The 2013 political showdown for mayor of San Diego reached a crescendo Nov. 19, setting up a runoff election sometime in February between District 2 City Councilman Kevin Faulconer (R) and District 8 City Councilman David Alvarez (D).

According to semi-official results from the San Diego County Registrar of Voters Office — with 100 percent of the precincts counted — Faulconer was the runaway leader, collecting 44 percent of the ballots (89,043 votes), followed by Alvarez with 26 percent (52,283 votes).

Democrat Nathan Fletcher, however, was barely trailing Alvarez with 24 percent (49,645 votes). However, on Nov. 20, Fletcher conceded and lent his endorsement to Alvarez in the runoff election, even though there are still 34,500 mail-in and provisional ballots yet to be counted, according to city spokesman Juan Alvarez.

Former City Attorney Mike Aguirre did not fare well in his bid for mayor, collecting a little more than 4 percent (9,801 votes)

The mail-in and provisional ballots are expected to be counted next week and could be certified as early as the end of next week, according to Alvarez.

Voter turnout for the election was estimated between 30-35 percent.

Thanking his major opponents Fletcher, Aguirre and Alvarez for “sacrificing their time to make San Diego better,” Faulconer said he began his campaign with a simple promise, “That together, we will restore trust and integrity to City Hall.”

Now more than ever, San Diegans need a leader with a vision for this city — and the experience to make it happen; a leader San Diegans can trust — trust to lead with principles not partisanship; trust to put your city first,” Faulconer said on election night. “We took that message to the voters and guess what? You all agree.”

Meanwhile, coming from single-digit support when the race kicked off to ending up with more than 25 percent of the vote on Nov. 19, Alvarez gained traction every day with a positive, grassroots campaign that focused on describing his vision for a San Diego for everyone and every neighborhood.

“We started this campaign as an underdog, but we...
Operation Santa calls on holiday heroes

Operation Santa, started by the Rho Pi chapter of Alpha Phi Omega at UCSD, is an annual relief project aimed at giving back to the San Diego community by helping out as many families in need during the Christmas holiday.

Many of the families Operation Santa assists are single parents, military or those facing extraordinary medical expenses. Since 2007, the group’s numbers have grown from helping two families in its first year to 1,275 families last year.

Through Operation Santa, the community can be directly involved with the families by nominating, adopting or donating to a family in need.

Participants can nominate families for help through the online nomination form. As adopters of a family, participants buy gifts for a nominated family from the family’s wish list.

Adopters are also given the choice of personally delivering the presents to the family. The final option for participation, donations, can be made in both monetary and non-monetary forms all year round. Many of the families are asking for basic necessities like food, clothing and bedding. Every donation goes right back to helping the families.

This year, Operation Santa has received more than 1,500 nominations and is still looking for adopters and donors. Adopters can fill out the online form at www.operationsantaSD.org. Donations can be made through an online PayPal link and mailing address, also found on the website.

In addition, Operation Santa is inviting the community to its third annual gift-wrapping workshop on Dec. 5 from 9 to 10 a.m. at UCSD’s Price Center Ballroom East. At this event, fraternity brothers and volunteers will help wrap presents and prepare them for delivery.

If you would like to adopt a family, donate or have any questions or comments, visit www.operationsantaSD.org or www.facebook.com/opsanta, or email opsanta@apso.org.
— Staff and contribution

Could removal of fence be solution to Cove smell? By DAVE SCHWAB

Many La Jollans believe opening — or even removing — the fence at the Cove and allowing public access to the bluffs displacing wildlife there is the solution to quenching the stench which has become a serious health problem and community irritant.

Now they’re just waiting to hear if the city is going to give them the chance to test their theory.

A decision is imminent by the city attorney as a result of a request by assistant chief operating officer Stacey LoMedico to open a gate, or remove a section, of the Cove fence to allow public access there while city liability for doing so is explored.

The idea behind fence removal is the conviction by some that the cause of the pervasive smell emanating from the bluffs stems from the invasion of birds and marine mammals — and their inevitable feces — that has intensified since a fence was installed to keep people off the rocks. Remove the fence and allow people back out onto the cliffs and many of the animals will gradually be displaced and move away — as will the smell, the theory goes.

Will that happen? It’s now up to the City Attorney’s Office to decide. In a recent letter to the La Jolla Village Merchants Association (LJVMA), which has been lobbying government officials to get the Cove stench taken care of once and for all, LoMedico wrote, “There are no restrictions to public access if a member of the public chooses to access the rocks/ cliffs. However, access is discouraged as the area can be unstable due to the erosion of the cliffs, rocks and as such there are signs posted on the fence that clearly indicates these conditions. If a member of the public chooses to take such an individual risk, it is also important to note that an individual should do so without disturbing the wildlife, birds and sea lions.”

LoMedico added that, should the Cove fence be reopened, city lifeguards have the right to warn those choosing to be on the rocks if they’re in personal danger, and also have the ability to cite them if they feel they’ve harassed or mistreated federally protected marine mammals.

Addressing La Jolla Town Council recently, Sheila Fortune, LJVMA executive director, discussed LoMedico’s letter and the possibility of unlocking the gate or removing all or part of the Cove fencing.

More importantly, Fortune noted the Cove stench is literally making people sick.

“It’s become a major health problem with a lot of businesses along Coast Boulevard complaining about people getting sick, my staff and myself included in our office,” Fortune told trustees. Noting the Cove’s rocks were treated twice to counteract bird droppings, Fortune said there’s a growing awareness that waste from sea lions may be an even bigger part of the stench problem.

“Sea lions like to dine on sardines and sardines create an incredibly noxious odor,” she said. “We’re working to figure out a solution for everyone.”

Alex Roth, spokesman for interim mayor Todd Gloria, told LJVMA last week, “We absolutely understand this is a big problem and we’re as concerned as folks in La Jolla are about finding some sort of solution.”

Roth added that, at this point, “There are no options that really are off the table. Everything is being considered. Everything is being looked at.”

But whether opening the Cove cliffs up to public access proves to be the ultimate solution, Roth said if people are allowed access they’ll have to continue to respect the rules and keep a safe distance from wildlife so there’s no harassment. Roth said the city is venturing into uncharted territory when it comes to eradicating animal-waste smells. Finding a solution, he said, is going to take some time.

“This isn’t a situation where you can snap your fingers and find a solution to the sea lion poop,” he said, adding the sea lion population statewide has just “exploded, growing perhaps tenfold” from what it was a few years ago.

“Whether or not we can install some sort of gate in the fence or open it up, we hope to have that answer fairly shortly,” Roth said.
Bird Rock residents: trash at overlooks has ‘become embarrassing’

By DAVE SCHWAB

Bird Rockians are determined to reinstitute trash pickup at coastal overlooks discontinued since budget cuts made during Jerry Sanders’ mayoral administration.

Neighbors near Forward, Midway, Moss Lane, Chelsea Place and Bird Rock Avenue turned out at Bird Rock Community Council’s (BRCC) November meeting to complain about unsightly, neglected ocean overlooks at the end of those streets.

“Several residents here tonight are concerned about the coastal overlooks, primarily the trash,” said local resident Don Schmidt of La Jolla Historical Society, who has been making the rounds of community groups speaking for neighbors about the deteriorating condition of overlooks.

Schmidt distributed recent photographs taken of trash-strewn coastal overlooks.

“It’s become embarrassing,” he said. “It looks like a third-world country.”

