Little Free Library offers all the perks of a library — without the due dates

By KENDRA HARTMANN

Karin Donaldson and her husband, John, hope to encourage literacy, especially among children. And in their Mount Soledad neighborhood, they’re succeeding — one free book at a time.

Back in February, Karin read an article in Parade magazine about a growing phenomenon called the Little Free Library. Started in 2009 in Wisconsin, the movement gives individuals the chance to become amateur librarians by installing small boxes — usually on their own property — filled with books. Visitors to the tiny libraries are encouraged to bring a book to exchange. Karin was fascinated with the idea.

“I turned to my husband and said, ‘If you can build this thing, I’ll paint it,’” she said. “We’ve received more books than have been taken at this point,” John said.

Little Free Library offers all the perks of a library — without the due dates.

Gillispie teacher wins chance for school to explore the future of computer technology

By KENDRA HARTMANN

As school started for Gillispie School students and faculty on Aug. 27, everyone was likely looking forward to all the changes a new school year brings: new clothes, new classroom, new teacher, new classmates. Technology and media-literacy teacher Laura Jean Moore, however, has something extra special to look forward to in 2013-14: a new and never-before-seen (by most of the world, at least) gadget.

Moore was chosen to be one of the 8,000 people nationwide who will beta test Google’s newest foray into the hyper-technological age, Google Glass.

Moore found out about the Google Glass Explorer Program—which called for contest entries in the form of a 140-character composition through Twitter or Google+—late last year, and along with a few other Gillispie educators and administrators, decided to enter the contest.

“The first day of school is exciting. It’s just a lot of positive energy with the endless possibilities and the potential you have for a great new year,” said Chris Hargrave, principal at Muirlands Middle, a La Jolla High feeder school at 1056 Nautilus St.

Changes in store for La Jolla students heading back to school

By DAVE SCHWAB

The sentiment is the same for administrators elsewhere.

“Don’t change the curriculum. It’s just a lot of positive energy with the endless possibilities and the potential you have for a great new year,” said Chris Hargrave, principal at Muirlands Middle, a La Jolla High feeder school at 1056 Nautilus St.

Hargrave said it’s also the first day of school for parents, adding Muirlands goes out of its way to welcome them, too.

“We provide coffee and there’s tons of parent volunteers who hang around and chat,” she said.

When longtime La Jolla High principal Dana Shelburne was transferred this summer, Crowder was brought in to usher in the new year at the school while his replacement is being selected.

“We’ve reopened the position to get a broader range of applicants, so we’re probably looking now to mid-September for an appointment,” Crowder said.

What’s new at La Jolla High this year?

“There are going to be three new social studies teachers,” said Crowder. “We’ve also been working on the master schedule, looking at what courses students need and then developing a schedule that works to meet those needs.”

Crowder said curricular planning for more than 1,650 students is “a mathematical challenge to keep class sizes within the limit of 16 students per class.”

Also new this year at La Jolla High is a robotics course at the ninth-grade level, as well as a course for deaf instruction taught by a sign-language teacher.

Hargrave said something new at the middle school this year is the “Parent Connect Program they can sign up for that allows them to access their children’s grades and attendance records.”

The middle school is also heavily involved in implementing the national common core standards.
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Whether it’s finding new applications for atomic energy or restoring famous artwork, John F. Asmus is the master with a discerning eye.

The nuclear physicist-turned-art restorer rendered a 1 ½-hour speech titled “It Is Rocket Science?” at the Torrey Pines Rotary Club on Aug. 14, detailing the scientific research he did on two painted versions of Leonardo da Vinci’s iconic “Mona Lisa.”

Asmus told Rotarians he was a member of a scientific team in the 1960s with San Diego’s General Atomics. That was exploring the use of atomic bombs to propel a Saturn spaceship into outer space.

Then that project fizzled with the advent of détente and the nuclear test ban treaty, chance—or fate—caused Asmus to redirect his energies toward exploring lasers, then an infant technology, as a possible substitute for atomic power in fueling spaceships.

Asmus began exploring new applications for laser technology, which led, ultimately, to a new career for him in art restoration. “Twenty-three years ago, the heirs of the late Joseph Pulitzer asked me to examine a painting known as the ‘Isleworth Mona Lisa’ that was in the family collection of fine art,” said Asmus. “This invitation was extended in response to my 10-year study of the varnishes and pentimenti of the Louvre Mona Lisa.”

Noting Leonardo da Vinci painted two versions of his most celebrated artworks “Virgin of the Rocks,” “Virgin and Child” and “The Virgin and Child with St. Anne,” Asmus in his Rotary speech discussed continuing speculation of the possible existence of a second Mona Lisa. Perhaps the world’s most famous artwork, countless copies of the Mona Lisa have surfaced through the ages and have been advanced as the long-lost “Second Mona Lisa,” only to be dismissed after failing scientific or historical scrutiny.

“My studies led to the conclusion that the intricate geometrical principles employed in the two paintings were identical, even though individual features are different in both size and proportion,” said Asmus. “Thus it was clear that the Isleworth portrait was not a mere copy of the painting in the Louvre.”

Subsequently, Asmus told Rotarians, the Isleworth painting has passed every scientific test available in art conservation science from radiocarbon dating to digital-image age regression.

“It has emerged that Leonardo painted the Isleworth piece around 1503 and the Louvre portrait around 1513,” he said. “This discovery settles a protracted debate among art historians as to whether Leonardo painted the Mona Lisa in 1503 or 1513. Both dates are correct, but for different paintings.”

The Rotary Club of Torrey Pines, chartered in 1964, is celebrating its 50th anniversary this year. Led by current president Gordon Shurtleff, the club meets every Wednesday at 11:45 a.m. at Rock Bottom Brewery. 8980 Villa La Jolla Drive...

Rotary Clubs are organizations of business and professional leaders providing humanitarian service, encouraging high ethical standards and helping to build good will and peace in the world.

For more information about Torrey Pines Rotary visit www.torrypinesrotary.org.
Crown Jewel of La Jolla

Rarely does a home of this stately grandeur and timeless beauty inspire such a warm and welcoming essence. The sun-drenched flat half-acre yard walled and gated sets the tone for children to run free with fruit trees outlying the perimeter. Gorgeous in every detail with hardwood floors, French doors, romantic balconies spilling out onto the verandas and an updated kitchen anchored by a large slate fireplace. This home fulfills great expectations!

