With a standing-room-only crowd composed largely of vacation-rental advocates, the La Jolla Community Planning Association voted 7-3-1 to establish a permit fee to exclusively fund enforcement of existing regulations regarding short-term vacation rentals.

That successful motion, after substantial public testimony and trustee debate, was made at the advisory meeting in an attempt to mitigate the impact of increased permits on the city’s budget.

Peters wins 52nd district amid vote shift, tough talk

By DAVE SCHWAB

Editor’s note: This story was written prior to the Nov. 11 news on the arrest of former DeMaio aide Todd Bosnich on suspicion of elder abuse. Bosnich had previously accused DeMaio of making sexual advances toward him. See the story on Page 4.

In a somewhat surprising turnabout, with nearly all of the provisional and mail-in ballots now counted after election night, incumbent Scott Peters was ahead to stay by more than 5,400 votes in the hotly contested 52nd Congressional District race.

Carl DeMaio, Democrat Peters’ Republican challenger, conceded defeat in the razor-thin vote on Nov. 9, formally ending one of the country’s most sought-after congressional races.

Crowd-pleaser
Fee to fund enforcement of problem-rental regs OK’d

By DAVE SCHWAB

With a standing-room-only crowd composed largely of vacation-rental advocates, the La Jolla Community Planning Association voted 7-3-1 to establish a permit fee to exclusively fund enforcement of existing regulations regarding short-term vacation rentals.

That successful motion, after substantial public testimony and trustee debate, was made at the advisory meeting in an attempt to mitigate the impact of increased permits on the city’s budget.

New La Jolla fire captain followed her own advice

By DAVE SCHWAB

Maria Cabrera, La Jolla Fire Station 13’s new division captain, started from the ground up — literally.

“I was a civilian working for the city as a weed-abatement inspector right after the (1985) Normal Heights fire,” said Cabrera, recently speaking in the converted single-family residence across from La Jolla High School that District 13 firefighters call home.

Inspecting properties for fire breaks, Cabrera worked with firefighters who impressed her. “They had great stories and experiences, and I was keen to be around them and learn from them,” said Cabrera.

The program can be seen locally tonight, Nov. 14, at 10 p.m. AT&T subscribers can access it on Ch. 99; Cox subscribers on Ch. 135; UHF households on Ch. 35; and Time Warner Cable digital subscribers in San Diego and Del Mar on Ch. 135. The analog edition will be available to Del Mar residents on Ch. 19.

The power to heal
Learn more about the various stages of the grieving process and how men and women grieve and heal differently. Natasha Josefowitz, PhD, author, past professor of management and San Diego Community Newspaper Group columnist, is featured in a televised 45-minute talk before the UCSD School of Medicine’s Stein Institute for Research on Aging, focusing on her current research on the seven emotional states of loss and healing. She refers to her award-winning book “Living Without the One You Cannot Live Without” to illustrate the changes that must take place for people to heal. An installment from her book appears on Page 16.

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France import
The French, it’s said, know how to live and, especially, to eat. In fact, they teach their kids the gastronomic arts early on — every October, schools around the country celebrate something called Taste Week to that end. The Americans (at least those at San Diego French American School) think that’s a pretty good idea, so they followed the French lead with their own version last month. Throughout the week, students participated in a variety of cooking classes organized by their teachers and parent volunteers to help them become more aware of what they are consuming. San Diego French-American School, located in La Jolla, is a pre-elementary, elementary and middle school serving students aged 2 to 13.

Capt. Maria Cabrera (middle) tends to an elderly woman’s ankle injury after a recent mishap.

PHOTOS BY DAVE SCHWAB
Larry Himmel, longtime journalist for KMFB-TV/Ch. 8 in San Diego and a former stand-up comic at La Jolla's Comedy Store, has died of cancer, the television station announced during its 11 p.m. newscast Nov. 5. Himmel was 68.

Himmel had been "quietly facing this disease for the last few years" and wanted to keep working as long as he could, anchor Carlo Cecchetto said before the station's tribute to Himmel.

"A man with a great heart and a tiny ego ... a rare combination in TV news," KFMB sports director/anchor Kyle Kraska said on Twitter.

"Larry made everyone feel special. Everyone," Cecchetto wrote, calling him "a gift to us all."

Himmel, a Chicago native, reportedly began his broadcasting career in 1969 as a night disc jockey at a radio station in Pekin, Ill.

In 1977, he worked as a stand-up comic at The Comedy Store in La Jolla, where he was later noticed by a KFMB news producer. He was hired by the station in 1979.

In 1984, KFMB launched a weeknight show with Himmel called "San Diego at Large," which included stories on the odd and fascinating corners of the county.

Himmel's "sense of humor, sharp wit and gifted storytelling ability" earned him many loyal viewers, and he was never too busy to stop and take pictures with them, the station said.

In 2008, Himmel won an Emmy Award for a live report outside his house in October 2007 as it went up in flames on a Rancho Bernardo ridge during the Witch Creek fire. Strangers stopped him long afterward to say how his strength had helped them, the station said.

In a video clip shown during the station's tribute, Himmel said his daily purpose was to "make people feel better about this place they call home."

He is survived by his wife Joan and son Miles.
A True Original

original: (əˈrɪdʒənl/)
1. Preceding all others in time. 2. New and unusual. 3. Inventive. 4. A first form from which varieties arise or imitations are made. 5. An authentic work of art as opposed to an imitation or reproduction.

Meet the Agent Who Treats Your Transaction Like a Work of Art.

Some people were born to make the world a more beautiful place. No matter the situation, they can’t help but add a splash of color wherever they go. They leave things a little brighter simply because they were there.

Those who’ve worked with Gregg Whitney will tell you that he’s one of those people. As a real estate professional for more than two decades, he’s had the opportunity to make the process of buying and selling a home a little brighter for many La Jolla residents.

You see, Gregg understands that making important decisions about your most important investment—your home—can be a stressful situation for anyone. But he also knows that working with a professional who truly understands your needs and goals, someone you can trust to make those needs a top priority, will make the entire process simpler, smoother and much more enjoyable—and successful. And that’s the type of professional Gregg has always strived to be.

He believes that when it comes to serving his clients, there’s nothing more important than providing the information and service they need. To him, each transaction is a work of art deserving his best efforts and full attention. No detail overlooked, no “going through the motions,” but a creative and individual approach every time.

When you’re thinking of buying or selling, call the agent who can turn your next transaction into a real estate masterpiece. Accept no imitation—Call Gregg Whitney today. You’ll be glad you did.