A letter was read from former BRCC president Joe LaCava supporting quick resolution of the problem.

“It would make a huge difference if the city could bring back community trash receptacles, large round cement containers that were used at the overlooks,” LaCava’s letter said.

“Some public services had to be cut four years ago,” said Erin Demorest of District 1 City Councilwoman Sherri Lighter’s office. “The goal has been to gradually restore those services.”

Demorest added broken fencing at the Forward Street coastal overlook is in the process of being replaced with custom railing.

“That’s going to be done by the community groups speaking for neighbors about the deteriorating condition of overlooks,” LaCava’s letter said.

$100,000 in jewels stolen from Jeanne Jones

By NEAL PUTNAM

A Dec. 1 preliminary hearing has been set for an accused burglar who allegedly broke into the La Jolla home of cookbook author Jeanne Jones and took jewelry worth more than $100,000 on Oct. 5.

This marks the third time Jones’ home has been burglarized by jewel thieves. Four people are serving long prison terms for a 2011 incident. A former housekeeper’s boyfriend was convicted in an earlier theft.

Jones’ video surveillance cameras were disconnected by the suspects and the recording device was stolen on Oct. 5. Police tested the cables for DNA evidence and a match was made to Leon Powell, Jr., 27, of Inglewood, according to court records.

Powell has been charged with burglary, grand theft and attempting to dissuade Jones, a witness from reporting a crime. Two burglars broke into her bedroom while she was sleeping around midnight. She pretended to be asleep, but grabbed a cell phone and called 911.

One burglar noticed she had a cell phone and grabbed it out of her hands and threw it. Both burglars then fled, dropping jewels and other items on their way out, according to court records.

Jones’ husband was visiting a sick relative while she was sleeping around midnight. She opened up one garage door and the thieves were able to get inside.

The thieves took a remote key and opened up one garage door and the driveway gate, dropping the remote key behind them. Jones was unable to identify Powell in a photo lineup, court records say.

Powell has pleaded not guilty and remains free on $250,000 bond. He has been set for an accused burglar who made the rounds of community groups speaking for neighbors about the deteriorating condition of overlooks, primarily the trash.”

Cape Cod Charm

2 BD, 2.5 BA, Approx. 1,443 sf, two-car garage. Won’t Last!

Priced at $539,900

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**“Bird Rock residents: trash at overlooks has ‘become embarrassing’”**

FRIDAY · NOVEMBER 22, 2013
LA JOLLA TODAY

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Eight athletes from La Jolla High School participated in the National Letter of Intent (NLI) signing at the Hall of Champions at Balboa Park. These athletes have competed for years at a top level in their sport and have reached their goal to be recruited and play for a Div. I college or university. By signing their NLI letter, they have officially committed to their university. The community of La Jolla and La Jolla High School wishes these athletes much success in their college carriers, in sports as well as academics. The student-athletes are, as pictured above, back row, from left: Ben Doyle, golf, University of California, Berkeley; Brett Volger, baseball, Colorado Mesa University; Sam Schneider, baseball, Amherst College; and Perry Cohen, golf, Saint Mary’s College. Front row: Scarlett Hallahan, water polo, George Washington University; Taylor Bertrand, water polo, Arizona State University; Sarah Young, water polo, Indiana University; and Isabella Spies, rowing, Gonzaga.

LOOKING AHEAD The La Jolla High School female student-athletes sign their letters of intent, as do LJHS golfers Ben Doyle, left, and Perry Cohen. COURTESY PHOTOS

Student-athletes sign up for their future

SCHOOL BRIEF >>

UPCOMING EVENTS AT THE CHILDREN’S SCHOOL:

• Open House – Wednesday, Dec. 11, 9-30 a.m. Learn about the toddler through eighth-grade programs. RSVP at admissions@tcslj.org or (858) 454-0184.
• Nutcracker performances – Dec. 14 and 15, performed by The Dance Academy students. Tickets are $5 and can be reserved by emailing danceacademy@san.rr.com.
• The Children's School is located at 2225 Torrey Pines Lane.

All Souls’ Saint Nicholas Tour:
A Tradition of Church Mice

The All Souls’ Home Tour began in 1952. It was that same year that the tradition of creating hand-made church mice to represent something special each year began as a fund raiser for church charities. After 61 years there still is a line outside the door that opens at 1:00pm of All Souls’ Episcopal Church for the lucky 100 people to buy this year’s edition and add to their collection.

There are mice that are Angels, British Guards, Bakers, Hospice Nurses, Choir Singers, Point Loma Graduates, Scurroge and the list goes on...there are at least 100 mice to choose from.

The wedding of Princess Diana and Charles is special for All Souls’. It includes The Royal Wedding.

It began with Elizabeth “Sport” Richards who had a vision that creating handmade church mice to be collector’s items would be a wonderful way to support the church's philanthropies. An expert in needlepoint and hand sewing, she was joined in 1973 by Marian Rodgers. They were able to produce 100 church mice a year and created a following that has been making mice for 25 years and is still assisted by Marian Rodgers.

The All Souls’ Saint Nicholas Home Tour is December 7th from 10:00-4:00. Tour five Point Loma homes, enjoy shopping at the Saint Nicholas Marketplace and lunch or tea at the Café. The madrigal music of County Noyse will be performed throughout the day at the church campus.

Tickets are $25 in advance and $30 on the day of the tour. Visit www.all-souls.com or go to Walter Andersen Nursery, To the Point Café, Mission Hills Nursery or Ace Hardware as well for tickets.

La Jolla Christmas Parade

Christmas in the Surf and Sand

SUNDAY Dec 8th 2:00 pm Girard Avenue

Holiday Festival 3:30pm - 5:00pm
Arts & Crafts • Entertainment Food • Santa
La Jolla Recreation Center • 453 Prospect Street
www.ljparade.com

SPORTS BRIEFS >>

Torreys, Knights booted from playoffs

Braxton Burmeister displayed good footwork, but it wasn’t enough as the La Jolla Country Day (LJCD) Torrey’s football team suffered a tough 28-14 defeat at the hands of the Clairemont Chieftans in a CIF Div. IV first-round playoff game played at Country Day Nov. 15.

Burmeister, a 5-foot-11-inch, 185-pound freshman quarterback, scored on touchdown runs of 25 and 41 yards in the first and third quarters, respectively, for LJCD.

Junior kicker Grayson Lymar showed a strong leg for the Torreys, converting successfully on both of his extra point attempts.

With the loss, Country Day concludes their season with an overall record of 5-6.

In other Nov. 15 football action, the Morse Tigers defeated The Bishop’s School Knights by a final score of 56-17 in a CIF Div. Ill first round playoff game played at Morse High School.

Bulla Graft, the Knights’ junior running back, ran the ball robustly, scoring on touchdown runs of 4 and 25 yards in the first and fourth quarters, respectively.

Junior kicker Chris Alleyne exhibited a forceful leg, booming a 35-yard field goal for Bishop’s.

With the loss, the Knights concluded their season with an overall record of 7-4.

GOT A SPORTS STORY? La Jolla Today wants to know more about school sports! Send any information about meets, games, achievements, records or more — along with any photos — to ljn@sdsnews.com. We’ll do our best to keep up with La Jolla’s student-athletes. Submissions will be printed space permitting.
Hanukkah, Thanksgiving and looking forward to 2014 in UC

University City is gearing up for the holidays and the new year. Read on to find out what’s happening in the community in the coming months.

