A new year and a new beginning

Every good thing must come to an end. But when it does, something else good — often better — usually comes along.

That’s why we’re so excited to unveil what we believe will quickly become your favorite community publication. We know many of you faithful readers have, week after week, read closely and with interest the La Jolla Village News since it launched in the mid-1990s. And we know some of you might find it hard to not see that familiar paper dropped on your doorsteps or in the boxes on the street, but we’re confident you’re going to be pleased with the newest member of the San Diego Community Newspaper Group: La Jolla Today.

We’ll still be bringing you the best community news coverage, but we’ll be able to delve deeper into the stories that affect you, as we take more time on our new biweekly publishing schedule to dig down into what makes our community tick, from the mom-and-pop businesses that bring that small-town feel to the Village, the Shores, Bird Rock and University City, to the hot-button issues that make our civic meetings so exciting and give community members something to fight for — this unique place called La Jolla.

We will deliver the kinds of stories you want to read — covering community news, business, arts and entertainment, and all things La Jolla. But we’ll also be bringing you our top-notch writers, whose expertise runs the gamut.

So take a look in every other week to see what columnist Natasha Josefowitz has to say. An octogenarian with a master’s, doctorate and 17 published books under her belt, she knows a thing or two about life, and she’s not afraid to say it in her column, “Doing It Better.”

Pick up a paper to learn some little-known facts about sea life and ocean biology from our own underwater photographer and naturalist, Judith Lee Garfield, who has authored two natural-history books about the underwater park off La Jolla Cove and La Jolla Shores. She’ll continue to cover in her column “Tick Lines.”

Johnny McDonald, a longtime newsheader in the San Diego region, will bring you tidbits about the goings-on in La Jolla — from the Playhouse to the venerable scientific institutions — with his monthly column, “Beyond Limits.”

And then we have our fashion guru. Diana Cavagnaro, a veteran of the San Diego fashion scene, is on top of every fashionable event, and with her several decades as a milliner, as well as a teacher in Mesa College’s fashion department, she knows her stuff and she’ll bring it to you monthly in “Fashion Files.” Meanwhile, look out for Sabrina Heft on the street. A fashion consultant in San Diego for several years, she now works at late spa in the Village, and she has been known to approach La Jollans on the sidewalk to give them kudos for their fashion, which she often includes in her column, “Retail Therapy.”

For all your culinary needs, we have David Bottenberg, a restaurant reviewer who travels the world in search of new flavors — and now he’ll bring you a taste of La Jolla. As the past vice president of North America Travel Journalists Association and a member of Southern California Restaurant Writers Association, his palate has tasted it all.

Our ear on San Diego entertainment, Bart Mendoza, is a seasoned fixture of the city’s music scene, and if you think there’s a dearth of good live music in La Jolla, he’ll prove you wrong with his biweekly music column.

For those glamorous events that see the most elegant of La Jolla society, you’ll continue to see Vincent Andrumas, whose photos and words have filled the society pages for years.

Of course, we can’t forget the most important names on our news pages — our reporters. Many of you have seen them at events and meet-ups, but all of you have read their words. Mariko Lamb, our in-house reporter, has dutifully covered some of the most pressing issues facing La Jolla. She and Dave Schwaab, a familiar face and name to everyone who has picked up a community paper in the last decade and a half, continue to dig up the dirt on all the stories that are most important to the members of our community. They join myriad freelancers who bring their knowledge and expertise to our hyper-local coverage.

And then we have our faithful readers. We know we can count on you to explore our new publication with an open mind as we strive to bring you a product that we think will best serve the residents of La Jolla and University City. Without you, we’d be a blank page.

Cheers to the new year and a fresh new start to what will continue to be truly your community paper — La Jolla TODAY.

— Kendra Hartmann, editor

By Natasha Josefowitz, Ph.D.

A new name for our paper to be published every two weeks, a new format; a new emphasis for our increasingly sophisti-
cated coastal readers — change. As in any change, there will be those that will welcome the new look, they are the adventur-
ers, those who are willing to give up the familiar and plunge into the unknown. Change entails risk: as with anything new, there are probabilities, possibilities and unanticipated consequences. Of course, in this case, there will be no risks for the read-
er, only for the publisher. Then there are those who will be upset, write to the editors, complain that the paper was fine before, why make it different and now unfamiliar: “If it ain’t broke, don’t fix it.” These are the risk-averse people, who cling to tradition, to the security of the familiar, of the known.

We also need the risk-averse people — those who will seek to improve the status quo, the innova-
tors, the creators, the inventors, the risk tak-
ers. These people need to be confident that they will be resilient enough to weather any possible negative fallout.

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Change is in the air

I recently returned from a very thought-provoking trip to the Galap-
gos Islands — where Darwin studied and compared the flora and fauna from one island to the next. He concluded that the animals (like the Galapagos finch, whose beak evolved depending on the food source and island they inhabited) survived through evolution and adaptation on each island.

Throughout our lives and business haven’t we evolved to become more competitive, more attractive and better providers?

The San Diego Community Newspaper Group is fortunate enough to publish three community newspapers for three uniquely different communities: La Jolla/University City, Pacific Beach and Point Loma/Ocean Beach — each with as diverse and different dynamics as the other. It has been our challenge over the last 25-plus years to create community newspapers that appeal to each of these communities’ demographics, lifestyle and interests.

In this edition, I am proud to unveil the newest changes to La Jolla TODAY, previously the La Jolla Village News. Over the years, our mission statement has remained the same — to provide the most complete coverage of community news and help grow the economy. During my 30 years of publishing, I have witnessed a vast sea of changes. I am reminded of the old adage: “The only thing that’s con-
stant is change.” Our readers are more educated, more sophisticated, living longer, more active and involved.

You can look forward to a more elegant news magazine and con-
temporary style, which will make for easier reading. The content will be super-charged with a broader variety of local and regional news and features to cater to the interests of coastal La Jolla. Our biweek-
ly frequency will provide advertisers increased shelf life for the dura-
tion of the ads published and more news to sink your teeth in to.

Our online news editions will include daily and weekly updates as we report them and every published edition can be easily accessed by readers on the go.

To help you start the year off right, you can look forward to a spe-
cial edition each month. This issue’s feature: A New Year! Plus, unwrap the new La Jolla TODAY issue and enjoy our 2013 coastal calendar to keep and use all year long.

Buy local, shop local! We are proud to be the same local, independ-
ently owned and operated company, providing the coastal communities with news for more than 25 years and counting. This is your commu-
nity newspaper, La Jolla. We encourage your feedback and comments of all kinds. And, as we evolve, you have our promise to continue deliv-
ering insightful news that is relevant to everyday life in La Jolla, pack-
aged with bright, new presentations that will give you the most for your advertising dollar. I look forward to many, many more years — so keep reading and evolve along with us.

So, peel off the old and enjoy the new face of La Jolla TODAY.

— Julie Housington, publisher
Local couple builds a union on life experience, shared passions

By DAVE SCHWAB

She didn’t know they were dating — at least not at first. He had a grander plan in mind, though it didn’t occur to him right away.

It was fate, one of those star-crossed relationships meant to be: community activist Mary Coakley from La Jolla and Scripps oceanographer Walter Munk sharing, among other things in common, the sea.

Their’s was a match made by Neptune.

Mary is very noticeable. She’s not exactly the silent, fleeting type.

WALTER MUNK

Coakley-Munk had worked on two community projects — The Map, a physical representation of underwater life at La Jolla Shores, and J.J., a sculpture of the orphaned whale rescued and released by SeaWorld, now a Kellogg Park attraction.

The 95-year-old Munk, often referred to as the world’s “greatest living oceanographer,” is renowned for his pioneering and fundamental contributions to the understanding of ocean circulation, tides and waves and their role in the Earth’s dynamics. A professor emeritus of geophysics at Scripps Institution of Oceanography, Munk has been with the organization since 1939 when, he said, “it had 15 employees, including the director and the gardener.”

Today, Scripps has about 1,500 employees worldwide.

Munk has numerous things named in his honor, including a vessel and a species of manta ray.

Still, as impressive as his resume is, he couldn’t help but be impressed by Coakley-Munk’s boldness.

“Mary is very noticeable,” Munk said about what initially drew him to her. “She’s not exactly the silent, fleeting type.”

Coakley-Munk, meanwhile, was drawn in by Munk’s subtle approach.

“The first time I met Walter was at a particularly contentious meeting at the (La Jolla) rec center,” said Coakley-Munk, a mainstay on the La Jolla civic scene for years.

“Somehow or other we ended up discussing a mutual friend,” Munk said.

When the couple met, introduced over dinner by a mutual friend, Coakley-Munk had been caring for her mother, who died at 101.

They became fast friends. Munk, still working daily, had stopped driving at night. Coakley-Munk volunteered to chauffeur him when her schedule allowed.

The relationship — which few people knew about for the first couple of years — grew from there.

“We started enjoying each other and then decided to get married,” Munk said.

A MATCH MADE BY NEPTUNE Walter and Mary Munk shared first a love for the ocean, then a love for each other. Above, the pair in Edinburgh, Scotland.

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“When I was young (90) I did that a little better,” he said. “I get sleepy now.”

At the time they met, introverted Munk was a widower. His first wife, an architect from a previous relationship in Minnesota.

Still, as impressive as his resume is, he couldn’t help but be impressed by Coakley-Munk’s boldness.