Meet the Agent Who Treats Your Transaction Like a Work of Art.
DeMaio accuser arrested amid alleged assault on mother

Todd Bosnich, the former campaign aide to Carl DeMaio who accused him of sexual harassment, was arrested Nov. 11 on accusations that he assaulted his mother last week, a police spokesman said.

Bosnich got into an argument with his mother on Nov. 8 at a residence on Caminito Vista Estrella, San Diego police Lt. Kevin Mayer said. Bosnich is accused of pushing her, disabling her phone call and spitting a drinking glass at her, Mayer said.

Police were called to the residence about 7 p.m. and took a report, Mayer said. He said he could not say who called police.

Mayor Faulconer was located by police on Tuesday at the same residence, which is near Del Mar, and taken into custody about 9:15 a.m.

Bosnich, 29, was booked into jail on counts of battery, disabling a telephone line and assault with a deadly weapon, Mayer said. It was not disclosed whether the mother was injured. The case will be turned over to the District Attorney’s Office for review, Mayer said.

Bosnich’s sexual harassment allegations were one of the heated campaign battles between DeMaio and Democratic incumbent Scott Peters, who ended up holding on to his 52nd Congressional District seat in votes counted in the days following the Nov. 4 election. DeMaio conceded on Nov. 9, and the most recent tally from the vote showed Peters winning by 5,924 votes.

The San Diego Congressional District includes La Jolla. Bosnich alleged in early Octo-ber that DeMaio had exposed him-self and sexually harassed him over a period of weeks and said he was fired from his job as a campaign aide when he confronted DeMaio then offered $50,000 and a job in the Republican party to keep quiet, an offer he said he refused.

DeMaio angrily denied Bosnich’s claims and countered that Bosnich was trying to deflect attention from his alleged role in a May break-in at DeMaio’s campaign office. The allegations overshadowed the candi-dates’ policy differences in the last weeks of the campaign and resulted in investigations by the District Attorney Bonnie Dumanis announced 12 days after the allegations that her office would not be filing any charges against either man, citing insufficient evi-dence in the harassment allega-tions and in the break-in.

In recent days, revelations revealed in search warrant affi-davits have raised questions about the campaign and its candidates turned over campaign documents provided by Bosnich to police in a timely fashion.

This may not be the first time Bosnich and his mother have had an encounter.

According to a timeline of events concerning Bosnich submitted by the DeMaio campaign to San Diego police during the investigation into the break-in at the campaign headquarters and the sex-harassment allegations, a woman who said she was his mother called DeMaio communica-tions director Dave McCulloch three times on April 1. She said her son had thrown dinnerware at her and that she was afraid for her safety and was changing the locks on her home.

In a second call, according to the time log, she asked McCulloch to tell Bosnich not to come home.

The document said that after internal discussions the campaign decided to “let the family handle this matter.” It said Bosnich was not told of the calls.

Faulconer called her “a trusted leader” with experience in all areas of library management. She is also the president-elect of the Califor-nia Library Association.

The San Diego Public Library maintains the Central Library on Park Boulevard and 35 branches across the city.

UCSD Health System tops in patient safety

The Leapfrog Group, an inde-pendent hospital industry watch-dog, has awarded A ratings to the UC San Diego Medical Center in Hillcrest and the Thornton Hospital and Sulpicio Cardiovascular Center in La Jolla based on the facilities’ capacities to prevent errors, infections and injuries.

“Are we honored and gratified that UC San Diego Health System has again received Leapfrog’s highest grade for patient safety,” said Paul Viviano, UCSD Health Chief Medical Officer. “These national safety scores reflect the deep and con-tinuous commitment of UC San Diego Health System employees to provide specialized lifesaving care in a safe and patient-centered environment.”

Both hospitals were also given A grades in the April ratings this year. The findings are published in the Journal of Patient Safety. Of the roughly 5,700 hospitals in the U.S., 790 earned an A score; of these, 108 hospitals are in Californ-ia.

The Washington, D.C.-based Leapfrog Group, founded in 2000, uses the leverage of large pur-chasers of health care to initiate breakthrough improvements in the safety, quality and affordability of health care for Americans.

UCSD chief favors

Library system’s interim chief now permanent

The interim director of the city of San Diego’s library system has taken the job on a permanent basis, according to Mayor Kevin Faulconer.

Misty Jones has been interim director since July 1 following the retirement of Deborah Barrow. Previously, she was the depart-ment’s deputy director in charge of the Central Library. She was involved in planning the city’s new library construction and realigned her division to operate more effec-tively in the larger building, according to the mayor.

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Del Mar man given 37 years in La Jolla, La Mesa rapes

A Del Mar man was sentenced on Nov. 7 to 37 years to life in prison for raping two women he met on Internet dating websites, including one who was drugged in a La Jolla restaurant in 2009.

Consecutive terms were handed down to Sean Patrick Banks, 39, by El Cajon Superior Court Judge Daniel Goldstein, who imposed 25 years to life for the 2009 incident. A woman testified that Banks apparently put a chemical in her drink at Jack’s La Jolla restaurant.

Goldstein imposed 12 years consecutively for Banks’ rape of a 22-year-old La Mesa woman, who met Banks on the Christian Mingle Internet dating service in 2012. The 26-year-old woman in the 2009 incident did not come forward until after Banks’ 2013 arrest in the Christian Mingle case.

Goldstein ordered Banks to pay more than $5,400 to the La Jolla victim, who lost wages due to medical leave from her job. This victim said she awoke to find herself being raped in her living room and described Banks as “a predator.”

Deputy District Attorney David Williams III said Banks will have to serve 85 percent of his sentence. He was given credit for 652 days in jail and will not be eligible for parole until 2043.

“I’m willing to drop my appeal if (victim’s name) passes a polygraph test,” said Banks in court. “Asking the victim to take a lie detector test,” Williams responded, “shows a lack of remorse. That’s the essence of rape. It’s domination. It’s control. It’s you’re better than anybody else and you’re better than these women.”

“No, that’s not true,” replied Banks.

Los Angeles attorney Gloria Allred said she was representing the La Mesa victim and declined comment as to whether she would sue ChristianMingle.com. Allred said Banks’ offer to forgo an appeal in exchange for the victim passing a polygraph was “an ultimate insult of disrespect.”

Following the 2012 rape, ChristianMingle.com acknowledged it does not perform any background checks on people it matches.

Banks had signed on to the dating service under an alias, “He’s not a rapist, There was no violence used in this case,” said his attorney, Brian White. “There was no physical evidence...When he was asked to stop, he stopped.”

Banks told police the sexual activity was consensual.