• HANNUKKAH LATKES AND THANKSGIVING TURKEY will be served together in many households on Nov. 28.

“The first night of Hanukkah will be on Thanksgiving this year, for the first time [in a long time],” said Burt Becker. “Thanksgiving is set as the fourth Thursday in November, meaning the latest it can be is Nov. 28. This Nov. 28 is also the earliest Hanukkah can be.”

• CHRISTMAS COMES EARLIER AND EARLIER with retailers hypnosis shoppers through TV commercials, displays in stores and super sales pitches. In August, our neighbor Costco shocked summer clad consumers with Christmas cards and decorations on display. By October, most stores had Holiday and Christmas gifts close together on display. Poor, neglected Turkey Day is one of the best holidays in America that focuses on family gatherings. You don’t have to buy gifts or send cards, and turkey is still reasonably priced. With latkes to add to the feast this year, life is good.

• GIVING THANKS THIS NOVEMBER.

Thanksgiving dinner this year, life is good. Turkey is still reasonably priced. Broadcasting shoppers through TV commercials, displays in stores and super sales pitches. In August, our neighbor Costco shocked summer clad consumers with Christmas cards and decorations on display. By October, most stores had Holiday and Christmas gifts close together on display. Poor, neglected Turkey Day is one of the best holidays in America that focuses on family gatherings. You don’t have to buy gifts or send cards, and turkey is still reasonably priced. With latkes to add to the feast this year, life is good.

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The Biddulph redevelopment calls for demolishing a 3,321-square-foot basement on the small, 0.12-acre site. In August, LJCPA trustees voted 1-2-0 against housing on the project on grounds that it didn’t conform with the La Jolla Community Plan, that its bulk and scale were out of character with the surrounding neighborhood and because the project would be noticeable within the public viewed.

“Our project did not receive your approval, we decided to put a penalty in place to see if we could work with the Biddulph.” Mr. Horowitz (a concerned property owner) to come up with a compromise design,” said La Jolla land-use attorney Matt Peterson, representing Biddulph.

“I am a painful process, but we came up with a much better government involvement, reducing our impact on the home and shifting the home further away from the street to preserve public views by limiting vegetation on the side yard. We worked with the neighbors and the community to come up with a compromise that addresses everyone’s concerns.”

Neighbors and community planners concurred with Peter son’s assessment.

“It’s a wonderful project the community to come up with a compromise that addresses everyone’s concerns.”

Neighbors and community planners concurred with Peter son’s assessment.

“The way the changes have been made,” said neighbor Richard Snyder. “It will be a real asset to the neighborhood.”

“I’ve been following this project since it came before the DPR (Development Permit Review) Committee and it’s really gratifying to see people of good will come together instead of fighting it out forever,” said Bird Rock resident Mike Costello. “I hope the trustees will vote for this project because it’s really the thing to do when the neighborhood comes together.”

LJCPA board member Gail Forbes questioned what plants would be used in the landscaping and noted that they would be less than 6 feet tall, a deed restriction that would preserve the public view shed.

The group voted successfully to reconsider the project then voted 11-0-3 to overturn their previous vote in opposition to the redevelopment.

After the vote, LJCPA trustee Phil Merten congratulated both sides on reaching a compromise, noting it would be good to see that happening more often on housing redevelopment in La Jolla moving forward.

• Trustee David Little urged the LJCPA to “resurrect” a committee dealing with rental properties.

“A little over two months ago this group voted to form a committee to look into rental abuses, but no action was ever taken because we failed to appoint a chairman,” Little said.

• Group president Tony Crisafi asked for volunteers to step forward to lead and staff the committee.

• During public comment, Sally Miller commented about the slow demise of our sidewalks, “noting every restaurant in town wants to have a sidewalk cafe,” which she said monopolizes sidewalk space limiting the public right-of-way. Trustee Ray Weiss agreed, adding, “something else bothers me: more than half the sidewalks are consumed by shrubbery.”

Don Schmidt of La Jolla Historical Society complimented trustees on their recent handling of homes designated as historical, and implored them “not to second-guess yourselves” in questioning the authenticity of homes historically designated. Schmidt also cautioned the group to look carefully at coastal properties in La Jolla, many of which he said have been found to contain sacred Native American burial remains.

I’ve been following this project since it came before the DPR and it’s really gratifying to see people of good will come together instead of fighting it out forever,” said Bird Rock resident Mike Costello. “I hope the trustees will vote for this project because it’s really the thing to do when the neighborhood comes together.”

The group voted successfully to reconsider the project then voted 11-0-3 to overturn their previous vote in opposition to the redevelopment.

After the vote, LJCPA trustee Phil Merten congratulated both sides on reaching a compromise, noting it would be good to see that happening more often on housing redevelopment in La Jolla moving forward.

• Trustee David Little urged the LJCPA to “resurrect” a committee dealing with rental properties.

“A little over two months ago this group voted to form a committee to look into rental abuses, but no action was ever taken because we failed to appoint a chairman,” Little said.

• Group president Tony Crisafi asked for volunteers to step forward to lead and staff the committee.

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Christmas parade owes much to donors, volunteers  By DAVE SCHNAB

The 56th annual La Jolla Christmas Parade and Holiday Festival on Sunday, Dec. 8 promises to be spectacular with more than 100 entries, including beauty queens, equestrians, vintage vehicles, judged floats and the most bands ever, as well as several thousand youngsters marching in groups, with everything from Girl and Boy Scouts to school marching bands and color guards.

“We’ve got 60-plus equestrians, fire engines, a bus from Birch Aquarium and Omar the camel is back,” said Ann Kerr Bache, parade organizer for the 16th year.

The Holiday Festival immediately following the 2 p.m. parade is another don’t-miss event activity and a good way to get acquainted with the community and all it has to offer.

“The festival will have great entertainment — arts and crafts, music, watercolor painting, surf ‘lessons and a kids’ zone with face painting, jumpers and Santa Claus riding in on the black sleigh courtesy of Sunrise Rotary Club, who will be taking pictures with kids,” Kerr Bache said. “We’ll have an education area where people can learn about the organizations in the community.”

The Holiday Festival will be held at the La Jolla Recreation Center, 615 Prospect St. Fundraising co-chairs for the 2013 event are local business leaders Peter Farrell, Bill Kellogg and Jack McGrory, assisted by Debbie Dorse of the Dorsee Company.

Kerr Bache credited her fundraising crew of Farrell, Kellogg and McGrory with “doing a dynamite job of raising money and keeping the tradition alive, for which we as a community should be incredibly grateful.”

The parade sponsor once again this year is Audrey S. Geisel and now three non-profit sponsors include La Jolla Management Company, Merrill Lynch Wealth Management and Steven E. Kowalski.

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TRADITIONAL MARSHAL: Claudia and Willis Allen, Jr., co-owners of Crystal Pier Hotel and Cottages

YOUTH MARSHALS: Rachelle Roberson, 1st grade, All Hallows Academy, Rose Conlin, 7th grade, Stella Maris Academy and Mahine Gulpain and Andrew Petruzelli, 8th grade, San Diego French American School

A star-studded lineup of parade grand marshals includes:

GRAND MARSHAL: WindanSea Surf Club celebrating its 50th anniversary

TRADITIONAL MARSHAL: Claudia and Willis Allen, Jr., co-owners of Crystal Pier Hotel and Cottages

INNOVATION MARSHAL: Tyler Orion,

TRADITIONAL MARSHAL: Claudia and Willis Allen, Jr., co-owners of Crystal Pier Hotel and Cottages

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Each spring, the Salvation Army Women’s Auxiliary hosts a lavish luncheon to honor 15 of the community’s most dedicated volunteers for their gifts of time, talent and spirit. The 49th annual Women of Dedication luncheon, titled “Art of the Heart,” will be held at the Sheraton San Diego Hotel and Marina on April 9.

