‘Inga Tells All’: La Jolla columnist’s life is a page-turner

By DAVE SCHWAB

A mysterious longtime Bird Rock resident has revealed herself to have a split personality.

It’s all in her new book “Inga Tells All: A Saga of Single Parenthood, Second Marriage, Surly Fauna And Being Mistaken for a Swedish Porn Star.”

Inga has been writing under an assumed name and sharing her life lessons with an edge the past few years in a San Diego-based community newspaper column called “Let Inga Tell You.” Now, she’s seeking a broader audience. And people will find her new tome is not only the new and improved “Inga” but also an unfettered one.

“Inga has been writing under an assumed name and sharing her life lessons with an edge the past few years in a San Diego-based community newspaper column called “Let Inga Tell You.” Now, she’s seeking a broader audience. And people will find her new tome is not only the new and improved “Inga” but also an unfettered one.

“Regular readers of my column will recognize some material, but there has been much editing and rewriting,” said Inga of her anthology. “There is also a lot of material not previously published that would come under the heading ‘totally unsuitable for a family newspaper.’

“Inga Tells All,” weighing in at 342 pages and published last fall by CreateSpace Independent Publishing Platform, is available on amazon.com and elsewhere for $12.35.

“Inga said going from journal to novel with her personal experiences has been all-consuming.

“Over the past year, I have spent virtually all of my time (besides my...
The choices for fat reducing technologies are plentiful. This article sheds some light on the various options in this very large aesthetic field.

Brands such as Prollipo and Lipolite, as well as the Smartlipo Triplex, use fiberoptic delivery of high-powered, infra-red laser energy to destroy the fat cells following extraction of the debris by cannula. Local anesthesia is used and strong analgesia is provided for pain during recovery. Side effects include discomfort, edema, and bruising lasting 1-3 weeks. Significant complications such as bleeding, infection and burns are also a consideration.

Ultrasound Assisted Lipo or Vaser Lipo use ultrasonic energy under the skin to remove the fat following extraction of the debris by cannula. Local anesthesia is used and strong analgesia is provided for pain during recovery. Side effects include discomfort, edema and significant bruising.

Cryolipolysis, also known as Coolsculpting, destroys fat cells through freezing them. Patients report extreme discomfort during treatment, as anesthesia is not an option. Coolsculpting works on the abdomen only. Side effects include redness, bruising, swelling, cramping, and numbness at the treatment site. Some patients experience numbness that persists for several weeks. It's possible a divot can occur if the device is applied incorrectly. Many sessions are required and results are not seen until 6-9 months.

Low Level Laser Therapy, such as iLipo xcell by Chromogenex, is a noninvasive and non-surgical technique using low-level laser technology to stimulate the body's natural process for releasing its stored energy from adipose tissue, shrinking fat cells followed by vacuum massage for body contouring and cellulite reduction. There is no sensation at all during treatment and post treatment signs or symptoms are nil. It is FDA approved and patients see significant reduction after each treatment. Patients can return to normal activity immediately.

Conclusion

iLipo xcell offers the non-invasive treatment with the least biological impact on the body, lowest risk of side effects or margin for operator influence or error. By only emptying the cell contents rather than destroying the cell to release stored contents the ability for future storage in that area remains. In procedures where fat cells are surgically removed or destroyed, any future fat storage (from mismanaged diet and exercise lifestyle) will have to be distributed for storage in other anatomical locations, which would include around the internal organs and within the visceral cavity, one of the contributory factors to developing type II diabetes.

Low-level laser therapy leaves the cells intact, eliminating this risk. Finally, the device has pre-set treatment parameters which remove the risk of accidental ineffective treatment and does not require skill by the operator to ensure success. It’s understandable why it’s called the intelligent alternative to liposuction.
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Parks group OKs hosting half marathon, hears from new ranger on keeping coastal peace

By DAVE SCHWAB

In January, La Jolla Parks and Beaches, Inc. endorsed hosting the annual La Jolla Half Marathon, set for April 26, as well as sanctioning proposed improvements for Whale View Point and preliminary schematic drawings for a pavilion including restrooms and showers at Ellen Browning Scripps Park.

Park planners also introduced to Parish Rye, the new city park ranger hired to shuttle between the Jewel's coastal parks to enforce regulations and keep the peace. The all-volunteer group meets every fourth Monday at La Jolla Rec Center to make recommendations on coastal parks.

Rye introduced himself to the group, noting he's only been on the job six weeks and was hired after working for a decade in Balboa Park.

“My hours will vary depending on the community’s needs,” said Rye. “I’m here to help with what the community’s needs are,” said Rye. “My hours will vary depending on the community’s needs,” said Rye.

“We're trying to use it as a demonstration project.”

Noting Whale View Point has numerous “historical elements,” Dynes said the parks committee is “committed to preserve those.”

Water runoff, particularly following storms, has been problematic, with drainage coming down the bluff from the climbing wall.

“One of the things discussed with the city was the importance of preserving something at this site to keep the wall from being undermined,” said Dynes, adding that “That includes a nice foot path for people to use.”

Dynes asked the group to favorably view rebuilding the mostly deteriorated retaining wall to create a new path, which would be made of concrete rather than decomposed granite, to be carried away by water runoff. The group vote in favor of her suggestion was unanimous.

Taal Safdie, of Sadie Rubines Architects, presented design drawings of the new proposed park pavilion complex, which would be more than double the size of the existing facility, providing ample bathroom, shower and storage space while minimizing view obstruction on the park's green lawn above the Cove.

Safdie noted her preliminary, three-dimensional design plan “gives more breathing space between the existing path and the proposed pavilion building.”

Park planners, including Mary Munk, who's spearheaded development of several park restrooms in La Jolla, cautioned that the new facilities need to be designed with needs of the disabled in mind.