Goldstein also ordered Banks to register as a sex offender after he is paroled and fined him nearly $11,000. He was convicted June 23 of forcible rape, two counts of digital penetration, rape of an unconscious person and burglary. He did not testify at his trial.

— Neil Putnam

Restitution ordered in La Jolla Beth El fraud

The former executive director of La Jolla’s Congregation Beth El synagogue has been ordered to pay restitution of $470,500 by the federal judge who sentenced him to prison for 18 months for his role in defrauding the synagogue.

The restitution hearing, set for Oct. 31, was canceled because attorneys for Eric Levine and the U.S. Attorney reached a stipulated agreement of repayment.

Levine, 37, will surrender to a federal prison on or by Nov. 14 following his April guilty plea to one count of wire fraud. He has been free on $25,000 bond. He has surrendered his passport and works in a restaurant.

U.S. District Court Judge Dana Sabraw signed the order that specifies that Levine must pay $208,200 to the synagogue and $100,000 to Philadelphia Insurance Companies, which insured the temple.

Levine was also ordered to pay $162,200 to Chase Bank, which was also considered a victim, as Levine used temple funds to pay his personal credit card accounts. Sabraw wrote that Levine must first pay Congregation Beth El first. Levine must report his income even while in prison, and he will have to pay 50 percent of his income, or $25, per quarter, whichever is greater. After he is paroled, he must make payments of at least $100 per month, according to court documents.

The former insurance manager is expected to make another payment soon to Congregation Beth El. The restitution to the temple will be reduced, and the same amount will be transferred to the insurance firm.

Levine was sentenced in 2014 to 18 months in federal prison for stealing $162,200 from a ChristianMingle.com account.

Merchants look ahead as mainstay events grow

La Jolla Village Merchants Association heard from promoters that its mainstay special events all did well this year while looking ahead to holiday festivities and strategic planning for 2015.

The merchants board swore in new directors at its Nov. 12 meeting, re-electing C.A. Maren- go president.

The Business Improvement District, which represents a 30-block area in La Jolla’s downtown Village, received reports from promoters of the Concours d’Elegance classic car show in spring and of the La Jolla Art & Wine Festival and Festival of the Vil- lage in October. Reps from all three special events said they all fared better this year in terms of attendance, revenues and name recognition.

The merchant’s group also got a pitch from KFMB-TV, which is celebrating its 65th anniversary in San Diego, offering the broad- cast station’s promotional services in putting the La Jolla dis- trict’s name out to a broader audience.

“This was our best year,” said Lauren McFarlane of McFarlane Promotions, which handles marketing for the April Concours classic car show at the Cove. “We got a corporate sponsor out of New York, not just local sponsors. It’s become a very recognizable event for the region. We’re trying to market outside (San Diego) to get more people to come in.”

McFarlane asked for, and received, approval from the mer- chants association to host the event in 2015, from April 10 through 12.

Marenco pointed out the need to involve Village businesses more when special events are held downtown, especially those negatively impacted by street closures. “I’d like to see us rent a tent and have our merchants more involved in these events,” Marenco said. “I’d really like to explore bringing the events out of the (Scrip) park and into the Village on Girard and Pearl.”

McFarlane replied that one way to do that might be to promote a meal package wherein Concours visitors could purchase a ticket that included dinner at a local restaurant.

“Every year we try to add one more thing,” said Michael Dorvillier, a merchants board member who promotes the Con-
Open Letter
To the People of San Diego County

Did you know that the real estate market is so hot right now, that the best real estate agents in San Diego County Will Pay You thousands of dollars, upfront, if you hire one of them to sell your home or help you buy your new home?

We think most people don’t know this.

Find out more at:
Flu shots: No, thanks – better safe than sorry

By MARTIN JONES WESTLIN

Last November, little Marysue Grivna reportedly survived the prospect of a rare disease long enough to play a game of tag. Four days later, the 10-year-old Tampa girl fell ill with Acute Disseminated Encephalomyelitis (ADEM), a brain infection that manifests symptoms similar to multiple sclerosis. Marysue is now confined to a wheelchair and has a limited vocabulary – and after some research, her parents are persuaded that the cause lay in something the doctors will neither confirm nor deny.

Influenza season — marked by its peskiest of perennial contagions — is in full swing, and the medical profession is trotting out its vaccine against a more virulent strain. But I’ll trade its discomfort for the vaccine protection level for people my age, but I’m also 64, on the cusp of finally youthful and healthy for my lifetime, eliminating the yearly shot. (Such vaccines are part of the Scripps Research Institute’s stock in trade. And Scripps reportedly is working on a vaccine that will last a lifetime, eliminating the yearly shot.)

According to Sherri Tenpenny, things are a lot worse. Flu vaccines, the Cleveland-area osteopath says, are loopy with animal cells, detergents, formaldehyde, mercury and other problematic elements that compromise effectiveness and can lead to much greater illness; the vaccine is further contaminated by latex and rubber stoppers in the vial; flu viruses in circulation are actually a lot less prevalent than the Centers for Disease Control reports 60 to 70 percent effectiveness in recent seasons, while last year’s vaccine was only 9 percent effective in those over 65 and older.

Marysue’s illness is so noteworthy. It’s estimated that some 5 to 20 percent of Americans will get the flu this year despite the shot, and in any event, it appears that their level of protection varies wildly (the Department of Health and Human Services, alumni, faculty, staff and students and their families to provide them with the best education possible at the most affordable price, it allows students and their families to provide support services and boost graduation rates.

“In the coming weeks,” Khosla wrote for the school’s news service, “I will ask you to join in a statewide advocacy effort. While the plan addresses UC’s obligation to students and their families to provide with the best education possible at the most affordable price, it requires that state’s partnership to succeed. We hope that UC students, families, alumni, faculty, staff and all Californians join together in urging the state to partner with us to ensure that the University of California remains affordable and accessible while maintaining its status as the world’s greatest public university.

Scripps Research Institute’s stock in trade for a given year’s target virus varies widely (the Department of Justice says that compensation for one death. By MARTIN JONES WESTLIN

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Bright Idea Society seeks Science Festival applicants

Applications are currently available for teachers and club advisors for the fourth annual Bright Idea Society — and, for students, a new design contest — as the San Diego Festival of Science & Engineering starts another year of science, technology, engineering and math (STEM) educational programs for teachers and students.

The Bright Idea Society is an opportunity for STEM clubs or classrooms to submit an idea for a project from concept phase to inception. The festival’s education committee will evaluate submissions and select a winning group from each of the elementary, middle and high school levels. The winners will be awarded a $500 education stipend for materials and supplies to bring their project to fruition. In addition, they will receive the opportunity to present their final project at the 2015 EXPO Day, which takes place on Saturday, March 21 at PETCO Park.