Terry Cooper, who will chair the coming luncheon, hosted a tea at her beautiful La Jolla home recently to announce and present the 2014 honorees. Vicki Eddy introduced them and read a short bio describing each woman’s community service. Among the 15 being honored are La Jollans Jeanette Day, Cynthia Kronemyer, Jeanette Day, Mary Mulvihill and Anseth Richards.

Daddy’s not home. Hasn’t been for months. He’s in the Navy, Army or any of our country’s military services. Or maybe it’s mommy — American patriots of both genders eagerly serve their country. But deployments far from home separate them from their families, and quite importantly, from their young children. It’s tough for a kid to deal with — and for the remaining parent who’s left to explain, and make up for, the absence of the other.

As a young mother and wife of a military flight surgeon, Betty Mohlenbrock experienced the stress of family separation. When her husband returned from military duty, their 2-year-old daughter didn’t recognize him. A teacher and reading specialist, she had a great idea. In 1989, she founded United Through Reading (UTR), based on a vision that America’s service members could stay connected with their families by reading aloud on video. Since then, more than 1.5 million children, parents and other caring adults have participated. The concept is simple but effective. Military units set up small facilities where service members can record themselves reading a book. Their videos are sent to their children at home. As the child watches the video, the reaction is recorded and sent back to the service member, encouraging them to record again. This repeated contact reassures the child that the deployed parent is safe and thinking of home. The experience eases the stress of separation and makes homecomings easier. It also imbues young children with a love of reading, encouraging them to learn.

The military has warmly embraced the storytelling idea. It’s now provided to all branches of the armed services, at nearly 200 recording locations worldwide. Volunteer support minimizes costs, but financial aid is still required. Global defense and security company BAE Systems and national retailer Target are two of

SEE SOCIETY >> PG. 21
Shores looks to be next destination for local restaurateur

By DAVE SCHWAB

Village restaurant owner George Hauer met with La Jolla Shores residents recently to announce his intent to convert part of the former Shores Market space at 2259 Avenida de la Playa into a Mexican restaurant.

But the expansion is contingent on Hauer’s obtaining a liquor license, which could take several months.

Hauer, owner of the upscale, three-story George’s at the Cove in La Jolla Village, is one of three new restaurants eyeing expansion into La Jolla Shores’ commercial strip along Avenida de la Playa.

The expanding number of restaurants in the oceanside La Jolla neighborhood — which already includes a French and an Italian restaurant, as well as numerous delis, a pizza place and a sandwich shop — has led to speculation that the area is morphing into an international restaurant row.

Shores merchant Terry Krausenski, owner of Ocean Gear boutique and a member of La Jolla Shores Merchants Association, said Brick & Bell Café, with an existing restaurant at 928 Silverado St., has signed a lease for a new restaurant site on Avenida de la Playa. She said one of the owners of the Islands chain is also building a new restaurant — not a part of the Islands chain — in the Shores commercial strip.

“That’s three new restaurants that are going into the easternmost block of Avenida de la Playa,” said Krausenski, who sat in on the Hauer meeting with locals who were told the prospective new Mexican restaurant there has been tentatively named Galaxy. One guest suggested “Jorge’s” might be a better moniker for the new eatery.

Tim Lucas, chair of the La Jolla Shores Association (LJSA), the community advisory group making recommendations to the city on neighborhood issues, also attended the meeting with Hauer.

Lucas said a Mexican-themed restaurant with more casual beach attire is “an interesting concept,” noting most of the 30 people who attended “seemed to be in favor of it.”

Notable exceptions were some neighbors who live near the old Shores market site.

Barbara Miller, who lives one block from the site owned by the Kellogg family, said she has concerns about a restaurant there.

“We welcome businesses coming into the Shores that improve the quality of life, we have serious concerns regarding the noise levels coming from the refrigeration system in the building,” Miller said. “Adding to this are our concerns regarding the early-morning loading and unloading of restaurant supplies and food to the back of the restaurant, as well as the outdoor dining and music that is planned to include evening hours by the new tenants.”

Miller said her major concern, however, was with the “outdated refrigeration system and poor maintenance of the Kellogg building. We are counting on the new tenants, who fortunately were solicitous of feedback from local residents, to work closely with the Beach and Tennis Club to address these noise issues so that we can all peacefully coexist with one another.”

Bill Kellogg, owner of the upscale, three-story George’s at the Cove, has obtained a liquor license, providing the “outdated refrigeration system and poor maintenance” is addressed.

Kellogg said his intent to convert the former Miss Galaxy restaurant on Avenida de la Playa to a German-themed restaurant with more casual beach attire is “an interesting concept” to many of the 30 people who attended the meeting.

“Their market is far and away the most attractive I’ve ever undertaken. There’s a huge potential market,” Kellogg said.

In this economy, retail shops are doing well, but there’s not enough foot-traffic in the Shores to support typical little beach touristy shops that do well in other communities,” he said. “So restaurants are moving in.”

George’s at the Cove chef Trey Foshee said it was too early in the process to comment further on plans for Galaxy.

Hauer could not be reached for comment.

“George is a great operator and we’re very pleased about this development,” Kellogg said, adding it was difficult to find another independent market to move into that retail space as “big operators, large chains are just dominating, they have been able to keep (profit) margins very low, which has made it nearly impossible for small operators to compete. We’d love to have another market in that space, but I just don’t think it can happen.”

Kellogg said Hauer expects to take about two-thirds of the space available on the ground level. He added the building’s upstairs level, which is inhabited by about eight different offices, won’t be affected. Kellogg said that site’s about 9,000 square feet of leasable space available on both building levels.

Lucas agreed the market will ultimately determine what type of new businesses will go into the old Market building.

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Local author and La Jolla Today contributor pens and publishes 20th book

By DAVE SCHWAB

In her 20th and latest self-help book, Dr. Natasha Josefowitz plumbs the poetic depths of feeling over the loss of her longtime husband.

“Living Without the One You Cannot Live Without: Hope and Healing after Loss” chronicles the end of Josefowitz’s husband’s life and the beginning of her soulful journey to come to terms with it.

“I hope that this book will help someone go through the grieving process and to heal and not feel so alone,” said the 87-year-old author. “I’m hoping this book will help them as much as it helped me to write it.”

“Living Without The One You Cannot Live Without” got a favorable write up in Kirkus Review, which said, “Josefowitz touchingly chronicles the painful first year after the death of her longtime husband. ... Free verse documents the slow burn of her grief ... The author never shies away from difficulties she faces ... Josefowitz’s poems, in all their raw tenderness, are sometimes excruciating to read, but they’re ultimately testaments to a great love, and affirmations of the author’s new identity as a single, self-sustaining woman in her elder years.”

A professor of management for 30 years, Josefowitz is an internationally known business consultant and keynote speaker. She had her own weekly program on public radio and a monthly segment on television, and was a guest on numerous radio and TV shows, including “All Things Considered,” “The Larry King Show,” and “The Dr. Ruth Show.” She is the best-selling author and award-winning poet of 19 business and poetry books and her work has been published in more than 100 journals and magazines including the Harvard Business Review, the Wall Street Journal, Psychology Today, the London Times and many major U.S. newspapers. Her bimonthly column appears in La Jolla Today and San Diego Jewish World website.