Munk cautioned against locating too many sinks inside restroom facilities, noting homeless people have been known to use them as makeshift laundry facilities. Park planner Sally Miller added it's important to have subdued lighting at the pavilion site.

Judy Halter moved that the architect's preliminary design scheme be approved by the group “with flexibility and to address challenging issues that come up with (Americans with Disabilities Act compliance).”

“This is a schematic design only,” noted Allen. “We’re not going out to build it tomorrow.”

The group voted overwhelmingly in favor of the new park pavilion design plan.

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11-year-old boy undergoes first SD pediatric heart transplant

An 11-year-old boy has undergone the first pediatric heart transplant performed in San Diego, having taken place Jan. 14 at Rady Children’s Hospital.

Eric Montaño, Alma Mundo’s said she got a call recently from the hospital advising her that a donor heart had been found and she needed to get Eric to the hospital immediately.

“My emotions were just all going crazy because I didn’t know if I was crying because I was happy or because I was scared. I was excited, but it was really, really tough,” Mundo said.

“Performing a heart transplant truly takes a team effort,” said Eric Devaney, cardiac transplant surgeon who lead the surgery. “In addition to the cardiologists and surgeons involved, the transplant team is comprised of a variety of healthcare professionals, including a transplant nurse, a pathologist, a pharmacist, physical and occupational therapists, social workers, dietitians and child life specialists.”

Rady transplant cardiologist Rakesh Singh, who will oversee Eric’s post-operative care, said he has an excellent prognosis.

“He has a very good chance of surviving a long time,” said Singh who will be monitoring his post-operative care. “My hope is that his heart can be with him for at least 20 or 30 years, assuming he does all the things we ask of him, which includes taking medications and coming in for visits.”

Eric’s twin brother, Raul, also has a bad heart. He’s still waiting for a donor organ to become available.

On average, fewer than 500 pediatric heart transplants are performed worldwide each year.

Man gets 33 years in series of oblieries

A burglar who broke into a La Jolla home, a church and six other residences was sentenced Jan. 22 to 33 years and eight months in state prison.

Christopher Richard Szumniak, 33, held Superior Court Judge Daniel Goldstein impose the term, of which he will have to serve 85 percent, or 28 years, before he could be paroled.

The long sentence is due to Szumniak’s prior burglary convictions, for which he served two separate prison terms in 2000 and 2004. This made him a three-strike defendant, and he received doubled sentences consecutively for each burglary, which he had pleaded guilty to committing.

Deputy District Attorney Andrew Aguilar asked Goldstein for 37 years and eight months. Szumniak could have received 25 years for each break-in.

Defense attorney Stacy Gulley told the judge that Szumniak’s problems stemmed from using alcohol and drugs. Gulley maintained the burglaries were not violent felonies.

Szumniak was linked to a March 12, 2014 burglary of a residence on Bellevue Avenue in La Jolla from DNA and fingerprints left on two jewelry boxes. He also broke into two buildings at St. Mary’s in the Valley Episcopal Church in Ramona on April 14, 2014. He and a 19-year-old friend took a safe with cash and checks, sacramental wine, communion silver and other items.

Sheriff’s deputies arrested Szumniak April 22, 2014. Goldstein ordered Szumniak to pay $1,220 to two victims, including an El Cajon church. He was fined $8,373 and given credit for 274 days spent in jail.

Pups in the Channel Island rookeries

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Daniel Anderson has a head on some very big shoulders

Daniel Anderson, only a sophomore at Bishop’s High School, has an awareness of and caring about other people’s feelings that you wouldn’t expect in a person so young.

“Even in school,” says the friendly young man in a big man’s body, “if someone is having a bad day, you can go and cheer them up, let them know that there’s someone there for them.”

Anderson has had this sensitivity since he was a young boy. Undoubtedly, the influence of his mother Samantha, who works for Child Protective Services when she’s not rooting hard at Daniel’s football games, has had its impact.

“She’s caring,” the defensive lineman states with the kind of respect in his voice that makes you believe him. “She’s a very kind, gentle giant, thrives on the kindness of and caring about others, and is known for her compassion to people.”

“It’s another factor that helps me,” Anderson remembers with a laugh. “She came out and got me.”

Underscoring the young man’s care and sensitivity to others is a Thanksgiving tradition, celebrated this year around the time of the CIF title by Daniel and his team: Younger brother Isaac, who has a birthday in November, and Daniel, presently weighing in at about 5 and the family Rottweiler-baby, all celebrate their birthdays at the family turkey gathering. At the time of the interview, Anderson was holding on to his birth cards, plotting what goodies at Footlocker and elsewhere he might buy combined with the additional booty he anticipated at Christmas.

The family has a unique tradition, celebrated this year around the time of the CIF title by Daniel and his team: Younger brother Isaac, who has a birthday in December. Abigail, a younger cousin whose birthday falls on Thanksgiving, has had this sensitivity since he was a young boy.

Daniel Anderson appreciates the support he receives at Bishop’s. It’s a long day, waking up at 5 a.m., mom driving him to the Bishop’s pick-up point at Carmel Mountain in North County. During third and fourth periods, he receives study help from Jane Mattox. This helps him to troubleshoot questions he has in math and English.

Self-described as “goofy,” Daniel doesn’t sugarcoat it. He tells it the way it is. When we went to youth games, he would tell me how I did. I think it helped me in the way it is. When we went to basketball games at Coronado after the interview, he mentions a lower body asset: a 25-inch vertical leap, especially sizable for a person of his near-300-pound (and increasing) girth. It would be quite a sight seeing this mammoth come off the bench and propel himself under the boards to bang a body and snag a rebound.

