9.99

- **Kosher Mini Brownies**
  - 12 oz.
  - In the Bakery
  - $10.99

- **Kedem Grape Juice**
  - Select Varieties, 22 fl. oz.
  - $2.49

- **Bartenura Moscato d’Asti**
  - Select Varieties, 750 ml
  - $8.99

- **Yehuda Yahzeit Memorial Candle**
  - 2.05 oz.
  - $5.99

- **Silver Spring Horseradish**
  - Select Varieties, 1 oz.
  - $1.99

**Passover Bouquet**
- Each
- $9.99
  - With Card

**Kosher Meat Departments are located at:**
- 17480 Ventura Blvd. - Encino
- 12921 Magnolia Blvd. - Van Nuys
- 14049 Ventura Blvd. - Sherman Oaks
- 8657 Villa La Jolla Drive - La Jolla
- 9616 W. Pico Blvd. - Los Angeles
- 22333 Sherman Way - Canoga Park
- 260 S. La Brea Ave. - Los Angeles

*Prices Good through April 11, 2015 - While Supplies Last.*
M Bride presented Ines Di Santo’s luxury wedding collection at the US Grant Hotel on March 15, with Di Santo making a personal appearance along with her daughter Veronica (who works hand in hand with her). The audience was presented with a stunning show inspired by European fashion, and Di Santo’s special appearance fueled the introduction of M Bride’s new eveningwear collection, launched in New York two weeks earlier.

Saturday night before the fashion show, M Bride hosted a cocktail reception, with each patron receiving a signed fashion sketch by Di Santo. The sketches reflect what a tremendous artist she is — meanwhile, I asked her why her collection was sold exclusively at M Bride.

“The owner, Michele Martin, has a great personality [and] good taste and gives incredible service,” she said.

I asked Di Santo what sets her designs apart, to which she replied: “Each designer has their own signature style. I like to show the best of everybody by constructing the gown to show the curves and figures.” Her mother designs with such details as intricate beadwork. Swarovski crystals, exquisite Alcon lace and extraordinary luxe fabrics. She’s designed bridal couture for Jenny McCarthy, Mario Lopez’s wife Courtney and basketball star LeBron James’ wife Savannah. Most recently, tennis icon Serena Williams wore a red Di Santo dress to the Vanity Fair Oscar party. If you would like to visit this upscale bridal salon, call M Bride at 619-231-0001.

Ines Di Santo sketches were in fashion at M Bride fête

**Fashion Files**

Diana Cavagnaro

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**New San Diego leadership**

By now, the music lovers among us know that San Diego Opera has chosen a new general director, David Bennett. He hails from New York City, where he was executive director of Gotham Chamber Opera, a company whose trademark is presentation of fully staged productions in “unexpected and intimate venues.” Gotham closes its 2014-15 season with “The Tempest Songbook,” co-produced with the Martha Graham Dance Company and presented at The Metropolitan Museum of Art March 27 through 29.

Opera board president Carol Lazzeri “shares” in the following: “...[W]ith David at the helm, we are confident that San Diego Opera will become the opera company this city wants and deserves.” Let us hope.

**Mainly Mozart**

Meanwhile, I became better acquainted with the Mainly Mozart Festival’s new maestro/music director, Michael Francis. We discussed programming for this season’s Mainly Mozart Festival (June 4-20) at the Balboa Theatre. Francis replaces founding artistic director David Atherton, who retired at the close of the 2013 festival. Francis has led many of the world’s leading orchestras since coming to prominence in 2007 as an 11th-hour replacement for the ailing Valery Gergiev in concerts with the London Symphony Orchestra. One month later, he was asked — with only two hours’ notice — to replace John Adams in performance of Adams’ own works. Soon after, Francis took command of Diego Paredes on tour with the Stuttgart Radio Symphony.

Since his Mainly Mozart appointment, the unfappable, affable British maestro and his wife Cindy produced a baby girl and named her Annabella. Though Annabella likes listening to music, she will not attend Mainly Mozart concerts this year. According to Francis, “The audience would not enjoy listening to her. She fancies herself a diva.”