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Want Healthy Teeth And Gums For Life?

After conducting a nationwide search, the La Jolla YMCA has a new director at its helm.

Sue Ball stepped into the role of executive director and vice president of the national organization’s local branch in mid-July, and already she is taking on the challenges of a 50-year-old facility with many changes in store.

“When I heard about this position opening up, I called up CEO Baron Herdelin-Doherty,” Ball said. “He talked about the major renovations and expansions in store for this facility, and I was very excited about that.”

Ball said the branch, which, in addition to La Jolla and the Golden Triangle, serves parts of Clairemont and Mira Mesa, is in the process of devising a strategy to renovate the building at 8155 Cliffridge Ave., with plans for two new pools, a larger space for preschool and after-school childcare, more group exercise space, new locker room facilities and more. For the extensive undertaking — which includes changes to the Firehouse facility on Herschel Avenue — a market research company will survey 600 La Jollans who are not members, as well as a couple hundred members, to get community input for the overhaul.

“It will really help give us ideas about what the community wants in the way of programs,” Ball said. “We just want to make sure we’re building the right thing, offering the right programs. We’re trying to figure out the best way to serve La Jolla residents.”

Ball began her career with the YMCA 29 years ago, as a gymnastics instructor in Little Rock, Ark. Fresh out of college, she needed a job and the local Y was hiring.

She didn’t stay in that role for long, however. A few weeks after she began, a position for gymnastics program director opened up, and she asked her boss if she could apply. She was instructed to write an essay on how she would improve the program, and a week later, she was hired for the position.

She eventually went on to become the executive director of the YMCA appoints new head of La Jolla branch

By KENDRA HARTMANN

YMCA appoints new head of La Jolla branch

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UCSD symposium explores science, tech innovation’s effect on the economy

By DAVE SCHWAB

San Diego is a growing center for innovation and technology that can set an example for how business, universities and government can work collaboratively to create an atmosphere for growth.

SCOTT PETERS
U.S. REPRESENTATIVE, DISTRICT 52

If America is to remain competitive in science and technological innovation, Congress needs to be more supportive and entrepreneurs need to risk investing in the nation’s economic future.

“Then the message delivered at an Innovation Economy Symposium sponsored by U.S. Rep. Scott Peters and hosted at UC San Diego, which featured panelists representing local business and industry. “As a country, it is imperative that we adequately fund scientific research,” said Rep. Peters (D-52) after the Symposium. “San Diego is a growing center for innovation and technology that can set an example for how business, universities and government can work collaboratively to create an atmosphere for growth.”

 Held at the university’s Great Hall in front of a capacity crowd of more than 250 attendees, the symposium was hosted by UCSD Chancellor Pradeep Khosla. The keynote speaker was Democratic Whip Steny Hoyer from Maryland and panelists included Mark Cafferty, president/CEO of the San Diego Regional Economic Development Corporation; Jerry Sanders, former San Diego mayor and president/CEO of the San Diego Regional Chamber of Commerce; John Dunn, member of the board of directors at CONNECT; Magda Marquet, chair of the board of directors at BIOCOM; and Holly Smithson, president/COO at CleanTECH San Diego.

In opening remarks, Khosla said federal budget sequestration that went into effect earlier this year are “an impediment to the progress we were making” in funding research and development in the innovation economy.

Innovation economics is a growing doctrine that technology, entrepreneurship and innovation are pivotal, and that the goal of economic policy should be to spur higher productivity through greater innovation. Khosla noted that the post-World War II economic boom was both education- and technology-driven, as more people went to school with the G.I. Bill, and Congress actively supported technological investment, spur economic growth and research and development at universities.

“In the last 60 years, we’ve slowly forgotten what happened with that investment,” said the chancellor.

“The payoff for that investment has been priceless,” said Hoyer, the second-ranking Democrat in the House of Representatives. “We need to continue to invest in our scientists, our researchers, our engineers and mathematicians, those people that will make an extraordinary difference in the lives of my grandchildren. I know what has made America great is investing in its people, its basic research and its future.”

Symposium panelists responded to questions by Peters.

Sanders pointed out pending immigration reform in Congress must involve building infrastructure between the U.S. and Mexico, allowing movement of manufactured products back and forth between the two nations.

“We consider San Diego and Tijuana in Baja, California as one region and we need to work together as a region competitive with the rest of the world,” Sanders said.

CleanTECH’s Smithson said Congress should do what it can to promote alternative fuels and clean energy.

“Investing in our infrastructure is critical to where we need to be,” she said, adding Congress needs to make sense of federal tax and regulatory policies toward start-up businesses in order to promote them and allow them to succeed.

Dunn of CONNECT, which promotes innovative entrepreneurship, said, “Federal tax reform is going to be a big part” in providing incentives for companies to invest in technological innovation.

Marquet of BIOCOM, the local chapter of the life science industry’s trade association, said the “convergence between biotech and high-tech” in San Diego is promising in its potential to commercialize technological innovation.

“It’s a numbers game,” Marquet said, warning it’s difficult to encourage investment in research and development when “only one in 10 drugs makes it through” and it takes an average of 10 years.

“It’s a huge challenge, but also a wonderful opportunity,” she said. Why 3/4 of La Jolla Sellers don’t get the price they want for their homes

LA JOLLA - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less effective in today’s market. The fact of the matter is that fully three quarters of homeowners don’t get what they want for their homes and become disillusioned and – worse – financially disadvantaged when they put their homes on the market.

As this report uncovers, most home-sellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled “The 9 Step System to Get Your Home Sold Fast and For Top Dollar”.

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LETTER TO THE EDITOR

The right thing, the right seals?

When people do the right thing, we don’t always know about it. When people do the wrong thing, we often find out. What was the last wrong thing you did? Was it today?

Imagine you were the mayor. What would be the right thing for you to do? Soon people will be stepping up to do what they consider to be the right thing. That evolving situation will bring us the best in some very good people. Stay tuned.

Speaking of the mayor, besides Jane Reldon and the Wans, who received a certificate of distinction for Longboard Luau on Aug. 18.