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The changing of

THE GUARD

By DAVE SCHWAB

The torch has been passed for the presidency of Bird Rock Community Council (BRCC).

Joe Parker stepped down after three years at the helm in November, yielding to Jacqueline Bell, a three-year council member who takes over Feb. 5.

“I don’t think we have anything really that’s broken in the community,” said Bell. “We kind of have perennial issues — traffic, people not stopping at stop signs, driving too fast through the neighborhood, etc. — that most communities deal with.”

Bell will continue with traffic-calming efforts.

“I think we’ve been successful on the boulevard with slowing things down so you’re not taking your life in your hands when you’re crossing the street,” she said, adding some of that traffic has shifted to side streets, which will now have to be dealt with.

Though she didn’t realize it early on, Bell was being groomed for leadership.

“I came here about 6½ years ago and started going to community meetings to find out what was going on,” she said. “I was asked to be on the board and, at first, I said, ‘No, no, no I don’t have time.’ Then I finally said, ‘OK, I’ll do it.’ Gradually I got more responsibility and then Joe said, ‘I think you’d be a great president.’ I think, ‘OK, really?’ That’s kind of how I got roped into it — gradual creep.”

Parker will remain on the BRCC board and help with Bell’s transition. The advisory group’s voice is resonating throughout the broader La Jolla community, he said.

“What’s interesting to me is how many tentacles the BRCC really has when it comes to interfacing, not only with the local community, but government agencies,” Parker said. “There are so many (city) departments you end up interfacing with to help Bird Rock work correctly. There are some really good folks down at the city of San Diego who really care deeply about what happens in Bird Rock, and want to help and support us.”

A financial investment adviser and an East Coast transplant, Bell chose Bird Rock to relocate to because of its community closeness.

“I moved here from a small town in New England and I was looking to find a place that would replicate that feeling of neighborhood and community,” she said. “I came out here and looked at a couple of places, but I didn’t get that. I got it here. That was what was very attractive to me — an older, more established neighborhood with a sense of community that was organic.”

That Bird Rock is self-contained with lots to offer was reinforced recently for Bell when she had some time off.

“I didn’t leave the neighborhood,” she said. “I went as far as my bike could take me. I could do everything I wanted without getting into a car.”

BRCC’s president is the group’s point person, serving as a sounding board for the community while running interference with government officials.

“The major responsibility of the BRCC is running the MAD (maintenance assessment district, which maintains the roundabouts and public landscaping),” said Bell. “It’s a repository for neighborhood complaints, being the chief advocate and cheerleader for Bird Rock with-
Divers, Shores community bands together for solution to Shores commercial regs

By DAVE SCHWAB

Neither divers nor La Jolla Shores community planners, negotiating on the regulation of commercial businesses in Kellogg Park, want the city to initiate — or control — that process.

Currently, Shores surf camps and kayak operators are permitted, regulated and taxed by an RFP (request for proposal) process administered by city lifeguards.

Detractors of that process argue the system is flawed, in that it tends to weed out smaller, independent operators, and that user fees paid by kayak and surf camps go entirely to the city’s general fund, and not to La Jolla Shores, as some feel they should. The issue was discussed at the first meeting of the newly formed La Jolla Shores Subcommittee on Commercial Regulation on Jan. 23.

As designated representatives of the entire diving community, our goals for the first meeting were to identify and capture the consensus of what business owners would like to bring to the subcommittee’s first meeting, and to gain a consensus of what business owners would like to bring to the subcommittee at its next meeting.

Member Mary Munk said the group’s initial meeting was fruitful.

“We discussed what is done in other areas of California, the USA and the world relative to charging fees for use of reserves for scuba diving and other water-based activities and whether or how we might apply some form of these processes to La Jolla Shores,” she said. “Everyone agreed that the last thing we want to see is an RFP similar to the ones controlling the surf and kayak industries, because scuba diving is different, and an RFP would likely result in two large vendors controlling the use of the park for instruction and put the majority of the smaller businesses out of business. We didn’t feel that it would benefit the park, community or vendors to have that happen … or even the large vendors if times and numbers were controlled.”

Munk said ways and means of assessing a fee (daily, weekly, monthly or annually) for commercial users (instructors, students, tour participants and their guides, etc.) was vetted, with no conclusions drawn, though a “healthy discussion” ensued.

“The main concern was to figure out how to work with the city to have them direct fees collected back to the park for a park ranger and additional maintenance, as opposed to going straight into the city general fund,” she said. “With 2 to 3 million visitors each year, Park & Recreation needs all the help they can get.”

The next meeting of the La Jolla Shores Subcommittee on Commercial Regulation, which is open to the public, is Wednesday, Feb. 6 at 6:30 p.m. at Voulez-Vous, 2168 Avenida De La Playa.

27 Tips to Drive up the Sale Price of your Home

SAN DIEGO. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here is a way to help you to be prepared as possible.

To assist home sellers, a new industry report has just been released called “27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar!” It tackles the important issues you need to know to make your home competitive in today’s tough, aggressive marketplace.

In this report you'll discover how to avoid financial disaster when selling your home. Using a commonsense approach you will get straight facts about how to sell your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-6763 and enter 1023. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW.

Bettie Page Clothing Boutique

Bettie Page Clothing Boutique, 430 5th Ave., specializes in women’s retro clothing from the 1950’s and early 60’s. Launched by Russian-born designer, Tatyana Khomyakova, we now have stores in eleven cities.

Bettie Page, the beautiful and iconic pin-up girl of the 1950’s, is the muse who has inspired Tatyana’s original designs. Our dresses and separates all reflect the classic glamour of her era.

Located in the historic Gaslamp District of San Diego, Bettie Page Clothing is open from 11:00am to 9:00pm Monday through Saturday, and 11:00pm to 8:00pm on Sunday. Our savvy and friendly staff is always here to assist you in finding the perfect outfit. Celebrate your curves with our fitted pencil dresses or flirty circle skirts, ranging in size from 0 to 20. No matter what your age or shape, you will leave looking and feeling beautiful, classic, and sexy. If you have a special event, or just want to look smashing, come and share a memorable shopping experience at Bettie Page Clothing Downtown.
BRCC
CONT. FROM PG. 2

in La Jolla, as well as greater San Diego — all of those things.”

During his administration, Parker said the BRCC continued to mature, becoming a real force for positive growth and development. “The last three years have been very busy for the board,” he said. “One of the bigger successes we had in the neighborhood was dealing with Rancho Relaxo (a residence cited for code violations), bringing that to a successful conclusion.” Parker cited the “evolution on the boulevard with the MAD and the BRCC’s Beautification Committee” as another big win-win for the community.

Reviving Taste of Bird Rock and returning it to its roots as a community-oriented fundraiser, meanwhile, was also an important development.

“It showed us we could bring an event back to the boulevard that would be supportive of the merchants while generating money for charities,” he said. Parker had this advice to offer Bell about the BRCC presidency:

“Keep an open mind,” he said. “Take people’s comments as they come to you, sift through them. Get to know as many people as you can, because there are many players here in La Jolla, as well as in local government that can make a difference.”

BRCC’s next meeting will be Tuesday, Feb. 5 at a location yet to be determined.

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**PRODUCTS BRAND AND MODEL:**

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**Shipping Duration:** 2 Working Days

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I’m counting on 10 more years. It’s been a wild ride.

MARY COAKLEY-MUNK

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**HONEYMOON ON THE WATER** Walter and Mary Munk honeymooned in Venice, Italy. Since the pair met, they have traveled all over the globe. (Courtesy photo)

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**MUNKS**

CONT. FROM PG. 1

But when the time came to get hitched there was a hitch: Munk had been hospitalized with a heart ailment.

“All right, can’t stand wasting long weekends, so we got married while he was in the hospital,” said Coakley-Munk. “His doctor was the best man.”

Completely recovered, the Scripps scientist and the community activist have ever since been taking care of business while at home, and traipsing across the globe when they’re not, with Munk consulting with colleagues and receiv-

And the facts, to me at least, are pretty convincing that there have been some changes.”

An optimist, Munk believes humanity will adapt to rising sea levels and whatever other climatic alterations global warming brings.

“We’ll have to learn to adapt to them (changes), move out of certain coastal areas during the next 50 years,” he said, joking, “If all the Arctic ice melts, I have a beach cottage.”

On a more serious note, Munk concluded, “We’ll solve the problems. People will survive. Meeting those challenges may be positive, help the economy, put people to work.”

And at 95, Munk has no plans to leave himself out of those challenges. He still works seven days a week and feels there’s a lot left for him to do.

“I have done some work on ocean waves many years ago, and there’s a new development that I find interesting,” he said. “I’d love to do some work on ice sheets melting. That’s got some interesting problems.”

“I enjoy my work. I’d like to keep going as long as possible.”

Indeed, Coakley-Munk agreed, she couldn’t stop him from working if she tried.

“He doesn’t know how to do it any other way,” she said. “He flunked retirement.”

So does Munk believe mankind understands the ocean?

“Oh course not,” he said. “But I think every generation understands more than the last one. I don’t think we’ve come to a point where we say there’s nothing more to learn.”

Coakley-Munk is anticipating that she and her husband will have more to learn in the future.

“I’m counting on 10 more years,” she said. “It’s been a wild ride.”

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**Your Satisfaction is Our Success !!!**
Surfer helps friend in need – with the gift of a kidney

When Stéphane Trawalter moved to San Diego from his native France a couple years ago, he had one thing on his mind: surfing. Living in an RV, he surfed constantly, even though the only board he could afford was of poor quality.