**Critical condition**

Musical America Worldwide noted on March 7 that classical music has lost two more newspaper staff critics. Steven Brown, onetime critic of The Charlotte Observer for 10 years, was laid off after two years with The Houston Chronicle. Richard Scheinin, for more than a decade music and jazz critic for the San Jose Mercury News, has been reassigned to cover real estate.
side of the street is J.D.'s Books; a wine/cheese/antique store; and a popular hot dog restaurant. On the south side is My Art Shed and us.”

**Tapaenade** French restaurant is remodeling a retail space on north Upper Girard to relocate to from its present site at 7612 Fay Ave.

For Emily Latham and owner Porschia Talbot of My Art Shed at 7246 Girard, the gallery is ideally situated.

“It’s a great spot because the schools (La Jolla Elementary and The Gillspie School) are so close,” said Latham, noting their stock in trade is teaching art classes and summer camps as well as hosting special events like birthday parties. “We’re also a functional gallery so people put up their work to sell as well.”

The north side of Upper Girard is anchored on the corner by Maserati of San Diego at 7427 Girard, kitty-corner to San Diego Ferrari at 7514 Girard, with which it is aligned.

“We’ve been here about three years now,” said Maserati sales associate Joseph Vadala. “We get customers from all over the country, especially people who don’t have Maserati dealers in their areas.

“This is a great part of town to be in because of our clientele base; people with income who want something (vehicle) that’s a little extra, something (vehicle) that’s a little extra, something (vehicle) that’s a little extra,” he said.

A couple doors down from Maserati is Pro Rituals Salon, at 7441 Girard, where hairstylists Terrence Michael Renk and Carrie Brown ply their trade. Renk previously was the hairdresser for daytime TV show “All My Children.”

“It’s a great place to be,” said Brown of the block. “Everyone here is really loyal. Once you make a relationship with people, they keep coming back. We’re getting lots of referrals.”

Elizabeth Allen Atelier said her eponymous bedding business is departing soon after three years, noting “the block just doesn’t get a lot of foot traffic.”

The Village Greens Healthy Food Kitchen recently opened at 7441 Girard, Suite A, co-owned by restaurateurs Nanci Kirk and April Richardson-Caulk.

“Upper Girard is quickly morphing into what La Jolla was when I was a kid, which is less commercial and more unique,” said Richardson-Caulk.

“About 40 percent of our business is takeouts, and I had no idea people would want home-cooked meals they can take home so much,” said Kirk.

Jaw Wong, of La Jolla Music, at 7423 Girard, noted the business has been in La Jolla since 1962 and on Girard since the ’70s.

“We sell instruments like guitars,” said Wong, “but our main focus is teaching art classes and summer camps as well as hosting special events like birthday parties. We’re also a functional gallery so people put up their work to sell as well.”

A phalanx of venues reflects Upper Girard’s close-knit commerce.

Maserati of San Diego’s Joseph Vadala says his dealership caters to customers looking for something out of the ordinary. COURTESY PHOTO

**HOMELESS**

**CONT. FROM PG. 1**

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Noting that assessment is “a snapshot of a point in time,” said Diaz there were 8,500 homeless people were counted in January 2014,” she said adding our region has adopted a “housing first” model for dealing with people living on the streets.

“The system’s changing, Rapid rehousing works,” Diaz said.

“Our federal government has set a very aggressive strategic plan to end veteran homelessness by the end of this year, chronic homelessness by the end of 2016 and family and youth homelessness by 2020,” said Diaz, adding, “We’re on an aggressive path to house our veterans right now. It’s a huge effort.”

Clark came at the problem differently. She noted police officers in the field “live and breathe” homelessness issues, dealing with them “every day.”

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Prospect Bar & Grill has a handle on the madness

By MARTIN JONES WESTLIN

As of now, 16 college basketball teams remain in the running for this year’s NCAA national championship. By the night of March 27, the field will narrow to the so-called Elite Eight, meaning that the Vegas bookies will either have drastically readjusted the point spreads or will have left town while the leavin’s good. For those who don’t know, a point spread is the distance an oddsmaker puts between himself and a client whose team was upset in the first or second round.

