Signaling it may be time for a change, the San Diego Lifeguard Union voted overwhelmingly Dec. 6 to split from the San Diego Fire Department and become its own separate “Marine Safety Department.”

The vote of the lifeguards’ union, with 92 percent of the 102 eligible lifeguards casting ballots, was 76 in favor of leaving SDFD, 18 opposed.

“The 95 percent turnout itself was unprecedented,” said Lifeguard Union chief Ed Harris, who has vocally opposed department changes made by Fire Chief Brian Fennessy.

“We are very concerned about the weather conditions that have created an extreme fire threat,” said Monica Munoz, SDFD spokesperson, responding to the lifeguard union’s vote to disengage from the fire department. “We are laser focused on this effort, and not union issues at the moment.”

Greatrex changes lawyer, pleads not guilty

Cindy Greatrex will stand trial on March 12 on a grand theft charge that alleges she took $67,935 from the La Jolla Park & Recreation Inc. Board while she was its president, a judge ruled Wednesday.

Greatrex, 51, appeared Wednesday before San Diego Superior Court Judge Michael Smyth and she waived her right to a speedy trial.

She also pleaded not guilty again as part of a standard procedure that defendants who were ordered to stand trial in a preliminary hearing must be arraigned a second time to reflect they have been held to answer on the charge.

Greatrex also showed up in court with a new attorney, John Kirby, who was substituted in over her former lawyer, Paul Neuhrath Jr., at her preliminary hearing.

“I wish her well. I really like her,” said Neuhrath to a reporter, as he walked around in the courthouse hallway on Wednesday.

When asked why he no longer represented Greatrex, Neuhrath said, “I can’t do things as inexpensively for a trial,” in reference to the

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Lifeguards vote to split from San Diego Fire Dept.

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HAPPY HOLIDAYS

Spectators enjoy an unexpected sight at the La Jolla Christmas Parade on Dec. 4

BY DAVE SCHWAB

A legal challenge to a maintenance assessment district (MAD) passed by La Jollans in 2016 has been upheld by a Superior Court Judge, who ruled proponents failed to demonstrate “special benefits” for it, that tax assessments funding it were disproportional, and that there were irregularities in the voting process that passed it.

On Nov. 30, San Diego Judge Randa Trapp ruled the new La Jolla MAD passed by La Jollans in 2016, that would have taken effect in January 2018, had failed to pass legal muster.

A group known as La Jolla Benefits Association, LLC, filed a lawsuit against the La Jolla MAD on Dec. 28, 2016 in San Diego Superior Court. Former San Diego city attorney Michael J. Aguirre is representing the association.

The association’s suit challenges the MAD, which passed by a 56 percent to 44 percent margin by mail ballot within La Jolla’s downtown Village in November 2016. The Association maintained, and Trapp concurred, that an assessed

BY NEAL PUTNAM

MAD lawsuit upheld by Superior Court Judge

BY DAVE SCHWAB

See MAD >> PG. 4

BY DAVE SCHWAB

See lifeguards >> PG. 14

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Year in review: Missing money, mainstay issues and much more to come

BY BLAKE BUNCH

Over the past year, the La Jolla area has seen its fair share of trying instances. Despite what has happened, however, there always remains an air of positivity in the community.

Although things locally, nationally, and internationally may have appeared to have been tough, there were, as always, inevitably some wholly positive and endearing occurrences spotted throughout.

We’ve compiled some of the more pressing issues all over La Jolla—from Bird Rock to the Golden Triangle—here’s what went down this past year.

JAN. 13

■ On Dec. 15, La Jolla’s Children’s Pool, usually closed for the start of the five-month harbor seal pupping season, remained open. That opening remained in effect until the following day, Friday, Dec. 16, when the beach was closed, yet again, after the City of San Diego appealed—and was granted—a temporary stay to protect the marine mammals.

In 2014, City Council banned public access at Children’s Pool annually from Dec. 15 to May 15 to protect the seals during their pupping season. That action was subsequently challenged in a lawsuit against the city and the California Coastal Commission by Friends of the Children’s Pool.

■ A maintenance assessment district (MAD) passed by La Jolla businesses and residents in 2016, that won’t go into effect until 2018, challenged by a lawsuit. A group known as La Jolla Benefits Association, LLC, filed a lawsuit on Dec. 28 in San Diego Superior Court. Former San Diego city attorney Michael J. Aguirre is representing the association.

The association’s suit challenged the MAD, which passed by a 56 percent to 44 percent margin by mail ballot to residents and businesses within La Jolla’s downtown Village in November 2016.

JAN. 27

■ The final “One Ocean Shamu” show was conducted at SeaWorld San Diego on Sunday, Jan. 8. Their interim educational orca presentation called a “Killer Whale Presentation” started on Monday, Jan. 9.

SeaWorld set up temporary seating (bleachers) around the orca underwater viewing area pool, and provided guests with an educational presentation while the new Orca Encounter backdrop is constructed at the main pool.

FEB. 10

■ A growing perception by some coastal residents, including La Jollans, that they’re hearing more noise from commercial airplanes was disputed by a Federal Aviation Administration official at a Jan. 18 Airport Noise Advisory Committee subcommittee meeting. Some residents are insisting they’re hearing loud airplane noises in areas previously unexposed.

■ There was quite an impressive turnout for the groundbreaking ceremony at the new Conrad Prebys Performing Arts Center, which will be located at 7600 Fay Ave. for years to come. The $76 million project, of which about $62 million has already been raised, is slated for a grand opening around January of 2019. The 49,000-square-foot facility was designed by Boston-based Epstein Joslin Architects, and will boast a 500-seat concert hall, 140-seat flexible use space, rehearsal rooms, a large open courtyard and offices for the La Jolla Music Society.

FEB. 24

■ A La Jolla man who was the accounts payable supervisor for a Sorrento Valley company pleaded guilty to embezzling $1.9 million.
SEVENTY-TWO MILLION CLOSED YEAR-TO-DATE 2017

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Birdrock - SOLD
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Lenna Doyle Agent
Judy Peeples Agent
Candace Hart Agent
Gregg Whitney Broker
Kim Caniglia Agent
Natalie McGhie Agent
Marsha Pellar Agent
Carey Marshall Agent
Aguirre likened a MADS passing, on top of normal services provided by the city, to “taking whipped cream and putting an extra layer of whipped cream on top of it.”

The association’s attorney said there is an appeals process La Jolla MAD proponents can go through to contest the vote’s outcome. “Also, they didn’t disclose that the governance by Enhance La Jolla’s board has several people on it from different civic groups who are not assessment payers.”

