New year’s laws: from teen texting to electronic license plates, 2014 ushers in change

By DAVE SCHWAB

With the new year comes a raft of new laws — more than 800 of them in California — that will impact motorists and bicyclists, employers and employees, retailers and consumers throughout San Diego.

The following are some of the highlights of new laws that took effect on Jan. 1, unless otherwise noted.

TRANSPORTATION

• Bicycle-passing distance (AB 1371) — Known as the Three Feet for Safety Act, this law requires a vehicle driver passing a bicycle that is traveling in the same direction must maintain a distance of no less than three feet between any part of the vehicle and any part of the bicycle or rider. When three feet is not possible, the motor vehicles are required to slow to a “reasonable and prudent speed” and pass only if there’s no danger to the bicyclist. Failing to do so can incur a fine, regardless of whether a collision results. This law will take effect Sept. 16.

• Clean-air vehicle decals/HOV stickers (AB 266, SB 286) — These laws extend sunset dates to Jan. 1, 2019 for single-occupant, low-emission and zero-emission vehicles to operate in high-occupancy vehicle lanes (HOV).

• DMV vehicle registration pilot program (SB 806) — This law authorizes the DMV to establish a pilot program to evaluate the use of alternatives to the current stickers, tabs, license plates and registration cards, but will be subject to certain requirements. It will also enable the DMV to experiment with electronic license plates, as well as facilitate the department’s ability to explore cost-effective alternatives to California’s traditional metal license plate, plastic-coated registration stickers and paper registration cards.

• Registration and vehicle transfers between family members (AB 443) — This law prohibits the transfer of vehicle ownership to a relative or a revocable living trust until the

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Numerous other methods could — and maybe should — be tried to dissuade sea lions from hauling out at La Jolla Cove now that the city’s installed a gate in the fence allowing public access there.

According to a marine mammal expert, those methods might include non-lethal “tools” like a sprinkler system, use of sound (above and below water), perhaps even utilizing “air dancers” — inflatable, giant puppets often used to advertise products.

Monica DeAngelis, a marine mammal biologist with the National Oceanic and Atmospheric Administration (NOAA), a federal agency studying ocean and atmospheric conditions, said California municipalities experiencing problems with pinnipeds have experimented successfully with numerous ways of

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ODOR DESTROYER? The city installed a gate in the fence at La Jolla Cove on Dec. 31 with the hope that, as more visitors are encouraged to venture out onto the rocks, the groups of sea lions and birds that have gathered — and defecated — on the cliffs will begin to retreat, taking with them the stench that has plagued the area for years.

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Jan. 24: Film Buffs’ Book Discussion
WHERE: D.G. Wills Books, 7461 Girard Ave., 7 p.m.
HOW MUCH: Free
WHAT: Noted film historian professor Noah Isenberg will discuss his new book, “Edgar G. Ulmer: A Filmmaker at the Margins.” Ulmer is perhaps best known today for “Detour,” considered by many to be the epitome of a certain noir style that transcends its B-list origins. In this fascinating and well-researched account of a career spent on the margins of Hollywood, Noah Isenberg provides the little-known details of Ulmer’s personal life and a thorough analysis of his wide-ranging, eclectic films. Ulmer’s daughter, Arianne Ulmer Cipes, will participate in the event. (858) 456-1800, www.dgwillsbooks.com.

Jan. 26: National Kazoo Day
WHERE: Seuss Room, Geisel Library, UC San Diego, noon
HOW MUCH: Free (includes free kazoo!) WWW.DGWILLSBOOKS.COM. (858) 822-5758 or spaulson@ucsd.edu for more information.

Jan. 16: Foovie: “Diego Star”
WHERE: The Loft, UCSD, 7 p.m., food, 8 p.m. movie
HOW MUCH: $34 food and movie, $10 movie only
WHAT: ArtPower! Presents “Diego Star” in its Foovie (food+movie) series. The movie follows the story of a cargo ship stuck on the Canadian Saint Lawrence River for repairs. Traoré, an Ivory Coast mechanic is unjustly accused of causing the damage. Far away from home and family, Traoré tries to offer friendship to Fanny, a 20-something single mother who takes him in, while he struggles to fight for justice. Menu for the evening: cold frisée salad with roasted fennel, toasted garlic croutons and poached egg with lemon-pepper beurre blanc; whole salted freshwater fish seared and roasted with asparagus tips, herb new potatoes and French hollandaise; strawberry sorbet with mint honey sauce and a dark chocolate strawberry. Vegetarian options available upon request. Drinks sold separately. Tickets: (858) 534-8497 or www.artpower.ucsd.edu.

Jan. 21: La Jolla Garden Club Monthly Meeting
WHERE: La Jolla Lutheran Church, 7117 La Jolla Blvd., 1 p.m.
HOW MUCH: Free
WHAT: Lynlee Austel-Slayter will demonstrate how easy it is to create a sustainable garden that will preserve habitat and save the gardener time and money. Austel-Slayter is a University of California Cooperative Extension Master Gardener Sustainable Landscape trainer. Her life vision is to support the environment and share her joy of nature through her work as a sustainable landscaper. Following the speaker there will be a reception with refreshments. Guests are welcome. For reservations, contact Ginger Taylor at (858) 459-0828 or mtaylor2@san.rr.com.

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Sea lions and marine animals are very smart animals” that “figure things out very quickly,” DeAngelis said. DeAngelis said there’s a provision in the Marine Mammal Protection Act (MMPA) safeguarding marine mammals, which allows municipalities to use largely harm-less methods to deter them when they become problematic. As many residents and business owners say they have in La Jolla where their waste on rocks is contributing to a pungent odor.