Waves on Land and Sea

Above, modern surfing legend Rob Machado gracefully slides a wave on a Skip Frye-built surfboard. Members of the Heali'i's Polynesian Revue entertain guests at the event.

Legends ride waves once again for Longboard Luau

Photos by DON BACLH

Response from neighbors, meanwhile, has been overwhelmingly positive.

“I’ve received thank you notes and people seem to enjoy it,” Karin said. “It’s just fun.”

Karin said the impetus for getting involved in the Little Free Library movement had a lot to do with the changing demographics of their neighborhood. When the Donaldsons moved to the area in 1974, she said, most of the residents were families with young children, and block parties and barbecues were a regular occurrence. As the population started to age, however, those things became less frequent.

Now, she said, younger families are starting to pop up again, and she wanted something to offer the neighborhood’s children. Their own grandchildren, she said, “make a beeline for the library whenever they come to visit.” She makes sure to keep a wide variety of reading material in the library, and she regularly goes through the selection, culling books that don’t seem to be getting much interest.

Recently, the Donaldson’s library received a certificate of distinction from the Little Free Library organization, which cited the library’s “unique design and creativity.” For the honor, the library is featured on the organization’s Pinterest page, pininterest.com/littlefreelibrary, under the category “Libraries of Distinction.”

Karin said one of the best parts of the venture has been going out to the library every day to check what has been left. The library provides a glimpse into its visitors — almost like an anonymous neighborly calling card.

The books, meanwhile, aren’t the only perks. The library has provided an added social scene to the Donaldson’s cul-de-sac. “I’ve met neighbors I never knew we had,” Karin said. “I just really get a kick out of it.”

The Donaldson’s Little Free Library is located at 1683 Calle Candela. For more information on the Little Free Library program, visit littlefreelibrary.org.

In The Community

LIBRARY

CONT. FROM PG. 1

The right thing, the right thing.

Of seals, are we protecting the right seals? What about Tyrone Woods and Glen Doherty, former Navy SEALs left behind in Benghazis on Sept. 11, 2012. Someone spent more than $50,000 erecting a camera to monitor the behavior of humans near seals on the beach.

Why on God’s earth did our government not protect the Navy SEALs defending our civilians and ambassador Christopher Stevens in Libya? They waited hours for extraction that never came. The men weren’t even on duty. They voluntarily went to the Embassy to protect U.S. citizens because they considered it the right thing to do.

Instead of doing the right thing, our U.S. government rationalized that our ambassador, SEALs and citizens should be left there unprotected. I thought doing the right thing meant no man left behind. Are we spending our time, energy and resources on the right seals? Are we doing the right thing?

Now that we are on the subject

The evolving situation will bring us the best in some very good people. Stay tuned.

The White House website, www.whitehouse.gov, offers a way to petition the government to do the right thing.

Forty-six people signed the petition to keep our ambassador, SEALs and citizens safe.

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Los Angeles
260 S. La Brea Ave.
I'm confident we're going to have a much more accountable system in both the academic and business side of this district.

SCOTT BARNETT, SDUSD SUBDISTRICT C TRUSTEE

pink-slip scenario again in six months."

But Barnett said there are some encouraging economic developments, with the state economy turning around and the governor and legislature committing more money toward schools. There are also encouraging signs, he said, that SDUSD is fulfilling its educational mission.

"I'm confident we're going to have a much more accountable system in both the academic and business side of this district," he said. "I've seen more change in the attitude and culture in just the 45 days since Ms. [Cindy] Marten has been superintendent than I've seen in the last three years as a board member."

Barnett said the watchword along the beachfront with schools this year is "change."

"In the subdistrict, there are 40 new principals," he said, noting the new La Jolla cluster, besides the change of principal at La Jolla High, principal Jim Solo at Torrey Pines Elementary is also being promoted and replaced.

Heading into the new school year, Barnett stressed the importance of harnessing technology and using it as an educational tool.

"As many as 80 percent of the kids in this district have some kind of device — iPads, laptops, iPhones, etc. — that they bring to school and we need to be flexible and integrate those devices with our school technology," he said. "We want to make it possible for every student to bring something home with them because learning doesn't stop when school ends."

Concerning his outlook for the new school year, Barnett concluded, "We have a lot of challenges, but there's a lot of exciting things going on."

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La Jolla Town Council (LTJC) recently issued an update on its Dancing with the La Jolla Stars taking place Saturday, Oct. 5, from 6 to 10 p.m. at La Jolla Torrey Pines Hilton.

"The LTJC, with the assistance of La Jolla Patrons, is using the medium of dance as a fundraiser for the La Jolla community, particularly for improve- ment projects so desperately needed," said event spokeswoman Nancy Gardner. "We are also fundraisin- g to benefit Worriers and Quiet Waters, a wounded-warrior project."

The October fundraiser's fea- tured hostess will be TV's Mary Murphy from "So You Think You Can Dance," accompanied by

Jonathan Roberts from "Dancing with the Stars," who will be judging the dance competition.

The list of local celebrity dancers, judges and award presenters includes: James Carter, La Jolla High football coach; Dan McAlister, county tax collector; Howard Simpson, renowned heart doctor Paul Teirstein; Realtors Maxine Gellens and Karen Rockwell; Brandy Williams, Channel 7 newscaster; Lisa D'Angelo of Las Patrons; Better Business Bureau CEO Sheryl Bilbrey; and Sally Thornton of the Thornton Winery.

The evening's festivities will include exhibitions of young Chinese dance champions, local dance cou- ples, wheelchair group dancing and appearances by Ron Janes, "the voice of La Jolla."

Judges will include former Chargers star and TV sportscaster Billy Ray Smith, Scott Kaplan and assis- tant San Diego Police Chief Shelley Zimmerman.

La Jolla beautifi- cal projects, the proposed Bellvedere project, La Jolla Communi- ty Center, La Jolla Women's Parade, Worriers and Quiet Waters for Wound- ed Warriors, La Patrons, Best Friends, for First Responders and the Police Historical Association will be beneficiaries of the first La Jolla Dancing With The Stars.

For more information contact nancynamcfincfinance.com or call Charles Schevker at (858) 449-8250.