If you ask the peeps at the Prospect Bar & Grill very nicely, they’ll happily turn on the game(s) for you, assuming they don’t have them on already. Those 492 big-screen TVs hanging above the bar and along the walls can handle a lot of hoops, just like hungry sports fans won’t have a problem tearing into the venue’s menu — what goes down better with a sports event than a La Jolla Burger, comprising a grilled hand-pressed half pound of ground Angus chuck, lettuce, tomato, Russian dressing and your choice of cheese? Well, the Flat Iron Steak is right up there amid its grilled flat iron, served with garlic mashed potatoes, grilled asparagus...
spears, mushrooms and smoked pepper cream sauce. Not to worry if meat isn’t your thing – Prospect proudly presents its Fire Grilled Chicken dish, featuring marinated grilled chicken breast served over sautéed mushrooms, zucchini and tomatoes with a smoked pepper cream sauce.

If you’re looking for something on the buoyside, don’t get us wrong – this eatery’s fare isn’t always that heavy. Lighter dishes like nachos, chicken tenders and wings, lamb sliders and ahi tuna abound, and the Pesto Salmon is a sure bet for the gill-conscious diner. And wonder of wonders: Prospect makes its hot-buttered rum with Zaya, the greatest alcoholic spirit in the history of the universe! Zaya is from Trinidad, no stranger to exotic fruit-based mixology – the exotic aromas and tastes of apple, nutmeg, pear and orange have their own little footnote to the back of your tongue, and they cross the finish line faster than you can say, “You sure this isn’t a brandy?” Great, great rum.

So great, in fact, that it might make you lose sight of the view. You have two choices of vista from this venue’s second floor – the legendary and lore-adorned Pacific Ocean or the wildlife along Prospect Street, arguably La Jolla’s niche thoroughfare. Art galleries, designers, rug institutes, jewelers and even a comic book store are fanned out in all directions, vying for the good attentions of the well-fed visitor.

But at the moment, your eye is on sports, specifically the prospect for the Elite Eight and beyond. Just between you and us (and as of this writing), Kentucky’s gonna waltz through the whole thing amid its status as college basketball’s winningest Division I program (eight national championships and 16 Final Four appearances). After a few rounds with Zaya and a plateload of Fire Grilled Chicken, you probably won’t care. You’ll have experienced one of the Village’s finest eateries no matter the seasonal sport.

The Prospect Bar & Grill is located at 1025 Prospect St., oddly enough. Hours are Sundays through Thursdays 11 a.m. to 11 p.m. and Fridays and Saturdays 11 a.m. to 2 a.m. For more, see prospectbar.com or call (858) 454-8092.

From their county to ours: Two Orange County entrepreneurs liked La Jolla so much that they’re staking a claim, in the form of a Baskin Robbins franchise at 7470 La Jolla Blvd. – and Mak Kader and wife Heba Morsy (right, with cap) want you to be a part of it. They’re holding a grand opening Saturday, March 28 from noon to 4 p.m. to trot out their remodeled building and, in Morsy’s words, are “eager to meet the people of La Jolla and welcome everyone to come out and celebrate with us.” Named the top ice cream and frozen dessert franchise in the United States by Entrepreneur magazine’s 36th annual Franchise 500(r) ranking in 2014, Baskin-Robbins is the world’s largest chain of ice cream specialty shops.
iNails & Spa offering complete professional nail care is now open for business in the Vons shopping center at 7523 Fay Ave., Suites C and D.

Owned by Brian Nguyen and wife Nicky Le, the couple had previously owned salons in Park City, Utah for 25 years.

La Jolla is the couple’s second salon in San Diego, joining one existing in Bonita and another planned in Hillcrest.

“We do all of the nail services including facials and waxing,” said Nguyen noting their new La Jolla salon has seven full-time employees and is open seven days a week, Mondays through Saturdays from 9 a.m. to 7 p.m. and Sundays from 10 a.m. to 6 p.m.