Deadline for submission is Dec. 12. Details and program applications are posted on the festival website, lovestemsd.org.

The term STEM is typically used when addressing education policy and curriculum choices to improve competitiveness in technology development. It has implications for workforce development, national security concerns and immigration policy.

The festival also announces its newest competition, STEM Design. The competition invites students to integrate art with their love for science and engineering and allow the expression of creativity. The festival invites students from kindergarten to college to submit a STEM-related design concept for a chance to win the top graphic location on the front of the 2015 Festival Week t-shirt. The winning recipient will receive $100,000 STEM education stipends throughout Festival Week.

The just-launched Nifty Fifty program matches STEM industry professionals with San Diego County kindergarteners through 12th-grade classrooms for exciting and interactive presentations. Teachers and STEM industry professionals can sign up on the festival website, lovestemsd.org.

How to save thousands when selling your home

When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range.

Your asking price is often your home’s “first impression,” and if you want to realize the most money you can for your home, it’s imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeseller as pricing too low. A corner of the district about the importance of this election.” Peters also thanked DeMaio for his “commitment to public service and government reform. While we disagreed on many issues, I congratulated him on running a tenacious, aggressive and tough campaign.”

The re-elected congressman pledged to “continue on the path I forged in 2012, working with members of both parties to break the gridlock and get things done for my district and the nation.”

The district includes La Jolla and Carmel Valley. “My campaign moved beyond the false choices that dominate the current dialogue in Washington and answered the voters’ demand for practical, centrist solutions,” Peters said. “The voters want real leadership on issues like protecting a woman’s right to choose, addressing climate change, providing fair wages and safe working conditions and giving students the opportunity to afford a college education.”

Peters said voters also want a strong commitment to national defense and a willingness to work with the business community in a responsible job creation and economic expansion.”

“In San Diego,” he said, “that means renewed investments in basic infrastructure — our roads and bridges — and in emerging sectors and technologies like green energy, high tech and biotech and other innovative businesses that create good jobs.”

The campaign for the 52nd District race topped $10 million in spending by both candidates. Michael Vu, San Diego’s registrar of voters, said DeMaio was up by 752 votes at the end of election night, with some 188,000 provisional and mail-in ballots yet to be counted. But the registrar said that situation gradually turned as more ballots were counted.

With the update on Thursday of last week [Nov. 6] with 13,000 ballots added, the vote swung to Peters, who was ahead by 861 votes,” Vu said. “That lead has increased since then, when another 1,475 votes for DeMaio increased to 4,771 ahead.”

The no-holds-barred race drew national attention and plenty of support — especially campaign dollars — from outside political interests.

Peters first claimed the newly created 52nd Congressional District seat in 2012, unseating Republican Brian Bilbray in an election that took several days of counting to decide. Peters’ campaign against DeMaio included a “Tea Party extremist.”

DeMaio went after Peters’ attacking his eight-year record as a San Diego city councilman. DeMaio blamed him as “part of the fiscal problem” necessitating pension reform and branding him as a “business-as-usual” Washington politician.

During the race, DeMaio, who is openly gay, had to ward off allegations of sexual misconduct by two former male staffers — the second of whom went public only a few days before the Nov. 4 election. His campaign office was also vandalized earlier this year.

District Attorney Bonnie Dumanis is declined to file charges regarding the first instance of alleged sexual harassment or the vandalism. She cited insufficient evidence in each case.

During his concession speech to Peters, DeMaio described the campaign against Peters as “incredibly painful,” leaving him wary of electoral politics.
**Avenida leaves Shores merchants with something to sleep on**

By DAVE SCHWAB

Ongoing infrastructure replacement along Avenida de la Playa has torn up La Jolla Shores — literally and figuratively. La Jolla Shores Association planners found out just how much at the city advisory group’s Nov. 12 meeting.

Merchants stressing from weeks of heavy construction work, which has partially closed off Avenida de la Playa, the community’s small commercial strip, subsequently lobbied the city to find a way to speed up construction.

Unfortunately for some nearby residents, the compromise solution proposed is nighttime work from 11 p.m. to 7 a.m. Mondays through Thursdays for the next three months, which could leave them sleep deprived.

“When are we going to sleep?” asked a couple of residents, adding, “That’s the whole night. That doesn’t leave us even a segment of a regular sleep period.”

City officials responded that a majority of Shores residents recently surveyed favored the nighttime work plan as a way of accelerating the project. They said everything possible would be done to concentrate nighttime work away from residences and to minimize impacts wherever possible.

Residents complained to planners and city reps that the city’s “compromise” solution favors merchants and ignores residents’ needs and concerns. Those concerns are many, including noise, dust, lack of access, excessive vibration and traffic congestion.

A storm drain replacement project on Avenida de la Playa and Sewer and Water Group Job 809 projects in the Shores are being done simultaneously.

The storm drain project is replacing and realigning 1,300 linear feet of old existing storm drain main and upgrading the existing ocean outfall structure. The sewer and water group project is replacing 91,500 linear feet of sewer main, including replacement and installation of manholes, sewer laterals, water services, fire hydrants and curb ramps and required street resurfacing on impacted streets.

“We’re all in it together, we’re all got to give a little, compromise in both directions,” said association board member and surf shop owner Izy Thaniy. Thaniy noted some Shores small businesses are reporting their commerce is down as much as 70 percent.

“Don’t hold it against them (merchants); they’re just trying to survive,” said association chair Tim Lucas, who added there’s been misinformation about what the project entails and its impacts that he said “could have been handled better.”

“Under no circumstances, can I ever understand that it’s working every other day or what. I don’t know what the answer is,” noted Lucas.

“Jolla Recreation Center. The festival on the grounds of the La Jolla Recreation Center will kick off at 1:30 p.m. and continue at the parade kickoff at Girard and Rosecrans avenues. The day’s activities begin with the parade on Avenida de la Playa and continue at the event site.”

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Heels2Heal gala: Charity begins at home

By CHARLENE BALDRIEDGE

Following last summer’s successful run last summer of the original San Diego-centric show “The Good, the Bad and the 1-5,” La Jolla Playhouse has announced the return of the renowned Chicago- and Toronto-based The Second City. On tap this time is The Second City’s Nut-Cracking Holiday Revue, running Nov. 28 to Dec. 21 in the Mandell Weiss Forum.