“With the MMPA, we’ve seen an increase in certain species like the California sea lion, which have done extremely well with the protections offered,” said DeAngelis. “The federal marine biologist said “no one tool, no one non-lethal deterrent works 100 percent of the time” in discouraging pinnipeds from hauling out or engaging in other problematic activities. But she added, “We’ve found in our research that it’s best to have a random tool box of methods.”

Noting sea lions are “very smart animals” that “figure things out very quickly,” DeAngelis said several ways of discouraging them have been tried with some degree of success along the California coast.

“Water sprinklers can sometimes work. They (sea lions) find them disruptive as they come out on the rocks to rest and thermal regulate (cool off),” DeAngelis said. “We’ve done tests on sounds in the water that keep them away from fishing vessels. Another thing we’ve tried with success is air dancers. They’re relatively cheap and marine mammals don’t like the random movements of them.”

DeAngelis said such non-lethal methods of deterring pinnipeds do not require approval by any government agency. She said a section of the MMPA allows municipalities wanting to discourage pinnipeds to do so with justifiable cause.

“But we (NOAA) recommend municipalities call us first and allow us to help them with a plan,” she said.

Bowing to public pressure, the city installed a gate in the fence Dec. 31 on the Cove bluffs, which for years has deterred people from frequenting the rocks above where sea lions in ever-larger numbers are hauling out.

Responding to recent developments at La Jolla Cove, District 1 City Councilwoman Sherri Lightner said it’s been “legal for people to walk on the bluffs,” despite the fact that the fence has been up for more than a decade.

“As a long-time advocate for the protection of public views and physical access to our beaches and coastline, I have supported installing a gate in the fence at La Jolla Cove,” said Lightner.

Nonetheless, Lightner urged residents and visitors alike to “be cautious when accessing the area because the bluffs can be unstable and slippery, and to be careful not to harass or disturb the marine mammals and winged wildlife.”

Long term, Lightner said she supports developing a citywide coastal management plan to deal with the proliferation of seals, sea lions and migratory birds along San Diego’s 26-mile coastline.

Lightner said she will push for city funds to be included in the upcoming budget cycle to develop a plan that could incorporate best practices from other California municipalities like Pacific Grove, Carpinteria and San Francisco that deal with similar challenges of balancing the needs of people and marine animals.
On a day when the San Diego Chargers thrilled local fans with a playoff victory, it was the death of a local broadcasting icon that turned cheers to tears on Jan. 5.

San Diegans and people across the country learned that Jerry Coleman, a decorated baseball player, war hero and broadcaster, had passed away at Scripps Memorial Hospital.

Coleman, considered a local treasure in a heavily military town, was born Sept. 14, 1924 in San Jose and died at the age of 89. He suffered from head injuries in a December fall at his La Jolla home in addition to pneumonia. His wife, Maggie, notified the Padres of his passing.

Local baseball fans knew Coleman as the voice of the San Diego Padres since 1972, interrupted for only one season when he became the new field manager of the team in 1980. His occasional verbal malaprops, which became known as "Colemanisms," endeared him to regular listeners.

A favorite of fans was when Coleman made the call as former Padre Dave Winfield chased a long fly ball.

"Winfield hit his head against the wall, and it’s rolling toward the infield!"

Coleman, ever humble about his many accomplishments, endeared himself to countless people across the United States for his service as a U.S. Marine Corps pilot. He delayed his debut as a professional baseball player to serve in World War II and then left the New York Yankees to serve in the Korean War, flying 120 total career missions, receiving two Distinguished Flying Crosses and 13 Air Medals and three Navy Citations.

A member of the U.S. Marine Corps Sports Hall of Fame, Coleman is the only major league baseball player in history to see combat in two wars.

A vintage F4U Corsair fighter-bomber in the markings of Coleman’s plane during the Korean conflict and an SBD Dauntless dive bomber like the one he flew in World War II are on display at the San Diego Air & Space Museum, where he was named to the Hall of Fame in 2011.

His military service earned him the nickname "The Colonel," after he achieved the rank of lieutenant colonel in the U.S. Marine Corps Reserve.

In interviews, Coleman fondly recalled his military service as the greatest time of his life.

"Your country is bigger than baseball," he said.

Coleman’s major league playing career with the Yankees began as a second baseman in 1949 when he hit .275 and was named Associated Press Rookie of the Year. He made the American League All-Star team in 1950 before being named Most Valuable Player in that season’s World Series on a team that included Joe DiMaggio, Yogi Berra, Phil Rizzuto and Johnny Mize.

In his final season in 1957, Coleman batted .364 in the World Series against the Milwaukee Braves. He appeared in six World Series, earning four championship rings.

A meeting with legendary sportscaster Howard Cosell convinced Coleman to enter broadcasting and he began in 1960 with CBS television.

Eventually, after two seasons with the California Angels, Coleman was named lead radio announcer for the Padres.

His signature phrases were "Oh, Doctor!" following an amazing on-field event and "You can hang a star on that, baby!" when an assistant would swing a large gold star hanging from a stick out the window of the stadium’s broadcast booth to the cheers of fans.

Coleman was given the Ford C. Frick Award of the National Baseball Hall of Fame in 2005 and entered the National Radio Hall of Fame in 2007.


As Coleman made his mark on sports broadcasting, he also left indelible impressions on the communities in San Diego, especially La Jolla. He and his family had a long and enduring relationship with The Bishop’s School, where the health and fitness room is named The Coleman Family Health and Fitness Center and where annually, the Jerry Coleman Athletic Leadership Award is given to a captain of a Bishop’s upper school athletic team, often presented to the student by Coleman himself.

Daughter Chelsea Coleman was a 2003 graduate of Bishop’s, while wife Maggie served as president of The Bishop’s School Board of Trustees from 2001-2005.