Daniel, presently weighing in at 295 pounds on a 6-foot frame, was probably at 275 or 280 pounds last April, standing about 5-feet-10 when a reporter met him and took photos of him shotputting at a Knights track meet at Chula Vista. “He’s a growing boy,” Anderson says, “but just a saying in the Anderson household. It’s being lived out now, let them know that there’s someone there for them.”

Daniel, presently weighing in at about 5 and the family Rottweiler-baby, all celebrate their birthdays at the family turkey gathering. At the time of the interview, Anderson was holding on to his birth cards, plotting what goodies at Footlocker and elsewhere he might buy combined with the additional booty he anticipated at Christmas.

Daniel Anderson has a head on some very big shoulders.
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Theodore Bikel guest spot marks SD Jewish Film Festival

Up to 18,000 are expected to attend the 25th annual San Diego Jewish Film Festival Feb. 5 to 15, with two La Jolla venues participating this year. The festival will showcase 98 contemporary Jewish-themed films from around the world and is presented by the San Diego Center for Jewish Culture at the Lawrence Family Jewish Community Center in La Jolla.

In honor of the festival’s 25th anniversary, four favorite films from years past will be shown again. Sixteen of the films included in this year’s lineup are from Israel.

Screening 38 more films than last year’s festival, the 2015 installment is expected to draw an additional 3,000 to 6,000 attendees and will employ twice as many screens at ArcLight Cinemas and Edwards San Marcos Stadium 18 as last year. Other participating theaters include Clairemont Reading Cinemas/Town Square 14, Carlsbad Village Theatre and David & Dorethea Garfield Theatre at the community center.

“I maintain that the film selection is such an impressive lineup that anyone and everyone — Jewish or not — will be interested,” said Craig Prater, festival director. “For instance, everyone would enjoy ‘Run Boy Run,’ a true-life drama about a young boy who was orphaned and is always on the run to seven short films.

“When a little-known secret about early Indian cinema is that many of the Bollywood actresses were actually Jewish,” said Prater. “Several generations of the Kapoor family have been involved with filmmaking in India, and this year Randhir Kapoor will be available to Skype with us about his film ‘Shree 420,’ followed by a live Bollywood dance performance.”

The Joyce Forum will bring 45 short films to ArcLight Cinemas and Garfield Theatre beginning at 10 a.m. on Monday, Feb. 9. Due to the popularity of last year’s three programs, this juried competition will feature 10 different programs, each including four to seven short films.

Winners will be announced in each category the following morning during a presentation at the community center (includes free breakfast, limited to the first 300 people), where the winning films will be screened. The forum is named for festival founder Joyce Axelrod, who created the short film program.

“The Joyce Forum,” Axelrod said, “started about 10 years ago, I decided that I wanted to have a showcase for young filmmakers to expose their talents to established filmmakers, artists and industry peers. This idea evolved into a full day of short subject films from emerging and now-seasoned filmmakers.”

For especially teenagers, the free Teen Screen program, on Tuesday, Feb. 10, at Clairemont Reading, will feature “Havana Curlball,” about a 14-year-old boy who wants to send baseballs to Havana, where his Jewish grandfather found refuge during the Holocaust.

Closing out the festival on Sunday, Feb. 15, at Clairemont Reading is “Little White Lie,” a documentary based on director Lacey Schwartz’s own life experience as she goes off to college and questions her cultural and religious identity.

The festival is sponsored by the Letchfield Foundation in Encinitas to support educational activities and programs inspired by traditional Jewish customs.

Tickets to most films cost $13 to $16. Multi-film passes, senior and student discounts and group rate discounts are available.

For more information, visit sdjff.com.

La Jolla’s Gambucci Boutique reopening: The eyelashes have it

After 11 years in La Jolla, Laura Gambucci moved her Gambucci Boutique to a new 3,000-square-foot location at 7655 Girard Ave. The grand opening soiree, on Jan. 17, brought a crowd to help celebrate this momentous occasion.

The luxury boutique carries European designer clothing right off the European runways, featuring names such as Philosophy, Ungaro, Barbara Bui and my favorite, Jean Paul Gaultier. Gambucci was wearing Barbara Bui sequin pants and top, complemented with vintage shoes. Model Kelly Voelkel wore an Ilaria Nistri skirt, Norma Kamali top, Barbara Bui shoes and a croc belt by Max Musina. DJ Ratty set the pace for the evening, and everyone had a great time enjoying the delicious food as catered by Party Staff.

Gambucci collaborated with Jennifer Luce, from Luce II Studio, to design the interior. The goal was an ambiance that inspired and empowered women. They looked for inspiration from superwomen like artist Louise Bourgeois and dancer Martha Graham. Some of the mannequins were from the ’80s and ’90s and many were manufactured by Adele Rootstein. Incredible care was taken with the mannequins’ makeup and eyelashes.

Three of the theater lights were vintage ’70s; additional ropes and pulleys were used for fun and drama. A mannequin hanging from the ceiling was the piece de resistance. The three steps up to a back platform added a ’70s vibe.

The tables in the store were inspired by the work of Carlos Scarpa. Three marble tops were actually from the original L. Magin store, located in this space in the ’60s. They were repurposed, and other slabs of marble were added to complement them. For a delightful experience and fabulous shopping, come visit Laura Gambucci’s new location.

UPCOMING EVENTS

SUNDAY, MARCH 15: THE US GRANT LUXURY WEDDING SHOW AND LUNCHEON will feature celebrated bridal and evening couture designer Ines Di Santo, presented by M Bride. The fashion show will launch Di Santo’s new eveningwear collection. The event is from 11 a.m. to 2 p.m. at the US Grant Hotel. For tickets, see usgrant.com.