That’s when he met Kai Buanoi. A veteran of the surf and of Desert Storm, the Hawaii-born Buanoi took Trawalter under his wing, offering him friendship and what money he could, quickly becoming “like a brother” to Trawalter.

“I was a weird French guy living on the beach who wanted to surf. He took care of me out of the blue,” Trawalter said. “My dream was to have a good board, and Kai, after only knowing me one month, took me to his bank and forwarded me money so I could buy my dream surfboard. He doesn’t have a lot of money — he was struggling, too. He just wants to make people happy.”

So when Buanoi’s kidneys shut down — a side effect of chemical agents he was exposed to in Desert Storm — Trawalter didn’t hesitate to step in and help his friend. He offered Buanoi one of his kidneys, and after many extensive tests over the course of about a year and a half, it was discovered that Trawalter’s kidney was, in fact, a match for Buanoi.

“It’s sad because Kai’s on dialysis and spends about six hours a day at the VA,” Trawalter said. “He has a terrible life right now, and I wanted to do something. I’m well aware of the risks and what to expect. I want to change his life.”

On Feb. 28, Trawalter will get the chance to do that. The pair will fly to the VA hospital in Portland, where Buanoi will get his new healthy kidney.

Because Buanoi is a veteran, both his and Trawalter’s surgery costs are covered. What’s not included in that coverage, however, is Trawalter’s lost wages as he lies in bed recovering for two months. To that end, a fundraiser was held at Voulez Vous in La Jolla Shores — where Trawalter is a server and nighttime manager — on Jan. 13. The event, he said, was a “great success. Just unbelievable.”

The fundraiser was so successful, in fact, that Trawalter is not asking for any more donations toward his lost wages and recovery time. Instead, he said, he simply wants to get the word out about becoming an organ donor.

“My goal is to put the word out there about donating,” he said. “There are so many more people that are waiting for an organ ... I’m just trying to reach as many people as I can and urge them to go online and sign up to become a donor. It’s so important.”
red carpet. At the recent Golden Globe Awards, Nicole Richie wore a beautiful pale-blue lace Naeem Khan dress and Emily Blunt showed off a magnificent gold lace Michael Kors dress. Sheer fabrics also prevailed with a transparent Miu Miu dress worn by Kerry Washington and the sexy sheer midriff by Alexander McQueen worn by Nicole Kidman. A person-al favorite was Taylor Swift’s halter backless gown with transparent peek-a-boo inserts down the sides designed by Donna Karan. At another star-studded event, first lady Michelle Obama wore a ruby red halter-gown with sheer chiffon and velvet by Jason Wu at the Inaugural Ball. The new item to have in your wardrobe for spring is definitely something sheer!

— Diana Cavagnaro is a nationally recognized hat designer and milliner with a fashion business in downtown San Diego. She has been teaching in the fashion department at San Diego Mesa College for 20 years.

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SUMMER
• Pageant of the Masters
• Festival of the Arts
• Sawdust Art Festival
• Art-A-Fair
• Fete de la Musique

FALL
• Laguna Dance Festival
• Laguna Beach Plein Air Painting Invitational
• Open Artists’ Studios
• Laguna Craft Guild Art Show

WINTER FANTASY HOUSE TOUR
• Village Laguna Charm workshops
• Spring into Art weekend
• Art-A-Fair
• Sawdust Art Festival
• Pageant of the Masters
• Festival of the Arts

SPRINGood and wine festival
• Fete de la Musique
• Art-A-Fair
• Sawdust Art Festival
• Pageant of the Masters
• Festival of the Arts

SUMMER Festival of the Arts Show
• Laguna Craft Guild Art
• Open Artists’ Studios
• Painting Invitational
• Laguna Dance Festival
• Festival of the Arts
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• Pageant of the Masters
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FALL Laguna Beach Plein Air Painting Invitational
• Open Artists’ Studios
• Laguna Craft Guild Art Show
• Laguna Dance Festival
• Festival of the Arts
• Sawdust Art Festival
• Pageant of the Masters
• Festival of the Arts

SoCal vacation gems are a short drive away

By MARC & DARLYNNE MENKIN | WHERE YOU WANT TO BE TOURS

When most people think of La Jolla, thoughts of paradise usually come to mind. It’s no wonder, given the near-perfect weather, beautiful beaches and year-round outdoor activities.

But believe it or not, even La Jolla likes to mix it up and try something different. For us, the answer was simple — Laguna Beach. An easy drive straight up Interstate 5, it’s less than two hours away, making it a perfect weekend getaway.

Although the drive was a piece of cake, we were ready to get out, stretch our legs and have some fun — so we headed straight for the coast. The city’s seven miles of coastline is breathtaking, and because of its size, Laguna has an intimate, charming feel. Downtown Laguna is steps away from the beach, so visitors can easily go shopping, see a movie or grab a bite at the side — starving us down.

Three Seventy Common is located at 170 Glenneyre St.

After wrapping up dinner, we decided it was time to check into our room at the Surf and Sand Resort. A luxury hotel that sits right on the beach, the Surf and Sand doesn’t disappoint. From the moment we stepped into our room, we knew one night wouldn’t be enough. Our guest room was spacious and comfortable, but it was the huge balcony with its oceanfront view that grabbed our attention.

Wandering around the hotel, we quickly discovered there was a lot to do — a swimming pool with ocean views, all the services you can imagine designed to help you relax at Aquaterra Spa, coastal fine dining at Splashes and cool cocktails at 15FiftyFive. When asked why guests fall in love with this resort, assistant general manager Joanna Bear summed it up succinctly.

“Three Seventy Common is a fantastic place to come when you want to unwind, unplug and relax,” she said. “But if you’re looking for fun things to do, there are all sorts of opportunities. We’re literally walking distance from art galleries, restaurants and boutique shops.”

Speaking from a visitor’s perspective, that’s a plus. We didn’t use our car once.

For those trying to decide what time of year would be best to visit Laguna Beach, the answer is: any time. The region plays host to events all through the calendar. Like the Pageant of the Masters in July and August, the Laguna Beach Plein Air Painting Invitational in October, the Laguna Beach Music Festival in February or the Sawdust Art Festival in both summer and winter. The region plays host to events all through the calendar. Like the Pageant of the Masters in July and August, the Laguna Beach Plein Air Painting Invitational in October, the Laguna Beach Music Festival in February or the Sawdust Art Festival in both summer and winter. The region also features a vast selection of galleries and studios — a must-see for art lovers.

For more information on what’s happening when, as well as lodging, dining and event information, visit www.lagunabeachinfo.com.
White Light Pilates offers Valentine Specials

Couples Pilates - Wondering if you can rekindle that fire in your relationship? Create a lasting, health-conscious and energy-shifting commitment to your partner this Valentine’s Day with a White Light Pilates Couples Pilates Package!

Invite your loved one to strengthen body and bond by doing an activity that interests both of you, that reinforces your emotional and relationship through balancing, strengthening and toning your mental and physical self. Working out with your partner has multiple benefits!

Pilates increases flexibility, confidence and circulation. Commit together and help motivate you and your partner to stick to a new lifestyle regime that will benefit both of you for years to come!

Massage - It’s almost Valentine’s Day, the perfect time to treat yourself or a loved one to a massage. If that’s not a good enough reason, how about this: Not only can massage therapy evoke relaxation and relieve stress, it can lessen chronic pain, reduce muscle soreness, increase blood circulation and flush out toxins. (see ad for Valentine’s Specials!)

White Light Pilates is located at 5689 La Jolla Blvd., La Jolla. For more information call or go on-line at 858-459-9992 http://www.whitelightpilates.com.

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Many artists perform music from different time frames, but few can claim to have songs in their repertoire that span from the Medieval to the contemporary. Such is the case with Nordic Voices, a six-piece a cappella ensemble from Norway performing at 4 p.m. on Feb. 10 at St. James by-the-Sea Episcopal Church. Although a cappella means “sans” instruments, the music from this sextet is full and rich with intertwined harmonies supporting words, though they have an experimental and a fun side as well. If you enjoy the sound of the human voice, Nordic Voices music is among the most beautiful ever crafted.

NORDIC VOICES:
- Feb. 10 at St. James by-the-Sea Episcopal Church, 743 Prospect Street. 4 p.m. All ages.

If you haven’t been to a Spike and Mike Festival of Animation, now’s the time. After all, the cult classic has been around for three decades now.

“This is just going to be an absolutely special, stellar, impeccable show. We put countless time and effort into securing the absolute best films from all over the world — bar none,” said Craig “Spike” Decker of the festival’s 30th anniversary, running Feb. 9 through March 30 at Sherwood Auditorium in the Museum of Contemporary Art in La Jolla. “We’re really proud of what we put together. I’d just be tickled to this thing myself.”

The festival had humble beginnings. Along with Decker’s Sick and Twisted shows, which draw thousands annually, it began in Riverside as the “garage band of animation.”

“We used to do these little carnivals in the backyard and promote them, and then we got into promoting a band and doing midnight animation films opening with classics like ‘Max Fleisher,’ ‘Betty Boop,’ ‘Superman’ and ‘ Popeye’ cartoons,” Decker said. “Then we put together a show with all shorts at Riverside City College that just kept evolving.”

The early animation shows, he said, were frantic, “straight out of ‘Animal House’ — really crazy stuff.”