Nonprofit Enhance La Jolla was formed to lobby for the proposed MAD, and was sanctioned by La Jolla voters to administer the new MAD should it become operative. Half of the approximately 1,300 parcels within the Village voted on the MAD. Besides voting yes or no on the district’s creation, voters were asked who they wanted to run it: the City or Enhance La Jolla. The vote was 85 percent for nonprofit management versus 15 percent to allow city management.

Enhance La Jolla has said the new MAD would privately fund and construct projects in public spaces. Its purpose would be to ensure ongoing maintenance services, help to create and maintain inviting public spaces and enhance the Village’s beauty and quality of life. Enhancement projects that would be sanctioned by the new La Jolla MAD, should it come to fruition, would include sidewalk power washing, removal of city-owned trash cans, weed abatement, landscaping improvements, graffiti removal and gutter sweeping.

One of the issues at trial will be whether a Chicago company that received $40,000 in grant writing services actually exists. At the earlier hearing, Deputy District Attorney Chandelle Konstanzer presented testimony that the Chicago address is only a mail drop box and they could not find the man who wrote the grants.

Greaterx testified that a document shown to her in court that listed her phone number with this Chicago company’s information was “ridiculous” that Greaterx would spend more than $40,000 of her own money for grant-writing services. She produced a witness who said the Board paid for the sole insurance policy the recreation center had, but Greaterx said she paid a separate insurance policy debt.

The trial will be held in the new downtown courthouse, which is set to open in January. A readiness conference was set for Jan. 30 to see if the case can be settled. Greaterx remains free on $70,000 bond.

“Also, they didn’t say when it was possible to come up with a way to use the money...” She said. They didn’t say who they were going to bring to the table...”

Aguirre said the association invites La Jolla MAD proponents to “work with us to bring about a different change, to bring about a different idea of the city being financially responsible. You can’t do it this way.

If you live in the City of San Diego, you should be getting all the services that you need, that you paid for.”

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Aguirre previously said MAD detractors questioned the voting process that sanctioned it.

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Beware of these critical traps before listing your home

SAN DIEGO. According to industry experts, there are over 13 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an older home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. To help home-sellers deal with this issue before their homes are listed, a free report entitled “11 Things You Need to Know to Pass Your Home Inspection” has been compiled which explains the issues involved. To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0761 and enter 1001. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how to ensure a home inspection doesn’t cost you the sale of your home.

Coastal Conservation Corps specialists mitigate eroded trailways on the Broken Hill Trail in Torrey Pines State Park. PHOTO BY BLAKE BUNCH

Ask The Trust & Estate Attorneys

Question: What items are on your list to do in the beginning of 2018?

Answer: I have a list of things to check and all of my assets are in the name of my trust or have been titled creating a hostile work environment. It is uncertain whether life guards or beachgoers first noticed the struggling sea mammal, but after sending off pictures and video of the animal to the necessary experts, everyone sprung into action. Unfortunately, it later died from its injuries.

MARCH 24

The tide in the battle by beach residents seeking to restrict – or exclude – short-term vacation rentals in single-family neighborhoods may have turned with an about-face at the city attorney’s office. Immediate past City Attorney Jan Goldsmith had maintained rules and regulations governing short-term vacation rentals were vague and needed clarification. New City Attorney Mara Elliott took a completely different tack with her March 15 memorandum of law advising the City Council that they were illegal.

Two Mission Beach residents were placed on 18 months federal probation and they paid the U.S. Coast Guard $18,000 for rescuing them after they intentionally sank their boat to try and collect $18,000 for rescuing them.

MARCH 10

Following a Feb. 20 bomb threat, which caused La Jolla’s Jewish Community Center to be closed and evacuated, officials have struggled to explain why – and what could be done about it. It was the third similar threat this year at the Lawrence Family Jewish Communi-ty Center at 4126 Executive Drive.

A 31-year-old man, Juan Thompson, was subsequently arrested March 3 in St. Louis, Thompson was allegedly linked to at least eight bogus bomb threats made against Jewish Community Centers across the nation, including La Jolla’s, as part of a campaign to harass a former girlfriend.

MARCH 4

A University City man accused of illegally selling firearms and heroin will next appear in federal court on June 8. Paul Joseph Holdy, 39, pleaded not guilty to three charges, including illegally selling firearms and heroin.

Two Mission Beach businessemen were found dead with gunshot wounds in a suspected murder-suicide in a posh home in La Jolla’s Mount Soledad around 7:30 p.m. on May 16. The deceased were identified by police early the following day as John Mat- tice, 80, and Jilavi Parvaneh, 61, a married woman. Their bodies were discovered by police responding to the couple’s son’s request for a welfare check on his parents at their $3 million home at 5579 Avenida Fiestas in a cul-de-sac near Pacifica Drive.

JUNE 2

A group effort by a team of county beachgoers (both young and old), lifeguards, and SeaWorld Animal Health and Rescue personnel rescued a beached pygmy sperm whale that was stranded near Scripps Pier. It is uncertain whether life guards or beachgoers first noticed the struggling sea mammal, but after sending off pictures and video of the animal to the necessary experts, everyone sprung into action. Unfortunately, it later died from its injuries.

JUNE 30

“Embracing the Beauty of Diversity in Our World” was the title of the public address given by Tenzin Gyatso, His Holiness the 14th Dalai Lama on Friday, June 16 at UC San Diego’s RIMAC Field. His Holiness, now 81 years old, had flown in from Rochester, N.Y. the day before, but was cheerful and energetic as he delivered his 35-minute message about the importance of compassion.

JULY 14

A woman who was charged with setting off four firecrats on fire at the University of California San Diego was committed on Friday, July 7 to a state psychiatric hospital because a judge found her mentally incompetent. Criminal proceedings remain suspended against Kay Lyn Williamson, 31, who was arrested after the bizarre April 17 incident in which four separate coffee kiosks were set on fire at different parts of the campus around midnight. San Diego Superior Court Judge Margo Woods read the petition of Williamson before ordering her to go to Patton State Hospital for up to three years.

JULY 28

La Jolla’s Salk Institute for Bio- logical Studies is one of the world’s most renowned independent, non-profit, scientific research institutes. But does it discriminate against its tenured female scientists? That’s the subject of a lawsuit filed by Victoria J. Lundblad, PhD, and Kathy Jones, PhD, which claims Salk has “allowed an old boys club to dominate creating a hostile work environment for Salk tenured women professors.”