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Moore brainstormed with both teachers and students about how Glass could be useful in the class- room, and ideas flowed like water.

A field trip of La Jolla could be aug- mented by calling up on site-his- torical facts. Story telling in the classroom could be given new life. Students imagined being able to instantly translate texts into anoth- er language, while administrators envisioned walking around the building and being able to call up class-specific benchmarks without having to go back to an office to dig them up. Moore hopes both big- and short-term projects will abound, and students may even be able to individually check Glass out for a day.

"It really is a schoolwide effort," Moore said. "I asked some students last year what they would do with them, and they had all these wonderful ideas — things I hadn't even thought of. At a minimum, this experience has sparked ideas for education in general, not just with Glass."
For those of us whose thumbs tend more toward the brown than the green, hardy succulents provide a way to appreciate the joys of gardening, minus the plant bloodshed.

Happily, Adelaide’s La Jolla recently introduced a succulent-potting station, complete with employees on hand to assist in creating the perfect terrarium. Customers can visit the floral shop anytime during business hours and walk out with an attractive succulent garden, or they can opt to attend one of Adelaide’s terrarium-building workshops. Another option is to set up a private workshop — perfect for bridal showers, ladies night out, etc.

Terrariums, for as elegant as they can look, are easy to assemble and easy to maintain. Succulents can grow nearly anywhere, and as such, they’re not picky about how many or how few you want to squeeze into your terrarium. And, should one of your terrarium residents bite the dust, the inexpensive plants are easy to replace — just drop a new one right in its spot. Adelaide’s employees can advise on placement and terrarium visuals.

For more information on Adelaide’s terrarium workshops or succulent-potting station, visit www.adelaides.com or call (858) 454-0146.

**STEP-BY-STEP LIVING DÉCOR** Adelaide’s employees willingly help anyone who comes to visit the succulent-potting station. Customers can choose from a variety of glass planters, and the floral shop offers a wide selection of succulents to choose from.

The first step is to add lava rock to the bottom of the planter, covered by some soil. At this stage, decorative accents, like rocks or colored moss can be added (they won’t be seen from above once the plants are added, but they can be seen from the glass sides). The succulents — as many or as few as you wish — are then planted, directly from their temporary plastic planters. Holes between the plants can then be filled with other decorations — colored rocks, moss, seashells and more. Adelaide’s employees will advise their guests that there is no wrong way to build the terrarium.
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• Prize Drawings

Carole Van Straten, owner of SeaCoast Hearing Care was trained as a Hearing Instrument Specialist and has been practicing since 2000. Her focus is on individualized hearing care to personally suit the preferences of her clients.

"Better hearing starts with addressing specific situations where the hearing loss is causing difficulty. I use a rehabilitation-type method to move the client past the sensory deprivation phase into the healthy hearing phase. When we have reached our goal, my client is more engaged in communication. There’s a glow of confidence that I see every time. That glow comes from being able to understand speech better than before. They feel confident during social interaction. It really is a new beginning."

The Grand Opening is ongoing during August. Call (858) 922-8941 to set aside a time for your private consultation.

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**Should You Hire A New Doctor?**

With so much emphasis lately on the U.S. healthcare system, good communication between patient and doctor is being increasingly emphasized. New apps and technology is a sign that healthcare providers are quite focused on better engagement with their patients. Doctor’s are even taking communication training in order to improve how they engage their patients. So what do you do if you feel the relationship with your doctor just isn’t working?

Changing your doctor can be time-consuming and difficult. Before leaving your present doctor, try to resolve the issues you may be having. The following is a guide on when you should consider leaving your present physician:

• You leave his office without answers to your questions. If you leave confused or unsure on what you should be doing next, the doctor is not communicating which is his responsibility.
• Your doctor ignores your ideas and questions. Physicians should be interested in what you are concerned about regarding your health.
• Your doctor misdiagnosed you. Doctors can make mistakes and that isn’t necessarily a reason to find a new doctor unless his disinterest in you causes a life-threatening or catastrophic problem.
• Your doctor is offered with your request for a second opinion. A doctor should be happy that you are taking an interest in your healthcare and should even suggest other physicians.
• Your physician is not board certified. Board certification shows the doctor is interested in continuing to be assessed and educated in his specialty.

The RN Geriatric Care Managers from Innovative Healthcare Consultants are available to help patients by discussing their concerns. They will advocate for the patient with the physician and help the patient understand their rights. View our website at www.innovativehc.com or call us at (877) 731-1442.

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**SeaCoast Hearing Care Relocates to 565 Pearl St. La Jolla**

In Celebration of the Grand Opening, Enjoy Activities All Month Long:

• Free hearing tests
• Demonstrations of the latest digital technology
• Cell Phone Demonstrations of the New Bluetooth Capable Hearing Instruments
• Special Offers on Hearing Solution Packages (includes home TV setup)
• Refreshments
• Prize Drawings

Call (858) 922-8941 to set aside a time for your private consultation.

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**SeaCoast Hearing Care GRAND OPENING of Our New Location 565 Pearl St. La Jolla**

**NEW** Grand Opening Packages (includes home TV setup)

• Refreshments
• Prize Drawings

Call (858) 922-8941 to set aside a time for your private consultation.

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**SeaCoast Hearing Care**

**GRAND OPENING of Our New Location**

565 Pearl St. La Jolla

**IN CELEBRATION OF THE GRAND OPENING, ENJOY ACTIVITIES ALL MONTH LONG**

• Free hearing tests
• Demonstrations of the latest digital technology
• Cell Phone Demonstrations of the New Bluetooth Capable Hearing Instruments
• Special Offers on Hearing Solution Packages (includes home TV setup)
• Free Hearing Aid Cleaning & Performance Checks (bring your hearing aid)
• Refreshments + Prize Drawings.

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Call (858) 922-8941 to set aside a time for your private consultation.
Non-assertion as an unconscious inhibition

Assertion. Is it a skill? Is it an attitude? Are we born assertive? Do we learn it as children? Can we acquire it as adults? Most of the literature on assertion assumes that people are unassertive because they don’t know how to be assertive — they lack the skill.