For better or worse, The New York Times has called The Second City a “comedy empire,” as it’s built an enormous brand in improv-based sketch performance. Premiering in 1959 with not much more than a few props and a hat to pass, it now has 11 touring companies, a corporate communications division and film and TV operations. And it’s apparently not afraid of the political climate — Playhouse artistic director Christopher Ashely joked that the troupe roasted San Diego so relentlessly last summer “that our mayor resigned at the end of the run.” Meanwhile, the Playhouse calls the holiday show “the perfect antidote to the political climate – Playhouse has announced the return of the renowned Chicago- and Toronto-based The Second City. On tap this time is The Second City’s Nut-Cracking Holiday Revue, running Nov. 28 to Dec. 21 in the Mandell Weiss Forum.

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BASEBALL FANS
Mezzo-soprano Joyce DiDonato, for whom Jake Heggie (“Moby-Dick” and “Dead Man Walking”) is writing his new opera “Great Scott” (announced for the 2016 San Diego Opera season) sang the National Anthem Oct. 29 at the final game of the World Series. It was almost enough to make this adopted Californian root for the Royals. The news reports that DiDonato, who recovered with aplomb, took a bullpen tumble following her stellar performance. So did the Royals. “Great Scott,” with libretto by Terrence McNally, concerns a famous opera singer who returns to her hometown to perform in a new opera, which opens the same evening as the baseball team’s World Series game.

CORNER OF 6TH AND PENNSYLVANIA
The critic attended the world-premiere workshop of Glenn Paris’ “Grove” at ion’s Urban Center. Paris made brave changes between an observed early reading and the world-premiere turn, seen Oct. 30. This play in ion’s departure season no doubt underwent further changes before it closed Nov. 8. Subscribers have access to both a reading and a workshop performance. All are followed by discussion. Then, one of the four plays is chosen to go off-Broadway during the summer and returns full-blown to ion in September. Dyed-in-the-wool theatergoers may wish to avail themselves of this fascinating process and give voice to their own opinions, kindly and constructively, of course. Check it out at iontheatre.com.

Meanwhile, next door at BLKBX, New Fortune Theatre presented its inaugural production, “Henry V,” garnering critical praise, starring co-founder Richard Baird (remembered from the late, beloved Poor Players) in the title role and Matthew Henerson as Fluellen, the Welsh battlefield commander. The production continued through Nov. 9. I attended a reading of Baird’s adaptation of Oscar Wilde’s “Picture of Dorian Gray.” La Jolla Music Society’s president and artistic director Christopher Beach was there, too, because two LJMS employees — Marcus Overton and Vanessa Dinning — were among the readers. See more at newfortunetheatre.com.

For many La Jolla-based businesses, education is the priority
By MELISSA WILLIAMS NETHERTON

They say it takes a village to raise a child, and while this may be true, it also takes a village to educate one, as many local La Jolla businesses believe through their support and sponsorship of La Jolla Elementary School.

Bringing businesses to the forefront of parents’ and teachers’ minds, the owners feel, can help businesses thrive while also giving them an opportunity to give back to the community that supports them. Through various levels of sponsorship, businesses large and small can help with the purchase of educational materials and hiring of support staff such as small reading specialists.

Scott Kyle, CEO of Coastwise Capital Group, believes in giving back. The son of two teachers and as the father of a La Jolla Elementary schoolboy, he is also an author and education advocate. He knows the importance education holds and the importance of school funding, hence the sponsorship program at Coastwise, an award-winning independent money management firm that offers investment services to affluent individuals, families and institutions.

Coastwise’s involvement doesn’t stop with sponsorship of a single school. “The mission of the Coastwise Prize scholarship,” the firm’s website says, “is to promote and inspire financial education among students to help them become more competent, aware and wise when managing personal finances and investments. By creating an incentive for students to research and explore these important lifelong money management concepts. The Coastwise Prize for Investing Excellence will assist in developing today’s youth, fostering intelligent, integrity-based thought and decision making processes relating to their financial futures.”

Coastwise is located at 888 Prospect St. For more information, see coastwisegroup.com. Molly Rossettie is glad to be giving back to La Jolla Elementary. As the owner of the Hi Sweetheart gift shop, she is happy to participate in giving back after being approached by Friends of La Jolla Elementary president Colleen Royal. Subsequent contact with La Jolla Elementary families was a bonus.

Hi Sweetheart is located at 7920 Ivanhoe Ave. For more, see hi-sweets.com.

SEE SCHOOLS >> PG. 21
Sink your teeth into this pre-holiday reminder

By MARTIN JONES WESTLIN  La Jolla’s Salk Institute says that nearly 30 million children and adults in the United States suffer from diabetes and that around 86 million Americans have prediabetes and are at risk for developing type 2 diabetes, the kind most often found in adulthood. It adds that it “investigates diabetes from several angles, ranging from the genetic switches that regulate insulin levels to how circadian rhythms affect susceptibility.”

That’s fancyspeak for the good news on the research front, to wit: The Salk is all in for its significant advances in the fight against diabetes, characterized by dangerously high levels in blood sugar. Over time, this can cause problems in other areas, such as the kidneys, nerves, feet and eyes. Diabetes can also put you at higher risk for heart disease and bone and joint disorders.

The discovery of an injection that stops diabetes in its tracks; a “good” fat that fights the condition; a new class of anti-diabetes drugs: Salk’s research is promising, indeed. The Salk is all in for diabetes research from several angles, ranging from the genetic switches that regulate insulin levels to how circadian rhythms affect susceptibility.

The Lodge owner building Pacific Beach venue

A multi-million dollar project is currently in construction on the coast at The Catamaran Resort Hotel and Spa. Evans Hotels, which runs The Catamaran, The Lodge at Torrey Pines and The Bahia, is building a chef-driven venue in Pacific Beach that it hopes will resonate with the greater food community beyond the hotel’s footprint.

The yet-unnamed restaurant, due to open in January, will be led by executive chef Steven Riemer, who worked with chef-mentor Jeff Jackson to help open The Lodge at Torrey Pines’ successful standout restaurant, A.R. Valentien. Riemer’s 20-plus years of culinary experience include 11 years at The Ritz-Carlton in Laguna Niguel.

The 8,200-square-foot venue, formerly called the Atoll restaurant, is being given a modern overhaul, to include indoor and outdoor seating, with views of Mission Bay and downtown San Diego. The menu is being refined, but Riemer is planning on California comfort cuisine, hinged on seasonal ingredients.

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.