By KAI OLIVER-KURTIN

FRIDAY, MARCH 6: AMERICA THE BEAUTIFUL Hats Off to San Diego will present a luncheon and hat parade at the Hilton Torrey Pines in La Jolla from 10:30 a.m. to 2 p.m. For reservations, call Jackie Bailey at (619) 670-3643.

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The nature of the job comes easy to conservancy’s executive director

Contribution By DELLE WILLET

Crown Point resident Trish Bouz, executive director of San Dieguito River Valley Conservancy, gets to go to work every day doing what she loves: advocating for the environment.

Frequently invited to the conservancy’s offices at 3050 Bunker Hill Drive in Pacific Beach, Bouz joined the conservancy as executive director in April of 2013.


The conservancy is dedicated to completing the 70-mile Coast to Crest Trail, stretching from North Beach in Del Mar to Volcan Mountain in Julian, and connecting people with nature through its Citizen Science Monitoring Program and other nature education opportunities and outreach events.

The conservancy created the Riverbanks program, which works with local banks and financial institutions, offering team building and corporate “giving back” opportunities within the San Dieguito River Park.

Union Bank was the first RiverBank, contributing $2,500 to the conservancy.

Other business partners include SDG&E, Southern California Edison, Walmart, Snooze, an AM Eatery and Whole Foods Del Mar.

During Bouz’s first year, the conservancy was awarded more than $118,000 in grants from private donors for the Birdwing Open Air Classroom at the San Dieguito Lagoon, habitat restoration projects at Del Dios Gorge and Crest Canyon from the U.S. Fish & Wildlife Service and for the conservancy’s Citizen Science Monitoring Program from the Palomar Audubon Society, Patagonia, Garmin and the Sierra Club North County Chapter.

Prior to taking the lead at the conservancy, Bouz was chief of the resource management division of the county’s Department of Parks and Recreation for more than seven years until she retired from county service in March of 2013.

In addition:
- She oversaw the implementation of the Multiple Species Conservation Program.
- Under her leadership, the county completed resource management plans for every county conservation program preserve.
- These management plans provide guidance for land stewardship, species and cultural resource monitoring and ongoing habitat management.
- She coordinated the county’s acquisition of more than 7,100 acres of open-space lands, leveraging $44 million of county general funds with $47 million of private, federal, state and regional funds.
- She managed the award-winning county trails program, which resulted in the dedication and construction of vital trail linkages, including portions of the Coast to Crest and other trails in the San Dieguito River Park.

Before working at the Parks and Recreation Department, Bouz was the environmental resource manager in the county Department of Planning and Development Services.

She has also worked as the longtime land-use and environmental policy advisor to former San Diego County District 3 Supervisor Pam Slater Price.

From 1984 to 1995, Bouz honed her knowledge of San Diego land-use and environmental issues while under the mentorship of San Diego land-use and environmental law attorney Jim Dawe.

Bouz grew up in the San Francisco Bay Area, liking and camping with her parents, four sisters and three brothers.

Her outdoor adventures have included experiencing the freezing climate of the Gros Ventre River in the Grand Teton mountain range, altitudesickness on Mt. Lassen, driving cliffs on Half Dome, geyser burn in Yellowstone, near-drowning at Half Moon Bay and June Lake and a train derailment on the White Pass Trail in Alaska.

In addition to her passion for the environment, Trish serves as a volunteer Crisis Interventionist with the City of San Diego Police Department.

She lives in Crown Point with her husband Scott.

Superior Court judge clears way for infrastructure work

A court confirmed on Jan. 27 the dismissal of a lawsuit filed by attorney Cory Briggs and San Diegans for Open Government, clearing the way for the City of San Diego to finally issue $195 million in bonds to pay for badly needed infrastructure and public-safety projects, including one La Jolla site.

San Diego uses lease revenue bonds to finance capital improvement projects prioritized by the mayor and City Council, including libraries, fire stations, heliport stations and accessibility projects, and to replace crumbling sidewalks and aging storm drains. Among the projects that were endangered or delayed by the lawsuit were replacement of the Hillcrest fire station, reconstruction of the City Heights fire station, the completed construction of the Skyline Branch Library, construction of the new Mission Hills/Hillcrest Branch Library and the completed construction of the South Mission Beach Lifeguard Station.

Other funds had been designated for the La Jolla Cove lifeguard station and accessibility projects under the Americans with Disabilities Act. Had no lawsuits been filed, the first bonds would have been issued in April of last year.

Initially, the City planned to issue the bonds in two groups. This allowed Briggs to sue twice and to lose twice. The second lawsuit never got to trial.

Superior Court Judge Ronald Syn declined to reverse his earlier ruling dismissing the case for failure to serve notice as required by law. The dismissal is “with prejudice,” a legal term meaning that it cannot be refiled. There remains a right to appeal, but an appeal is unlikely to affect issuance of the bonds.

Scientists need a heavy dose of swagger, Alan Alda tells UCSD parley, before they scare the public off

We’ve all seen them. The senior scientist with his back turned away from the audience, trying to explain a data-filled slide to a puzzled group of students that has long ago tuned him out. Or the junior professor, head down, reading a lecture word for word in a monotone voice from behind the podium.

It’s the bane of academe. Complex ideas in science need to be conveyed with precision. Yet most scientists also believe the public needs to understand the details, without personal opinions or emotion, so that people can draw their own conclusions based on facts.

Emmy Award-winning actor and director Alan Alda thinks that’s wrong. And he came to campus last week to convince senior administrators and young scientists to do it differently. Learn to develop an emotional connection to your audience, he urged, because that’s how you build trust with a public often fearful of scientists.

“Before we can communicate with the public, I think we have to understand that there’s a serious problem here,” Alda said at a lecture that was followed by two days of workshops on campus designed to improve how scientists and research administrators communicate with the public. “And I think the problem is that the public is on a blind date with science. They’re not really comfortable with this other person. What are they saying? What do they really mean when they are talking or when they’re sitting there? What’s going on?”