"Jerry Coleman’s effervescent presence and his heroism were — and will continue to be — an inspiration to all of us, particularly to the current students with whom he spoke last year when we honored him at our Veteran’s Day observance," said Bishop’s head of school Aimeclaire Roche. "Jerry’s constant, lifelong appreciation for the work of his teammates and his fellow servicemen spoke to his humility and his care for all that makes America a great nation. Jerry Coleman will be sorely missed by the Bishop’s community.

Coleman also had ties to the Mount Soledad Memorial Association, where a plaque commemo- rates his military service. Coleman was initially not eager to be honored with a plaque at the site, said memorial association trustee Bob Phillips, "because he felt you should be deceased before being on the wall."

Phillips urged Maggie Coleman to encourage her husband to allow the association to honor him with the plaque, as Phillips felt Coleman’s war record was too significant to put on hold. In the end,Phillips said Coleman did permit the plaque, even agreeing to allow the association to invite his lifelong friend, Bobby Brown, who had played semi-pro baseball with in San Francisco.

"The event set all records for attendance with over 1,000 individuals there to honor Jerry," said Phillips. "... to this day, it is one of the frequently visited plaques at the memorial."

Phillips said those interested in the location of the plaque can call the association office at (858) 4 59-2314 or check with a docent at the site.

On Sept. 15, 2012 the San Diego Padres unveiled a statue of Coleman wearing a flight suit at Petco Park where fans have been leaving flowers and mementos since his passing.

A free service will be held Jan. 18 at 10:30 a.m. at Petco Park. Fans may enter through the East Village gate on 10th Avenue or the Park Boulevard gate. For those who would like to make a donation in Coleman’s memory, his family sug- gests the Semper Fi Fund (www.semperfifund.org). Dave Schabba contributed reporting.
La Plaza shopping center aiming for summer debut

By DAVE SCHWAB

The transformation of the former Jack’s nightclub at the corner of Girard Avenue and Wall Street into La Plaza high-end boutique shopping center is on track for a summer 2014 opening.

“We started the first of August. We had a little bit of delay with getting our building permits,” said Paul Prellwitz, senior project manager for Dempsey Construction, which is remodeling the old Jack’s site. “We’re trudging along right now looking for a May 1 completion.”

Prellwitz said the three-story, 33,626-square-foot structure at 7863 Girard Ave. is being reconfigured around a central courtyard. The building is being fully improved to the lot line boundaries, with no off-street parking.

“We’re removing all the existing finishes, taking it down to concrete, then putting in the new skin,” said Prellwitz, noting Dempsey just finished structural demolition on the project and is in the early stages of interior concrete work.

Prellwitz said once that’s done, the individual retail spaces will each be customized for their new tenants.

To allay fears about redevelopment being disruptive, the building has been wrapped in a protective plastic barrier, with a 6-foot-wide plywood tunnel erected along the Girard and Wall Street sidewalks to shield pedestrians. In addition, a canvas canopy sits atop the building’s center courtyard to reduce noise.

Prellwitz said project improvements include a complete exterior renovation featuring the installation of plaster and pre-cast concrete features, a new glass window system throughout the building, decorative rustic guardrails, decorative pavers and tiles, and hand-painted accented tiles installed throughout. A key architectural feature will be an elevator/clock tower constructed on the Girard Street side of the building.

“We saw this as an opportunity to redevelop and revitalize, arguably the premier corner in La Jolla with a new energy, while bringing back the elegance that existed in La Jolla in years past,” said Jon Williams, CEO of San Diego-based Darlyn Investments, the project owner who acquired the property at auction in November 2012. “Since we purchased the building, we have been working diligently with architects, brokers and designers to create a boutique retail center that satisfies even the most discerning shopper’s desire for quality products in an intimate environment. With most suites surrounding a center courtyard, the synergy that will be created for our tenants, and the convenience for their customers, will be unmatched in the area.”

Thus far, the only tenant, Lissilaa Boutique, has announced it will be moving into the new shopping center.

“How hopefully, stores will start opening at the beginning of the third quarter,” said Marcella McAfee, regional manager for Davlyn.

“We’re still in the process of negotiating leases,” said McAfee. McAfee estimated the ultimate number of retail spaces in the center will likely vary between 17 and 22. She said the first three or four tenants in the mix will likely be announced sometime this spring, with other tenant announcements following in “drifts and drabs” after that.

“We’re just excited to get moving on the project and we’re really looking forward to having the building up and running in the area,” McAfee said.

The retail space has had a long and troubled history. Bill Berkley, who previously owned Jack’s, went out of business July 31, 2009. It was later disclosed that one of his employees had allegedly embezzled funds from Berkley, a case that is still pending in court.

Following Berkley, Mike Vecuso, a nightclub mogul who owns properties in downtown San Diego and Hollywood, purchased the property and began remodeling it with grand plans to redevelop it as a nightclub with seven bars and three restaurants. He later abandoned those plans when the economy faltered.

Redeveloping the site “has been a challenge for whomever owned it,” noted Berkley, adding the multi-level, stepped-back design of the building makes it “very difficult to get something to go in the back.”

For more information, visit www.laplazalajolla.com.

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transferred pays all parking or toll-violation fines and penalties reported to the DMV.

- Search warrants: chemical tests (SB 717) — This amendment to current law authorizes the issuance of a search warrant to draw blood from a person in a reasonable, medically approved manner, to show that the person violated misdemeanor DUI laws when that person has refused an officer’s request to submit to, or has failed to complete, a blood test. This law has been in effect since Sept. 20.

- Immigrant licenses (AB 60, effective Jan. 1, 2015) — Requires the DMV to issue a driver’s license to an applicant who is unable to submit proof he or she is legally present in the U.S. The department will draft new regulations and prepare field offices to process these new applications. Applicants will be required to meet all other driver’s license qualifications.

WORKPLACE

- Minimum wage (AB 10 and AB 442) — The minimum wage in California has not risen from its $8-an-hour benchmark since 2008. That will change on July 1, when the minimum wage goes to $9 an hour. Another increment occurs on Jan. 1, 2016, when the minimum wage rises to $10 an hour.