The secret, he and business partner Mike Liebhardt, was animation shorts. “You’ll please their teeth,” he said, half-jokingly. “You’ll watch it on people’s foreheads, or the palms of their hands.”

Regardless of technical improvements, Decker concluded, good animation will always be about good storytelling.

“For those who

So if, 20 years from now, the Festival of Animation is celebrating its 50th anniversary, just how does Decker think the future of animation will look?

“They (animation shorts) will be in people’s teeth,” he said, half-jokingly. “You’ll watch it on people’s foreheads, or the palms of their hands.”

Regardless of technical improvements, Decker concluded, good animation will always be about good storytelling.

“If you tell a good story with pen and ink, or with a computer, people will enjoy it,” he said. For more information about Spike & Mike’s Festival of Animation, call (858) 459-8707 or visit www.spikeandmike.com.
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The San Diego Jewish Film Festival, one of the community’s most anticipated yearly events, will begin its 23rd season on Feb. 7. For 11 days, 47 films and shorts from 10 countries will draw more than 16,000 viewers to four venues.

Featured films depict a wide range of topics, from human strife and struggle to the joys of new love, and from controversial issues to humorous adaptations of age-old stories. The festival, which runs through Feb. 17, will be showing films at Reading Cinemas 14 (4665 Clairemont Drive), City of Carlsbad — Dove Library (1775 Dove Lane), San Marcos Stadium 18 (1180 W. San Marcos Blvd.) and Garfield Theatre (4126 Executive Drive). For information, including ticket prices, show times and film trailers, visit www.sdcjc.org/sdjff/index.aspx or call (858) 362-1348.

A sampling of films:

‘A DAY IN THE NEGEV’
Examining life and events in San Diego’s sister city, the Sha’ar HaNegev, located in the southern region of Israel, the film exhibits more than 30 shorts created by students at Sapir College.

‘HITLER’S CHILDREN’
Descendants of some of the most infamous names in human history — Himmler, Goering or Hoess, for example — have learned to strike a balance between the inclination to look-up to one’s parents and the horror at what they were capable of.

‘THE FIRST FAGIN’
Isaac “Ikey” Solomon, the real-life inspiration for Charles Dicken’s Fagin (from “Oliver Twist”), is the focus of this docudrama, which delves into the details of Solomon’s life. Starting as a pickpocket, Solomon moved on to become one of the most infamous, yet “honorable” — he claimed to do everything for the sake of his wife — crooks of the Victorian Age.

‘METHOD TO THE MADNESS: JERRY LEWIS’
Never-before seen footage of the comic great abounds in this documentary that will bring you face-to-face with the charisma and show-business acumen of Jerry Lewis. On stage since the age of 5, his show-biz career spans more than eight decades.

‘MELTING AWAY’
This heartbreaking drama centers on a family coming to terms with a transgender son. Kicked out of his home as a teenager, Anna (formerly Assaf) returns to the fold in near-secret as a nurse tending to her dying father. Forgiveness and acceptance are the central themes to this film about the bonds of family.

‘BATTLE FOR BROOKLYN’
Not everyone was thrilled that the New Jersey Nets would relocate to become the Brooklyn Nets — because developing a basketball arena meant bulldozing many beloved buildings in Brooklyn’s historic Prospect Heights neighborhood.

The fight against this demolition is the subject of this powerful documentary centered on a reluctant activist, Daniel Goldstein, a graphic designer whose apartment was in the line of fire.

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TEEN SCREEN — Special night for teens to meet the real-life people from a movie about urban teens overcoming violence. Free

FAMILY DAY — The highly popular Shalom Sesame! is for kids 3-7 years old.

FLIX-MIX — A special event for young adults 20+ with food and fun.

‘B-BOY’
Eli is your typical Bar Mitzvah boy — a 13-year-old barely out of childhood — but put him on the competitive breakdance floor, and he’s E-Break, part of nationally recognized breakdancing crew.
Las Patronas gives it all away, and a bipolar disorder sufferer’s amazing tale

It was Christmas in January at the La Jolla Beach and Tennis Club (LJB&TC) last week at the Las Patronas (LP) beneficiary luncheon. The annual event culminates the year of toil LP members put forth to hold their major fundraiser, the Jewel Ball. Elaine Murphy chaired Jewel Ball 2012, titled “Passeggiata!” and held Aug. 4. The event was a grand success on every level. Hundreds of guests had a fabulous time and the proceeds were $765,000. Now, what to do with all that money?

Actually, the LP ladies had that all planned out beforehand. Grant applicants are carefully and thoroughly vetted, ensuring the money goes where it can have the greatest positive impact.

After a reception, guests sat down at lunch and the program. Checks averaging $4,000 went to The Alpha Project for the Homeless, the American Red Cross (San Diego/Imperial Counties), Greater San Diego After-School All Stars, La Jolla Historical Society, Reuben H. Fleet Science Center, Senior Community Centers and the Zoological Society of San Diego.

(The remainder of the ball proceeds had previously been distributed to numerous minor beneficiaries.)

During the luncheon, LP thanked the LJB&TC’s president, Bill Kellogg, and general manager John Campbell. The Club has been the Jewel Ball venue for 66 years. LP also bestowed its Spirit of Giving Award upon David Ponsford, retired La Jolla High football coach. He’s helped LP for 20 years, showing up at 1 a.m. with a crew of 15 young men to clean up after the ball and make the LJB&TC ready for business by sunup.

Erin Wyer, 2013 Jewel Ball chair, presented her vision for the next ball on Aug. 3: “Lucky 13.” Don’t miss it!

So, you think you can produce a commercial?

If you think you have what it takes, send us your video production for a chance to WIN AN iPAD!

Just like the creative minds who competed to win big by producing a Doritos commercial for the Super Bowl, so can YOU get your time in the director’s chair with the La Jolla TODAY commercial challenge!

How would you advertise your local community paper? Enter your video commercial about why La Jolla TODAY is your favorite read and submit it for a chance to win an iPad. Video entries must be submitted by April 5. All videos will be viewed and voted on by the public at www.sdnews.com for the month of April, and the winner will be announced after votes have been tallied.

sdnews.com 858.270.3103
VALENTINE’S CONT. FROM PG. 1


LOCAL BAKERY, FROST ME CUPCAKES will have a pop-up kiosk at Westfield UTC mall on Feb. 14 from 10 a.m. to 9 p.m., offering a variety of classic flavors in addition to its signature dark chocolate chili pepper cupcake. Frost Me delivers across San Diego. www.frostme.net

CHEF SAL REYNOSO OF DONOVAN’S STEAKHOUSE LA JOLLA is serving up a three-course dinner menu from 4 to 10 p.m. for $100 per person, with a bottle of wine for $35 more. Special requests, including dinner in private dining rooms, are available. 4340 La Jolla Village Drive. (858) 450-6666, www.donovanssteakhouse.com

HERRINGBONE CHEF AMANDA BAUMGARTEN will create a four-course prix fixe special of appetizers, entrees and desserts. Entrées include Kumamoto oysters with sartenes jelly, Maine lobster and English pea risotto and duck breast with beluga lentils and a Valencia orange reduction for $75 per person. 7837 Herschel Ave. (858) 459-0221, www.herrrioneats.com.

BROCKTON VILLA IS OFFERING A FOUR-COURSE DINNER in its charming cottage restaurant at $55 per person. Executive chef Mareyja Sisbarro has created a number of dishes to choose from, including oysters “Brock alej,” pan-seared Pacific sea bass with day boat scallops, pistachio-crusted rack of lamb and a chocolate espresso pot-de-crème. 1235 Coast Blvd., (858) 454-7393.

FINCH’S BISTRO & WINE BAR IS OFFERING A WINE-PAIRED VALENTINE’S DAY menu that includes oyster bisque, lobster pot pie, stuffed quail, chocolate balloon cake and orange cheesecake at $65 per person. Champagne is $25 per person. 7644 Girard Ave. (858) 456-4056. ROPPONGI HAS A THREE-COURSE PRIX-FIXE OFFERING for $60 with an optional $22 suggested wine pairing. The deal runs throughout the entire Valentine’s Day weekend from Feb. 14-17. 875 Prospect St. (858) 551-6252, www.roppongiusa.com

LOVE-INSPIRED COCKTAILS: Not looking for a whole meal to celebrate Saint Valentine? Head over to Beaumont’s, where the neighborhood eatery’s creative bartenders have concocted his and hers drinks for the holiday. “Cupid’s Kiss,” far right, mixes prosecco with pomegranate seeds for a light and refreshing drink for her, while “Cupid’s Sting” blends honey-infused Jack Daniels with orange, bitters, and ginger beer for him. Photos by Don Bich

WINE & DINE YOUR VALENTINE

FINCH’S BISTRO & WINE BAR

Love is in the air again at Finch’s. Join us at La Jolla’s most romantic dining spot for an intimate dinner under the twinkling lights of our heated covered patio or in our cozy candle-lit dining room or wine bar. Prix fixe menu $65/per person, $25 wine/champagne pairing option available. Space is limited so call for reservations now: 858 456-4056.

Froglander’s

Froglander’s has been satisfying yogurt lovers’ cravings for over 26 years. In addition to the best yogurt in town, they also serve acai bowls, banana splits and yogurt pie. You’ll find eight flavors everyday. Plus they offer over 50 different yogurt toppings including fresh fruit. La Jolla students receive a 20% DISCOUNT. Open late. Friday - Saturday 11 AM - 10:30 PM and Sunday-Thursday 11AM-9:30 PM.