An angry La Jolla driver who rammed a parking enforcement vehicle after he got a parking ticket was sentenced July 28 after he pleaded guilty to assault with a vehicle. Court records say Peter Alex Dreier, 42, of Hillcrest, would likely be placed on three years probation, but could be sentenced up to a year in county jail in San Diego Superior Court.

On Friday, July 28, a group of city officials took a completely different tack with her March 15 memorandum of law advising the City Council that they were illegal.

From the firn for vacations, sporting event trips, and renting private jets. Edward K. Abellana, 40, faces up to 23 years in federal prison when he is sentenced in the coming weeks to before U.S. Dis- trict Court Judge Janis Sammartino. Abellana pleaded guilty to wire fraud and making a false tax return by not disclosing the embroidered funds as income. The tax returns in the charges are from 2012 to 2015.

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Women with hair loss can have thick and healthy hair and look years younger!

Volume is the most requested service of all clients. Thick, healthy hair is never out of style! Even with all the excellent professional volumizing products available, nothing compares with the real thing: thick, healthy human hair!

The unique patented process used at Judy’s salon attaches a protein bond of real human hair to a small section of your own hair. The bonds are so discreet you can style your hair anyway you choose. This unique application process makes it the only system that does not further damage your hair. The bonds are so discreet you can style your hair anyway.

Most women who want this service suffer from thin, weak and damaged natural hair, but once this application process has been applied, you will be amazed at the transformation that occurs, not only in your hair, but also in your outlook!

How do you match extensions to a client’s existing color?

If you are blending colors choose extensions that are the same level of color as the clients own hair. If you are changing the level of the client’s hair choose a shade that works well with the skin tone. A coloring process can be done to the natural hair 48 hours prior to application and extensions can be matched to that also.

How do you customize extensions for a client with thinning hair?

Use an extension with a small attachment bond and a single strand application process so the hair is not damaged and can hold the weight of the extension. This will give natural looking volume and length to thinning hair.

How do you match hair extensions for clients with curly hair?

If a client with curly hair wants to wear their hair straight then nothing needs to be done to the extensions. If the hair is worn curly most of the time the extensions can be perm'd prior to attachment to the natural hair.

What type of hair extensions do you use?

Judy uses Great Lengths all-natural hair extensions and prefers these extensions because they are created from 100% human hair and use a unique application process that attaches a bond of protein the same molecular structure as your hair. This application process does not harm your own hair. While others use techniques such as welding, waxing, gluing or knotting which strain your hair to a high degree Judy uses a much more gentle principle called modulating. An extremely high-tech method of bonding the hair strand to your own hair. Extensions can be used for volumizing, lengthening, coloring or simply adding texture. Judy will offer a free consultation guiding you through your new style. Whether creating a new look, following a fashion or with a special occasion on the horizon, Judy’s hair extensions have over 50 colors to choose from and blend with your own hair for perfect colour matches. Most importantly your own hair will not be damaged and the extensions can be easily removed by an expert.

Can hair extensions damage my hair?

No, they will not. Actually, even very fine and damaged hair can become healthier if you’re wearing hair extensions because they will protect your hair from things that could damage it like curling irons, blow dryers, styling heat and environmental damage. Because of the unique application bonding system, the extensions can be easily removed. This is different than many hair extension methods that bond too tightly to your hair. Those old methods can lead to hair breakage when being removed. Judy’s La Jolla hair extensions are joined to your natural hair by using a safe, all-natural, keratin protein bond application system.

Are hair extensions uncomfortable?

Judy’s La Jolla Hair Extensions are applied to your hair with a very small bond of natural keratin protein. Most people do not even notice a difference between the hair extensions and their own natural hair.

How do I maintain my extensions at home and between visits to the salon?

Judy is fully trained on how to educate her clients to professionally take care of their hair extensions at home. Judy will recommend hair care products, brushes, combs and appliances for use at home. Hairstyling is very similar to how you style your hair without extensions. Contact Judy in La Jolla today for answers to any more of your hair extensions questions.

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Birch Aquarium at Scripps Institution of Oceanography at UC San Diego has teamed up with the Digital Media Lab at UC San Diego’s Geisel Library to create what is believed to be the first 3-D-printed brace for a sea turtle’s shell.

The loggerhead sea turtle was rescued from a New Jersey power plant in 2013 with a large gap in the bottom right part of her shell. This gap, along with an abnormal curve of her spine and paralysis of her back flippers, is likely due to trauma experienced in the wild before she was rescued.

When she arrived at Birch Aquarium in 2014, the juvenile loggerhead sea turtle weighed just 74.5 pounds. She has since thrived, gaining more than 130 pounds.

“That growth has really exacerbated her condition. Without our intervention, the sea turtle could have gastrointestinal and urogenital complications,” said Jenn Nero Moffatt, senior director of animal care, science and conservation for the aquarium. “We teamed up with the Digital Media Lab at Geisel Library to create a brace that will prevent the shell from curving further downward and will promote more normal growth. It’s our goal to prevent further complications and keep her as healthy and happy as possible.”

The juvenile female loggerhead sea turtle was CT scanned at UC San Diego’s Thornton Hospital two times since her arrival to monitor the changes in her shell. Using a combination of the CT scans and their own 3-D scanning techniques, the team was able to design and fit a brace that is a perfect fit to her shell, so it will not encumber the sea turtle.

“It’s amazing that our library can now provide these kinds of services. 3-D technology is getting so powerful and accessible, the possibilities seem endless,” said Scott McAvoy, Digital Media Lab manager and manager at the UC San Diego Library.

The brace is made of a rigid white plastic that was 3-D printed to fit the turtle’s shell precisely. There is a ratcheting plastic cable that attaches to two fasteners to provide strength, support and pressure as needed to allow flexibility as she grows. A velcro neoprene weight pocket is also attached, separately, to help provide neutral buoyancy while she rests. All of the equipment used was adhered with a safe, two-part marine epoxy. The sea turtle, which could grow to as much as 250 pounds — will eventually outgrow the brace and have to be fit for a new one.

“This is truly an ocean rehabilitating project,” Moffatt added. The New Jersey power plant from which this loggerhead turtle was rescued was named after the New Jersey Power Plant Foundation, which is partnering with Birch Aquarium in this project.

Birch Aquarium teamed up with the UC San Diego Library’s Digital Media Lab to 3-D print a brace for this sea turtle. PHOTO CONTRIBUTED
“As a member of the AZA, Birch Aquarium is committed to conserving, rehabilitating and protecting animals in threat of extinction. It’s exciting that we are able to use technology in this unique way so our loggerhead sea turtle can continue her role as ambassador for ocean conservation, greeting more than 450,000 visitors each year.”