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The American Diabetes Association wants you to be around for the stupendous changes about to take place in the war on the disease. COURTESY PHOTO
If you love sushi, then you’re in for a treat at the new Ahi Sushi & Grill. With more than 260 items on their menu, they are sure to have all your favorites. As casual venues go, Ahi caters to a different level of taste, chiefly because of its attention to presentation. You get a dragon roll in the shape of a dragon, a caterpillar roll that looks like a caterpillar and an orange cut to look like a bear, a rabbit or any animal that comes to the artist’s mind. Meanwhile, that giant menu includes Chinese entries as well, and you can eat them in front of a big-screen TV. Ahi Sushi & Grill is located at 3949 Governor Drive in University City in the shopping center. For more information, call (858) 678-0288 or visit iloveahi.com. Ahi has other locations in Alpine, San Marcos and San Diego as well.

Art of presentation is king at University City’s Ahi Sushi

Welcome to the new Taste of the Himalayas Restaurant in La Jolla, which is conveniently located on Prospect. Find out for yourself why everyone is talking about this exciting new restaurant. We are pleased to introduce all of you to a new taste which is a reflection of unique and authentic cuisines from the Himalayan countries of Nepal and India. The finest of Nepalese and Indian cuisines are rich and diverse. Using the finest vegetables, meats and seafoods which are fully flavored with fancy spices and modest herbs combine to provide a delicious culinary experience. The warm hospitality of the Nepalese and Indians is legendary. In Sanskrit literature, the famous words “Aatithi Devo Bhava” or “the guest is truly your god” is a motto of Nepalese and Indian hospitality. Nepalese and Indians believe that they are honored if they share their meal times with guests. We prepare all the dishes to meet your taste preference, our menu consists of food originated from different parts of Nepal and India. We know that you will enjoy the taste from the Himalayan countries of Nepal and India with majestic atmosphere and experience the difference. Delicious, creative and healthy food is our commitment to our society.

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Are you having more difficulty opening and shutting the door or turning on faucets? Replacing doorknobs and faucets with a lever handle helps as you are using your whole hand to turn inside of possibly stiff fingers.

Are you afraid of falling in the shower or bathtub? A curbless shower or a walk-in bathtub is a major change but a simpler idea.

PRE-HOLIDAY SPECIAL → Bandleader, sound expert and UCSD alumnus Scott Paulson (whom a local paper calls “the love child of Garrison Keillor and Vincent Price”) is somewhere in that crazy cluster of instruments and stuff as he prepares for UCSD’s free annual Turkey Calling Show, set for noon Wednesday, Nov. 26, in Paulson (whom a local paper calls “the love child of Garrison Keillor and Vincent Price”) Now Being Offered At (CIT) Pre-Care & After Care

The area to be treated must be free of any active acne, cold sore, pimples or infection. (Anti-virals are required for areas around the mouth) The treated area WILL be very red for the 1st 24hrs and will graduall\n
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CIT Pre-Care & After Care

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Healing is rapid and the results will be visible in just a few short days and continue to improve over months. Continued use of skin care regimen and makeup is allowed when needed. New makeup is recommended.

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The Post-Grief Period

Conclusions

The important thing to remember is that it is normal to feel abnormal. In other words, when you feel a bit crazy, it is good to know that it is a prevalent experience and a typical part of grieving; it, too, shall pass. Life is made up of steppingstones; no matter how awful it feels at the moment, there is a step waiting for us to place one foot on, perhaps gingerly. Add the second foot, and there you are, standing solidly. Add the second foot, and the help of a professional may be needed if it continues unabated.

Mixing & mingling

Upcoming Chamber Mixer November 19

The La Jolla & Golden Triangle Chamber of Commerce held its Summer Mixer at Wonderworks Healing Arts on their beautiful second story outdoor patio. The featured activity of the event was the Ribbon Cutting and welcome to the Chamber of the owner, Amorah Kelly. All enjoyed the musical performance by Guitarist Greg Englestad and a plethora of healthy appetizers and fruit catered by Michelle WinterNolte of Mimi’s Kitchen. Amorah promotes health and wellness with a combination of gentle acupuncture, Chinese herbal medicine and energy healing to help people improve their quality of life by balancing body, mind and spirit.

The Full mixer will be held on November 19th from 5:30 to 7:30 PM. Chamber Members and guests will meet on the patio and fire-pit area of Indulge Restaurant in the Embassy Suites Hotel located at 4550 La Jolla Village Drive. Refreshments will be served. All attendees will be offered the Member’s admission price of $10 and Embassy Suites has generously arranged for a super low parking fee of only $5. This will be a great event. Don’t miss it!

Jonas Salk's life and legacy are one and the same

By NATASHA JOSEFOWITZ

No idea was too far out of bounds for iconic researcher Jonas Salk. Although it must have been 3 in the morning there, she answered the phone, and he said, “I met an interesting French woman. Here, talk to her,” and he handed me the receiver. It was a bit awkward, but we made a lunch date when she returned. Natasha Josefowitz writes the Doing It Better column for San Diego Community Newspaper Group. Jonas Salk, the iconic polio research scientist who founded The Salk Institute for Biological Studies and who died in La Jolla in 1995, would have been 100 on Oct. 28.

Something Has Changed

Something has changed I used to dread coming home in the evening to silent, empty rooms feeling so terribly alone tonight for the first time I looked forward to some quiet time in my quiet home after a busy day sitting down to read my mail checking my computer sitting down with a book sitting alone without feeling lonely something has changed

Grieving can be long or short. The emotional states I described are not immutable: Some may never be experienced; others may exist that I have not encountered. They may not be sequential and may be repeated. I often felt I took two steps forward and one step back, but grief does soften over time.

When one is in the middle of pain it is impossible to envisage a time without it yet that time comes unexpectedly surprising me by its suddenness from an agonizingly slow healing to a world of brighter colors to a lighter step to being whole again there is an old saying that when someone you love dies, the main difference is that he is no longer outside of you, he is inside I have incorporated him I am poorer for the lack of his physical presence but I have become richer by his continuing to exist in me

— Natasha Josefowitz taught the first course in the U.S. on women in management and is the author of 20 books. She lives at the White Sands in La Jolla.
There’s a use for pumpkins after Halloween

BY LINDA MARRONE

Inscribed by pumpkin planters that I saw online at flower-dutoet.com/floral (they said they got the idea from Laura Ebanks at designforserenity.com) and from arrangements I saw at Green Gardens Nursery in Pacific Beach, I decided to create my own pumpkin planter for Thanksgiving, using a variety of succulent plant cuttings. These attractive arrangements can be used on your Thanksgiving table or as an outdoor decoration to greet your guests.