An immigrant who spent time on Ellis Island, Josefowitz describes herself as a “late bloomer.” She returned to school in her 40s and got her master’s degree in social work after raising her children.

A lifelong feminist who once toured with Gloria Steinem, Josefowitz’s first book, “Path To Power,” was a woman’s guide to making it in a male-dominated world. Though pleased with the progress the women’s movement has made, Josefowitz was quick to add, “We’re arriving — but we’re not there yet.”

Summing up her feelings about feminism, Josefowitz was once addressing a staid group of policemen and told them, “My grandma was a lady, my mother was one of the girls, I’m a woman and my daughter is a doctor.”

“I’m answering needs,” said Josefowitz about her writing, which she admits is as self-involving as it is compulsive. “All my books are personal, even my first one, ‘Path To Power.’” Her readers, she said, have told her “they feel like I’m holding their hand” while they’re reading her work.

“Giving birth to a book is like giving birth to a child,” Josefowitz said. “She believes she has more books in her. For her, writing is all about self-revelation, and, ultimately, sharing that experience with others.

“If you are willing to be vulnerable, and go to places inside of you where you are ashamed, angry, scared, worried or anxious — places you don’t talk about — it’s a universal experience that everyone else has had,” she said. “That’s why my books hit such chords in people. They say to me, ‘Did you follow me around?’ ‘Is this book about me?’ I get that all the time.”

“Living Without The One You Cannot Live Without” is available on amazon.com and at Warwick's at 7812 Girard Ave.

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A new way to workout is now available in La Jolla, and though it may seem hard to believe, the La Jolla Wellness Studio will tell you that its 15-minute workout from start to finish will do just as much, if not more, than the 60 minutes you’re spending sweating in the gym. The La Jolla Wellness Center provides a revolutionary approach to fitness and your health, creating a workout regimen that is quick, easy and based on a revolutionary approach to fitness. La Jolla Wellness Center provides an alternative in La Jolla, and though it may be new, a “do-over” isn’t something you want to risk with your loved one. You may need a geriatric care manager if:
✓ Your time is limited or you’re not in the area.
✓ You need direction about available services.
✓ Your parent has multiple medical or psychological issues.
✓ It isn’t safe for your parent in their current environment.
✓ You are confused about care solutions.
✓ You don’t have any expertise in dealing with your parents’ chronic care needs.
✓ Your family is at odds regarding care decisions.
✓ Your parent is not pleased with their caregivers and needs advocacy.
✓ Your parent is confused about financial and/or legal matters.
✓ You need education and/or direction in dealing with behaviors associated with dementia.

The RN Geriatric Care Managers at Innovative Healthcare Consultants are all geriatric experts who can help with these issues and more. They are professionals trained in all aspects of geriatric care. Call (760) 731-1334 or visit our website at www.innovativehc.com for a nurse in your area.

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information go to lajollawellnessstudio.com or call (858) 444-0340.

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Health BRIEFS >>

There Are No “Do-Overs” When Caring For Your Parents

When caring for an aging parent or other family member becomes overwhelming, it may be time to call the geriatric care managers at Innovative Healthcare Consultants. After all, a “do-over” isn’t something you want to risk with your loved one. You may need a geriatric care manager if:
✓ Your time is limited or you’re not in the area.
✓ You need direction about available services.
✓ Your parent has multiple medical or psychological issues.
✓ It isn’t safe for your parent in their current environment.
✓ You are confused about care solutions.
✓ You don’t have any expertise in dealing with your parents’ chronic care needs.
✓ Your family is at odds regarding care decisions.
✓ Your parent is not pleased with their caregivers and needs advocacy.
✓ Your parent is confused about financial and/or legal matters.
✓ You need education and/or direction in dealing with behaviors associated with dementia.
The RN Geriatric Care Managers at Innovative Healthcare Consultants are all geriatric experts who can help with these issues and more. They are professionals trained in all aspects of geriatric care. Call (760) 731-1334 or visit our website at www.innovativehc.com for a nurse in your area.

Islanders Dance Academy

ZUMBA: move to the beat at your own speed. Its an invigorating oriented dance-fitness class that feels fresh and most of all, exhilarating. Zumba provides modified, low-impact moves for a healthy, active lifestyle. Hip Hop and More! All levels and beginners are welcome. ZUMBA GOLD at your own pace, Dance Fitness Class for a Healthy, Active Lifestyle. This particular class is designed for the senior set. All levels and beginners are welcome. BELLY DANCE TECHNIQUE: The ultimate in Physical Fitness: Natural Movements, regardless of age or fitness level, core Muscle use, flexibility and body conditioning. Acclaimed Performer and Choreographer, Mina Marsel will be heading up Islanders’ Belly Dance classes. This is a major coup for Islanders’ Dance Academy. Heather Olmstead continues to instruct Zumba. Ask us about our special Holiday Packages for you and your loved ones!
For more information call 858-459-6882 or 760-270-6954. Located at 4767 Cuvier Street La Jolla, CA 92037

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San Diego Grab Bars

Right Choice Senior Living has Residential Care Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area) medical facilities and the beach.

Now that I am not working, I have no interaction with other people. I miss it and want something. What should I do?

There is no limit on how you find new friends. A strategy that I’ve seen people use comes from a book on the laws of attraction. Draw a line down the middle of a clean sheet of paper. On the left side, write down the qualities that you do NOT want in your new friends: self-centered, unavailable, smelly, bitter, depressed, etc. Then, on the right side, write the qualities that you DO want. For example, “I want friends who are also interested in me, who listen to me, who are ready to help others, are good personal caretakers, happy-hearted and optimistic.”

Now write a paragraph describing your ideal friend. Once you know who you want, read that paragraph each morning and then be open to the people you meet naturally during your day; at the market, gym, walking the dog and so on. Soon you will collect people who fit your “ideal friend” list and you will make many new friends.

Mom has her own house but she is 88 years and starting to neglect both her personal hygiene and that of her home.

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

THIS SATURDAY, NOVEMBER 23RD!!!
ATTENTION BABY BOOMERS, SENIORS, FRIENDS AND FAMILY MEMBERS: You do not want to miss the 2013 Golden Future 50+ Senior Expo which will take place on Saturday, November 23rd, from 10am - 3pm at the McMillin Event Center at Liberty Station (2675 Dewey Road, San Diego, CA 92106). This event will offer one full day of information, education, and fun for Baby Boomers and Seniors 50 years of age and older. It will feature FREE Health Screenings, Informative Speakers and Seminars, Door Prizes, Entertainment – Frank Sinatra Impersonator, a Mini Job Fair, Mobile Salon, and More! Free Admission & Parking! Be sure to tell your friends, family, colleagues, neighbors, and social/professional organizations about this event! For more information and to pre-register for a chance to win a 1-year membership to Ancestry.com, go to www.goldenfutureseniorexpo.com.
White Sands of La Jolla

While your lifestyle is definitely your choice, with as much privacy as you desire, there are many activities for you to enjoy at White Sands of La Jolla. Enjoy concerts, water aerobic classes or trips to nearby musical and stage performances. You can browse through the well-stocked library, indulge your creativity in our hobby rooms or take a walk on the beach. Jacuzzis, gardens, exercise rooms, even travel arrangements, White Sands is here for your comfort.