- Leave of absence for crime victims (SB 400 and SB 288) — Current law prohibits adverse employment action against an employee who is the victim of domestic violence or sexual assault and needs to take time off to seek relief. A new law (SB 400) expands that protection to victims of stalking and also provides that these employees be provided any requested safety while at work. Another new law (SB 288) prohibits employers from retaliating against an employee who is a victim of a crime for taking time off from work to appear in court to testify at related proceedings. This applies only to specific crimes that include solicitation for murder and vehicular manslaughter while intoxicated.

- Whistleblower protections (SB 496) — Expands whistleblower protections to include reports alleging a violation of a local rule or regulation. It also protects employees who disclose or who might disclose information. SB 496 also prohibits retaliation against an employee because the employer “believes the employee disclosed or may disclose information.”

- Immigration status (AB 263 and AB 466) — Two new bills protect undocumented workers from retaliation or adverse actions when they file employment-related claims or complain about wage theft. Employees cannot threaten to contact immigration authorities about a worker’s legal status in the country because of the complaints. A penalty of up to $10,000 per employee can be issued to the employer per violation. In addition, state authorities can pull an employer’s business license for reporting or threatening to report a worker’s immigration status in response to an employee’s wage complaints.

- Attorney fees (SB 462) — A new law states that employers who win wage-claim lawsuits may recover attorneys’ fees and costs from the employee only if a trial court finds that the employee filed the lawsuit in bad faith.

- Recovery period (AB 435) — California law currently requires employers to give temporary leaves of absence to restrict Employers prohibited from requiring employees from working during a recovery period and they must pay them one extra hour of pay for each workday a required time off to seek relief. A new law (SB 400) expands that protection to emergency rescue personnel, this applies only to specific crimes that include solicitation for murder and vehicular manslaughter while intoxicated.

- Domestic work employees (AB 241) — The Domestic Worker Bill of Rights provides for specific overtime pay for certain in-home employees or a “domestic work employee who is a personal attendant.” Those with in-home help will need to carefully determine whether the new law applies to them, because AB 241 contains many specific definitions and exclusions.

- Sexual-harassment definition (SB 292) — Amends the definition of harassment to clarify that sexually harassing conduct does not need to be motivated by sexual desire. The law clarifies that hostile treatment can amount to unlawful sexual harassment, regardless of whether treatment was motivated by any sexual desire.

News

- Search warrants: statute of limitations for hit-and-run collisions from which death or permanent, serious injury resulted. (SB 288) — This amendment to current law authorizes the issuance of a search warrant to draw blood from a person in a reasonable, medically approved manner, to show that the person violated misdemeanor DUI laws when that person has refused an officer’s request to submit to, or has failed to complete, a blood test. This law has been in effect since Sept. 20.

- AMBER Alert expansion (AB 535) — This law requires law enforcement to request activation of the AMBER Alert after receiving a report that a child has been abducted by anyone, including a custodial parent or guardian, who may cause serious bodily injury or death to the child.

- Anti-discrimination (SB 40 and SB 530) — Expands whistleblower protections to include reports alleging a violation of a local rule or regulation. It also protects employees who disclose or who might disclose information. SB 496 also prohibits retaliation against an employee because the employer “believes the employee disclosed or may disclose information.”

- Search warrants: statute of limitations for hit-and-run collisions from which death or permanent, serious injury resulted. (AB 184) — This law extends the statute of limitations for hit-and-run collisions from which death or permanent, serious injury resulted. A criminal complaint may be filed within three years of the offense, or one year after the person was initially identified by law enforcement as a suspect in the commission of the offense, which ever comes later, but in no case more than six years after the offense.

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- Leave of absence for reserve peace officers (SB 111) — If you have employees who are also reserve peace officers or emergency rescue personnel, this new law mandates that employers with more than 50 employees must give temporary leaves of absence not only to volunteer firefighters for training but now to reserve peace officers and emergency rescue personnel. A leave of absence can be up to 14 days.

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La Jollan learns the importance of being prepared in event of cardiac arrest

According to Johnson’s mother, “We not only believe but know there are miracles that happen every day. We are so grateful that this was Tom’s miracle and an answer to prayer.”

For those seven days, Johnson, a retired Navy captain currently employed by SPAWAR Systems, lay in bed in Scripps intensive care. His wife kept vigil at his side. His sister, Lynn Kidder, a radiologist in Palo Alto, stayed with him too, while his mom, Joanne, and stepdad Roger shared childcare duties with other family members. The last four days were divided between Scripps and the Naval Medical Center, where his

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OBITUARY
Marie Holbrooke, avid traveler and music lover

Marie Jean Hlavacek Holbrooke passed from this earth suddenly from natural causes on Tuesday, Nov. 12 at her home in La Jolla. She was 86.

Marie was born to Frank and Ella Hlavacek in Chicago on July 7, 1927 and was raised in La Grange Park, Ill. She had two brothers, John M. Hlavacek of Omaha, Neb. and Frank A. Hlavacek, deceased. She attended Oak School and Lyons Township High School, graduating in 1945.

Following her tenure at Lyons Township Junior College, Marie graduated from Indiana University in 1948, majoring in mathematics and was also a member of the Alpha Omicron Pi sorority. Following graduation, Marie went to Bombay, India to represent with United Press International. Upon arrival, Oct. 6, 1974 she was stationed in India as a field correspondent with United Press International. Marie went to Bombay, India to travel and was stationed in India as a field representative for Pratt & Whitney Aircraft. The couple was married on Nov. 19, 1949 at the La Grange Congregational Church.