The loggerhead sea turtle lives in Birch Aquarium’s Hall of Fishes’ Magdalena Bay habitat. Every Tuesday and Thursday at 2:30 p.m., visitors can see the animal training and feelings required to help with her ongoing health care. For more information, visit aquarium.ucsd.edu or call 858-534-FISH.

A scaled model on the loggerhead sea turtle is prepared prior to creating the life-sized brace. PHOTO CONTRIBUTED

As a Marine Room chef, working under famed Bernard Guillas’ tutelage, it is fitting that Robin Katz has struck out on her own – setting up shop on Girard Avenue. Katz’s new venture? A specialty line of gourmet customizable chocolates called Nola Rose.

“These are the highest-quality chocolates you can get in San Diego,” said Katz, whose specialty at the Marine Room leaned toward the savory. “I think with my background, combined with chocolate, comes together in a real special way.”

The Los Angeles native has lived in New York City, Northampton, Mass., and has a degree in engineering from Smith College. Katz, who is “from a big culinary family,” was largely self-taught prior to attending culinary school.

“Having grown up in LA, I’ve always been into cooking,” she said. “There’s just such a wide diversity of flavor profiles, and great specialty markets. I can still remember the first rabbit I ever cooked – when I bought it, there was still fur on it.”

Katz met her husband, Dan, while working at the Marine Room. As often happens in a restaurant, Dan was working the front-of-the-house, while Katz was in the back. The two now have a child, who is the namesake of their burgeoning business. Being a culinary family, they have a particular affinity for New Orleans (hence, Nola).

Nola Rose Chocolate sets up shop in the Village

Born out of an individual craving, Nola Rose chocolates are created using only the finest ingredients to create high-quality pieces.

NOLA ROSE CHOCOLATE
What: Fine, customizable bonbons and truffles.
Where: 7441 Girard Ave.
Contact: nolarosechocolate.com.

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Contact: nolarosechocolate.com.

As a Marine Room chef, working under famed Bernard Guillas’ tutelage, it is fitting that Robin Katz has struck out on her own – setting up shop on Girard Avenue. Katz’s new venture? A specialty line of gourmet customizable chocolates called Nola Rose.

“These are the highest-quality chocolates you can get in San Diego,” said Katz, whose specialty at the Marine Room leaned toward the savory. “I think with my background, combined with chocolate, comes together in a real special way.”

The Los Angeles native has lived in New York City, Northampton, Mass., and has a degree in engineering from Smith College. Katz, who is “from a big culinary family,” was largely self-taught prior to attending culinary school.

“Having grown up in LA, I’ve always been into cooking,” she said. “There’s just such a wide diversity of flavor profiles, and great specialty markets. I can still remember the first rabbit I ever cooked – when I bought it, there was still fur on it.”

Katz met her husband, Dan, while working at the Marine Room. As often happens in a restaurant, Dan was working the front-of-the-house, while Katz was in the back. The two now have a child, who is the namesake of their burgeoning business. Being a culinary family, they have a particular affinity for New Orleans (hence, Nola).

Nola Rose Chocolate sets up shop in the Village

Born out of an individual craving, Nola Rose chocolates are created using only the finest ingredients to create high-quality pieces.

NOLA ROSE CHOCOLATE
What: Fine, customizable bonbons and truffles.
Where: 7441 Girard Ave.
Contact: nolarosechocolate.com.
Fashion files: ‘A Decade of Stars’ 10 Best Dressed Awards Gala

The Alexander & Eva Nemeth Foundation and USB presented Leonard Simpson’s 10 Best Dressed Awards Gala on Nov. 30. This was the 10th anniversary, with a theme of “A decade of stars.” This event gives awards for philanthropy in San Diego and has bestowed to men and women during the past 10 years.

The tagline is “Getting dressed each day with the gloves of compassion and a coat of courage.” The chairs were Phyllis Parrish, Jeanne Jones and Brad Benter. Co-chairs were Maria Stanley, Sandy Redman, Carolee Banka and Dr. Kathleen Franlein. This red carpet evening began with a cocktail hour and entertainment by the Mar Dels. The guests sat down to a delightful dinner that was especially created by author and food consultant Jeanne Jones.

The 10 best-dressed honorees for ladies were: Diana Zandra Rhodes, Joan Embrey, Marla Black, Teresa Castiglione, Gerry Coleman, Aimee Fuller, Gloria Gold, Danica Grumm, Michelle Mirandon, Tatiana Novick, and Annet Richrads. The gentlemen were: Mayor Richard Bailey, Kristian Gustavsson, Bill Littlejohn, Heli Madani, Dr. Stanley Maloy, Duane Pillsburg, Greg Reid and Bill Wurch. This year, two couples were honored: Cop and Pati Cooprider and Micki Olin and Reid Abrams, as well as Maria Stanley and her daughter.

An entertaining Broadway theatrical show (produced by Leonard Simpson and Brittany Noelle Shipley) followed the dinner and awards ceremony. The first scene of this high-energy fashion show began with “Glamorous Stars!” Models came down the runway in avant-garde designs by Debbie Nghiem and menswear by Oseas Villatoro. Designer Nolan Dean showed off his sophisticated couture gowns and Debbie Solan revealed a sculptured gown. The finale featured designer Jana Ann Couture. The scene was called the “Snow Globes” and filled the runway with an amazing sea of white. Jana Ann is an international bridal and evening wear.

During the evening, Jana Ann was one of five participants who were given a lifetime achievement award. The additional honorees were Mrs. Betty Braysay, Patricia A Wellborn, Cheryl Mitchell, and Mrs. Gigi Cramer. A special recognition award was given to Tonya Mantoof and Robert Kenyon. The perfect evening finished off with dancing to the Mar Dels.

The event benefits Doris A. Howell Foundation for Women’s Health Research. A Lifetime Award was given to founder Dr. Doris A Howell. This organization has research scholarships and prepares young scientists for a career in women’s health research. They also have grants, educational events and fund studies to “at risk” and underserved women. For more information, visit howellfoundation.org.

Upcoming events:
Sunday, Jan. 14—Fall Bridal.
Bannar with fashion shows present by Gretchen Productions at the San Diego Convention Center. Three shows presented throughout the day. For more information, call 760-334-530.