DONOVAN’S STEAK HOUSE

They may look good enough to eat, but the paintings and sculptures at Donovan’s of La Jolla are strictly off limits – so you’ll have to content yourself with the USDA prime beef, the eatery’s star attraction. If steak isn’t in the plan, pork and veal of La Jolla are strictly off limits – so you’ll have to content yourself with the USDA prime beef, the eatery’s star attraction. If steak isn’t in the plan, pork and veal

BROOKTON VILLA

TWO COURSE DINNER seasons S2 is inviting guests to celebrate Valentine’s Day by indulging in the special custom mini-indulgence cake that features 18 signature mini indulgences. 4505 La Jolla Village Drive, www.seasons52.com.

GEORGE’S AT THE COVE IS OFFERING OCEAN-VIEW VALENTINE’S DAY DINNERS at both California Modern, where couples can enjoy a three-course meal that includes red salad, Pacific oysters, smoked Maine lobster, roasted duck and chocolate tart for $70 per person, and at Ocean Terrace where a three-course meal offers grilled local octopus, grilled Scottish salmon, braised Colorado lamb shank and sticky toffee pudding cake at $60 per person. 1250 Prospect St. georgesatthecove.com

FINCH’S WINE BAR AND BISTRO IS OFFERING A WINE-PAIRED VALENTINE’S DAY menu that includes oyster bisque, lobster pot pie, stuffed quail, chocolate balloon cake and orange cheesecake at $65 per person. Champagne is $25 per person. 7644 Girard Ave. (858) 456-4056.

ROPPONGI HAS A THREE-COURSE PRIX-FIXE OFFERING for $60 with an optional $22 suggested wine pairing. The deal runs throughout the entire Valentine’s Day weekend from Feb. 14-17. 875 Prospect St. (858) 551-6252, www.roppongiusa.com

LOVE-INSPIRED COCKTAILS: Not looking for a whole meal to celebrate Saint Valentine? Head over to Beaumont’s, where the neighborhood eatery’s creative bartenders have concocted his and hers drinks for the holiday. “Cupid’s Kiss,” far right, mixes prosecco with pomegranate seeds for a light and refreshing drink for her, while “Cupid’s Sting” blends honey-infused Jack Daniels with orange, bitters, and ginger beer for him. Photos by Don Bich

Bistro Pazzo

VALENTINE’S DAY SPECIAL

$35 PER PERSON Reservations 4-10 PM

LIMITED DINNER MENU AVAILABLE

RESERVATIONS 4-10 PM

7930 Ivanhoe Ave 858-456-4005

Donovan’s Steak House

They may look good enough to eat, but the paintings and sculptures at Donovan’s of La Jolla are strictly off limits – so you’ll have to content yourself with the USDA prime beef, the eatery’s star attraction. If steak isn’t in the plan, pork and veal of La Jolla are strictly off limits – so you’ll have to content yourself with the USDA prime beef, the eatery’s star attraction. If steak isn’t in the plan, pork and veal

The Broken Yolk Café

The Broken Yolk Café offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are over 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 ½ pound burgers or one of our large sandwiches.

Bistro Pazzo

The whole idea of a bistro, says Seto Marsejian, owner of Bistro Pazzo, is to offer a neighborhood place where everyone knows you - where great friends and great food meet. Bistro Pazzo is going on its 4th year, located just slightly off the beaten path, just off Prospect Street at 7930 Ivanhoe Ave - and the "hidden gem" nature of the eatery makes it just that much more of a neighborhood treasure. Within walking distance to shopping, hotels, the financial district, and the famous beaches of La Jolla. Open for Lunch and Dinner, Bistro Pazzo is definitely the "hidden gem" of La Jolla. Come enjoy this small neighborhood Italian bistro seven days a week. Moderate prices, great food, good portions, and a vast wine list with crazy service. You can be crazy too, no one will mind, Really? 858-456-4005 www.bistropazzo.com
On the cusp of something great

By DAVID ROTTENBERG

I’ve been there before. Many times. I’ve reviewed a number of restaurants there, all with different names. But the other restaurants have come and gone. Where am I? At the top of the Hotel La Jolla, at the gateway to the Shores.

Some things have changed and both hotel and restaurant are on the cusp of something great. Fittingly, the restaurant’s name is Cusp Dining & Drinks, presided over by a chef new to San Diego but with a world full of culinary experience, Donald Lockhart.

The hotel is now managed by Kimpton Hotels — a boutique chain whose general image shoots for “hip, cool, contemporary” (Kimpton also manages Hotel Solamar and Palomar Hotel downtown).

Located on the top floor, Cusp has undergone change, with hip, modified décor — though the best part remains the fantastic view, where one can gaze at brilliant sunsets that plunge into the horizon, making for an unrivaled ambiance.

The restaurant features a “shoe” kitchen where chefs jostle to prepare delightful dishes. The cuisine can be easily categorized as “coastal Mediterranean cuisine,” utilizing fresh, local ingredients.

“I love my guests,” Lockhart said, “and I go overboard to make certain that they always have a memorable experience. My cuisine is simple but very flavorful. I use many local ingredients to enhance the taste of my dishes. We are right next to the ocean and the freshest seafood, and minutes away from local farms, fresh produce and culinary artisans.”

Lockhart grew up in Southern California, where his family was in food-related businesses, giving him an early introduction.

“We had a family garden where we grew much of our own produce. This taught me a respect for food and an ethic toward how we grow and cultivate it,” he said.

He said he’s indebted to all the master chefs — including Julia Child and other industry greats — with whom he has worked. He competed in the World Culinary Olympics and cooked at the James Beard House. He’s worked at locales throughout the county, including a number of local brews, and a good collection of spirits — like the extensive collection of single malt scotch, listed by region of distilling and including a selection of hard-to-find Bruichladdich from the Isle of Islay — means most any cocktail enthusiast will find what they’re looking for.

Prices at Cusp are surprisingly moderate, given the quality of the cuisine and the delightful ambiance. The restaurant is open for breakfast, lunch and dinner and features a daily happy hour. Weekend brunch offers an à la carte menu. Whether by day or evening, come for the view and stay for the food.

The restaurant is located on the 11th floor of the Hotel La Jolla, 7955 La Jolla Shores Drive. For more information, call (858) 551-3620.

SEEING RED

Hotel La Jolla will celebrate National Heart Month by illuminating all of its 11 stories in red for the entire month of February and by offering ruby-colored cocktails in conjunction with National Go Red Day®, which brings awareness to cardiovascular disease, on Feb. 1.

$10 from every booking of the hotel’s GO-RED package (details at www.hotellajolla.com) will benefit the San Diego branch of the American Heart Association. Cusp Dining & Drinks will also donate 10 percent of its ruby-red cocktails, “The Older Sister,” to the organization.

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Start the year off with a renewed sense of self by making manageable changes to improve your health, nutrition, wellness and self-confidence. Whether it is a healthier diet, a regular routine of exercise or a nip and a tuck to perfect a few features, the new year can have some exciting things in store for those seeking a healthier, happier lifestyle.

INSIDE:

>> Tips on nutrition and food
>> Keep kids healthy
>> Take care of your health and wellness
>> Is cosmetic surgery right for you?
La Jolla Karate is proud to teach courtesy

As part of La Jolla Karate’s Powerful Words Character Development program, students will be studying, developing and experiencing powerful life lessons focusing on the character trait of courtesy. In addition to all of the physical skills that they’ll be developing, students will be discussing and practicing concepts that will help them to understand and realize the value and benefits of becoming a courteous person and the effect it has on them and every one they encounter.

“I’m personally excited to get the chance to focus on courtesy,” said instructor Billy Borja. “As many folks know, we pride ourselves on building champions from the inside out, and being a courteous person is one of the many skills our members are proud to display. Many of our families tell us that lessons like this are a natural part of what makes our studio so unique and valuable. Our students learn how to become the kind of person that they themselves would look up to!”

For more information, visit www.lajollakarate.com or call (858) 255-8384.

Hottest new fitness workout available

From New York City to Los Angeles, dancer and choreographer Richard Giorla has used his more than 25 years of experience and classical training to create CARDIO BARRE®, one of today’s hottest new fitness workouts. His philosophy of re-imagining the muscles, combined with no-impact, fat-burning cardio, is completely new — there’s simply nothing else like it.

“Teaching this type of class was a natural,” Giorla said recently. “I’ve been doing dance and choreography my whole life and I’ve always been interested in personal training, but never combining the two. So when I was approached about CARDIO BARRE®, I was intrigued.”

In addition to CARDIO BARRE®, Giorla will teach a master class on Feb. 16 at La Jolla Karate. Space is limited.

Therapy for Alzheimer’s Patients Improves Life

Even though there is not yet a cure for Alzheimer’s disease, researchers have been looking into therapies that can improve a person’s quality of life, possibly lessen some of their symptoms and help them function better.

Notepad Computers – Three same lightweight touchscreen computers, with puzzles, games and apps, are being used to exercise the person’s mind, help them improve their dexterity and even help remind them of things. The games help the person feel that they’ve accomplished a task and are successful.

Bright Lights – A study that was published in the Journal of the AMA found that either intensive light therapy or UV light therapy has helped a person with memory issues have better cognition and helps improve mood. It may be especially helpful with sundowning behavior.