To say Marie enjoyed travel would be an understatement. She had friends and family across the globe and enjoyed visiting, exploring and collecting new friends along the way. As well as hosting AFS International students, the Holbrooke home was a gathering point for extended family and friends. At home she was active in the Social Service League of La Jolla, continued her involvement with the AOPi sorority and American Association of University Women, San Diego Branch. She was the first woman president of La Jolla Lutheran Church where she sang in the choir. Marie was a loyal patron of the San Diego Symphony where she was recognized on her 85th birthday for her continuous subscription for more than 50 years. She also attended La Jolla Playhouse and the Old Globe Theatre regularly and would post her enthusiasm for productions on her Facebook page.

A memorial service will be held at La Jolla Lutheran Church, 7111 La Jolla Blvd., at 2 p.m. on Saturday, Jan. 18. In lieu of flowers, honor her with donations to Social Service League of La Jolla, 7441 Olivetas Ave.

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We love Gillispie. Let us show you why.
Looking for that new-year bod? Pilates offers a lifestyle, not just a workout

By DAVE SCHWAB

Pilates is an increasingly popular — and effective — fitness option these days, and in La Jolla there are numerous places from which to choose.

“Our gym has the reputation of being pretty intense, no nonsense,” said Aronne Sullivan, founder and president of Aronne’s Core Connection at 74-18 Girard Ave. A ballet dancer, competitive cyclist and Realtor, Sullivan’s former home Pilates studio ultimately morphed into a full-time career with a little help from her friends. “We have something for beginners, someone who hasn’t worked out in years, professional athletes, elderly clients — everybody.”

Pilates is a physical fitness system developed by Joseph Pilates in the early 20th century. He began rehabilitating German soldiers, then brought the workout system to New York City and refined it for beginners, someone who has worked out regularly — and effective — fitness option these days, and in La Jolla there are numerous places from which to choose.

“The benefits are amazing,” she said. “You’ll stand taller. You’ll feel muscles you never thought you had.”

Sullivan agreed the system promotes a lifestyle, not merely a workout.

“It’s not just fitness. It’s a way of life. It enhances anything else — surfing, running, etc. — you’re doing. You learn to breathe properly, how to stand properly. Your posture improves. Your balance improves. There’s nothing like Pilates.”

For both fitness trainers, Pilates was life-transforming, both personally and in their careers.

“It changed my life completely,” said Sullivan. “The beauty of Pilates is you can do it forever.”

Sullivan mentored under a Pilates instructor who practiced the discipline well into her 1990s.

“There are more than 1,000 exercises that can be done using different pieces of equipment,” Sullivan said.

Shehab was introduced to Pilates by a Pilates instructor who took her to a class.

“I fell in love with it,” said Shehab, who was in the real-estate industry during the economic downturn several years ago.

“I was laid off, I had an opening to get in (the Pilates business) and took the risk and it worked out,” she said, noting Pilates Plus expanded a year and a half ago into a larger 2,500-square-foot space.

“I have 150, maybe 200 clients,” Shehab said. “About 400 people go through the doors each week.”

The Pilates experience, Sullivan said, is “customizable.”

The new year is a time for new beginnings and to set goals that strengthen one’s spirit, mind and body. While it’s tempting to make big goals, it’s wise to make small, realistic goals that can change someone’s life for the better. Here are five New Year’s resolutions the La Jolla YMCA recommends for 2014:

1. **Drink of choice** (supplemented by age-appropriate portions of 100 percent fruit juices and low-fat milk) and eat more fruits and vegetables. Keep it interesting and create some variety by mixing and matching fresh, frozen and canned fruits and vegetables.

2. **Commit to community service**. Giving back and supporting neighbors can benefit everyone involved. Not only is it a personally rewarding experience to help others in need, it’s also a way to meet new people or discover an interest. Find an opportunity in your community, such as cleaning the neighborhood park or distributing food at a local food bank.

3. **Unplug from technology**. Limit screen time (television, video games, computer, etc.) and instead set aside an hour or two for activities. If weather permits, go for a walk, ride a bike, trip to the park, or have a game night at home with family or friends.

4. **Be physically active**. It’s important for children to get at least 60 minutes of physical activity each day (30 minutes for adults).

5. **Incorporate physical activity into your daily routines and spend more time walking to places instead of driving to improve your health and well-being.**

“Start off small when setting New Year’s resolutions,” Sullivan said.

“Making even small changes can improve health and well-being. Simple steps can lead to a better you.”

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**FRIDAY · JANUARY 10, 2014**

**LA JOLLA TODAY**
2013: THE YEAR IN REVIEW

As we look forward to a new year, La Jolla Today looks back at the stories that shaped 2013. Take a walk along memory lane with us as we recall the good, the bad and the ugly of the last 12 months. We’ve also asked a few residents to reflect on their 2013 in La Jolla and to give us their hopes for the coming year.

“Looking ahead”

Some very brave souls started 2014 off with a brisk dip in the Pacific during the Polar Bear Plunge at La Jolla Shores on New Year’s Day. Here’s hoping the next year brings health and happiness to all our readers!

The San Diego Community Newspaper Group started off 2013 with a bang as the La Jolla Village News became La Jolla Today.

“I am happy that Phyllis Minnick and Melinda Merryweather have raised $200,000 for the beautification of the Children’s Walk. In 2014, we should see great progress there. I am looking forward to working with Partners in Grime to help beautify La Jolla. I’m also looking forward to seeing new faces at community groups and continued success in the membership drives of LJTC and LJPAC.”

— Cindy Greer, president, La Jolla Town Council

Near the end of January, a live webcam appeared at Children’s Pool. Sponsored by the WAN Conservancy and sanctioned by then-Mayor Bob Filner, the camera gave the world a glimpse into the goings on at the controversial site. Further fanning the flames, Filner ordered the beach closed at night starting in March and lasting through mid-May during the seals’ pupping season.