The assumption is that we can be taught to be assertive with practice. Most assertiveness workshops use role-play, on the premise that if you practice assertion in simulated situations, the behaviors will be transferable to real events. Of course, practice can help people discover the various ways of approaching a topic or person, but practice may not be much help to the people who are shy or afraid to act unless they can understand the underlying reason for this difficulty.

So, the question is, what makes some people too shy or too afraid to get their needs met? Studies indicate that there is an inhibiting factor that prevents some people from being assertive. Shy or fearful people do not feel entitled to express their thoughts and feelings, make requests, or refuse the requests of others. They have low self-esteem. They do not think they are good enough, smart enough or attractive enough. They feel, therefore, that they have no rights and perceive others as not granting them any rights.

Inhibition is the inability to speak out or act on your own behalf, on behalf of others or on behalf of an idea or value system. Let us go a step further. What is the basis for inhibition? It is the assumption that attempts to be assertive will meet with a negative response and that this negative response matters. If you predict a negative response but feel it does not matter, you won’t be inhibited. But when it does matter to you, the predicted negative response can so influence your behavior that you are prevented from being assertive.

There may be both rational and irrational components to non-assertion as an unconscious inhibition.
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).

Donovan’s


Froglanders

Froglander’s has been satisfying yogurt lovers cravings for over 26 years. In addition to the best yogurt in town, they also serve acai bowls, banana splits and yogurt pie. You’ll find four flavors everyday including peanut butter and original tart. Plus they offer over 50 different yogurt toppings including fresh fruit. La Jolla students receive a 20% DISCOUNT. Open late. Friday- Saturday 11 AM -10:30 PM. and Sunday--Thursday 11AM-10PM.
La Jolla’s dining scene, which never seems to stand still, welcomed the addition of The Hake Kitchen and Bar in June.

Offering an eclectic menu of globally inspired dishes centered around fish — hake, after all, is a white fish in the same vein as cod or haddock — the restaurant occupies a cozy space tucked between George’s at the Cove and The Steakhouse at Azul.

The newest brainchild of restaurateur Ricardo Dondisch, The Hake represents a dining concept inspired by Mexico City’s continental brasserie scene. The restaurant, Dondisch said, is intended to reflect the hyper-local feeling and tastes of the neighborhood.

Dondisch, who has opened several dining ventures in Mexico’s capital, collaborated with chefs Federico Rigoletti and Roberto Craig for the seasonally inspired menu. Nearly everything, save for maybe a few varieties of exotic fish, is locally sourced, and Dondisch said the chefs are working closely with local growers. The menu will change somewhat frequently, but Dondisch assures patrons that if they don’t see their favorite dish, it — or something very much like it — can be re-created.

Though the menu features sumptuous main courses, the real creativity — both for the diners and the chefs — comes in the shareable plates and appetizers. Not to miss are the tuna tostada, the sea scallops with cucumber, citrus, chipotle and olive oil, or the fish and shrimp tacos.

The restaurant, barely two months open, has already gained a faithful following, the evidence of which can be seen on the cocktail menu. The bar has already crafted a tempting list of inspired drinks, like the Smoke & Honey (mezcal, Lillet Blanc, lemon and honey) and the Santa Paloma (reposado, St. Germain and grapefruit), but customers have their say, too. A section of the cocktail menu is devoted to “Guests’ Secret Formulas,” with such offerings as the Marilyn Margarita, the Serge Hendrick’s and Gaby D’s Canita.

The Hake is located at 1250 Prospect St. Suite B10. Happy hour is offered seven days a week from 3 to 7 p.m., with $4 bar bites, $2 off draft beer, $3 off cocktails and more. For more information, visit www.thehake.com.

LOCAL JOINT

The Hake is tucked in a space a few steps below street level. The cozy spot features some outdoor dining, as well.

In honor of Cusp Dining & Drinks and Hiatus Lounge’s first anniversary, executive chef Donald Lockhart, bartender manager Nate Howell and general manager Mark Spears will host a two-part celebration on Saturday, Sept. 7.

The festivities begin at Hiatus Lounge from 5 to 6 p.m., with hosted bite-size appetizers and a hosted bar featuring a selection of Howell’s favorite wines, brews and spirits. After the cocktail reception, join the team on the 11th floor at Cusp, where the ocean-view restaurant will be serving a “Greatest Hits” menu all night. The three-course prix fixe menu will feature favorite dishes from the past year, like Lockhart’s Moroccan-spiced king salmon or his charred octopus panzanella salad. The menu will change somewhat frequently, but Dondisch assures patrons that if they don’t see their favorite dish, it — or something very much like it — can be re-created.

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Dine and Drink in Prospect

RSVP for the cocktail reception at info@cusprestaurant.com. To make a dinner reservation at Cusp, call (858) 551-3620.
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- Robbins St. – 3.315 kW
- Welmer Pl. – 4.25 kW
- Radcliffe Dr. – 3.35 kW
- Florey St. – 3.57 kW
- Millikin Ave. – 4.255 kW
- Arnoldson Ave. – 6.63 kW
- Mt Ainsworth Ave. – 8.16 kW
- Millikin Ave. – 8.16 kW
- Radcliffe Dr. – 4.25 kW

**Systems in Progress:**
- Hillcreek Ln. – 3.06 kW

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**UPCOMING EVENTS**

- **Sept. 13** – Exhibit
  - Ambush Phase 2 pop-up show: 7 to 9 p.m., 2977 Beech St.
- **Sept. 19** – The Arc of San Diego annual fashion show, 11 a.m. to 3 p.m., Elks Lodge, 1450 East Washington Ave., El Cajon. (619) 258-6725
- **Sept. 22** – 12:30 p.m. to 7 p.m., FGI San Diego Polo Little Black Dress event and fashion show. fpillbiesblackdresspola.eventbrite.com
- **Sept. 28** – Ninth annual STRUT! for Sobriety, Marriott Marquis & Marina, includes a boutique, luncheon, Path to Recovery Awards and fashion show. strutforsobrietyeventbrite.ca

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**Fashion Files**

**Diana Cavagnaro**

**CHILDERN’S LIFELINE INTERNATIONAL** presented its annual “Day at the Races” on Aug. 11 at the Del Mar Thoroughbred Club. President Salah Hassanein and international fashion designer Zandra Rhodes were on hand to greet the guests in the Native Diver Skyroom. Guests enjoyed cocktails, hors d’oeuvres and a delicious buffet before having fun with the horses, as well as live and silent auctions.