“We’ve got to get past that discomfort between science and the public.”

Alda, best known for his portrayal as the army surgeon Hawkeye Pierce in the television series “M*A*S*H,” is now a visiting professor at the Alan Alda Center for Communicating Science at Stony Brook University in New York. Established in 2009, the center is based on Alda’s belief that scientists could learn a thing or two from professional actors to more effectively communicate with the public. It’s been holding workshops at universities across the nation using the techniques used by actors to help them learn how to communicate more personally and directly.

That’s why more than three dozen UCSD science faculty, research administrators and postdoctoral research fellows were engaged in improvisational theater exercises and other sessions last week that forced them to pay close attention to the body language and nonverbal cues of others, then to respond in kind.

The workshops were sponsored by the Alda center, the Karli Institute for Brain and Mind and the Karli Foundation.

“We can’t just rat-tat-tat the bare facts and expect people to understand them,” Alda said, adding he’s been faced with researchers who didn’t know how to get their ideas across to intelligent laypeople.

That’s not good in a knowledge-based economy in which scientists have become increasingly important but are often feared and distrusted by large segments of the public.

“As long as scientists are the priests in white coats who don’t speak our language,” Alda said, “it’s a little easier not to believe them. We’ve got to get the same language going among us.”

And it’s not just the spoken and written word. Alda learned while interviewing scientists that his own body language was important in getting them to communicate successfully with him and equally critically in getting them to communicate successfully with the public.

“The most important element was that I made contact with them and they had to make eye contact with me,” he said.

“And I wouldn’t give up until I understood what they were saying.”

Alda said that 57 percent of the response to a topic reported by research subjects is based on body language, 38 percent on the tone of a person’s voice and only 7 percent on what a person actually says.

“If this is our hallmark, why would we ignore it?” he said.

“Scientists need a heavy dose of swagger,” he said. “And what’s the definition of swagger? I think it’s a relaxed confidence, a willingness to be open to people and interact with them.”

And it’s not just the spoken and written word. Alda learned while interviewing scientists that his own body language was important in getting them to communicate successfully with him and equally critically in getting them to communicate successfully with the public.

“The most important element was that I made contact with them and they had to make eye contact with me,” he said.

“And I wouldn’t give up until I understood what they were saying.”

Alda said that 57 percent of the response to a topic reported by research subjects is based on body language, 38 percent on the tone of a person’s voice and only 7 percent on what a person actually says.

“If this is our hallmark, why would we ignore it?” he said.

“I certainly don’t want to cross a bridge that’s been built on emotion,” replied Alda to laughter. But his point is that doing science and talking to the public about science are two separate activities.

“The former can be passionate, but the latter needs to be closer to the way we as humans actually communicate,” Alda said.

“That’s why we have to do these [improvisational] exercises,” he said. “because [emotion] has been trained out of scientists.”

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La Jolla's Valentine's Day is at the heart of the matter

By MARTIN JONES WESTLIN

You pretty much have the run of the place when it comes to celebrating the life of Roman Catholicism's St. Valentine – there are several Valentines to choose from, and their feast days are scattered throughout the year. For most of us, the anchor gets his due on Saturday, Feb. 14, and his story rings true in the annals of romance. Imprisoned amid his Christian convictions, this Roman priest had allegedly taken a shine to his jailer's daughter, writing her notes (signed "your Valentine") once she'd recovered her sight after an illness; it was also said he cut little hearts from parchment and passed them out as a gesture of friendship.

That being the case, you have several options in seizing the day in La Jolla. Here are a few suggestions to that effect, one that even lets your pets into the act.

Muttropolis, the neighborhood's noted pet supply store, is actually getting a jump on the holiday, hosting its annual Smooch the Pooch Valentine party for the Village's dogs beginning at 10:30 a.m. on Saturday, Feb. 7. A professional photographer will take pictures; each dog will have a 15-minute session; and what comes out is a 5-by-7 photo or digital image in exchange for $25. Rewards club members can double up on earned points during the event. Treats for all the pups will be served, and a playtime for the dogs has been set aside. The store's La Jolla location is at 7755 Girard Ave.; phone is (858) 459-9663. Check it out at muttropolis.com.

The Cos Bar makeup and beauty supply boutique is cramming the month of February up on earned points during the event. Treats for all the pups will be served, and a playtime for the dogs has been set aside. The store's La Jolla location is at 7755 Girard Ave.; phone is (858) 459-9663. Check it out at muttropolis.com.

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2.14 TRY OUR NEW VALENTINE'S DAY COCKTAIL “CAN I GET A HUG?” AND ENTER TO WIN A LUV SURF STAYCATION PACKAGE

Valentine's Day at

THE PATIO ON LAMONT
EST. 2012

LA JOLLA

Starters

Lobster Bisque
Chef's special lobster bisque 10

Carpaccio di Bue
Thin slices of beef in olive oil with arugula, capers, and parmesan cheese. 14

Polenta e Portobello
Pan-fried polenta topped with ground sausage, portobello mushroom, grana padano cheese, white wine, NYVO 11

Calamari Fritti
Fried calamari served with our Lupi sauce. 12

Entrees

Pesce Fresco del Giorno
Fresh catch of the day. MKP Branzino sauteed Mediterranean sea bass sauteed with white wine and fresh lemon juice and tyme. 26

Couscotte di Agnello ai Funghi
Lamb chop over garlic mashed potatoes, mushrooms and Barolo reduction wine sauce. 26

Pollo al Marsala
Chicken breast sauteed with mushrooms and Marsala wine. 20

Pollo Piccata
Chicken breast sauteed with mushrooms and fresh lemon juice, capers, and fresh herbs. 20

Saltimbocca di Vitello alla Romana
Veal with prosciutto, sage, wine and served over spinach. 22

Desserts

Dolci della Casa
Dolci della Casa Desserts of the house. 9

Valentine's Day at

La Jolla's Valentine's Day is at the heart of the matter

La Jolla Wine & Food Walking Tour, which lasts three hours and is worth every minute. $84 per person gets you a VIP tasting of premium wines, gourmet food pairings (featuring pasta, seafood and chocolate!), stops at restaurants, a one-mile walk around scenic La Jolla and games and prizes galore. Meet up at 2:30 p.m. at La Jolla’s Empress Hotel, 7766 Fay Ave. The tours are romantic every day of the year, but there's something about Feb. 14 that makes them extra-special. Call (858) 551-5115; for more, see lajollawine-tours.com.