Island Dance Studio
Zumba at Your Own Pace

Dance Fitness Class for a Healthy/Active Lifestyle. All Levels and Beginners are Welcome! Now offering ZUMBA GOLD for the senior set. Classes & Private Lessons Available.

Bellly Dancing Technique
The Ultimate in Physical Fitness

Natural movements regardless of age or fitness level. Core muscle use, flexibility and body conditioning. Hawaiian & Tahitian classes available.

DINING CONT. FROM PG. 11

brunch from 8 a.m. to 2 p.m. on Nov. 28. Executive chef Marryja Sisbarro will serve Thanksgiving-inspired specials, including Bourbon pumpkin pie pancakes with roasted pecans and cinnamon whipped cream, Thanksgiving eggs Benedict with house-roasted turkey, spinach, cranberry sauce and sage hollandaise, and a breakfast “burger” with sausage, easy egg, poudre cheese and whole-grain mustard hollandaise. The usual favorites like the famous Coast Toast and healthy breakfast steamers will be available as well.

Cusp Dining & Drinks has two ways to relieve holiday stress this season.

Retailers Therapy - Starting Nov. 19, the third Tuesday of every month will be dedicated to local retailers at Hiatus poolside lounge. Weary shop owners and employees can enjoy special happy hour prices from 4 to 7 p.m. A menu of Mediterranean-inspired bites by Chef Donald Lockhart will also be available for guests. Free valet in December - Guests who come to either Cusp or Hiatus receive free valet service any time on any night of the week, including Christmas and New Year’s Eve. Cusp and Hiatus are located at 7955 La Jolla Shores Drive.

Orangetheory gives La Jollans one more option for optimal health

By DAVE SCHWAB

La Jolla is home to a wide range of cutting-edge fitness concepts, each with its own unique approach and each able to get you looking and feeling your best. La Jolla Today will feature a different fitness-related business in the coming issues. Be sure to check back often to find the right fit for your lifestyle and goals.

Orangetheory Fitness in La Jolla Village offers a science-based approach that helps patrons find the “sweet spot” in their cardiovascular workout, allowing them to achieve maximum weight-loss and bodybuilding results.

A hybrid approach that first developed in 2008, Orangetheory Fitness combines heart rate-based treadmill training with indoor rowing and weightlifting. “It’s really cross-training at its finest,” said studio owner Ben Borja, a veteran of more than 20 years in the martial arts and fitness industries.

Borja explained that Orangetheory uses the Post Exercise Oxygen Consumption (EPOC) program. During the course of the hour-long EPOC workout, patrons in group sessions are taken through five gradually increasing “zones” of escalating heart-rate activity via exercise on the various apparatus.

“We do interval training on the treadmills, use rowers, which limit impact on the body’s joints, and free weight dumbbells, suspension straps and medicine balls, which allow you to get your cardio and strength training in all at once,” Borja said. “The goal is to get you into the fourth zone, the orange zone, where you’re working at 85 percent or higher of your maximum heart rate for 12 to 20 minutes. When you achieve this, it allows you to burn calories from fat up to 36 hours post-workout.”

It’s the time-delay fat-burn, the “orange effect,” which makes Orangetheory’s program so revolutionary, adherents claim.

Orangetheory workouts are guided by highly qualified fitness coaches who lead patrons in small groups through the program, which carefully monitors each member’s fitness levels, especially heart rate.

“Each member is then emailed automatically a computer printout of their workout, how many calories are burned, maximum heart rate, how much time they’re spending in each workout zone, etc.,” said Borja.

Borja, who, as a personal trainer, has tested numerous fitness modalities, said he paid a visit earlier this year to an Orangetheory fitness center in Newport Beach and could tell right away “they were on to something big.”

Best of all, the Orangetheory modality is adaptable for use by anyone no matter what their age or physical condition, Borja said.

“This is the most efficient way to get into shape,” he said. “When you come to our facility, you might be next to somebody that’s 40 or 50 pounds overweight with a sedentary lifestyle who has high blood pressure and needs to lose weight through cardiac training. Or you could have an elite athlete next to you — or everyone in between.”

Orangetheory is a membership fitness studio offering a variety of payment options.

“We have no long-term contracts,” said Borja. “We are a month-to-month membership program. And if you are a member, you can go to any Orangetheory studio in the network at no additional cost.

Orangetheory is also open every day of the year except Christmas, with classes beginning as early as 5:30 a.m.

For more information, call (858) 457-9850, stop by 7734 Girard Ave., Suite C or visit www.orangetheoryfitness.com.
Live music calendar >> By BART MENDOZA

Friday, Nov. 22
- Tomcat Courtney, blues legend, 5 p.m., Café-Bar Europa
- Lisa Campbell, 6 p.m., Prospect Bar
- AJ DeGrasse Trio, piano jazz, 7 p.m., Eddie V’s
- The Frights, 1950s- and ’60s-inspired surf punk, 7 p.m., Che Café
- Breezn’, jazz and pop, 7 p.m., Amaya
- Tad Sisler, 8 p.m., Manhattan of La Jolla
- Lafayette Blues Band, jazz and pop, 7 p.m., Amaya
- Tomcat Courtney, 5 p.m., Café-Bar Europa
- Ryan Hiller, noon, Prospect Bar
- Mango Melody, acoustic covers, 7 p.m., Café-Bar Europa
- Stratos, classic covers, 9 p.m., Beaumont’s

Saturday, Nov. 23
- Mango Melody, acoustic covers, 10 a.m., Bird Rock Coffee Roasters
- Ryan Hiller, noon, Prospect Bar
- Jonathan Lewis, 3:15 p.m., Prospect Bar
- Tad Sisler, 8 p.m., Manhattan of La Jolla
- The Locust, grindcore, 8 p.m., Porter’s Pub
- Superstar Saturdays, DJ night, 8 p.m., Barfly
- Breezn’, jazz and pop, 7 p.m., Che Café
- Jolla pop, 7 p.m., Amaya V’s Europa
- Grupa Gobo, Latin jazz, 7 p.m., Café-Bar Europa
- Middle Earth, Belly dance ensembl, 8 p.m., Café-Bar Europa

Sunday, Nov. 24
- Joe Cardillo, 11:30 a.m., Beaumont’s
- Brent Curtis & Mike Myrdal, noon, Prospect Bar
- Sounds Like Four, jazz, 4 p.m., Café-Bar Europa
- Jimmy Lewis, 4 p.m., Prospect Bar
- Ray Briz Trio, piano jazz, 5 p.m., Eddie V’s
- Brian Wah詹姆strom, blues, 7 p.m., Amaya
- Bamboo, hip-hop, 7 p.m., Porter’s Pub
- Victoria Martino, baroque violin, 7:30 p.m., Athenaeum
- Middle Earth, Belly dance ensemble, 8 p.m., Café-Bar Europa

Monday, Nov. 25
- Adrian Liu, young prodigy classical, noon, Athenaeum
- Sean Murphy, 4 p.m., Café-Bar Europa
- John Cain, 5 p.m., Eddie V’s
- Sun ta Li, Latin dance music, 7 p.m., Café-Bar Europa
- JoJo Hahn, classic rock, 7 p.m., Amaya
- Steph Schmitz, Brazilian jazz and world music, 5 p.m., Café-Bar Europa
- Chris Cerna Trio, 5 p.m., Eddie V’s
- Lisa Campbell, 6:30 p.m., Prospect Bar
- The Tilt, classic rock & Americana, 9:30 p.m., Beaumont’s
- Jahl Love, reggae 9 p.m., Café-Bar Europa