Art – This is increasingly being seen at museums around the country, where there are programs for people with Alzheimer’s to view and create art. The result of this therapy lasts well past the therapy session.

“Comfort Food” – It is being researched that letting the person have that extra piece of pie or that nighttime drink makes the person more content and peaceful. This could cause them to need less medication.

Tell a Story – Having the Alzheimer’s patient in a group, looking at pictures and making up a story about that picture helps the person be creative, as well as helping them socialize.

No therapy at this time can reverse Alzheimer’s, but more people are working to help improve the quality of life. For more help in dealing with an Alzheimer’s patient, call the RN care managers at Innovative Healthcare Consultants at 1.877.731.1442 or one or online at www.innovativehc.com.

NuAge Facelift procedure gets rave reviews

The NuAge Facelift procedure is a minimally-invasive approach for facial rejuvenation of the lower face and neck. Compared to the traditional facelift, the NuAge Facelift is less invasive and has a quicker recovery time.

At our facility, the Grossmont Oral & Facial Surgical Center, we take pride in the vast scope of services we offer our patients. With three main focuses of practice — oral and maxillofacial surgery, reconstructive and cosmetic surgery — we are able to customize a treatment plan for each of our patients.

As oral and maxillofacial surgeons, Drs. Varboncoeur & Caldemeyer are recognized specialists who are surgically trained in a hospital-based residency program for a minimum of four years. There they rotate alongside medical residents in internal medicine, general surgery and anesthesiology, and also spend time in otolaryngology, plastic surgery, emergency medicine and other specialty areas. Their training focuses, though, on the hard (i.e., bone) and soft (i.e., skin, muscle) tissue of the face, mouth and jaws. Drs. Varboncoeur & Caldemeyer’s knowledge and surgical expertise uniquely qualify them to diagnose and treat the functional and aesthetic conditions in the maxillofacial anatomical area.

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(858) 444-0340 • www.lajollawellnessstudio.com

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1-877-731-1442 (toll-free)
www.innovativehc.com
Health & Wellness >>

La Jolla has no shortage of places to work out, relax or receive therapeutic services. Pilates and yoga studios, personal trainers and workout-specific gyms abound in the community, as do holistic and therapeutic services like spas, salt therapy and acupuncture to help you achieve a better version of yourself.

BREAK AWAY FROM THE NORM

For a low-impact, high-energy fitness routine unlike any other, try this heart-pumping cycling workout. Breakaway Cycle offers hour-long indoor cycling classes for all levels of fitness, but these cycling classes are nothing like the ones at your average gym. As you pedal your calories away, the room’s lighting, visual displays and music change with the tempo of the workout. The bikes display power, cadence, calories burned and heart rate so you can track your performance.

7777 Fay Ave. — (858) 454-2453 — www.breakawaycycle.com

RAISE THE BARRE

Combine the finesse of ballet and the resistance of weights to improve posture, tone up and lose weight. A background in ballet isn’t necessary to achieve a dancer’s body. Cardio Barre offers introductory, beginner and advanced classes in the mornings and evenings throughout the week for you to fit something new into your fitness routine. The Cardio Barre classes are another high-energy, low-impact workout that can help build lean muscle and burn fat.

7580 Fay Ave. #107 — (858) 454-1954 — www.cardiobarre.com

Help for thinning hair – adding volume is the No. 1 request

According to the Women’s Institute for Fine and Thinning hair, there are 30 million women who are currently experiencing hair loss. It can begin as early as puberty, although it usually occurs between 35 and 55 years of age. In the past several years, effective treatments have become available for fine, thinning hair. Professional hair loss treatments are most effective when used at the first signs of thinning or hair loss. After analysis of hair type and problem, a personal treatment program should consist of the following: prepare – massage with essential oils; shampoo – treatment shampoo for your hair type; condition – for dry or damaged hair; treat – apply products for hair loss.

For more information about a free consultation, contact the office of Grossmont Oral & Facial Surgical Center. Call (619) 463-4486 or go to our website to learn more about this revolutionary procedure at vchoms.com

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Hair Color

Q: Should you color your hair if your hair is prematurely gray, or could gray help your business?  
A: Gray can be a matter of self-esteem. You may not be presenting your most professional, attractive self. By the way, the old adage “gray men are distinguished, gray women are old” doesn’t hold true. Gray is a growing issue, not a gender issue. A good rule of thumb is to go one shade lighter than the natural color so it does not look harsh and goes with the skin tone. Low-lighting colors gray hair and leaves some natural hair showing, which makes gray hair less apparent. All white hair can make some women look washed out. Warm, tan or golden tones can add color to the hair and skin tones.

Extensions

Volume and length can be added with extensions. A unique patented process using real human hair attached with a protein bond does not damage your hair. The bonds are so discreet you can style your hair any way you choose. Most women who want this service suffer from thin, weak and damaged hair, but once this application process has been applied, you will be amazed at the transformation that occurs, not only in your hair, but in your outlook! Extensions come in 40 different shades.

Call for your FREE consultation and receive $200 off on your first full head of hair replacements. (858) 456-2344 or go online at www.beautybyjudy.com. Judy Judy Hair Salon, 7734 Herschel #P, La Jolla.
Cosmetic & Plastic Surgery »

Is Plastic Or Cosmetic Surgery Right For You?

Sometimes, a healthy diet, regular exercise and maintenance of a healthy weight won’t resolve underlying issues that can eat away at one’s self-confidence. While beauty may lie in the eye of the beholder, sometimes the harshest critic of your appearance is yourself. To reveal your true inner beauty and boost your personal outlook, a cosmetic or surgical procedure to correct a perceived imperfection or body feature might be the ticket to a beautiful outer self and more confident inner self.

ATTAINING YOUR PERCEIVED PEAK OF BEAUTY

Top-rated, board-certified plastic surgeon, Dr. Stuart Kincaid has dedicated his career to helping others achieve their visions of beauty with quality surgical procedures, including body contouring, breast surgery and facial plastic surgery. The award-winning surgeon also offers non-surgical treatments for patients seeking a rejuvenated facial or bodily appearance using a minimally invasive method of enhancement that requires little to no downtime. Services like facial injections or fillers, peels and other non-surgical procedures are easy fixes for patients on the go.

8929 University Center Lane Suite 201 – www.skincaidmd.com – (858) 450-4199

SMALL PROCEDURE, BIG RESULTS

Dr. Cortland Caldemeyer offers affordable, minimally invasive cosmetic procedures, including the revolutionary NuAge method — a minimal incision approach for rejuvenation of sagging facial muscles and loose soft tissue — that makes for a more youthful look with less post-operative complications and recovery time than a traditional facelift procedure. The one-of-a-kind NuAge mini-facelift is meant for those patients with mild to moderate skin laxity in their neck, lower face and jowls who hope to correct the visible signs of aging.

Dr. Caldemeyer’s office also offers facial cosmetic procedures including brow lifts, eyelid surgery, nose reshaping, lip augmentation, chin or cheek implants and a number of chemical facial skin resurfacing procedures — and all under the accredited oral and maxillofacial surgeon specialist who is highly trained in facial cosmetic and reconstructive surgery.

5565 Grossmont Center Drive – (619) 463-4486 – www.vchoms.com

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White Light Pilates to Expand and Remodel!

White Light Studio is a fully equipped Pilates studio, located in the beautiful La Jolla beach community of Bird Rock.

The "New Light"

Since its establishment in 2004, White Light Studio has been helping its clients transform their lives by obtaining their fitness and health goals. The studio itself is currently going through its own transformation under the new ownership of May Garrett. The studio will continue to be staffed by the same energetic group of dedicated teachers in a totally remodeled space, which will provide a relaxing oasis. The studio will be renamed to "White Light Pilates" and will be updated with the latest Pilates equipment. The new website www.whitelightpilates.com will feature a modern design and be anchored by cutting edge e-commerce capabilities allowing the staff, customers and public to view and pay for classes online or by mobile device.

White Light Pilates will also be expanding its services to include regular scheduled group reformer classes in late March. White Light Pilates will also be expanding its services to include regular scheduled group reformer classes in late March. If you have never taken a Pilates group class, come learn the proper techniques first by taking advantage of our new client special!

**SPECIAL: Buy 3 introductory Private Pilates sessions for $150 (that’s $50 per session!)**

*Offer is good until February 28, 2013. Promotion is good with selected instructors and for new clients only.

Please follow us at our new Facebook page www.facebook.com/whitelightpilates for more announcements and updates about the studio!

White Light Pilates looks forward to continuing to serve our great long time customers and earning the loyalty of new patrons!

5689 La Jolla Blvd. • 858-459-9992
www.whitelightpilates.com

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PERSONALIZED FITNESS

For some, reaching for a healthier lifestyle can be challenging. La Jolla Wellness Studio offers a personally tailored system that allows clients to get the most out of their workouts. In just 15 minutes, clients reap the benefits of a personalized program that includes vibration technology and specialized machinery, and nutrition experts help create a customized nutrition plan. For anyone who is too busy to make it to the gym or who needs a personalized system to help them stick to it, this system is worth a try.

7660 Fay Ave. Suite F — (858) 444-0340
www.lajollawellnessstudio.com

GENTLE YOGA FOR SENIORS

Nonprofit Silver Age Yoga offers free hatha yoga classes for seniors. Physical activity improves health and the body’s ability to fight disease, and Silver Age Yoga offers a safe and comfortable option for seniors who face physical limitations. This gentle yoga can help increase lung capacity, reduce stress, improve flexibility, strengthen muscles and increase bone density, providing a viable option for seniors seeking a healthier lifestyle. Classes take place at various locations in La Jolla.