Diana Ceaognaaro is an international all-renowned couture milliner based in the historic Gaslamp Quarter. Learn more about our hat Designer, teacher and Blogger at DianaCeaognaaro.com

University City updates: Christmas concert, Shift Program and Adopt-A-Family

BY JEMMA SAMALA

Christmas concert at the UC Library

Jonathan Crick and Mary La Brandwein will perform a Christmas concert with many musical modes and moods by performing with Japanese Bamboo flutes on Dec. 20, 6:30 p.m. at the UC Library, 4155 Governor Drive. For more information, go to hakuhachi.org, call 858-945-8739, or email maryla-bran@aol.com.

Latkes

University City Community Association President Barry Bernstein shares his favorite latkes recipe, his family’s Hannukah tradition.

Ingredients:
• 2-3 peeled medium potatoes (Yukon Gold or White Rose):
  • 1 large egg:
  • 1/4 cup chopped onion:
  • 1 tsp of salt:
  • flour, cooking oil, two medium size frying pans

Directions: Grate potatoes, squeeze out the starchy liquid. Mix in the whisked egg, chopped onion, 1 tsp. salt, and one tablespoon of flour.

Add enough canola/vegetable oil to fill entire bottom of the pan, and then some.

When oil is popping hot, using a large tablespoon, place one over-topped by a potato in frying pan, smoothing it down to somewhat rounded. Be careful of the hot popping oil! When golden brown underneath flip over for two minutes or until lightly brown before taking out. Place the latkes on a thick paper towel and dab off extra oil. Best served with a side of applesauce or sour cream.

Shift Program to help community construction

Over the next several years, nearly 50 major public, private and transportation infrastructure projects are anticipated in the University City and La Jolla area. While many of these projects were in the planning phases, the community asked that a single information source be developed for updates about all the work in anticipation of the cumulative impact it would have on the surrounding neighborhoods. So, at the urging of the community, the agencies responsible for the biggest projects — Caltrans: City of San Diego; MTS; SANDAG, and the University of California, San Diego — came together to expand a helpful program that provided access to multiple sources of construction information. Since the program was first presented to the University City Community Association in 2015, it has now grown to include an expanded website and increased community outreach.

The Shift program is designed to provide residents, businesses and commuters impacted by construction with information and resources in one website. Communication from the program will help University City and La Jolla residents understand what projects are underway, how they can better navigate larger impacts like lane and street closures, and what alternative transportation resources are available to them to make their commute easier.

On the website, residents can find a map of projects, notifications of street closures and trip planner to help find different ways to get to work and school. Residents can communicate with what projects you most want to hear about, send an email to info@ShiftSanDiego.com or call 1-844-SHIFTS3D. You can also sign up for email alerts about major construction information and see a map of all the ongoing projects at ShiftSanDiego.com.

Local church holiday events

Our Mother of Confidence Catholic Church will have a Christmas Senior Social on Dec. 21, 11:30 a.m. There will be entertainment, and the lunch menu includes baked ham, scalloped potatoes, grilled vegetables, salad, rolls, and Christmas dessert. Lunch is $7, due at the door. Sign up in advance by contacting Ellie at 858-395-5570. OMC Catholic Church, 3131 Governor Drive, omcsandiego.org

Torrey Pines Church will have three services on Christmas Eve day at 2 and 4 p.m. in the auditorium, and the 6 p.m. service will be a candlelight service in the Sanctuary. There will be no services on Christmas Day. Torrey Pines Church, 8320 La Jolla Scenic Drive North, torreypineschurch.org.

University City United Church will have a visit with Santa luncheon on Dec. 17 at 11:30 a.m., and a Candlelight and carols ceremony on Dec. 24 at 7 p.m. University City United Church, 2877 Governor Drive, ucc.org

Good deeds: UCHS students do the Turkey Trot

The University City High School P.E. Department held their second annual Turkey Trot before students left for Thanksgiving break. During PE, students ran laps around the track and won tickets for free prizes. Donations were also taken for some of our UCHS families in need. It was a success. Special thanks to Coach Ashley Franz for spearheading this project and starting such a wonderful tradition at UCHS.

UCHS Adopt-A-Family

Spread some UCHS holiday cheer and help the PTSA Adopt-A-Family Program. The program will directly benefit UCHS students/families who are in need of a little something extra this year. Your tax-deductible donation will help them purchase grocery gift cards, store gift cards and wish list items. The PTSA will be accepting donations through Dec. 15, go to uchsppta.org. If you adopt an entire family, or donate wish list items, please contact Jemma Samala at jemmasamala@gmail.com.
La Jolla’s premier deli-bakery has grown and expanded. Debra Levine is the owner of Diamonds on the Rock and a former GIA diamond instructor. At Diamonds on the Rock, they will educate you on the 4 Cs of diamonds to assist you in selecting the perfect diamond for you.

Diamonds on the Rock is a San Diego jewelry studio that specializes in custom design, jewelry alterations, and jewelry repairs. They are competitive with online pricing and offer wholesale diamonds to the public. 5610 La Jolla Blvd.; 858-750-2190 or visit diamondsontherock.com.

Catering & Take-Out
Girard Gourmet - La Jolla’s premier deli-bakery-restaurant and caterer for 25 years! Our loyal customers enjoy our commitment to freshness, quality and value. We use our very own homegrown fruits and vegetables, to make our fresh salads and fruit pies. Visitors from all over the world who come to La Jolla, always tell us how they “wished they discovered us sooner!” You must come and visit Girard Gourmet and experience traditional European cooking made with only the freshest ingredients of fruits and vegetables from our very own backyard. Stop by and see why La Jollans have voted Girard Gourmet one of the best in the deli, sandwich and bakery categories! 7837 Girard Ave. La Jolla • 858-454-3125 • girardgourmet.com

Health and Wellness
DTOX Republic - Has grown and expanded through developing and perfecting what they have done over the past several years, and they now offer a variety of health and wellness services and related retail products to suit your health needs: Their services include the original mineral body-scaping wraps and military wraps, Thermaslim infrared fat reduction, detox and cellulite treatments, dry brushing, ionic detox foot baths, Icelandic facial sauna, and the exclusive infrared active sauna. 7442 Girard Ave.; visit dtoxrepublic.com, or call 858-750-2570.

Jewelers
Diamonds on the Rock - Debra Levine is the owner of Diamonds on the Rock and a former GIA diamond instructor. At Diamonds on the Rock, they will educate you on the 4 Cs of diamonds to assist you in selecting the perfect diamond for you.

Restaurants
Donovan’s Steakhouse - Donovan’s premier steakhouse at La Jolla Cove offers world-class fine dining with spectacular ocean views. The menu showcases a variety of cuts of savory USDA Prime steak, fresh market seafood, and an award-winning wine list. Whether you’re celebrating a birthday, entertaining clients at Happy Hour, or spending a romantic evening with your sweetheart, Donovan’s serves a flawless fine dining experience.