Tuesday, Nov. 26
- Stephanie Schmitz, Brazilian jazz and world music, 5 p.m., Café-Bar Europa
- Chris Cerna Trio, 5 p.m., Eddie V’s
- Lisa Campbell, 6:30 p.m., Prospect Bar
- Jon Sandolov, jazz and pops, 7 p.m., Amaya
- Grupo Gobo, Latin jazz, 7 p.m., Café-Bar Europa
- Hibou, Seattle-based atmospheric pop rock, 7 p.m., Che Café
- UCSD Gospel Choir, 8 p.m., Man-deville Auditorium

Wednesday, Nov. 27
- Kevin and Eduardo, Latin guitar, 4 p.m., Café-Bar Europa
- Aquile, 6 p.m., Prospect Bar
- Freddie A Dream Trio, 6 p.m., Eddie V’s
- Rick Ross, Jazz and pop, 7 p.m., Amaya
- Tomcat Courtney, 7 p.m., Café-Bar Europa
- Mike Myrdal, 8 p.m., Beaumont’s

Thursday, Nov. 28
- Adrian Liu, young prodigy classical, noon, Athenaeum
- The Tilt, classic rock & Americana, 9:30 p.m., Beaumont’s
- JoJo Hahn, classic rock, 7 p.m., Amaya
- AfroJazziacs, 9 p.m., Café-Bar Europa
- John Stanley King, blues and rock, 9 p.m., Beaumont’s

Friday, Nov. 29
- Tomcat Courtney, 5 p.m., Café-Bar Europa
- Lisa Campbell, 6 p.m., Prospect Bar
- AJ DeGrasse Trio, 6 p.m., Eddie V’s
- Chicken Bone Slim, blues, 7 p.m., Amaya
- Tad Sisler, 8 p.m., Manhattan of La Jolla
- Fly Fridays, DJ night, 8 p.m., Barfly
- Aquile, 6:30 p.m., Prospect Bar
- Mark Leesman Band, blues to Top 40, 7 p.m., Amaya
- JazzMikan, 7 p.m., Eddie V’s
- Tad Sisler, 8 p.m., Manhattan of La Jolla
- Superstar Saturdays, DJ night, 8 p.m., Barfly
- Random Radio, classic covers, 9 p.m., Beaumont’s

Saturday, Nov. 24
- There are plenty of local bands steeped in Americana, but few could match the fire and intensity of the Tilt. Based around the duo of Jeff Irwin and Jesse Malley, with bassist John Urban and drummer Abel Vallejo, the band’s music is gritty, country tinged, blues inspired and rockin’ – sort of what Led Zeppelin might have sounded like if it had emerged from Southern California instead of the UK.

MUST HEAR >>
- The Tilt: Saturday, Nov. 23 at 5662 La Jolla Blvd.
- Anyone looking for rock played with good old-fashioned passion will want to check out the Tilt. This is a band that loves what they do and you will too.

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THE TILT: Saturday, Nov. 23 at Beaumont’s, 5662 La Jolla Blvd. 9 p.m., 21 and up. www.beaumonts-eaters.com

— Bart Mendoza
So, you think you know the best time to sell your home...

Real estate brothers await sentencing in La Jolla fraud

Two real-estate brokers who are also brothers have pleaded guilty to conspiracy to commit mail and wire fraud in the sale of expensive homes in La Jolla, Del Mar and San Diego.

Both Adel Atkarian, 40, and Atef Atkarian, 38, have surrendered their U.S. and Iranian passports as part of terms in posting $100,000 bond and agreed not to reapply. They have also agreed not to work in real estate while free on bond.

They will be sentenced on March 17 before U.S. District Court Judge John Houston, Adel Atkarian lives in Carlsbad and his brother lives in Slidell, La.

The brothers admitted they fraudulently obtained the proceeds of the sales of homes from innocent purchasers who were unaware of the existence of outstanding liens on the properties held by banks, according to the U.S. Attorney’s Office.

They allegedly used sham entities to record documents falsely with fraudulent deeds of trust to eliminate the existing debt to banks. The addresses of some of the La Jolla homes are listed in court records, and it includes a pledge by prosecutors not to pursue further charges on specified addresses in La Jolla.

Documents say there were omissions in loan applications that were listed in other people’s names. The brothers allegedly deceived mortgage lenders with straw buyers.

The brothers have agreed to forfeit more than $388,000 in cash and one property they own in Rancho Penasquitos, according to court records.

— Neal Putnam

Realty ONE Group expanded with the opening of its office in Carlsbad area off Palomar Airport Road.

The office is one of the first locations for what is expected to be a wide footprint throughout San Diego, led by Tina King, who is responsible for overseeing local operations.

King, a veteran real-estate professional, was a top producer with Keller Williams Realty, where she later became a productivity coach, pioneering a program that was implemented regionally.

“That’s extensive experience in the industry, coupled with her proven performance as a mentor, will ensure our success as we take the San Diego area by storm,” said Kubo Jewgeniew, Realty ONE Group’s founder and CEO. “She has coached more than 1,000 agents in her career, and if local
Town Council hears about charity aid, Village Garden Club and more

By DAVE SCHWAB

The La Jolla Town Council (LJTC) got a lesson on international humanitarian aid at its Novem-ber meeting.

Michael Whipple, CEO of International Orphan Care (IOC), a nonprofit, non-political humani-
tarian organization supporting schools and medical clinics in Herat and Jalalabad in Afghanistan, said that country has been devas-
tated by war since the Soviet inva-
sion in 1979.

“More than 1.5 million children have lost their parents and there are more than 700,000 orphans living in sub-poverty conditions,” Whipple said.

Whipple told trustees about the plight of Khalida, a teenage Afghani severely disfigured by tumors who has been brought back to San Diego to undergo expert plastic reconstruction surgery to her face.

“Our organization is about people who want to be involved and make a difference,” said Whipple.

“There are enormous prob-
lems throughout the world we can’t help, but if we can have an impact on one other person, it has an impact on your life,” Whipple said. Whipple also talked about a job-
training program the IOC offers Afghan women, which teaches them how to become seamstresses, as well as presenting them with a $7.5 tool kit at the end of the program, allowing them to buy a rudimentary sewing machine to get them started in home business-
es to earn money.

SOCIETY

CONT. FROM PG. 10

the program’s major supporters. Both sponsored UTR’s annual black-tie fundraiser. The Story-
book Ball, held at the Hyatt Aven-
tine on a recent Saturday. Carol Raier chaired, and the 345 guests included many active-duty military personnel in dress uni-
forms. The reception featured shrimp, sushi and a big silent a-
cution. An exceptional filet mignon and salmon dinner was served.

Honorary chairwoman Jennifer Holm, daughter of Navy parents and best-selling author of chil-
dren’s books, gave an entertaining and humorous keynote address. Joseph Hester, captain of the first Coast Guard ship to adopt UTR’s program, told how child-
hood reading helped him choose his career and made him the per-
son he is today. While deployed, UTR helped keep him and his crew in touch with their young children.

Short videos also helped illus-
strate UTR’s work, encouraging the enthusiastic audience’s gen-
erosity.

An 18-item live auction and a donation paddle-raise helped the event raise about $350,000 for the cause.