(858) 693-3110
www.silverageyoga.org

EXERCISE FOR EVERYONE

The La Jolla Community Center offers a variety of fitness classes including chair yoga, jazercise, Tai Chi and Zumba — even a class designed to help participants laugh their way to better health, which combines laughter and deep yoga breathing to invigorate the lungs and nervous system. With affordable classes everyday of the week, it’s easy to find something new for people of all ages and levels of fitness. The center also offers healthy cooking classes that add an all-important nutritional aspect to exercise programs and healthy lifestyles.

6811 La Jolla Blvd. — (858) 459-0831
www.ljcommunitycenter.org

Get Kids Moving

According to the Centers for Disease Control and Prevention, childhood obesity affects 17 percent of all children and adolescents in the U.S. — that’s triple the obesity rate from just one generation ago. For fun exercise activities to get kids moving, try one of these kid-friendly options.

DISCOVER A NEW SPIN ON PILATES

Pilates Plus is focused on upping the intensity of a workout rather than increasing time spent in the gym. The studio offers classes consisting of high-intensity Pilates, spinning and a combination of both. The 50-minute Ride and Glide classes combine the full-body strength training of Pilates with calorie-burning cardio to push your body to new limits. People of all fitness levels can experience the benefits of this intense workout.

7712 Fay Ave. — (858) 456-1516 — www.pilatespluslajolla.com

FITNESS THROUGH MARTIAL ARTS

Martial arts and self-defense classes combine exercise and character development to children a well-rounded workout. La Jolla Karate offers programs for toddlers to teenagers that teach proper martial arts techniques in a safe, fun and engaging environment. Children can punch, kick and block their way into shape while building confidence and learning respect.

7838 Herschel Ave. — (858) 255-8384
www.lajollakarate.com

SMART SHOPPING

Sticking to a healthy diet and making the right choices at the grocery store can be challenging. Stores like Whole Foods Market, Bristol Farms and Jonathan’s Market, however, offer wide varieties of high-quality, healthy products that can put the search for a healthier lifestyle on the right track. Each store stocks its shelves with top-grade meats, organic and local produce and gourmet options for the aspiring chef.

JONATHAN’S: 7611 Fay Ave. (858) 459-2677 — www.harvestbranchmarkets.com
WHOLE FOODS: 8825 Villa La Jolla Drive (858) 642-6700 — wholefoodsmarket.com
BRISTOL FARMS: 8510 Genesee Ave. (858) 558-4180 — www.bristolfarms.com

DANCE TO A HEALTHY LIFESTYLE

Dance classes at Ooh La La offer children the opportunity to learn different styles of dance while getting exercise. Ooh La La teaches everything from ballet to Zumba, and holds group and private classes for dancers of any age and experience. Classes are designed to keep students improving and growing. In addition to dance and fitness classes, Ooh La La also has a number of performance dance teams that can provide your child with even more room to grow.

7467 Cuvier St. — (858) 456-4500
www.oohlaladancecompany.com

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Bird Rock Home Tour gives viewers a glimpse indoors

Passing the torch, initial organizer Michelle Fulks ends her six-run at the helm of the popular home tour

The sixth annual Bird Rock Home Tour showcased six stunning homes — all kept secret and revealed on the day of the event — on Jan. 26, much to the delight of the scores of guests who turned out for the highly anticipated community event.

Though the weather scared away some of the would-be tour-takers, the event was still an overall success, said organizer Michelle Fulks.

“The tour was well received and everyone had great and positive feedback,” she said.

This year, organizers decided to bring back six of the most popular homes from tours past, making for a “best of” event that managed to draw crowds even in the less-than-perfect weather. Guests enjoyed wandering through living rooms, kitchens, bedrooms and gardens.

Though Fulks said organizers expected to see about 75 more people, the tour was still a success — especially given its mission. The proceeds of the tour are donated to Bird Rock Elementary School each year, and though the numbers weren’t totalled at press time, Fulks said organizers were hopeful the event pulled in more than $8,000 to help support the school.

Fulks, who has been at the helm of the event for its entire six years, is stepping down next year, as is co-chairwoman Celeste Trudeau, who has been involved for three years. Replacements haven’t yet been chosen, Fulks said, and the Bird Rock Community Council is searching for the tour’s new leaders.

— Kendra Hartmann

See more photos on Page B6

A TOUCH OF TIMES PAST
A home on Bellevue Avenue was one of the stops on the sixth annual Bird Rock Home Tour. It was one of the original 10 homes built in Bird Rock, circa 1923. The home now features lots of restored, salvaged and recycled materials, and the owners have found creative ways to incorporate antiques and beautiful old-fashioned items into its decor. Right, a light and airy bedroom. Left, a 21st-century bathroom with an antique flavor.

Photos by Don Balch

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www.lajollacahomes.com
Peter: 858-354-8455
Judy: 858-414-5448
DRE #00389337, #00848593
This multi-family project includes the retention of two historic cottages original to the site and the infill of twelve additional units. The goal is to provide for an enclave of homes, both single family and duplex, that pay homage to the style and character of the early beach cottages of La Jolla. The new homes and refurbished cottages each include their own private garage and private elevator. This is a green development and each home is powered by solar energy.

Steve Cairncross  
SteveCairnx@gmail.com  |  DRE# 00859218

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New Listing in La Jolla's Barber Tract

Featured on the 2012 Secret Garden Tour, you will fall in love with this beautiful home and its English inspired gardens. Perfect for indoor/outdoor living, the spacious home opens to numerous outdoor living areas and its coastal chic interiors offer casual elegance with barefoot practicality - perfectly designed for living near the beach! Features include: 5 bedrooms, 5 1/2 baths, ocean view master retreat, home office, stylish kitchen, temperature controlled wine room and 2 family rooms. Conveniently located just 2 blocks to a beautiful sandy beach and only minutes to the Village, shopping and restaurants La Jolla is famous for.

Offered at:
$3,995,000
www.7254olivetasLaJolla.com

Contact: Linda Marrone/Coldwell Banker for more information 858/456-3224
Property is co-listed with Susana Corrigan/Prudential

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BlueVault chain launches in San Diego as “Fit Knox for the public”

Late last year, BlueVault launched its first location 11 minutes from UTC. Now it’s going public with its message of safety.

“Make sure your valuables and important items are fully secure, with risks minimized. The best and safest solution is getting these items out of your home,” said security manager David Johnson.

BlueVault is an ultra-secure facility, with 24/7/365 security by Ditegold—guardian of global institutions. Clients store their property at BlueVault for maximum protection against theft, damage, seizure, fire, privacy invasion and robberies. All storage units are within a bank-grade vault, with sizes from small safe deposit boxes for jewelry to units up to six foot high. You get the only keys to your unit. No intrusive ID requirements or social security numbers are required.

“BlueVault is for anything valuable. It’s like a Fort Knox for the public,” says Johnson.

Cold and silver bars and coins are also sold on site at low mark-ups. BBB Accredited, employees bonded, Friars at Franze, off state Route 163. www.BlueVaultSec-ure.com

Peter & Judy Corrente: Pacific Sotheby’s

The Correntes with more than 30 years experience in every aspect of the real estate business, have formed an extraordinary seven-person team with the incredible real estate firm of Pacific Sotheby’s International Realty which has broad marketing capabilities in 46 countries worldwide serving any client’s real estate needs.

Their team includes Katherine Wilson, realtor and office manager; Karen & Art Ekroos, realtors with broad experience for 15 years; Peggy Khayamian, speaks many languages and is an expert in troubled properties; and Justin Salbuto, a professional engineer, and broker for 10 years.

Working outside the envelope has kept the Correntes in the top 1 percent sales throughout their career. Peter, having left a management position in engineering, formed a commercial and residential real estate company in 1976 and was joined by his wife-to-be in 1982.

We are very connected with the city of San Diego and the community of La Jolla through activities with Promises 2 Kids, the USO, paralyzed Veterans, police and fire charities, the La Jolla Town Council as well as other activities.

They are passionate about people, captivated by architecture and love the real estate business. Their motto is “Your Success is Our Business” and we meant it!

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Locally owned and operated, La Jolla Termite prides themselves on being prompt, courteous, & professional. You can count on them to help protect you and your most valuable assets ... your home and family from pests!

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They also provide conventional, as well as organic and green general pest and termite control services. We can and do protect your home from rats and mice as well.

Mention their ad to receive a 10 percent discount on the highest item quoted for termite services or 50 percent off initial pest control service with a one-year service agreement! Call them today at (858) 454-4315.

CHANGE » CONT. FROM COVER

words, individuals improved their performance due to the attention they received from the researchers, making them feel important, and not from changes to the experimental variables. Even when workers were falsely told that the lights would be brighter (they were unchanged) they improved their performance.

How can you use this effect to reach your self-improvement goals? I suggest having a witness when trying out new behaviors — whether an exercise partner who knows your new fitness goals or someone to eat with who knows you are avoiding sweets. In other words, we need the Hawthorne Effect to stay true to our New Year’s resolutions; we need to be observed doing it right. This is why the weekly weigh-ins at places like Weight Watchers work — there is an observer who monitors, and there are other participants who witness and share. Improving alone is hard; a friend can help you with your goals.