Donovan’s restaurant is located on Prospect Street in La Jolla Village among exclusive seaside shops, boutiques and galleries with views of the Pacific Ocean. 1250 Prospect, La Jolla • 877-698-6666 • donovanssteakhouse.com

Cafe Milano - Owner/chef Pasquale Ganni brought northern Italian cuisine to La Jolla 16 years ago and has been successfully Please both local residents and out-of-towners — even out-of-the-country guests — with his homemade pappardelle pasta, veal osso buco, lobster ravioli and many other authentic Italian dishes. Café Milano is an exciting and incredible experience for the whole family at affordable prices. Early bird special: 4:30 & 6:30 p.m. Choose a select soup or salad, menu entree & dessert for $21.95. Open M-F 11:30 a.m - 10 p.m., Sat 2-10 p.m., Sun 2-9 p.m.

711 Pearl St, La Jolla • 858-454-3806

Shipping/Mailing
Pak Mail La Jolla - When you ship with us, you will have the opportunity to compare our negotiated rates from our preferred network of carriers (DHL, FedEx, UPS, USPS, and more) and numerous delivery options to provide you with a reliable and efficient delivery method. Select from the top carriers to ensure safe and secure delivery each and every time. Whether you need to ship a grandfather clock, electronic equipment, a small apartment or artwork, Pak Mail La Jolla proudly offers packing, shipping, crating and freight services for La Jolla and all surrounding cities. Request a Free Online Estimate or call us at. 7486 La Jolla Blvd. La Jolla • 858-456-8573 • pakmailalajolla@gmail.com

Visit these many fine stores for the holidays and all year long! Shop local!

Holiday Gift Ideas
Wishing you all a Happy Holiday Season!

Home décor/cookware
The Faded Awning Coastal Interiors - This charming boutique is located in the upper Girard district. You will be very intrigued when you enter this French seaside haven. French music abound! French linens and clothing, jewelry, home decor and garden accessories are in abundance as well. Vintage and modern furnishings compliment one another. Hours are Mon-Sat, 10am-6pm and Sunday 10 am-4 pm.

7464 Girard Avenue • thefadedawningcoastalinteriors.com, or call 858-456-7464.

Cafe Milano
Best wishes for a happy holiday season and our sincere thanks for your loyalty throughout the year.

Cafe Milano

Shop Local

Holiday Dining & Gift Guide
THINK LOCAL • SHOP LOCAL • SPEND LOCAL

Shop local!

Beads of La Jolla
Great Gifts & Stocking Stuffers! Bead Kits • BOGO Classes $ 25.00 Earrings

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Beads of La Jolla

Celebrating 10 Years in La Jolla Village!
Wrap up your holiday shopping at these fine local businesses!
Pedego Electric Bikes La Jolla

Pedego La Jolla offers electric bike rentals and tours that feature breathtaking coastal scenery. Located in Bird Rock, Pedego La Jolla’s scenic tours include the Lookout Tour and the Couples Romantic Tour along the La Jolla coastline to La Jolla Cove. These are only a few of the many local destinations that make riding Pedego bikes an especially rewarding adventure.

Long-time couple Sheffer and Galka fell in love with Pedego bikes on an all-day ride along the famous Silver Strand. They had such a fantastic experience on the electric bikes that they immediately considered the potential for a business. “With our hilly community and coastal headwinds, we knew that our neighbors and visitors would love Pedego bikes as much as we do,” said Galka.

Sheffer brings 30 years of retail and wholesale experience in the sporting goods and cycling industries, specifically in apparel, footwear and accessories, to her new store. This experience helps her uniquely understand the needs of her customers.

The store sells all 12 models of Pedego’s popular electric bikes. Pedego bikes have 500-watt hub motors that help riders cruise distances of 20 to 60 miles without getting tired and sweaty.

They want to remind you that a Pedego bike makes the perfect gift for that special someone or for yourself! And it’s also a great way to get started on that New Year’s Resolution of getting fit.

5702 La Jolla Blvd., Suite 101A, La Jolla
858-291-8845. pedegolajolla.com
Merry Christmas!

For 107 Years Rohde Plumbing has helped make the spirit of CHRISTMAS flow. Giving PEACE of mind to the little patch of EARTH called La Jolla, that we all love and know.

Christmas Jewels - the Gift of the Ocean Hue
5763 La Jolla Blvd. Ph. 858-454-4258 rohdeplumbing.com

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YES. We have a complete line of accessories to make you fashionably correct for any occasion.

YES. We rent and sell men’s slim, modern & classic fit suits and sport coats.

YES. All of our merchandise is in stock and available for same day service.

BUY OR RESERVE NOW FOR THE NEW YEAR’S EVE!

SUIT & TUXEDO SALE
Prices starting at $150

A BETTER DEAL
DESIGNER TUXEDOS AND SUITS

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A BETTER DEAL
DESIGNER TUXEDOS AND SUITS
Following the union vote, Harris said the dispute is not about personalities, but rather about what’s best ultimately for both San Diego firefighters and lifeguards.

“This isn’t about Ed Harris versus chief Fennessy,” Harris said. “You can remove all the names, and at the end of the day, it’s the structure of the department that needs to change.”

Fennessy altered how radio dispatch works, with all water-related 911 calls now going first to the fire department instead of directly to lifeguards. Harris contends that communications switch delays lifeguards’ emergency response times, threatening public safety.

Fennessy countered that Harris, a former City Councilmember, was guilty of political grandstanding and that the proposed change was not needed, and would not streamline or improve safety services.

Harris pointed out fire chiefs “change every two or three years,” adding, the equipment used, and the roles of the two departments, are mutually exclusively in important ways.

“They (fire) don’t know what we (lifeguards) do, and we don’t know what they do,” Harris said.

Serge Dedina, mayor of Imperial Beach and a former lifeguard, said his city separated lifeguards out from firefighters into their own department. He characterized the change as a “no brainer.”

“When you’re running a city, departments should do what they do best,” Dedina said. “You wouldn’t have the planning department running accounting or finance. Lifeguards are ocean- and bay-based aquatic professionals. They should focus on that. They need to run their own department. It’s worked out really well for us. The issue is how to ensure people are safe everywhere.”

Harris said the two-in-one SDFD is already differentiated.

“We (lifeguards) already have a separate budget,” he said. “We’ve always operated independently under (city) Park and Recreation.”

Harris said the game plan now is for lifeguards to begin lobbying local plan groups and town councils, the mayor and the City Council to garner support for lifeguards becoming their own independent department.