BRIEFS» CONT. FROM PG. 20

agents are ready to grow their business or their team, she can get them there…”

The office features conference areas and 17 private offices, hous-
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time branch manager, compli-
ance officer and office administrato-

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La Jolla CA 92037

RETIREMENT» CONT. FROM PG. 15

She refuses to entertain dis-
cussion about moving to a retirement home. What should we do?

I believe that all moms and dads and aunts and uncles ought to stay at home as long as it is safe to do so. There are services that evaluate and help adjust a home for safety and ease of movement for aging loved ones. For about $300-$500, you can have an assessment done and then get the changes made with the help of a contractor. Negoti-
ate with the parent that this will be an interim step and further changes might be needed in the future. Remember from a finan-
cial point of view, staying home is the least expensive way for-
ward. Hiring caretakers for spe-
cific needs like housekeeping or bathing costs less than the same services at a facility. It requires more planning and attention from you. However, your loved ones will be much happier.

— Sharon/Liam Hamilton is author of The Retirement Conver-
course, a baby boomer’s playbook for navigat-
ing the future. Questions are wel-
come via email to guidesharol-
ami@gmail.com or www.The-
RetirementConcourse.com.

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• Wonderful location for entertaining
• Bright indoor layout w/ large open kitchen and nice sprawling outdoor patio gathering areas, plus garden and play area. 3-unit investment complex next door for sale. 1923 Chalcedony St. 1/2 Acre.

Barbara J. Bolla BRE #0825779
619-857-1789 barbollaj@aol.com

3 BR/ 2.5 BA $1,000,000

4 BR / 3.5 BA 7 BR/3.5 BA 4,468 SF

1008 Edgmont Place- Golden Hill $889,000-$975,000

4 BR / 2.5 BA 7 BR/3.5 BA 4,468 SF

A 1917 Spanish Eclectic Historical property with Mills Act. Original in-
terior with incredible craftsmanship. Beautiful living room with built-in storage and seating, Santa Fe Style Riddle Room w/FP. Original blaster w/ adjoining sitting room & FP. Glassed in back porch offers entire length of house, Paned formal dining w/ pass thru to kitchen.

By JOHN TOLERICO

76/A Pulsalla Dr. 3109 $542,500 3 BR / 2.5 BA

Beautifully located and unit facing lush, matured, green quadran-

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For about $300-$500, you can have an assessment done and then get the changes made with the help of a contractor. Negotiate with the parent that this will be an interim step and further changes might be needed in the future. Remember from a financial point of view, staying home is the least expensive way forward. Hiring caretakers for specific needs like housekeeping or bathing costs less than the same services at a facility. It requires more planning and attention from you. However, your loved ones will be much happier.

1275 Pennsylvania Ave. - Hillcrest $1,099,000-$1,150,000

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Dream home on a3 story lot in the heart of Hillcrest. Remodeled has trans-
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ern hardware & fixtures throughout, including over 100 ft. of new deck space. Private 320 ft. of sunny flat w/ private entrance.

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How can you help with your Real Estate Purchase or Sale?

By RANDY STANKO

Randy Stanko
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By RANDY STANKO

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stuck to our values and talked about the issues that our neighbors, co-workers, friends and family care about — getting to the finish line with an amazing amount of momentum,” Alvarez said.

Faulconer said the runoff election for mayor early next year will present a clear choice.

“Do we let our city fall back into the grip of the same government special interests who drove us to the brink of bankruptcy and took money away from our streets, parks, libraries and police officers?” he asked. “Or do we choose a new path that finally lifts these people?”

“We have many challenges, one of which is raising more revenue,” said Marengo, looking ahead to the BID’s agenda in the upcoming year. “I want to thank Nathan for his support,” Alvarez said. “He has been and continues to be someone who has put community service above himself. We share a vision for the future of San Diego, where we invest in our neighborhoods, protect our environment and strengthen the middle class. I look forward to broadening the coalition of San Diegans who share that vision too.”

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ELECTION CONT. FROM PG. 1

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Sat 1-4pm ..................................5444 Caminito Herminia 3BR/2BA ..........................$650,000. Candí DelMoura • 858-990-1333

Sat 1-4pm ..................................7830 Roxland 3BR/2BA ..........................$2,199,000. Clifford A. Francesco • 858-459-3851

Sat 12-3pm ..................................2521 Via Vesta 4BR/3.5BA ..........................$2,999,000. David Mora • 619-994-5438

Sat 1-4pm ..................................1350 Virginia Way 4BR/5.5BA ..........................$3,800,000. Vince Crudo • 858-518-1236

Sun 1-6pm ..................................7811 Eads Ave. #210 2BR/2BA ..........................$540,000. Olivia Moore • 858-357-4675

Sun 1-6pm ..................................5538 Caminito Consuelo 3BR/3BA ..........................$699,000-$799,000. David Schroedl • 858-459-0202

Sun 1-6pm ..................................605 Avenida St. 3BR/2BA ..........................$748,000. Melissa Mate • 858-242-2468

Sun 1-6pm ..................................324 Playa Del Norte 1BR/1BA ..........................$900,000. Eugenia Garcia • 619-987-4851

Sun 1-6pm ..................................1374 Caminito Arrista 4BR/3BA ..........................$1,275,000. Jim Sayour • 858-344-4851

Sun 2-4pm ..................................1114 Skylark Dr. 3BR/2BA ..........................$1,339,000. Cassandra Altman • 858-449-8966

Sun 1-6pm ..................................2521 Via Vesta 4BR/3.5BA ..........................$2,999,000. Candí DelMoura • 858-990-1333

Sun 1-6pm ..................................1350 Virginia Way 4BR/5.5BA ..........................$3,800,000. Mia Tapa • 858-337-2769

Sun 1-6pm ..................................7857 Eads Ave. 3BR/3BA ..........................$4,300,000-$4,775,000. Cassandra Early • 858-354-7033

Sun 1-6pm ..................................2330 Calle Del Oro 5BR/4.5BA ..........................$4,950,000. Monica Leschick • 858-752-7854

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**PACIFIC BEACH / MISSION BEACH / CROWN POINT**

Sat & Sun 1-4pm ..........................3949 Gresham St. #1-42 2BR/2BA ..........................$580,000. Philip Callino • 858-242-5884

Sat & Sun 11-4pm ..........................1372 Oliver Ave. 4BR/4BA ..........................$978,000. Tarry Mikeley • 619-933-9751

Sat 1-4pm ..................................3962 Sequoia St. 3BR/2BA ..........................$619,000. Marilyn Solibo • 619-985-2028

Sun 12-4pm ..................................3962 Sequoia St. 3BR/2BA ..........................$619,000. Zack Mark • 818-421-8573

Sun 4-6pm ..................................1931 Chalcedony St. 4BR/2BA ..........................$800,000. Nicole Rassoon • 858-829-1049

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**POINT LOMA / OCEAN BEACH**

Sat & Sun 1-4pm ..................................1108 Moana Dr. 2BR/2BA ..........................$927,000. Mel Burgess • 619-857-8930

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**CARLSBAD**

Sat 12-3pm ..................................2544 Navarra Dr. #15 2BR/3BA ..........................$387,000-$412,000. Khila Ward • 760-835-4602

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**CLAIREDON**

Sat 1-4pm ..................................3014 Massasoit Ave. 3BR/1BA ..........................$444,000. Zahk Mark • 818-421-8573

Sun 1-4pm ..................................3014 Massasoit Ave. 3BR/1BA ..........................$444,000. Mel Burgess • 619-857-8930

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