Children’s LifeLine International is a program of doctors and nurses who donate their services to Third World countries for surgeries, neonatal care and clinical missions. For more information, visit www.childrens-life.org

**EMMA JANE** held its grand opening on Aug. 23 with owners Jennifer Alexander and Jessica Homer. The duo recently bought Cecilia Boutique in Mission Hills and renamed it Emma Jane, and then decided to open a second location in La Jolla.

The duo has combined their skills for the venture — Alexander is a graduate of the Fashion Institute of Design & Merchandising and Homer is a professional hair stylist. The charming boutique carries a variety of fashion-forward styles, and the opening event featured a fashion show showcasing their trendy clothes. The finale showed the debut of emma jane bridal from Nicole Miller Bridal. The shop is located at 7643 Girard Ave., Suite C, and hours are Mondays through Saturdays from 10 a.m. to 6 p.m.

**FASHION WEEK SAN DIEGO** held a press conference at Roppangi Restaurant on Aug. 26 to present the upcoming event and share a preview of designer collections. Twenty-six designers from around the world presented a sneak preview of their skills for the venture — Alexander is a graduate of the Fashion Institute of Design & Merchandising and Homer is a professional hair stylist. The charming boutique carries a variety of fashion-forward styles, and the opening event featured a fashion show showcasing their trendy clothes. The finale showed the debut of emma jane bridal from Nicole Miller Bridal. The shop is located at 7643 Girard Ave., Suite C, and hours are Mondays through Saturdays from 10 a.m. to 6 p.m.

**FASHION FORWARD** Left, Nicole Miller Bridal. Top, designer Florencia Gomez Gerbi wearing a hat from her Greenpacha collection. **Diana Cavagnaro**
Nearly 1,000 guests converged on the Gaines Street campus of the San Diego Humane Society recently for the organization’s 27th annual Fur Ball. About 300 were domestic pets of the canine persuasion. Amazingly, no house-cats attended, apparently disinterested in going to the dogs, even if for a wonderful cause: supporting an organization that cares so much for not only dogs and cats, but also rabbits, horses, birds and reptiles.

Too bad for the finicky felines — it was a great fancy-dress party (even many dogs were in black tie — and tails), and a Fancy Feast, too! The party’s Parisian theme was reflected in the French cuisine catered by Jeffrey Strauss and his famed Pamplemousse Grille — and what cat doesn’t enjoy dressing up to dine on a little escargot from time to time? No fish on the menu (might that explain their rapid decrease in numbers this time, too? But fine foods and libations galore.)

A fine dinner of beef Bourguignon was served, after which a video showed the Humane Society’s work. Led by one individual’s $25,000 donation, paddle-raise pledges approached $100,000. A very successful live auction followed, and overall, the event netted $330,000. Clearly, people in this town really care about domestic animals.

**

For somewhat personal reasons, Sam Armstrong and John Ottersen founded the Luau and Longboard Invitational fundraiser for the UC San Diego Moores Cancer Center in 1994. They chaired it themselves the first three years. Having forgotten how much work it was, they returned this year to chair its 20th anniversary.

Held near Scripps Pier, it started in the morning with an invitation-surfing contest featuring many legends of the sport. At midday, a festive luau under a gigantic tent attracted hundreds of surf enthusiasts, cancer researchers, physicians and community supporters. Arriving guests found Heali'i’s Polynesian Revue entertaining on stage, soon followed by chart-topping Hawaiian singer Anuhea (flown in for a special performance). Bars offered tropical cocktails, and Giuseppe Fine Catering dispensed eight delicious Polynesian-style entrees and four desserts from multiple buffet stations.

Named for a beloved Hawaiian surfer and breast cancer victim, the Reil Sunn ‘Queen of Makaha’ Award annually honors a fighter in the battle against cancer for his or her unsellowsiness, compassion and true aloha spirit. Erstwhile surfer (and noted Nobel Prize winner) Kary Mullis was this year’s recipient, joining other famed scientists and humanitarians who were earlier honorees.

Auctioneer Steve Hamann (in his 12th year at this event) sold nine major items, topped by a beautiful pair of surfboards. Steve Walden made the longboard; the shorter was done by Al Merick. Walden made the longboard; the shorter was done by Al Merick. Walden made the longboard; the shorter was done by Al Merick. Walden made the longboard; the shorter was done by Al Merick.

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Executive director Gary Weitzman, who runs the place, loves dogs more than anything else in the world, but noted that “We have some hecklers already” (referring to scattered barkers in the crowd). He announced that event honoree Paul Jolly (Petco Foundation founder/director) was ill and couldn’t attend, but foundation president Charlie Pisicello would accept on his behalf.

Auctioneers Nina Doede (with ‘Coco’), Sheryl and Harvey White (with ‘Rylie’), Barbara ZoBell (with ‘Lola’ and ‘Max’) too.

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Kosher Smoked Turkey Breast
SHOR HABOR
With Ad

$2.49

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With Ad

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Red flags when listing your home for sale

Charles Schevker & Natasha Alexander

Now that the real-estate market is becoming more robust in sales, many people who are considering selling — but have not sold a home in recent years — are asking what attributes to consider when selecting an agent.

This is a very legitimate concern. While the selection of a real-estate agent is often based on a variety of reasons, here are a few things that might be considered potential red flags. At first, these considerations may sound a little ridiculous. There is, however, a just basis for bringing them to your attention.

(1) When you get the first chance to meet with a potential agent, ask yourself whether they resemble their website picture, business card or newspaper ad photo. Sounds silly at first, but if grandma is posting her high school yearbook photo, this may alert you to underlying integrity issues. Whether their integrity is compromised may or may not be true, but it’s worth considering if they have not fairly represented themselves.

(2) If the agent suggests a list price on your home, consider if it seems higher than expected. A high list price initially appeals to the seller’s over-inflated opinion of their homes, but it does not necessarily sell houses. The listing and selling price is, in the end, your decision and not that of the agent. It’s always good to remember that if something sounds too good to be true, it likely is. Challenge the agent to provide substantive proof of their suggested listing price.