Harris said there’s no animosity between the two departments.

“Fire is a very important large department,” he said. “The lifeguards are a very important small department. We are experts, and should be led by experts. This is a win-win for everyone.”

The lifeguard union chief said separating fire and lifeguard services needn’t be a long, drawn-out battle.

“It can be as simple as the mayor deciding to do a reorganization, basically change the organizational chart,” he said adding, “We believe that’s worth a fight.”

The City of San Diego employs approximately 102 full-time professional Lifeguards, adding up to 200 highly trained seasonal Lifeguards annually. These expert safety professionals execute 7,000 to 9,000 water and cliff rescues annually. They provide a literal life support system to San Diego’s beach tourism economy, which makes up about one-third of the region’s economic input.
City Council punts again on short-term vacation rentals

By Dave Schwab

After more than five hours of public testimony, and an impasse among its nine members, who split between two competing proposals to regulate short-term vacation rentals, San Diego City Council on Dec. 12 failed to approve a new ordinance that would regulate the burgeoning industry.

The two proposals presented, which the council failed to merge, included a more-restrictive version (Option 1) authored by council members Chris Cate and Mark Kersey, and another less-restrictive proposal (Option 2) by inland council members Scott Sherman, Chris Ward Cate and Mark Kersey.

Voting in favor of the Cate-Kersey proposal were council members David Alvarez of District 4 and Georgette Gomez of District 9. Councilman Todd Gloria cast a majority vote to end the hearing more than 10 hours after it began. Council members haggled over, and were unable to reach a compromise, on several issues, including the option to approve a proposal to include too many unresolved legal issues that could have raised legal issues, whether to limit issuances of permits to San Diego residents with primary residency in the city, the length of minimum stays and the number of total days a year a residence could be shared as an STVR.

Neighboring cities have been battling the proliferation of unregulated STVRs, and about noise, trash and other complaints associated with them. Residents have also increasingly been concerned about out-of-towners buying up properties specifically to turn into STVRs, which some contend removes units from the market worsening the existing housing shortage.

Appealing to the other side, in introducing she and Zapf’s proposal, Bry pointed out the similarities between the two presented STVR ordinance proposals on the table, suggesting that “sharing and both agree on the importance of enforcement,” Bry said. “In the end, the politics is the possible. We cannot punt this football downtown.”

Bry said STVR is a land-use issue, noting, “I can’t build a gas station or raise cattle in my backyard.” “Our job is to make tough decisions,” said Zapf, noting her coastal district of Del Mar is “the most impacted by STVRs.”

Largely due to the tourist industry, STVRs are disproportionately located along the coast. Not surprisingly, a large number of the approximate 1,500 to 2,000 permits issued for the City Council were concentrated in front residents.

Brian Curry, immediate past president of Pacific Beach Planning Group, said QB first began asking the city to act on short-term rentals in 2007.

“The beaches we’re the most impacted,” said Curry, noting he favored hosting home sharing, but not home-rental houses for 30 days, which he characterized as “visitor accommodations.”

“Visitor accommodations aren’t allowed in residential zones,” Curry said. “They’re illegal in San Diego.”

A change here would be a change to the law to make an illegal use into a legal use.”

PB activist Marcie Beckett testified about San Diego’s diminishing housing stock. “There are more than 10,000 whole-home STVRs in San Diego as of October, with a housing shortage (regionwide) of 40,000 to 50,000 units,” Beckett said, arguing Option 2, the inland council members’ proposal, “would open the flood gates [potentially] opening up every property in San Diego to [the possibility of becoming an STVR].

READ MORE ONLINE AT sdnews.com
From my garden: Mistletoe, it’s not just for the holidays

BY LINDA MARRONE

The small white berries and green leaves of the mistletoe plant (Viscum album) are a symbol of the holiday season and are also said to signify fertility, vitality, peace, friendship, good luck, prosperity and renewal. The “kiss under the mistletoe” custom has many different origins beginning in ancient times and has roots in Norse mythology and early Celtic culture. Servants in 18th Century English households began the custom of hanging mistletoe in a doorway and were allowed to kiss a woman on the cheek if she stood under it. For each kiss, a berry would be removed and once they were gone, the kissing would stop. It is the female mistletoe plant that produces flowers and berries and the variety we see for sale this time of year is American mistletoe (Phoradendrum serotinum), which is native to North American and parts of Mexico. Mistletoe can be found in the forests of the mountain areas of (Laguna, Palomar and Cuyama). It primarily grows on oak trees, but can also be found on cottonwood and sycamore. Whether you harvest your own mistletoe or purchase a sprig or two, keep it in a cool dry place away from heat and occasionally mist it with water if it becomes dry.

Bearing fruit in the winter when food is scarce, both animals and birds rely on the nutrient-rich berries for food, however most species of the 1,300 varieties of mistletoe are toxic to humans and should not be consumed. That said, studies are being conducted to use mistletoe to combat a variety of illnesses. While not approved for use at this time, today they are using extracts from European mistletoe to combat cancer.

Mistletoe is a parasite and requires a host to survive, but its seeds also take in energy from the sun to create some of the food it requires to survive and stay green. It is propagated by birds and animals that ingest its berries and deposit their seed-filled manure on trees. The seeds have a sticky outer layer that attaches them to their host and in about six weeks the seeds form roots that penetrate the host’s bark, which allows them to begin absorbing nutrients and water from it. It takes about five years for mistletoe to mature and begin producing flowers and berries. Growing in an orb shape as large as 5 feet wide and weighing up to 50 pounds, multiple or large mistletoe plants can eventually kill their host, however it is still considered to be an important component to a healthy forest ecosystem, because it not only supplies food to wildlife, it also plays host to many different species of nesting birds, including owls and hawks, as well as tree squirrels, butterflies and bees.

Art spot: ‘The Nutcracker,’ Johnny Mathis and other holiday favorites this season

BY MARTIN JONES WESTLIN

The Christmas season is arguably the busiest time of year, and the thing is that it never takes age into account. Look at Johnny Mathis. He’s 82, and he still hits the husks every holiday. He’s stopping by San Diego Symphony’s Copley Symphony Hall today, Dec. 15, at 7:30 p.m., with “Johnny Mathis: A Christmas Concert 2017,” featuring your classic holiday favorites and Johnny’s legendary hits like “Misty” and “Chances Are.” Amid a 60-year career, and whatever the season, Johnny still has one of the most remarkable voices in music. Copley Symphony Hall is located at 750 B St. downtown. For more, see sandiesymphony.org or call 619-235-0804.