Services provided include manicures and pedicures for adults and children, and a variety of facial treatments including a European facial and an acne clay machine.

For more information or to make appointment call (858) 456-7899, or visit online at www.iNailsnspa.com. Email brian@iNailsnspa.com

Inails & Spa in its brochure notes the company “takes great pride in offering the finest and most individualized concepts in nail designs, facials, spa treatments and body waxing.” That includes using the most up to date equipment and best equipment available, such as the sanitized clay machine.

Nguyen said iNails’ facilities are the most sanitary around, noting his staff is “highly trained and educated in the most advanced techniques and services. We use a new liner with every pedicure to ensure the best hygiene available” Nicky and Brian say they look forward to being part of the local La Jolla community.

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**GRAND OPENING SPECIAL!**

**iNails & Spa**

COMPLETE PROFESSIONAL NAIL CARE

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BRIEFS cont’d >>

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Autumn Villas is a six-bed residential home nestled in University City servicing seniors who can no longer live alone. The hallways have been widened for wheelchair access, a roll-in shower and a walk-in bathtub are featured in the main bath, high quality foam mattresses with adjustable beds exists for most beds, many different common areas are established to relax and play in and nutritious, delicious and well-balanced meals are served. The care is warm and friendly.

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What sets ComForcare apart is their customer experience, affordable rates, 24/7 Hotline and their willingness to go the extra mile. Whether it’s a couple of hours a week for transportation and assistance at the grocery store, or around the clock service, they treat every client with the utmost care.

Let’s face it, the prospect of moving into an assisted living community can seem like a bit of a failure in that “I can no longer cope on my own.” Not surprisingly, in a 2014 AARP article called “What is Livable? Community Preferences of Older Adults”, their survey found 87% of adults ages 65 and older would prefer to ‘age in place’ in their current home and community. To ‘age in place’ can be a challenge but with the right help, it makes the most sense for affordability and personal freedom.” Call them today to see how they can help at (858) 900-5257 or visit their website at www.sandiego.comforcare.com.

Right Choice Senior Living

Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) had the desire to develop Assisted Living Care Homes and Senior centers for seniors that are a cut above the rest at fair & competitive rates. Right Choice Senior Living has Residential Care Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area) medical facilities and the beach.

Come see us today before making your final choice. Make the Right Choice Today. For more information call (619) 246-2003 or go to the website at rightchoiceseniorliving.org.

Council OKs $750,000 for repairs to Crystal Pier

San Diego City Council unanimously voted March 17 to finish a $1.2 million restoration project of the City-owned portion of Crystal Pier in Pacific Beach. The pier, constructed in the 1920s, is in need of immediate structural repair prior to the beginning of summer.

“Pacific Beach’s Crystal Pier is an iconic landmark and popular vacation destination,” said Councilmember Lorie Zapf, whose District 2 covers Pacific Beach. “With today’s action, the City is investing in structural improvements to not only protect the safety of the pier but to allow the pier to be enjoyed by millions of visitors and locals for years to come.”

Crystal Pier is owned by the City of San Diego and the Crystal Pier Hotel.

The councilmanic action authorized the final $750,000 to repair or replace damaged or deteriorating portions of the pier, including timber piles, pile caps, joists and bracing on the City-owned sections of the pier. The hotel will be funding repairs and construction for its portion of the pier. The restoration project will use “in-kind” replacement materials to preserve the aesthetics of the pier.

The project is expected to be completed before Memorial Day and may include the temporary removal and off-site storage of cottages as well as underwater work to replace existing deteriorated piles to the point they are structurally sound for repair.