Prominent happenings in 2013: “Sidewalk cafes, valet parking, funding of long-term delayed projects — Torrey Pines Road (TPR) share of maintenance and improvement budgets.”

— Dan Courtney, La Jolla Community Planning Association Trustee

Also in March, the United States Postal Service announced its formal plans to sell the La Jolla Post Office. Despite more than a year of united community resistance, the USPS made a decision to relocate the post office’s services and operation to a yet-to-be-determined location nearby. As yet, the new location has not been determined.

“2014 offers the opportunity to build on the successes and lessons learned of 2013. While some of La Jolla’s debates will continue to linger, perhaps for years, there is always the hope for a meeting of the minds on permanent solutions. I hope we continue to build community consensus using the city’s neighborhood input for infrastructure process and prioritize needed public improvements. I hope we can follow the lead of other communities in updating our roadways to complete streets that are safe for cars, bicyclists, and pedestrians. Pacific Beach’s good work in forming an EcoDistrict is another idea that La Jolla should emulate. La Jolla’s organizations have stabilized and are doing a good job serving their constituencies; in 2014, I hope we can bring those organizations together in a unified coalition to create a single vision and implementation plan to move La Jolla forward. On the lighter side, let’s resurrect an old idea — La Jolla entry monuments — by hosting a design competition. 2014 will be a good year for La Jolla. Working together, we can make it even better.”

— Joe LaCava, vice president La Jolla Community Planning Association

“Our goal is to encourage the community to embrace the beauty that is our Village and continue to share it with others.”

— Sharon Hinckley, La Jolla Town Council trustee

“I would love to get rid of the thousands of cars that come every day to see seals, as we never created parking for them, so we as a Village are thousands of parking spaces short every day as the city of San Diego wants to force us to have a free SeaWorld on what once was a quiet sweet-smelling, clean shore line.

I would love to see the Mount Soledad Cross add some arms and have every symbol of whatever anyone believes in honor all those that have served our country. My choice to add would be the peace sign and a heart. I would love to see La Jolla become its own city so we can save what is left. It is so sad to see the destroyed streets and sidewalks. When I look at the streets and sidewalks in Del Mar and Coronado, they are perfect because they are their own cities. All it will take is $2 million from someone who wants to be the founder of the city of La Jolla to set us free.

I am so sorry to lose the Whaling Bar. It was the most class bar in La Jolla and office to many. La Jolla’s best found a home there — it was our capital, town hall and dance hall. I hope to restore and improve more beach access, as that is what you do when you are fortunate enough to live on the shore of America and it is an honor for me to do it.

I would love to see many more people who love the Village stand up and just do one thing to make it better. Talk is easy. Please take this year to do something to improve our Village. It is our home. We must care for it. I wish the whole planet an amazing new year. We can only get better with love.”

— Longtime La Jolla Melinda Merryweather

“The year finished off with another successful La Jolla Christmas Parade.”

In August, the city was consumed by the melee surrounding former Mayor Bob Filner, who resigned Aug. 23.

“I would love to see the Traffic Slow down and pot-holes be filled. We need to solve the lack-of-parking issues and figure a way to keep employee parking away from the main shopping and restaurant areas.”

— Nancy K. Gardner, CMC, Finance, Inc. and La Jolla Town Council trustee

Pinniped drama continued in the spring, as droves of sick sea lion pups hauled out into the community, some taking refuge on residents’ and business’ lawn furniture.

The summer continued to bring art and culture, even putting La Jolla on the map with the world-renowned La Jolla Fashion Film Festival.

Spring also brought world music and dance to La Jolla with the Center for World Music’s 50th anniversary celebration.

The fall brought about some big events in La Jolla, especially the La Jolla Town Council’s inaugural Dancing with the La Jolla Stars.

“I look forward to 2014 being a banner year for La Jolla. Much unfinished business has been resolved, including, I hope, the seals versus people issue at the Children’s Pool. We have two new lifeguard towers and through efforts of wonderful citizens like Phyllis Minnick, the park above the Children’s Pool will be finished. We should have a few much-needed sidewalk cafes, which will add to the pedestrian allure of our Village. For safety reasons, it would be wonderful to see the traffic slow down and pot-holes be filled. We need to solve the lack-of-parking issues and figure a way to keep employee parking away from the main shopping and restaurant areas. We are blessed to be able to live in La Jolla, and with a little more joint effort, the Jewel will be polished.”

— Dan Courtney, La Jolla Community Planning Association

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Looking ahead >>

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Looking ahead >>

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The fall brought about some big events in La Jolla, especially the La Jolla Town Council’s inaugural Dancing with the La Jolla Stars.
UCSD student poses triple threat with academics, athletics and music  
By BART MENDOZA

It’s hard enough to make it as a musician, with long hours of rehearsal and gig time, but for a combo athlete/musician, things can get pretty tough. Such is the case with singer/songwriter Nash Howe. The UCSD Triton is both All-American and CCAA champion.

A San Diego resident for the past three years, it was “athletics and family that brought me here to La Jolla,” said Howe. “Javelin brought me to San Diego and music is what made me fall in love with it.”

Howe hails from Aptos, Calif., “a small town just south of Santa Cruz — a mecca for Americana, folk music and creative media in general.”

He said that while sports brought him to the area, it was the “weather, people and the UC that has made it an incredibly beautiful and accessible place to call home for the past three years.”

“Balancing time between sports and music and school is so difficult,” said Howe. “Especially when the sleep and eating requirements of an athlete bash heads with the time-consuming nature of studio recording. I’m still trying to figure out how to do it better but honestly, my friends help me the most.”

That said, Howe is a realist about his chances for success in both fields.

“My grandfather always said ‘Nashy, be a Christian-scholar-athlete — good grades are like money in the bank.’ So really, academics come first. But luckily, a lot of my study at UCSD falls within the confines of music — its creative process, its movement through space and the physics of sound itself. I’ve learned that music is not only an imaginative palette, but music also a science; not one or the other.”