OK. We couldn't very well leave a list like this without mentioning a La Jolla staple — so here goes: George's at the Cove is set to light up your heart on the big day with a $79 menu that involves three courses and one romantic view. Bay scallop aguachile, maitake mushrooms, grilled octopus, paella and duck breast are just a few of the day's fea- tures, all of which go down easier amid the spectacular Core vista. George's is at that big arcade at 1250 Prospect St.; call (858) 454-4244 or see more at georgesatthecove.com.

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San Diego hops to it amid very strong craft beer scene

By FRANK SABATINI Jr.

At only a month into 2015, San Diego is awash in more craft beer, with a number of new breweries, fresh releases, developments at two La Jolla venues and sudsy events bubbling through the pipeline.

Last year ended with a milestone. The number of breweries that call San Diego County their home exceeded 100.

For Jon McDermott, who runs Brewery Tours of San Diego, the continued proliferation of fermentation tanks around town equates to solid headcounts boarding his beer bus, which makes daily pickups at the Mission Bay Park Visitor Information Center and the Old Town Transit Center.

“We’ve been in business for eight years, but we’re still growing because of the prolific beer scene,” says McDermott, who takes beer aficionados on tastings to two or three breweries per tour.

Depending on the day of week, those stops include Pizza Port, Ballast Point, Green Flash, Stone, The Lost Abbey and more. The tours last up to five hours and range in price from $65 to $95 per person. Private, customized tours that pick up guests from their residences are also available. Details on public and private tours are available on the web site: brewerytoursofsandiego.com.

For those navigating the local beer scene on their own, below are several highlights worth toasting.

La Jolla Brewing Company celebrates its one-year anniversary from 6 to 9 p.m. tonight, Jan. 29, with hosted appetizers and one free beer per visitor. Since taking over the space formerly occupied by La Jolla Brew House at 7536 Fay Ave., the company has crafted seven different beers named after La Jolla landmarks. More recently, it introduced a seasonal IPA called Neo Sesh, touted for its balanced and medium bitterness. The brewpub also spotlights more than a dozen rotating drafts from other local craft brewers amid a full bar featuring wine and spirits. lajollabeer.com.

Brewers at Rock Bottom Brewery in La Jolla hope to win the gold again at this summer’s San Diego International Beer Festival, scheduled for Friday, June 19, to Sunday, June 21, in The Arena at the Del Mar Fairgrounds. The brewery stole the high honors last year for its Longboard Brown English-style ale, Cerveza de Mayo Vienna Lager and Catcher in Richard Walker’s Pancake House

“Great selection of ‘not just breakfast’ items. Very unique. Highly recommended. Fun for the whole family.” “Great breakfast, large tasty portions, fast service and good coffee - you can’t ask for more.” “The apple pancake was fantastic!” “Believe the reviews, this place is amazing!”

The Broken Yolk Café

The Broken Yolk Café offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are more than 20 different omelets to choose from, as well as a wide variety of other breakfast favorites which include pancakes, waffles and french toast. Feel more like lunch? Try one of our juicy half-pound burgers or one of our large sandwiches.

Donovan’s

Donovan’s sets the standard of fine dining excellence. A classic steakhouse. A stylish, lively atmosphere. Cordially friendly. We like to think of Donovan’s as your own special place. A place where you can celebrate with friends, family and associates. donovansteakhouse.com.
HEALTH BRIEFS

Cosco Sisters Bring Studio Barre to Bird Rock!

Having spent most of their lives doing everything together, going into business seemed like the next best idea for the Cosco sisters. Before Studio Barre, Lindsay found her fitness in the water surfing and practicing yoga. Jennifer, an endurance athlete, competes in Ironman triathlons and ultra-marathons annually. However, when Studio Barre became a shared passion of theirs they decided to bring Studio Barre to Bird Rock! Studio Barre offers a specialized barre class that focuses on building core strength, improving posture, and creating a dancer-like body. “Coming from opposite sides of the fitness spectrum, we felt if we could both fall in love with this type of fitness routine, we could relate to a lot of people.” Located at 5705 La Jolla Blvd in Bird Rock, class schedule is online at studio-barre.com/birdrock/. Check out the grand opening promos and boutique! First class is free! See you at the barre!

Hiring a Private or Non-Professional Caregiver

Piecing together care for your older parent can sometimes be a puzzle. Hiring a private caregiver from your own search or asking friends and family to help are short-term solutions for a long-term issue. It can have adverse effects for everyone involved. Hiring a caregiver privately is probably going to be cheaper. Do you want to tell your Mom you hired the cheapest caregiver you could find to care for her in her “golden” years? And the cheapest could end up being costlier in the long run. Consider these possibilities:

• Your private caregiver calls in sick or takes a vacation or just doesn’t show up. Are you going to have to take off work or cancel appointments to fill in? Was a national background check done and verification of prior employment done?