Heathy Lifestyles

BRIEFS cont’d >>

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The project is expected to be completed before Memorial Day and may include the temporary removal and off-site storage of cottages as well as underwater work to replace existing deteriorated piles to the point they are structurally sound for repair.
Beads of La Jolla is a unique bead boutique nestled in the quaint beach town of Bird Rock in La Jolla, CA. 1200 square feet of stone, glass, crystal, metal beads and findings are what bring customers into Beads of La Jolla. The two sisters that own and run shop, however, are the reason customers turn into loyal regulars. Beads of La Jolla strives to create an environment where jewelry designers, and necklace novices alike can become inspired and utilize a free workspace to turn creative ideas into wearable art!! Having been on the block in Bird Rock for fourteen years, you can rest assure that these gals have experience, and skill to help you with any repair and custom jewelry need you may have. Last, but certainly not least, Beads of La Jolla crew loves to host birthday party’s, ladies night, bridal and baby showers and other events. Give them a call and book your next beading event, and get your bead on!!

Beads of La Jolla Invites you to create some well deserved balance in your life on April 11th 10 AM -6PM.

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Animal Hospital owners buy Draper Street unit

Animal Hospital of La Jolla, which must move from its location at 7601 Draper Ave. to make way for a planned townhome development, has found a new locale. According to a Daily Transcript report, its owners have purchased a 1,750-square-foot building at 7517 Draper Ave. for $1.1 million.

The one-story building last sold in October of 1988 for $300,000.

The two-story townhome project, Silver Street Village Homes, calls for 18 two- to four-bedroom townhomes at the corner of Silver Street and Draper Avenue, near home to the animal hospital and a postal service facility.

The animal hospital, founded in 1989, has been affiliated with the American Veterinary Medical Association for more than 20 years and has been a state and county medical association member since its founding.

'Green' building project hormone the point home

Second-graders at La Jolla Elementary School took hammers in hand March 11 with guidance from Home Depot staff to build and paint their own "green" planters. The planters are part of the company’s outreach community program, which teaches safety and self-reliance with tools to a generation that has less access to backyard building projects amid today’s surging technology.

“We welcome Home Depot to our school, school principal Donna Tripi said. “Their staff provides a valuable service to students who learn the importance of ecology in the classroom and now have the opportunity to gain new skills that promote green thinking.”

Students of Stephanie Kaplan’s class donned orange aprons as they constructed the planters from kits and a stylized cutout in the shape of a flower. They then decorated the planters with an environmental theme that reflects the animal hospital and a postal service facility.

The planters will be gifts for parents as part of the school’s upcoming spring gala fundraiser, to be held Saturday, May 9.

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Wisteria foliage passes the smell test every spring

BY LINDA MARRONE

For anyone who has a wisteria vine growing in a garden, spring is one of the favorite times of the year. Even though the elegant clusters of flowers are somewhat short-lived, I try and enjoy every minute and open my windows to let their heavenly fragrance in when they make their appearance.

More than 25 years ago, I planted a Chinese Wisteria vine (Wisteria sinensis) that has lavender-blue flowers, and I have carefully trained and pruned it to climb up a strong wrought-iron staircase railing. Wisterias can be quite invasive and need to be fully trained and pruned to keep it small and compact.

A deciduous perennial vine that loses its leaves in the fall and early winter, the wisteria is a member of the pea family. As its flowers fade, velvety pealike pods will form on the vine under its leaves. While the wisteria may be in a family of edible cousins, its pods as well as all portions of the plant are poisonous. Asian wisterias are the most common grown in the United States, with Chinese being the most recognizable. Japanese wisteria (Wisteria floribunda) is another common variety that has more seed pods, and its vines encircle the host plant in a clockwise direction, opposite from the Chinese. Both varieties come in shades of lavenders and white.

Easy to grow and requiring only moderate watering, the wisteria will thrive even amid a considerable amount of neglect. It prefers well-drained, slightly acidic soil and just a light application of fertilizer with more phosphorus than nitrogen. If fed too much nitrogen, your vine will have more leaf and vine growth than flowers. Apply a diluted amount of fertilizer in the winter after the vine has lost its leaves. This is the only time I feed my vine, and if you overwater or overfeed a wisteria, it may not bloom. Except for pruning, less is definitely more when it comes to the wisteria.

On a trip to Portofino, Italy, I was fortunate to talk with one of the gardeners at the Splendido Hotel who cared for the century-old wisteria vine that shades the building’s celebrated terrace. Portofino’s weather is similar to La Jolla’s, but it is a little colder in the early spring, so their wisteria blooms around May, when we visited. We sat under the ancient vine, covered with scented lavender-blue blossoms, and gazed out across the water knowing we were experiencing something very special and something we would never forget.