Change, according to the dictionary, means to transform, to modify, to become different. Change also means flexibility, to reverse a previously held opinion or an earlier decision. The way we react to change is also a personality factor; political stances reflect our propensity to tradition and routine or to innovation and risk. Change, whether by intent or by accident is an inevitable part of our lives. We should be ready to accept change and be aware of our habitual reactions to it. We have control over whether we will fight it or welcome it and with the new year upon us, it is our opportunity to do something differently, to do something better than it was.

So, whether it be a new face lift for our community newspaper or changes in your own business or life, commit to the new you, that healthier, more fit you — the one who has given up on bad habits and who finally will learn Spanish or the piano or enroll in that class or walk on the beach or volunteer for a worthy cause or clean out that closet or... Write your own plan and share it with someone.
What we need to get on the right track is simple – jobs

I’m rolling over in my grave … and I’m not dead yet! Jobs! The prospect for our country to grow back to the world’s most respected and productive economy wanes as more and more manufacturing and support activities go overseas. Few products are still made here. Is there a bright light to be drawn to?

Yes! The housing market is trending up. Sales prices are moving in the right direction. According to Data Quick, median home prices for California are up 21.5 percent from December 2011 to December 2012. Foreclosures have declined. Interest rates are historically low, demand from investors has increased and available inventory has dramatically diminished. That’s all great news, as the reduced inventory/demand ratio will continue to push sales prices up. Homes in good condition, priced right, are selling very fast. If you want to trade up, contact a Realtor and list now.

Jobs! I’m not dead yet, but prospects for manufacturing and support jobs virtually are. Take Hewlett Packard, for example. Most of use their printers and have become increasingly disgruntled with decreasing reliability and lower toner yields.

Hewlett Packard was voted one of the top companies to work for 20 years or so ago. It had quality circles and high employee and customer satisfaction. Now, even if you call corporate in Palo Alto, you get passed on to a modulated voice in India, Puerto Rico, or if you’re lucky, Canada.

Plan to wait on hold a half hour for each division you pass through on a path to someone who handles your product. Any decisions to correct problems must pass through one or two levels of management and further hold time. Since December 2012, I have gone through two ink-jet printers and two large, laser printers requiring four feeder replacements just to get a machine that functions most of the time. I still cannot send or receive faxes on this four-in-one machine, which cost about $500 and toner supply $600. HP sent a machine also needed a new motherboard. The next day, he came back with a new machine whose feeder didn’t work, so we went for a fourth feeder.

Now, most of the machine works, except the fax. It appears HP now has little quality control and many dissatisfied customers. Moving all but upper management outside of the U.S. has been coincidental to a decrease in quality and reliability of equipment and service. I venture to say there is a major deleterious impact on the U.S. economy due to the increasing practice of moving manufacturing to counties where less skilled labor and no provision for health care or pensions impact costs.

Jobs! Let’s bring them back to the U.S. and increase our tax base and improve our economy. The way to feed our citizens is to give them a job, which improves quality of life, personal satisfaction, educational growth and breaks the cycle of lawlessness. Working homeowners should be buying homes that have begun to again increase in value. Our economy could so easily thrive, live as it used to as the premier socio/economic system in the world. We’re not dead yet!

Nancy K. Gardner
CMC Finance
(858) 456-3000 7575 Eads, Ste.102
La Jolla, 92037

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Nancy Gardner

Guest View

Harcourts very own Tiffany Torgan Philips, sponsored an evening of fun, food and drinks to benefit all our furry friends at the Helen Woodward Animal Shelter. A non profit organization dedicated to a NO-KILL facility and relies heavily only on contributions from private donors.

Tiffany Torgan Philips
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Partners in making a difference in the lives of so many!

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**SCORES OF LA JOLLA RESIDENTS TURNED OUT ON JAN. 27 FOR A CANDLEDIGHT VIGIL**

to mourn the loss of Windemere Cottage, the 1894 home on Virginia Way that was suddenly demolished on Dec. 23, 2011.

Organized by the La Jolla Historical Society Preservation Committee, the event was designed to bring awareness to the loss of historic structures, and hopefully help prevent that loss in the future.

Windemere Cottage was demolished suddenly by the property owners after the Historical Society had made efforts to have the home relocated to Prospect Street. Members of the society contend the city failed to follow proper procedure when it granted a demolition permit without obtaining a coastal development permit.

— Kendra Hartmann

**MOURNING THE LOSS** Above, neighbors still upset over the sudden demolition of the historic Windemere Cottage on Dec. 23, 2011 gather at the now-vacant site of the home at 1328 Virginia Way for a memorial show of unity to fight future losses of local historic structures.

**ARCHITECTURAL GEM**

This beautiful light bright home with canyon views to the ocean was designed by famous architect Rod Youngson. There are 4 BD, 4.5 BA and a fabulous kitchen family room plus a 4 car garage. The spacious master suite has an oversized bath and his & hers closets. This is a must see rare find.

$2,395,000

**LA JOLLA SHORES**

This fabulous 8,000 sq. ft. extensively remodeled home features incredible ocean views from every room. There are 6 bedrooms and a huge entertainment area. The substantial master suite and fabulous oversized view deck are on the main level. Located one block from La Jolla Shores beach in a gated community with pool and tennis.

$5,995,000

Reduced $1,000,000

**A VIEW FROM THE PAST** Above, residents stare at a view of the now-vacant lot where Windemere Cottage once stood before it was demolished in 2011. Right, the cottage circa 1910 (courtesy of the La Jolla Historical Society). Below, Alexandra McDonald, 8, places a lit candle in front of what was the entrance to the home built in 1894.
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Beautiful and highly sought after end unit with southwest exposure, 3bd + Den, 2.5 bath, 2131 esf, and large wrap around courtyard.

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**Wonderful family home in quiet neighborhood close to all!** Exceptional corner lot has ample space for entire family and pets! 2.5 baths throughout. Attached studio/granny flat.

Spacious open floor plan. New updates, upgrades kitchen/with plenty of cabinetry. Two master suites & 2 bedrooms, fireplace and extra large garage. . **$654,000**

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THE NAME(S) OF BUSINESS: INK BIDDERS, INKBIDDERS, INKBIDERS, INKBIDDERS 
THE FICTITIOUS BUSINESS NAME STATEMENT WAS FILED WITH ERNEST J. DRONENBURG, JR., RECORDER / COUNTY CLERK OF SAN DIEGO COUNTY ON: JANUARY 17, 2013.


APPLICATION TO JUDGE FOR ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-001054


APPLICATION TO JUDGE FOR ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-001186


THE STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME WAS ABANDONED ON: JANUARY 8, 2013.

APPLICATION TO JUDGE FOR ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-001383


APPLICATION TO JUDGE FOR ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-001401


APPLICATION TO JUDGE FOR ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-001620


APPLICATION TO JUDGE FOR ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-002119


APPLICATION TO JUDGE FOR ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-002500


APPLICATION TO JUDGE FOR ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-002663


APPLICATION TO JUDGE FOR ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-003042


APPLICATION TO JUDGE FOR ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-003723


APPLICATION TO JUDGE FOR ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-004287


APPLICATION TO JUDGE FOR ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-004326


APPLICATION TO JUDGE FOR ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-004351


APPLICATION TO JUDGE FOR ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-004507


APPLICATION TO JUDGE FOR ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-004570


APPLICATION TO JUDGE FOR ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-004755


APPLICATION TO JUDGE FOR ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2013-004952


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Seller will entertain offers between $2,200,000 & $2,600,000
www.6012VistadelaMesa.com

Just Listed! • 6012 Vista de la Mesa

Gorgeous remodeled one level home w/East Coast Charm in the best section of La Jolla’s highly sought after “Lower Hermosa” neighborhood. This 4 BR "U" shaped gem boasts hardwood floors with a welcoming gracious & romantic front brick patio & entry. The southern orientation of the wonderful open floor plan & central courtyard accentuate the tranquil & relaxing pool area. This lovely well maintained & immaculate home is Incredibly private yet only 2 blocks to the ocean!

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Just Reduced! • Open This Sunday 12-3
Beautiful Bird Rock Family Home

Seller will entertain offers between $1,200,000 - $1,400,000
www.5550LaJollaHermosa.com

Just Listed! • Open This Sunday 12-3
Spectacular one-level • Ocean Views

Open this Sunday 12-3 • 5550 La Jolla Hermosa

This Gracious Bird Rock Family Home with Versatile Floor Plan offers a warm welcome with classic ambience! The expansive lot enjoys mature landscaping with multiple decks for outdoor living in both the front & back yards. This home boasts wood flooring, Jacuzzi, 5 bedrooms, and 3 baths. The Master Suite boast’s a large landing/office area and private deck with a peek ocean view. Absolutely Fabulous!

Seller will entertain offers between $1,200,000 - $1,400,000
www.5550LaJollaHermosa.com

Open this Sunday 12-3 • 5584 Soledad Road • La Jolla

Enjoy sunsets & gorgeous south-shore ocean views from this resort-like home. Beautifully remodeled with an open floor-plan and hardwood floors throughout. Views from almost every room. Even a separate detached guest suite with a fireplace! This wonderful 4BR/3BA property is situated on an over-sized 12,000 sf lot. With it’s pool, BBQ island & fire-pit this is a home perfect for entertaining!

Seller will entertain offers between $1,500,000 & $1,700,000
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