• Is there a professional Geriatric Care Manager to supervise and mentor? Are you providing workers’ compensation insurance in case your caregiver falls or strains her back? This is extremely expensive but a required expense. Are you paying her payroll taxes and submitting the proper documentation required by the government?

• Have you verified that the caregiver has a social security card and is legally permitted to work in CA? Now maybe “cheap” has gotten a little more costly. At Innovative Healthcare Consultants, all potential employees undergo a background check. All employees are fingerprinted. You can reach a live person 24/7. You will have a substitute if your caregiver is ill. You will have access to Care Management services for advocacy, elder care consulting, crisis management and care coordination.

Call us at (877) 731-1442 or visit our website at innovativehc.com.

Autumn Villas

Autumn Villas is a six-bed residential home nestled in University City servicing seniors who can no longer live alone. The hallways have been widened for wheelchair access, a roll-in shower and a walk-in bathtub are featured in the main bath, high quality foam mattresses with adjustable modern seagull-proof trash cans in Kellogg Park. It was also suggested that another 18 inches be added to the sidewalk to connect it with a ramp for the disabled near Piatti’s restaurant.

Other suggestions included more crosswalks and street striping. The board also voted overwhelmingly to adopt changes to the city’s land development code that would require development of religious facilities and other large-scale assemblies. That point was under-taken to adopt changes to the city’s land development code that would require development of religious facilities and other large-scale assem-blies in the Shores to obtain a conditional use permit.

In other matters:

• Residents were told by communi-ty planners, some of whom are mer-chants, that business is down much as much as three-quarters due to ongo-

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FRIDAY · JANUARY 30, 2015
LA JOLLA VILLAGE NEWS

14
Sprotting New Nedrites Every Day

By Natasha Josefowitz, Ph.D.

As we age, we have new opportunities for personal growth, new understandings and new people's foibles and weaknesses.

Being creative means being open to the possibility of new ventures.

This can be anything from starting to write in a journal, taking a painting class, attending lectures or learning a musical instrument.

committing ourselves to an exercise program, a daily walk, joining a book club or just reading more.

What makes us able to create is self-motivation, curiosity, attraction to the unknown, tolerance for risk, willingness to step outside the lines. The obstacles are laziness, fear of the familiar, lack of tolerance for ambiguity.

It is never too late to trade those barriers to self-expression. Even loss and adversity can sometimes propel us into new directions. Anything that we do differently is now and therefore creative.

Trying a new recipe, asking questions, doing as approaching a problem from a new perspective.

Whenever we do anything challenging, our brains sprout new nedrites. The more endeavors, the better our brain cells communicate with each other, and our thinking and our memory improve.

Don’t think of creativity as something only very talented people do.

It is up to each one of us to become creative in our daily lives.

That is how we make a walk in a part of town, study to understand music you don’t ordinarily enjoy, read a part of the paper you normally skip over, get involved in a volunteer activity or take up cosmetics to show your support for an organization.

These will grow nedrites in your brain.

It is when you examine your life by noting what you do with all the hours of your day, how productive these are and what is your time to: what better use can you put it?

Think outside the box — enlist the help of a friend to strategize new steps to enhance your life and your happiness; this is why you can take on more responsibility in your life because you are your own personal organizer, lack of tolerance for ambiguity.

Our brains are trained to think of another. Your brain will think of another.

What makes us able to be creative is our openness.

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Whatever it is, take on more responsibility in your life.

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Whatever it is, take on more responsibility in your life.

Looking for another way to spend your time; to what better use can you put it?

To write in a journal, taking a paint-

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class, attending lectures or learning a musical instrument.

committing ourselves to an exercise program, a daily walk, joining a book club or just reading more.

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NAME(s): BARE BRUSH TANlocated at: 4680 2015

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92110 is registered by the following: ZACK MARIE Title: OWNER The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: DEC 29, 2014 ISSUE DATES: JAN 29 FEB 05, 12 & 19, 2015

44324 GRACE RD. BONITA, CA. 91902 is reg-

FICTITIOUS BUSINESS NAME STATEMENT FILE

NAME(s): ALI FAKHIMI, D. M. D., INC. This business is conducted by: AN INDIVIDUAL The first day of business was:12/31/2014 Registrant Name: SHANNON REI- CTLPETITIONER OR ATTORNEY, HOLLY LEANN PADILLA This business is conducted by: AN INDIVIDUAL The first day of business was:12/31/2014 Registrant Name: TYLER CHAR- 10/01/2015 Registrant Name: TYLER CHAR-

10/01/2015 Registrant Name: TYLER CHAR-

NAME(s): ANITA BAYNARD located at: 4350, ORANGE AVE. SAN DIEGO, CA. 92107 SOUTH DAKOTA The first day of business was:03/11/2010 Registrant Name: CAROLYN A. WARD The business is conducted by: AN INDIVIDUAL The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: JAN 22, 2015

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STAY WITH US

Always make a child not just another
There's rosemary, that's for remembrance.

William Shakespeare - "Hamlet"

Fragrant rosemary is one of my favorite herbs, and I love its scent and the flavor it adds to food. Just remember that when you cook with rosemary, a little goes a long way.

Native to the Mediterranean, rosemary is an aromatic evergreen shrub with pine needle-like leaves that when rubbed or bruised give off a heavenly scent, very similar to pine.

Planting rosemary by your garden gate not only fills the area with its perfume as people brush past it; it was also said to bring good luck when plated at an entry. Current medical studies have suggested that the scent and oil from rosemary, long known as the symbol for remembrance, can actually stimulate memory.

A vigorous grower when planted, the shrub can grow from three to five feet tall. Some say the herb’s Latin botanical name, “Rosmarinus,” or “dew of the sea,” was given to the plant because the tiny blue flowers resemble dewdrops. The herb’s flowers will also attract honeybees. Rosemary also seems to have an affinity for growing in areas close to the sea, and many Mediterranean countries use it lavishly in their cooking.