Locally, you can enjoy the wisteria that grows on a large pergola outside the front entrance to the La Jolla Historical Society’s appropriately named Wisteria Cottage. Even a block away, you can smell its fragrant blossoms as you approach.

Linda Marrone is a Realtor with Coldwell Banker in La Jolla. Pictures of her garden have appeared in local and national magazines.

A GAS OF A DAY

Here’s the agenda for 11th La Jolla Concours d’Elegance:

Festivities kick off Friday, April 10 with the Rolls-Royce Motor Cars Contemporary Classic Cocktail Party, from 7 to 10 p.m. at La Valencia Hotel.

On Saturday, April 11, classic auto events continue with a scenic Motor Tour, offering exclusive views of private collections and a catered lunch, from 7:30 a.m. to 3:30 p.m. Later that day is an exclusive VIP reception for automobile registrants, sponsors, judges and the public to indulge in culinary delights from local restaurants and world-class chefs, fabulous entertainment and a spectacular evening of wines and cocktails along the Pacific Ocean. The event is from 6 to 9 p.m. at Ellen Browning Scripps Park.

The car show runs from 9 a.m. to 4 p.m. Sunday, April 12. Guests can view 300-plus exemplary vehicles situated along the Pacific Ocean. They will have the opportunity to peruse the offerings of fabulous vendors and check out exciting offers from top-notch sponsors.

Car show general admission tickets include two tastings from the wine and craft beer garden and a commemorative program. Children under 14 years of age are admitted free. VIP tickets include general admission benefits plus a complimentary lunch from participating restaurants as well as hosted wines, craft beers and cocktails from 11 a.m. to 2 p.m., courtesy of Bianchard, Krasner & French, along with a signed poster from La Jolla Concours d’Elegance’s official artist Scott Jacobs.

Funds will benefit local nonprofits, including the Monarch School Project, which educates students impacted by homelessness, and the La Jolla Historical Society, which preserves the history of La Jolla.
Positive People Experiences

By Natasha Josefowitz, Ph.D.

A friend gave me a booklet entitled “Positive People Experiences: Eight Ingredients for Business Success,” by Drs. Carolyn Shadle and John L. Meyer. Although it is written as a communication tool for clients and customers, I was impressed with the advice and thought it could be helpful to anyone communicating, whether with friends or family or in any group situation. I like their emphasis on nonverbal communication, which is too often disregarded. I am using their words and paraphrasing where appropriate:

Communication takes many forms. It’s a familiar truism that “you cannot not communicate.” Communication happens even when you don’t intend to communicate. Nonverbal messages are sent through behavior and with body posture and tone of voice.

Use supportive motions. Lean forward to suggest an open posture and tone of voice. Be responsible for your position. Speaking for yourself and your feelings is best done by starting your sentence with “I.” “I feel [worried, sad, afraid, annoyed, embarrassed, etcetera] when you...” Show your feelings. People are moved by emotions, including letting them know that you like them.

Understand your interlocutor’s needs, being sure you heard it right. Parroting or rewording what you heard lets you check for accuracy — “What I think you said you need is... did I get that right?” — followed with silence.

Listen for feelings as well as content. The facial expression and tone of voice may tell you more than the words. Is the person relieved? Or confused? Or anxious? Show empathy by acknowledging what you think you’ve heard and checking the perception – “I sense you are feeling...; am I right?” — followed with silence.

Understand how technology has changed the way people communicate. Text messages are ideal for people who prefer “snail mail.” Many now want email when possible. Email reminders increase effectiveness by 17 percent. Postcards are ideal for people who prefer “snail mail.” Many now want text messages. Ask for their preferred communication method.