(3) Be mindful of glossy, well-written company brochures, especially those that make claims of being No. 1. Every real-estate company has found a way to claim they are No. 1 at something.

(4) Ask for the customized marketing plan that this agent expects to use to sell your house. This is a must! If it sounds like a passive, lame, cookie-cutter plan, with plans that extend only so far as to post your house on the MLS (multiple listing service), Internet and advertising in local newspapers, the agent might pass you off to an assistant while they rush out to get the next listing contract signed. The plan should be actionable, customized for your house and executed to maximize the exposure of your house to as many potential buyers in as little time as possible.

(5) Listen carefully to the conversation that you are having with the agent. Does the agent ask questions to learn and understand what is important to you, or are they flattering you with delusions?

(6) If you hear the words, “I will give all of this information to my assistant tomorrow and they will get the ball rolling as soon as possible,” you might question the availability and responsiveness of that agent to your future needs.

(7) If an agent mentions he or she has a “Rolodex” of buyers interested to buy a house “like yours,” be sure to ask things like: how many buyers, what areas do they live in, are they pre-approved buyers, are they ready to buy now, etc., and then listen for any hesitation in the agent’s answers.

(8) Ever heard of the phrase “to delight your clients, always under-promise and over-deliver?” Stop and listen, and then determine for yourself whether the agent appears to be promising anything and everything just to get your listing.

If you are considering the sale of your home, be sure to exercise common sense, good judgment and listen to your intuition. Consider those points and you will have a better chance of selecting the right real-estate agent for you.

Charles Schevker & Natasha Alexander

REAL ESTATE

Hear me on KCBQ | Watch me on UTTV
August 31st at 9am and September 1st at Noon

If you have any questions about real estate in San Diego, send your inquiries to Charles Schevker or Natasha Alexander at chevkor@san.rr.com. They will respond directly to you, and those questions that have a broader public appeal will be published along with our next column in La Jolla Today.
Elimination of GSEs could be costly for La Jollans  

By KURT WANNEBO

Political agendas are stirring again and the current administration and Congress are providing plans for eliminating government-sponsored enterprises (GSEs) as we currently know them — Freddie Mac and Fannie Mae — to provide opportunity for private enterprises to take over. This could prove to be extremely costly and detrimental to areas like La Jolla, because consumers would need to shoulder additional costs and higher interest rates. La Jolla residents would really feel the hit since area property values continue among the highest in the nation.

Fannie Mae and Freddie Mac buy mortgages from lenders and package them into securities on the secondary market to buy home loans. This could be a huge revenue-generator, all signs indicate that this could be a huge revenue-generator, all signs indicate that this could be a huge revenue-generator.

Since then, the GSEs have acted responsibly and not at the whim of political agenda. Would be for a large entity to take over the GSEs. It’s also important to recognize that private investors want to make money today and do not always want to loan out large sums of money to smaller properties like they would with an area like La Jolla. Therefore, they may not be enticed to invest for the long term in traditional 30-year loans. Typically, investor’s want to invest smaller amounts of money on a lot of properties to spread out the risk. To lend in high-priced and custom-built areas like La Jolla, they would pay more to borrow, especially in areas in La Jolla where many loans are jumbo loans that carry more inherent risk due to the high price points. Typically jumbo loans trend at .75 percent to 1.5 percent higher than normal loans due to the risk.

It’s also important to recognize that private investors want to make money today and do not always want to loan out large sums of money to smaller properties like they would with an area like La Jolla. Therefore, they may not be enticed to invest for the long term in traditional 30-year loans. Typically, investor’s want to invest smaller amounts of money on a lot of properties to spread out the risk. To lend in high-priced and custom-built areas like La Jolla, they would pay more to borrow, especially in areas in La Jolla where many loans are jumbo loans that carry more inherent risk due to the high price points. Typically jumbo loans trend at .75 percent to 1.5 percent higher than normal loans due to the risk.

One solution that could allay the challenges of privatizing GSEs and, at the same time, appease the political agenda, would be for a large entity to take over the GSEs. It shouldn’t be hard to find a buyer, considering that GSEs are now reporting quarterly earnings in the billions of dollars. This would keep intact a system that has been in place for over 70 years and has worked well when managed responsibly and not at the whim of political agenda.

— Kurt Wannebo is the CEO for San Diego Real Estate & Investments and an expert in the local residential real-estate market.

GUEST VIEW
SATURDAY, Aug. 31
• Spike and Mike’s Sick and Twisted Film Festival of Animation, 7 p.m., Museum of Contemporary Art San Diego, La Jolla, 700 Prospect St., $15 admission. The festival’s 20th anniversary includes more than 25 classic and new risqué animated films. Visit www.spikeandmike.com.

WEDNESDAY, Sept. 4
• Free tours of Sanford-Burnham Medical Research Institute, 10 a.m. and 2 p.m. Behind-the-scene look at the institute’s campus, visits to the Stem Cell Research Center and the Conrad Prebys Center for Chemical Genomics, (858) 795-5111 or mtownsend@sanford-burnham.org to reserve a spot.

THURSDAY, Sept. 5
• La Jolla Community Planning Association, 6:30 to 9 p.m. La Jolla Rec Center, 6165 Prospect St. The group makes planning and land-use recommendations to the city.

FRIDAY, Sept. 6
• “First Friday Artwalk,” 6 to 9 p.m. quests are invited to enjoy a tour of the art galleries, delicious cuisine and unique wine selections in the Village of La Jolla, www.facebook.com/FirstFridayArtwalkLaJolla, free.

SATURDAY, Sept. 7
• The Comedy Store, 916 Pearl St., Headliner Jeff Garlin, $25 tickets. Doors open at 7 p.m. for the 8 p.m. show. (858) 454-9176, lajolla.comedy.org.

TUESDAY, Sept. 10
• “The Book of Someday” by Dianne Dixon, Warwick’s Bookstore, 7812 Girard Ave., 7:30 p.m., debut of local author Crawford who will be discussing and signing her novel about the frightful world of high school, SATs, the college essay, and how getting in is getting in the way of growing up, warbucks.com, free.