She’s been called the logical successor to the late Dinah Washington such a colossal “honor, in fact, comes along once in a lifetime,” and that’s only if you oulive the honor. For you, that once in a lifetime is Sunday, Dec. 17, at 8 p.m., when pre-eminent jazz vocalist Diane Reeves visits downtown’s Balboa Theatre with music from her celebrated album, “Christmas Time Is Here,” courtesy La Jolla Music Society. Renowned for her improvisational prowess and unique jazz and R&B stylings, Reeves melds grace, elegance and charisma into unforgettable renditions of holiday favorites such as “Little Drummer Boy,” “Carol of the Bells,” “Christmas Waltz,” “I’ll Be Home for Christmas” and “Let It Snow.” The Balboa Theatre is at 868 Fourth Ave. For more, see ljms.org or call 858-459-3728.

Every family has treasured holiday traditions that bring it together in celebration of the most special time of year. Around these parts, one of those traditions is San Diego Symphony’s holiday concert, “Noel: Mountain High Enough,” the story of America then as told by the graceful Whos and a boon for the evil Grinch, bent on spoiling the village. The venue is located at 750 B St. downtown. For more information is available at 619-234-5623 or sandiesymphony.org.

Before his days as a heavyweight music mogul, Motown icon Berry Gordy was a no-name featherweight boxer soon to launch the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Broadway San Diego’s “Motown the Musical,” which runs Dec. 26 to Jan. 6 to 28 as the group mounts the colossal “Hamilton,” the story of West Indian immigrant Alexander Hamilton, the new country’s first Treasury secretary and one of George Washington’s right-hand men during the Revolutionary War. It took playwright Lin-Manuel Miranda seven years to produce the book—add a score that blends hip-hop, jazz, blues, rap, R&B and Broadway, and this piece just might run until the next revolution. The Civic Theatre, at 1100 Third Ave., at 1100 Third Ave., Ground Zero; dates and times are available at broadwaysd.com or call 619-564-3000.

Broadway San Diego sells it “the story of America then as told by America now”— and the latter can get enough of the former. You can see the excitement for yourself from Jan. 6 to 28 as the group mounts the colossal “Hamilton.” The story of West Indian immigrant Alexander Hamilton, the new country’s first Treasury secretary and one of George Washington’s right-hand men during the Revolutionary War. It took playwright Lin-Manuel Miranda seven years to produce the book—add a score that blends hip-hop, jazz, blues, rap, R&B and Broadway, and this piece just might run until the next revolution. The Civic Theatre, at 1100 Third Ave., Ground Zero; dates and times are available at broadwaysd.com or 619-564-3000.
Ah, the holidays! The smell of pine needles, presents under the tree, singing carols, lighting the Menorah, children home from college filling the house with activity and joy...maybe not—perhaps these are just memories. The reality for too many of our aging population is being alone, with spouses and friends long gone and children and grandchildren living far away. Holidays and anniversaries can be especially painful because they are the times for family gatherings. When there are no families, their absence is felt even more strongly. Studies have shown that people who feel lonely suffer not only from depression, but are at a heightened risk of serious health problems. My 96-year-old mother used to complain that all her friends had died, and she had no one to even share memories with.

So if you are alone this holiday season, think of a friend or two or three equally alone and invite them to meet at a restaurant or your house. You don’t even have to cook: you can have food delivered. Unfortunately, it is often difficult to initiate contact with another person. You may be shy; or it may feel too forward to ask someone over for a visit and to share a meal (or even a cup of tea). The fear is rejection, to be seen as needy, to admit to being lonely. It can feel awkward. Here are a couple of examples of overtures: “Hi, what are you doing Christmas Eve?” or “Would you like to join me for some holiday cheer over a cup of tea?”

If you belong to a religious organization, ask if there are services or special events where you could join others. These might be good meeting places for other singles. Someone needs to take the first step—why not you? Be brave and get out of your comfort zone. Soups kitchens and shelters, churches and synagogues need volunteers to serve holiday meals. You may be shy, or it may feel too forward to ask to share your holiday cheer. This year, think of a friend or two or three equally alone and invite them to your gathering, give them the assignment of surrogate family, and ask them to tell a story of their childhood holidays. Invite them to your gathering, give them the assignment of surrogate parent, and ask them to tell a story of their childhood holidays. You will find yourself in a community of like-minded people who share the pleasure of making a difference in someone else’s life. Being of service to others will benefit you as well.

If you begin volunteering before the holidays, by the time the holidays arrive, you may have met some people you will be comfortable enough with to ask to share some time together. It is important to volunteer at the same place and at the same time so that you keep meeting the same people, as opposed to going to different places at various times; this results in seeing a variety of people, which makes it harder to form a relationship.

If you are so lucky as to have friends and family celebrating the holidays together, make it even more meaningful by having each person recall a happy event from this past year. If the relationship and setting permit, have everyone say one thing they regret or mention a wish for the coming year. Another option is to share what we are grateful for, which is a good practice for everyone to participate in. Sharing hopes and fears strengthens the bonds between people. Adults’ willingness to talk about feelings is important for children to witness and learn about human frailties and resiliency.

I have always sent gingerbread houses from catalogues to all the small children of family and friends. My niece wrote that she remembered getting the gingerbread house as a little girl; now her daughter is nibbling at hers. I anticipate continuing this tradition for another generation.

A note to all young families reading this: Think of an elderly person who may not even be a relative or close friend, just someone you know and suspect may be alone. Invite them to your gathering, give them the assignment of surrogate grandparent, and ask them to tell a story of their childhood holidays. You may start a wonderful tradition for another generation.

Natasha Josefowitz is the author of more than 20 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2017. Natasha Josefowitz. All rights reserved.
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For Questions, call Airport Noise Mitigation, (619) 400-2309

MEETING ANNOUNCEMENT

Please join us for the bi-monthly meeting of the Airport Noise Advisory Committee (ANAC)

Wednesday, December 20, 2017
4:00 p.m.

United Portuguese SES Inc.
2818 Avenida de Portugal, San Diego, CA 92106

Next Meeting Date
February 21, 2018

Are You Prepared For a FIRE? (The time is NOW!)
- Install Smoke Alarms and Rehearse Evacuation Routes and Rendezvous Points.
- Establish a Family Emergency Communication Plan.
- Check that everyone knows how to Call 9-1-1. (Always keep phones charged!) - Teach everyone how to STOP, DROP and ROLL - if their clothes catch fire.
- Always be extra careful with Open Flames.
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Wishing You Happy Holidays & A Very Merry Christmas!

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