Step 1 – Choose the Planter. Find the perfect pumpkin or winter squash that has a flat top and is wide in shape. Tall, narrow pumpkins do not work as well. Mini-pumpkins work well and make great gifts to send home with your guests. For these “planters,” there is no need to cut into the pumpkin. I choose a kalboula squash for my planter because I love its mottled green and orange color.

Step 2 – Materials. You only need a few materials to create these beautiful arrangements: spray and squeeze types of craft glues and sphagnum moss. Choose an array of small succulent plants in varying sizes, shapes and colors. If you have succulents in your garden, use cuttings from them. Be sure to include a few trailing varieties, such as sedum, burro’s tail or string of pearls to cascade down the sides of your pumpkin.

Step 3 – Planter Base. If your pumpkin has a longer protruding stem, cut it off, but do not expose the pumpkin’s flesh. Spray the top of the pumpkin with the spray glue and attach the moss. When the glue is dry, shape the moss with scissors to make a neat cap on the pumpkin’s top.

Step 4 – Creating the Arrangement. Set out your assortment of succulents, cut off their roots and trim them so that they lay as flat as possible. Apply a small amount of glue to the base of the stem and, working from the center out, begin with larger plants in the hanging varieties on the outside. Cluster them as close together as possible and fill in any holes with small leaves from the plants. The glue should not harm the succulents, and in time, they will begin to send their roots into the moss.

Step 5 – Care. These arrangements are easy to care for and only need to be misted with water about twice a week. Be careful not to use too much water, and let it pool on top of your pumpkin, or it will rot. Keep it out of direct sun and heat, and your arrangement should last for a couple of months. Succulents are the perfect choice for these types of arrangements, since they store water in their plump leaves and can exist without soil for quite a while. When you are finished with your arrangements, don’t throw the plants away. Trim the succulents and plant them in pots with cactus mix. Even the leaves will grow roots when planted. Once they begin to root and grow, you can plant them in your garden or use them for a pumpkin arrangement next year.

A fetching leaf arrangement tops this holiday pumpkin, with an accent candle to the left for good measure.

— Linda is a local Realtor with Coldwell Banker. Take a tour of her garden at LindaMarrone.com.
Captain Cabrera

**MARIA >> CONT. FROM PG. 1**

to share,” she said, noting she tried to talk her sister into becoming a firefighter herself.

“I didn’t succeed,” she acknowledged. “But while I was trying to talk her into it, I talked myself into it.”

Cabrera had some challenges to overcome. First, there weren’t many female firefighters at the time. And then she became pregnant with her daughter. That, however, didn’t dissuade her from pursuing a new career.

“I started the four-month [San Diego Fire-Rescue Academy] when my daughter was just 5 months old,” she said.

A boot camp for firefighters, the academy teaches prospective firefighters all the rules—and tools—of the trade, everything from emergency medical training (EMT) to how to respond to 911 calls.

“We learned all the aspects of firefighting, about the trucks, tools and ladders, as well as anything you might deal with on a 911 call: childbirth, traffic accidents, heart attacks, diabetes problems, broken limbs, extracting people trapped in vehicles, etc.,” Cabrera said.

A first-generation American whose parents had come from Mexico, where firefighting is performed largely by volunteers, Cabrera talked about the appeal of the profession.

“It was a physical job, and I’ve always considered myself... athletic,” she said, adding it’s also a good way of giving back.

“We’re here because we want to help people in their time of need during a crisis,” Cabrera said.

During the interview, a medical call came through. Cabrera and her other three crew members hopped into a fire engine and headed a couple of blocks away to a juice bar in the Village, where an elderly woman had fallen and hurt herself.

On the scene, Cabrera began taking down background medical and personal information from the woman, who was in some pain but comfortable. An ambulance came, transporting her to her hospital of choice. It was a routine call in a community that includes a large number of seniors.

“About 80 percent of our calls are medical,” said Cabrera.

Cabrera, who will retire in another year, said La Jolla was the perfect place for a last stop.

“I’d always looked at this station and said, ‘Wow, wouldn’t it be great to have the opportunity to come to La Jolla, such a beautiful area with wonderful people and the opportunity to help a lot of people?’ So I decided to switch gears and move over here.”

La Jolla, with its many canyons, presents some unique fire fighting challenges, starting with the geography and its geography was Cabrera’s first challenge.

“It’s been a real learning curve just learning the streets in the district and how to get around,” she said.

Fire Station 13 serves La Jolla and its surrounding areas over 2.48 square miles. The station was originally opened in 1913 at 7877 Herschel Ave. The building was rebuilt at the same location in 1937. It was moved to its current location, 809 Nautilus St., in March of 1976 at a cost of $75,000 and was remodeled and reopened in 2007.

With the ongoing drought in the middle of the peak of the fire season before winter rains, Cabrera warned residents “that there are hazards lurking everywhere in a home.

“Be careful on the inside: if you have candles, fireplaces or portable heaters, even leaving food heating on the stove,” said Cabrera, noting unattended food is an all-too-frequent fire starter.

Cabrera said it’s also critical for homeowners to do fire prevention.

“[It’s] important for people to have fire breaks, clear any combustibles, like wood stacked close to their houses, from their yards,” she said. “If you’ve got a drier, make sure the lint traps are cleaned. Smoking and falling asleep, either in bed or in a chair, is really dangerous. Also, don’t forget to put candles out. Pets can knock them over.”

Asked if she’d recommend firefighting as a career, Cabrera didn’t hesitate to answer.

“It’s been very gratifying, fulfilling,” she said. “I’ve had the honor and pleasure of working with wonderful people. It’s been a challenge. You’re constantly being trained and tested.”

There is a downside.

“It takes a lot of time away from your family, and you have to work weekends, holidays and birthdays lots of times,” Cabrera said. “Many times, we’re up all day and night. It can be exhausting. You can be called away for 24 hours, sometimes even longer, up to 21 days, to fight fires far away from home.”

Nonetheless, it’s great to truly be in a position to be able to help people.

“You don’t want anyone to suffer or have anything bad happen to them, but if it’s going to happen... we’re the ones that are trained to be there,” Cabrera said. “We hope that you never need to call us. But if and when they do, we’re always here.”

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**Billionaires Row proudly presents our newest Team Member:**

**Candace Hart**

A native to Chicago, Candace moved to California at a young age and has enjoyed living in Northern and Southern California most of her life. Currently, Candace lives in San Diego and couldn’t imagine moving anytime soon. Since her move to San Diego in February 2008, Candace has been involved in Real Estate.