The mobile phone is a wonderful device for staying in touch. Some people check their mobile phones 100 to 250 times a day. Being on a smartphone means you can reach them when you’re on the go, connecting with them by text, email or phone and with photos. I see the above as a helpful tool for all interactions. Being aware of the unconscious messages we may be sending is an important component of effective communication. Carefully crafting conscious messages is the other essential ingredient. If you’d like the booklet, visit csinc.info or contact cshadle@mac.com.
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The Tash Team

The powerhouse real estate team led by Barry Tashkorian & Betty Toroyan has been continually ranked at the top of the national market for their sales. Their outstanding production has broken countless records and earned them numerous awards. Two of which are the company’s Chairman’s Circle Diamond Award and the Legends Award. And for the past year, 2014, they have sold a number of luxury homes in the $2M to $10M dollar range with double ended transactions (represented both buyers and sellers).

A La Jolla resident for over 30 years, a graduate of La Jolla High and SDSU, Barry Tashkorian offers his clients the benefits of working with an expert negotiator. Together with Betty Toroyan, an 18-year industry veteran with interior design background, they have earned a reputation for their commitment to ethical business practices and extensive knowledge of multiple aspects in real estate.

When working with The Tash Team, you have a Team Advantage with seven dynamic buying agents and sellers. Together, the Tash Team has unique access to and working with expert negotiators. A La Jolla resident for over 30 years, a graduate of La Jolla High and SDSU, Barry Tashkorian offers his clients the benefits of working with a expert negotiator. Together with Betty Toroyan, an 18-year industry veteran with interior design background, they have earned a reputation for their commitment to ethical business practices and extensive knowledge of multiple aspects in real estate.

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Ocean Pacific Properties was founded in 2004 as a Real Estate Development and Vacation Rentals firm dedicated to serving the beach communities of San Diego. Since its founding, Ocean Pacific Properties, in association with Ocean Pacific Companies, has been involved in the successful development, redevelopment and sale of properties in the Mission Beach, Pacific Beach and La Jolla communities. Ocean Pacific Properties’ focus is client satisfaction and the belief that through diligence and hard work, every client will be able to complete their dream of owning San Diego Real Estate by providing a superior level of informed, professional real estate services to buyers and sellers in the beach communities of San Diego.

Ocean Pacific Properties and staff are members of the San Diego Association of Realtors (SDAR) and offer experienced services as Real Estate Agents, Investment Services and Vacation Rentals.

MUST HEAR >>

Tomoe Gozen, a real-life female samurai, can tell you all about it. Her heartbreaking tales of love, loss and conflict in 12th-century Japan are saved for posterity in an ancient text belonging to the failing mom of two daughters on different paths. As the girls decipher the text’s message, their conflicts resolve, turning their deep differences into assets and uniting amid the heartbreak of the old warrior woman. Even cooler is that the story, “Sisters of Heart and Snow,” is written by Margaret Dilloway, a San Diego Writers Ink instructor who’s just signed a two-book deal for a middle-grade fantasy series, to be published in June of 2016. You can meet her at 7:30 p.m. Tuesday, April 7, at Warwick’s Books, 7812 Girard Ave., as she talks about her book and her motivation for writing it.

SISTERS OF HEART AND SNOW:
Book talk featuring author Margaret Dilloway, Warwick’s Books, 7812 Girard Ave., Tuesday, April 7, 7:30 p.m.

A NATIONAL TREASURE

Roger Guillemin, a Salk Institute scientist and Nobel laureate whose discoveries laid the foundation for brain hormone research, was presented with France’s highest honor on March 7 during a ceremony at the Salk Institute in La Jolla. The Commander rank of the Legion of Honor was bestowed upon the France-born Guillemin, 91, before an audience of nearly 100 family, friends and Salk colleagues.

Guillemin joined the Salk Institute in 1970 and received the 1977 Nobel Prize in medicine for his work with hypothalamic hormones. He was among 19 people to be promoted to the rank of Commander of the Legion of Honor. Salk colleagues described him as a national treasure for both countries.