He cites his family as his biggest athletic and musical influences.

“My grandmother Marjorie, father Ralph, and sister Allsun are my major role models in both sport and my passion for music,” he said. “Marjorie was a gold medalist in the senior Olympics and studied art and voice in college, eventually getting a degree in education. She was a teacher, UCSD student poses triple threat with academics, athletics and music  
By BART MENDOZA

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Apollonia

Apollonia has been the destination of choice for La Jollans with an appetite for Greek delicacies. The restaurant has a handsome outdoor patio where shaded alfresco dining is delightful. Venture inside and you will find a charming ambiance in every dining room and in the beautiful lounge. The menu includes age-old favorites such as Dolmathakia and Moussaka, alongside some absolute surprises guaranteed to tantalize your adventurous curiosity. The menu offers many heart-healthy items prevalent in Greek cuisine. Apollonia’s service is very friendly and as pleasant as the food. Open daily from 11:00 AM to 9:00 PM (Sun-Thur) and to 10:00 PM (Fri & Sat).

Bistro Pazzo

The whole idea of a bistro, says Seto Marselian, owner of Bistro Pazzo, is to offer a neighborhood place where everyone knows you - where great friends and great food meet. Bistro Pazzo is going on its 5th year, located just slightly off the beaten path, just off Prospect Street at 7910 Ivanhoe Ave - and the “hidden gem” nature of the eatery makes it just that much more of a neighborhood treasure. Within walking distance to shopping, hotels, the financial district and the famed beaches of La Jolla. Open for Lunch and Dinner, Bistro Pazzo is definitely the “hidden gem” of La Jolla. Come enjoy this small neighborhood Italian bistro seven days a week. Moderate prices, great food, good portions and a vast wine list with crazy service. You can be crazy too, no one will mind, Really! 858-456-4005 www.bistropazzo.com

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Howe grew up listening to his grandmother play piano, but said his sister was a bigger influence on him when it came to music. “Album doesn’t know this, but she’s the one who inspired me to start writing my own music,” he said. “When I was about 10 years old on one Thanksgiving Day, I heard her playing my grandmother’s Steinway, and asked her to teach me what she was playing. She said it was something she had written for a class and I couldn’t believe it — my sister wrote a song — and it had words and it was beautiful and I fell in love with the idea of writing music sitting next to her listening to the melodies of my older sister.”

Howe released his debut album, “Lake Water Still,” in early 2013, with the album winning quick acclaim. “The album has opened an incredibly promising door to two producers from Fort Lauderdale, Daniel Nogura (Fool’s Heart) and Christian Gomez,” he said. Nogura is a student at USC, who alongside Howe has formed a Producers Club at the university to help aspiring producers hone their production skills and expand their techniques by experimenting with music of all types. “Daniel is one of the best producers I’ve worked with and in conjunction with Gomez and myself, we are currently in production of a new album,” Howe said.

Christian Gomez, “Lake Water Still,” in early 2013, “Daniel is one of the best producers I’ve worked with and in conjunction with Gomez and myself, we are currently in production of a new album,” Howe said. A portion of the album’s proceeds go to the charity, Love Hope Strength. "They put on concerts to raise money to help fight and bring awareness to breast cancer," he said. "It’s free to go and it’s amazing to see, with music that touches their hearts and inspires them it just is so incredible.”

For more information on Nash Howe and his music, visit www.reverbnation.com/nashhowe.

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with Vincent Andrunas

The Athenaeum Music and Arts Library, with its long, proud history of library services in the La Jolla area, is a well-known and well-loved local institution. It’s certainly no surprise that La Jollans are deeply enamored of this historic facility, and the Athenaeum, in turn, recognized its loyal supporters last month with a beautifully festive holiday party.

Members and donors (numbering about 500) were invited to enjoy the fete. On arrival, they entered the Athenaeum to find Sammy Tritt at the piano (as he’s been for so many of these annual events), playing Christmas songs as guests crowded around to sing along. Sue Palmer’s jazz group played (and sang) in another large room down the hall.

François and Diana Goedhuys, proprietors of the beloved Girard Gourmet, are a perennial part of this celebration. As has long been customary, they provided hundreds of beautifully decorative cookies (which later proved also to be delicious) arranged in several scenes depicting choirs of angels, a football game (featuring the Chargers, of course), Santa with his sleigh and reindeer, and most significantly, the entire Village of La Jolla. Almost every important building...
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Give your home a fresh look in the new year

Many New Year’s resolutions revolve around changes in lifestyle, improved health or kicking old habits and developing new ones. There are, however, simple changes that can be made to your home that will make you feel brand new without the grueling trips to the gym.

Jill Winnenger, senior interior designer at Seaside Home at 1055 Wall St. gave La Jolla Today some tips for freshening up your home in the new year.

Q: What are some easy ways to freshen up the interior of your home?
A: Freshening up your entire home can feel overwhelming. I recommend concentrating on one room at a time. Start with the rooms where you spend most of your time. That will allow you to see your progress and enjoy it daily. Some easy ideas that will give you a lot of bang for your buck are moving accessories from one room to another, updating your framed family photos by inserting a new picture, adding colorful pillows, rearranging the furniture, keeping fresh flowers in a prominent place, adding a pop of color to your everyday dishes with new salad plates or soup bowls and filling unusual bowls with collections of shells, glass orbs or fresh fruit. You’ll be surprised what a difference some small changes will make!

Q: What are some ways to make an outdoor space more livable?
A: Outdoor spaces are becoming rooms in and of themselves and add to our options as places to relax and to entertain. Think about how you want to use the space. Do you want dining space for regular meals, a place to relax and watch the sunset or a vibrant setting for entertaining?