Rosemary loves a warm sunny environment and will thrive in your garden and in pots. Preferring dryer soil, it is perfectly suited for a drought-tolerant landscape. Overwatering will harm the plant, but don’t let the roots completely dry out. This is especially important to watch if your plants are planted in pots. Occasionally washing the leaves with a splash of water will deter insects and help keep your plant healthy.

When you clip your rosemary, you will be rewarded twice, once for the flavor and scent the herb will add to your recipes and also because clipping will encourage new growth. Keeping the plant trimmed will also keep it from becoming too “woody.”

Upright and creeping forms of the herb are available. The creeping variety (Rosmarinus prostratos) makes an excellent ground cover and is very attractive when used to cascade down a wall. If planted in your vegetable garden, the herbs scent is known to repel unwanted pests around plants such as cabbage, beans, carrots and sage.

— Linda Marrone is a Realtor with Coldwell Banker. Stories about her historic La Jolla garden have been published in local and national magazines.

Rosemary Roasted Nuts

1 large egg white
2 cups mixed raw nuts or almonds
2 teaspoons smoked sea salt
1/2 teaspoon dried orange peel
2 teaspoons fresh rosemary, chopped

Preheat oven to 350 degrees. Whisk egg white until frothy. Fold nuts into the egg white and toss to evenly coat the nuts. Pour the nuts into a strainer and drain for a few minutes.

In a bowl, toss the drained nuts with the salt, orange peel and rosemary.

Spread the nuts out on a parchment-lined baking sheet and bake for 20 to 25 minutes, stirring them once or twice.

Watch the nuts carefully and make sure they do not burn.
Inga continued from pg. 1
weekly column) writing a book,” she said. “It’s been hundreds of hours of my time over the last year, and I’m really excited to finally unleash it on my friends and family members. I hope they will buy it.”

Inga and her family lived in Sweden for a couple years before returning to La Jolla. Inga was then seriously injured in a car accident, which left her with some down time recuperating. It was then that she began reconstruing and reflecting on her life experiences.

“I’ve been referred to as an essayist,” Inga noted. “but if you’ve ever read my stuff, I’m not an essayist. I’m a chronicler, a storyteller. I was just writing about my life for the last 30 years and trying to pick topics that I thought would resonate. It just kind of evolved over time.”

Inga’s style is more grit and gristle than nice-nice-Much of her reflections are just as—or more—bitter as sweet. One example involves a problem child whom she writes went out of his way “to embarrass me,” i.e., faking seizures in airports and yelling out the window to the neighborhood about being “beaten” and “taken advantage of.”

“As a mother of two adults boys, married for 24 years, I understand the juggler role that women have-mother, caregiver, wife, career. I enjoy educating and empowering clients to take control of their financial future by providing a plan and investment advice. I enjoy helping couples obtain their financial dreams.

“As a Financial Advisor, I understand the importance of having specific plans for various life events.”

As a Financial Advisor I help manage assets for individuals, trusts, retirement plans, and businesses. I especially enjoy working with women who have been divorced, widowed or recently came into an inheritance. I feel women are often underserved due to Financial Advisors’ lack of understanding of their needs-simply by not listening or not being able to relate. As a woman Financial Advisor, I understand the importance of having specific plans for various life events.

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BEER CONT. FROM PG. 13

the Rye. The event attracts breweries from more than 15 countries. Tickets are $58 or $100 for VIP admission. sandiegobeerfestivals.com.

Culture Brewing Company out of Solana Beach recently opened a satellite tasting room at 4845 Newport Ave. in Ocean Beach, featuring a dozen taps designated exclusively to their brands. Choices rotate regularly, with a new cherrystour and barley wine ale entering into the mix in mid-February. In addition, the company will celebrate its second anniversary on Feb. 20 at the Solana Beach brewery and feature limited releases for the occasion. culturebrewingco.com.

Amplified Ale Works, at 4150 Mission Blvd., recently announced a couple of new January rollouts: a crisp session IPA called Electolite and a deep-golden Belgian-style Treble Tripel. The two-year-old brewery features an oceanfront beer-garden patio and a kebab restaurant. amplifiedales.com.

AlekSmith Brewing Company is moving two blocks west on Miramar Road this spring, into a grand 105,000-square-foot facility at 9990 Empire St. The new digs will quadruple the amount of space for tastings, storage and beer-making. In addition, the company recently released San Diego Pale Ale 394, brewed in collaboration with San Diego Padres right fielder Tony Gwynn before his passing last June. The product is currently available in six-pack bottles in the tasting room. alesmith.com.

Kilowatt Brewing is gearing to debut in late January or early February at 7575 Clairemont Mesa Blvd. Touted as a “nanobrewery,” its beers are handcrafted in three-barrel batches. The product line includes Goji Mountain Honey Ale, Agave Pale Ale and Cascadian Black. Look for a taproom rigged with custom LED lighting and works by local artists. kilowattbeer.com.

The San Diego Winter Brew Fest is scheduled from 7 to 10 pm. on Feb. 20 and 21 at the Hall of Champions in Balboa Park. The event features more than 40 craft brewers from throughout California and beyond as well as food and live music. Tickets are $40 in advance and $50 at the door. sandiegobrewfest.com.

The Best Coast Beer Fest arrives on March 7 at Embarcadero Marina Park South in downtown San Diego. More than 100 brewers from all over the West Coast will offer samples of their latest and greatest releases from noon to 9 pm. The grounds will also make way for a “food truck alley” and stages for live entertainment. Tickets are $20 to $125, bestcoastbeerfest.com.
A Passion for Real Estate, Gardens & Historic Preservation

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

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

Go to www.LindaMarrone.com to learn more about historic designation.

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

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