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La Jolla Star Realty

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Finally, a home luxurious enough for you, and liveable enough for everyone you love, all in the most convenient part of University City with easy access to the I-805 & 52, or west to La Jolla. Great schools including Curie Elementary. Well kept neighborhood and impeccably maintained home is move in ready. New carpet, tile floors, granite kitchen, private backyard, custom paint, whole house water filtration. Vaulted ceilings & two fireplaces, separate laundry room. • $690,000
Melinda DiPerna  (858)848-7555
melinda@caicedestatelady.com  www.sandiegorealestatepro.com

Real Estate Showcases
Ocean view... is top of the line! Dishes, etc. for elegant or casual dining. Everything rants, and more! Supplied with very fine linens, with views of the ocean, hills and village. Just a few courtyards. Enjoy relaxing on all of the spacious decks.

Offered at $750,000

Spacious garage with fitted cabinetry. Brothers, newer carpet, tile and appliances.

This West side UC home is clean, light, bright and ready to go! Perfect starter home or for a growing family. 4 bedrooms and 2.5 baths. Well-located adjacent to the Rose Canyon Trailhead, with a nice walk in private back yard, 2 levels of sunny patio space and a grassy area for kids to play. Freshly painted throughout, dual pane windows with plantation shutters, newer carpet, tile and appliances. Spacious garage with fitted cabinetry.

Offered at $750,000

*OCEAN BEACH*

This Ocean Beach 2 bedroom, 1 bath single family residence is located 3 blocks to the beach and is ready for a new owner now! Priced at $605,000, this home built in 1912 has recently been remodeled. Tenant occupied. Call Klatt Realty at 858-454-5672 for your appointment to show.

Exquisite three level detached townhouse $825,000 - $855,000 - La Jolla

Located in the heart of La Jolla. Private gated community, includes pool, tennis courts, clubhouse. Separate private pool and spa houses away. Three fireplaces, huge master bedroom with walk-in closet and large separate closet. Huge master bath, with dual sinks, soaking tub and separate shower. Fireplace in master bedroom, living room and family room. Separate laundry room, top of line kitchen appliances.

Mark Levit 858-306-3900 www.stonermarkgrp.com
Open this Sunday 1-4

**Magnificent Muirlands Village Home!**

6652 Avenida La Reina, La Jolla

Breathtaking panoramic ocean views above Windansea Beach & the Village. This 5BR/3.5BA remodeled home embraces romance & elegance in an incredibly private residence. Watch the waves, sunset & night lights of the Village! With the master suite on the main level this home entertains & lives as a one story home with only the guest/ kid’s bedrooms on the lower level. Walk to schools, sandy beaches and the restaurants & shops of the Village!

Offered between $2,700,000 & $3,095,000

**2283 Bahia Drive, La Jolla**

The perfect family home! Traditionally elegant. Large 10,100 sq ft lot. This wonderful 4BR+/3BA home is completely & beautifully remodeled. Open floorplan. Even a bonus room – which could also be used as an office, den or nursery’s room. Situated on a very quiet street with an incredibly private back yard. This home is ideal for entertaining. Bring the kids and prepare to fall in love!

Offered between $1,200,000 & $1,400,000

David Schroedl 858.353.5800
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**La Jolla Office**  |  930 Prospect Street  |  858.459.3851

3,300 Offices  |  97,000 Agents  |  50 Countries  |  106 Years of Experience

**A Passion for Historic Real Estate & Preservation**

Linda has owned a historic La Jolla home and garden since 1989 and fully understands all the details involved in owning a historic home, historic designation and the Mills Act property tax benefit. Trained and certified as a specialist in selling historic real estate and architecturally designed homes by the National Trust for Historic Preservation in Washington, D.C.

Being able to walk a potential buyer through the benefits and restrictions associated with owning a historic home is very important and Linda’s experience as both a historic homeowner and her years of involvement in the historic preservation field will make selling your historic home a pleasure.

**Offered for Sale**

The Historic Norman Kennedy House

Beautifully restored, 3 BR/2.5 BA, surrounded by gardens and outdoor living areas.

**Offered at:** $2,450,000

Go to [www.LindaMarrone.com](http://www.LindaMarrone.com) to learn more about historic designation.

**Be sure to read Linda’s garden column,** From My Garden in this issue