SUNDAY, Sept. 11
• La Jolla Village Merchants Association, 8:30 to 10 a.m., Cuvier Club, 7776 Eads Ave., represents community business owners, as well as hosting special events drawing patrons to the La Jolla downtown Village.

TUESDAY, Sept. 10
• “The Skin’s the Thing” by Dianne Dixon, Warwick’s Bookstore, 7812 Girard Ave., 7:30 p.m., debut of local author Dianne Dixon returns to discuss her new novel, warbucks.com, free.

SUNDAY, Sept. 15
• “Late Night La Jolla” at the Beach, day-long swimming events with more than 2,000 swimmers of all ages competing in ocean swimming competitions culminating with the Gatorman swim from the Cove to Scripps Pier.

MONDAY, Sept. 9
• “Early Decision” by Lacy Crawford, Warwick’s Bookstore, 7812 Girard Ave., 7:30 p.m., debut of local author Crawford who will be discussing and signing her novel about the frightful world of high school, SATs, the college essay, and how getting in is getting in the way of growing up, warbucks.com, free.

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**REALTOR SHOWCASE**

**MUST MOVE IN READY**

Klatt Realty is offering For Sale this „move in ready“ 2 bedroom, 2.5 bath home on landsdes Street in San Diego for $250,000! This spacious 2-level home with a 1-car garage is built on a small lot making it an excellent “condo alternative!” Call Klatt Realty for an appointment to see this great deal today! This will sell quickly!

RENTALS:

1. $3,900*** RPM! This beautifully located 4 level Town Home close to The Children’s Pool, is being offered now for a 1-year lease! Don’t delay, call today to make an appointment to see this special unit!

2. $3,950*** RPM! Furnished Solana Beach home in the Saint Francis development! Call today for full details and an appointment to see this for yourself!

JOHN A. REIS AND COMPANY, INC.

FRIDAY · AUGUST 30, 2013

Alta La Jolla

Cont. from pg. 11

**ASSERTION**

inhibition. You may be correct or incorrect in assuming that a particular assertive stance on your part will result in negative consequences for you. There are a couple of ways to check reality. One is to ask others. If no one else would be inhibited in your place, then you can question the reality of your predictions of a negative response. The other is to recall the ways your parents controlled you as a child. Did they show their disapproval by anger, by tears, by indifference? Does the potential of others’ anger, tears or indifference still control your behavior now? When you feel inhibited from being assertive, visualize the type of negative response you predict your behavior will elicit. Does it remind you of an earlier parental reaction? If you had a father who controlled you by anger or even just by its threat, do you predict an angry response to your attempts at meeting your needs? If your mother cried when you misbehaved, is what you fear most hurting people?

Since the inhibitor factor in assertion is often the displacement of early childhood socialization patterns into the present, determine which people most inhibit your assertiveness and try to identify what it is in them that reminds you of a parent or teacher. It may be a look, a walk, a voice, an expression, an attitude. You are attributing to a boss, a colleague, a subordinate or a friend a motive that once belonged to an authoritative figure that used to inhibited you. Once you are able to identify this element, ask yourself, “Do I choose to be inhibited by this person who is not my parent?” Chances are that similar attributes in a variety of people will trigger this inhibition in you. I have found that very cold, formal men remind me of my father, who was always quite distant, and therefore others’ potential withdrawal can still control my behavior.

Once you have identified the pattern, chances are that whenever you meet it in others, it can still influence you, even though you are an adult. The only way to deal with non-assertion is to keep looking for the pattern so that once you have identified it, you are making your unconscious reactions conscious and therefore more under your control.

— Natasha Josefowitz taught the first course in the U.S. on women in management and is the author of 19 books. She lives at White Sands La Jolla.
Young professionals are flocking for the quality of life... The schools are another draw; Sessions Elementary and Pacific Beach Middle School are among the best in the city.

Isn’t it time you made the move and purchased your spot at the beach?

5330 Calle Vista
3 BR / 2.5 BA / 1,875 S.F.
$1,100,000 - $1,175,000

2930 Chatsworth Blvd.
3 BR / 2.5 BA / 1,875 S.F.
$1,450,000

Perfect for primary residence, rental or second home.

North Pacific Beach

Elegant and quiet Mediterranean estate located just two blocks from La Jolla Shores.

Villa in the Shores

Elegant and quiet Mediterranean estate located just two blocks from La Jolla Shores. An entertainers delight, this house includes a guest house, a charming garden and ocean views from the upstairs terrace!

Pacific Sotheby’s International Realty

$2,900,00 - $3,200,000

NEW LISTING

REAL ESTATE ADVISOR | CAPITAL VANTAGE REI, INC

Estate Sale... Price Reduced

CA BRE Brokers # 01312924 Karen Dodge
CA BRE Brokers # 01312925 Mike Dodge

ONE BLOCK TO BEACH!

727 SAPPHIRE St. #105 PACIFIC BEACH CONDO

NEW LISTING

Major Price Reduction! $445,000

Estate Sale...Price Reduced

727 SAPPHIRE St. #105 PACIFIC BEACH CONDO

NEW LISTING

NEARUS real estate

CA BRE Broker’s # 01312924 Karen Dodge
CA BRE Broker’s # 01312925 Mike Dodge

Estate Sale...Price Reduced

727 SAPPHIRE St. #105 PACIFIC BEACH CONDO

NEW LISTING

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NEW LISTING
Classical Architecture fused with contemporary living. This prestigious historic home was completely remodeled in 2009. Beautiful landscape, glass tiled pool and spa, fireplace and built in BBQ. Separate office/cabana. 3 bedrooms, 3 baths, large 2 car garage, plenty of storage. Huge Mills-Act saving. Current property taxes are $6500 per year.

7857 Eads Avenue, La Jolla

Just Listed! • Ocean and Bay Views
Don’t Wait to Call • This Home is already sold • Call David now to find your Dream Home

5561 Moonlight Lane • La Jolla

The Perfect “Family” Home with Ocean & Bay views right from your Living Room window! This 3BR/2BA home is in move-in condition & boasts a huge & lovely manicured/grassy backyard. This one level home has an ideal layout - yet if needed there is plenty of room for expansion.

Seller entertained offers between $1,000,000 & $1,200,000