Narrow your decorating focus to the way you want the space to function and your results will be successful. Adding pots of colorful flowers, cushions in outdoor fabrics and candles are easy updates. Consider an investment in beautiful dinnerware and glassware to complete the look. Then, enjoy the space often!

Q: What are some new trends in interior design that are easy to incorporate?
A: We continue to see a major focus on color. Copper and golds are returning as featured finishes. Look for them in lighting, accessories and surface finishes. They’ll work well with the variety of blues we’ll see emerging, including turquoise, navy and cobalt. These are easy colors to work and live with. Look for them in fabrics, wall coverings and painted furniture.

With the revolution of outdoor fabrics, our gardens and patios continue to be a major focus. Indoor/outdoor spaces and ways to achieve them will be an ongoing design trend.

— Jill Winnenger is a member of the American Society of Interior Designers and a certified interior designer in California. She specializes in high-end residential design.

Selling your home? Your pricing strategy could work against you

Many people who are considering selling their homes think the best pricing strategy is to list high so they allow themselves room to negotiate down to the price they really want. Sounds like a good strategy. And hey, who knows, so they think — there might just be someone out there willing to pay their high asking price.

Recent data for La Jolla home sales indicate that homes placed in escrow that have been on the market under 30 days sold for 96 percent of their list price, while homes on the market for nearly 180 days sold for about 89 percent of their list price. So here’s a question to think about: Does the length of time that a home sits unsold indicate that homes placed in escrow on the market influence its selling price or is it the reverse — does the list price influence the amount of time a home will remain on the market?

Here is another question to consider: What is market value? Is it the seller’s list price? Is it the buyer’s offer price? The simplest definition we can provide is that market value is the price, terms and conditions of sale agreed upon between the buyer and seller at a specific time. Whether a house sells for 96 percent or 89 percent of its asking price is really irrelevant because list price is not necessarily the market value.

Confused? Don’t be, it is rather simple. The market, so-to-speak, will tell you whether it agrees with your list price. Many offers come in the game likely indicate that you listed too low, while no offers indicate that you listed too high.

Also, don’t overlook the power of motivation. If you are a highly motivated seller, then most likely you want to sell as soon as possible rather than wait with uncertainty. After all, you want to move onward to other plans and goals. So if setting a high list price as your strategy only results in delaying the selling time, you have set into motion a plan that works against you. By turning buyers away with a higher price, you may not get a second chance at giving them a good first impression.

The point here is not whether we can give you the secret formula for calculating market value for your home. No one can do that. We hope, rather, to inspire you to work with your real-estate agent in developing a pricing strategy to meet your goals. As an additional hint, challenge your real-estate agent so you are confident.
SOCIETY
CONT. FROM PG. 14

and institution in La Jolla were rep-
resented (François has made cook-
ing special events coordinator
Penny Buckingham. Rounding out
the Village scene were porpoises,
palm and evergreen trees, those
seals that everybody loves, and
snow everywhere (unusual for La
Jolla!).

Signs said “Don’t Touch,” but
experienced guests know they
would be removed at a certain
hour, when most of the cookies
would become available for guests
to enjoy as they wished. The Village
scene, however, would remain pro-
tected — as a significant piece of
art, the Athenaeum would keep it
on display for about two weeks.

Wine and non-alcoholic punch
were served, as were roast-beef
sandwiches, cheeses and lots of
tempting baked goods. The party
closed with guests singing “The
Twelve Days of Christmas” at the
piano.

***

Karen Cohn, chairwoman and
(for the second consecutive term)
president of the San Diego Opera
(SDO) board, hosted an exceptional-
yelegant party at the lovely La Jolla
home she shares with husband
Don. The event recognized and
thanked major supporters (“angel
gala patrons”) of SDO’s upcoming
(Jan. 25) season-opening celebra-
tion. Karen will team with Iris
Strauss and Debbie Turner for the
gala, which will have an Italian
crown circus theme befitting the
season’s first opera, “Pagliacci.”

Jeff Strauss and his Pample-
mouse Gelato catered the affair.
The cuisine was Italian, starting
with little artisan pizzas; then
peameatballs, lobster ravioli,
Tus-
can-style leg of lamb, rosemary-
and thyme-crusted filet mignon and
a ratatouille salad. Later, an ice
cream dessert bar offered chocolate
and caramel sauces and other good-
ies to make the most decadent sun-
dae imaginable.

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The townhouse encompasses the entire north half of the 3rd and 4th floors with its 5 brms
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that they have an aggressive marketing plan to get your home sold.

Here are a few things to consider when contemplating the list price:

1. Home buyers today are more informed and knowledgeable about home pricing, so they are less likely to be fooled.
2. When a home is listed for sale, it is “new” only one time, and then for about the first 30 days. If it is “new” only one time, and then returned a few months later, the longer a house remains on the market, the more likely you are to lose out on your next goals, or the more it will cost you to achieve them.
3. The longer a house remains on the market the more a buyer will perceive it as having problems.
4. The more problems a buyer perceives, the more points they’ll deduct and the lower the price they’ll offer.
5. The longer a house remains on the market, the more likely you are to lose out on your next goals, or the more it will cost you to achieve them.

So back to the question: Does time influence price, or does price influence time? In a twisted way, both are correct. But let’s face it — if you are selling your home, you want to set your listing price to sell your home within the first 30 days, get the cash as soon as possible, then move on with your life.

Selling your home? Let us help you with your pricing strategy

Most people decide on a listing price based upon the amount of money they want or need. That strategy has no relevance to a buyer. A price should be selected in tandem with the market dynamics and that price should represent value to attract buyers. Let us provide you with a market analysis and information you need to make the right decision. To reserve an appointment call 858-449-8250 / 858-336-9051 or sign onto our website at www.WeSellLaJolla.com and send us a message.
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