When she started her career in 2008 the housing market had already started to collapse. Nonetheless, the market was extremely difficult. Candace still received the prestigious “Rookie of the Year Award” during her time at Keller Williams Realty. With top recognition, Candace received the award of 5-star Professional given only to top Realtors by San Diego Magazine in its annual ranking. Having just parted with Billionaires Row in La Jolla, Candace is looking forward to continuing her success both with past clientele and new clients as well.

**Why Candace?**

Bottom line, she loves to help her clients buy and sell homes. If she had to choose her profession all over again, no doubt it would still be selling real estate. With that being said, we are delighted to have her join our team.

www.CandaceSellsLaJolla.com

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FRIDAY - NOVEMBER 14, 2014

LA JOLLA VILLAGE NEWS

19
Now is the perfect time to tackle home improvement projects

Home improvement projects can add value to a home and do-it-yourselfers know the sweat equity that goes into such projects. But no two home improvement projects are the same, and homeowners should know that certain projects are left to the professionals.

Here are a handful of fall-friendly home improvement projects for homeowners who look into improving their homes should consider:

1. Roof repair
   - Whether you’re repairing or replacing the roof, a fall is a great time to get some work done on your roof for a variety of reasons. First and foremost, you won’t have worry about the summer heat bearing down. The fewer hours workers are fixing your roof, the less you will be paying in labor costs. In addition, fixing up the roof in the fall ensures those winter storms won’t find their way into your home via leaks. Addressing leaks in the fall prevents further damage to your home’s interior.

2. Window work
   - Poorly insulated windows can allow cold air into the home. That often has a trickle-down effect on finances, forcing you to turn up the thermostat in an effort to offset the cold air pouring into your home. Whether you need your windows replaced or simply need to patch up any leaks, a proactive approach to leaky or older windows in the fall can save you from unnecessarily high heating bills come the winter. Fixing the floors
   - Wood flooring is a hot commodity for many homeowners. But not all flooring can be added to a home at any time of year. That’s because certain types of flooring employ adhesives that need temperatures inside the home to be within a certain range, and that range is often within 70°F to 88°F, which makes fall a great time to install such floors. What’s more, many people entertain friends and family come late fall and into the holiday season, and it can be difficult to do so if you are busy installing new flooring.

Painting projects
   - Painting is another home improvement project that seems tailor-made for fall. A fresh coat of paint or a new color scheme around the house can give a home an entirely new look and feel. But paint can be pungent and the aromas may last if it’s applied at a time of year when it can’t dry while the windows are wide open. Paint fumes inside a home can make the home uninhabitable, but painting at a time of year like the fall, when you can keep the windows open during and after the project, can help air out the home.

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La Jolla Pathfinder Partners launches Opportunity Fund V

Pathfinder Partners LLC, a La Jolla-based fund manager that makes opportunistic real estate investments, has launched the $100 million Pathfinder Partners Opportunity Fund V, L.P., a private real estate fund focused primarily on acquisition of value-add multifamily and residential real estate in western U.S. mid-tier cities.

Fund V is designed to build on Pathfinder’s acquisition of about $500 million in real estate assets in 75 transactions since its inception. Pathfinder has reportedly generated more than 20 percent rates of return on 32 of those properties.

The goal of the fund is to capitalize on the best investment opportunities for residential real estate investments, rental and for sale, in San Diego, Denver, Phoenix, Seattle and Portland and other cities.

The fund will also pursue select redevelopment and ground-up development opportunities and commercial opportunities in its western U.S. target markets. Pathfinder has also raised separate funds targeting single-family rental aggregation and luxury home repositioning strategies.

San Diego-based Pathfinder Partners was founded in 2006 to make opportunistic investments in distressed real estate assets and defaulted loans and value-add properties. It also seeks to maximize value through property enhancements, improvements in operations and marketing, property repositioning and other strategies.

For more information, see pathfinder-funds.com.

City, feds work to combat lead poisoning

The City of San Diego joined the United States Department of Housing and Urban Development (HUD), Centers for Disease Control and Prevention (CDC) and the U.S. Environmental Protection Agency (EPA) in recognizing "Lead-Free Week" during October 21-29.

Lead is a toxic metal that at one time was an ingredient in many household products, including paints manufactured before 1979. The primary source of lead exposure among American children is lead-based paint and lead-contaminated dust and soil found in and around deteriorating buildings. Symptoms include irritability, aggressiveness, anemia, abdominal pain, weight loss and fatigue.

One million children are said to be affected by lead poisoning nationwide.

Lead poisoning is considered to be the most preventable environmental disease of young children, yet approximately half a million American kids have elevated blood lead levels. A blood test can help early identification of lead exposure to help prevent possible irreversible damage.

The City of San Diego is working with federal agencies to eliminate childhood lead poisoning in the United States through a grant program, enforcement and outreach. National Lead Poisoning Prevention Week assists in that goal by raising awareness, emphasizing the importance of screening high-risk children 1 to 2 years of age, emphasizing proper use of lead-safe work practices and urging people to take steps to reduce their possible exposure to lead.

More information is available at lead-safe.sandiego.gov or (858) 694-7000.

UC man's attempted murder trial is delayed until March

The attempted murder trial of a University City man in connection with the September 2013 shootings of two La Jolla men has been delayed to March 2, 2015.

Hans Antoine Petersen was charged with attempted murder of two University City men in connection with the September 2013 shootings. Petersen already had a previous conviction.

Petersen was charged with attempting to kill Steven and Lisa Dowdy and Ron Fletcher in the early morning of Sept. 18, 2013. He is also accused of shooting at the master bathroom of Fletcher, 50, his estranged brother-in-law. Fletcher was shot in the stomach, where he later died from a gunshot wound.

Maund said Petersen was angry with Steven Dowdy over a failed business deal.

Following the shootings, Petersen allegedly broke into the Cotton Tail Lane home of Fletcher, 50, his estranged brother-in-law. Fletcher was shot in the stomach, where he later died from a gunshot wound.

Don't indulge in high-calorie or high-fat foods. Eating with the neighborhood kids. Getting the word out for the landmarks it says at your door. If you take insulin injections or a pill that lowers blood glucose, you may need to have a snack at your normal mealtime to prevent a low blood glucose reaction. Check with your health care team about this.

Nutrition

The best way to compensate for eating a little more than usual is to be active. Start a new tradition that involves moving around away from the food. Ideas include taking a walk with the whole family or playing with the neighborhood kids.

Eat healthfully

Will the casseroles taste just as good with fat-free or light sour cream instead of regular? Can you steam green beans instead of sauteeing in butter? Use a little less sugar in your fruit pie. The natural sweet of the fruit doesn't require a lot of added sugar. Search online for more healthful versions of your more healthful foods.

Nibble

Have foods to nibble on while you are cooking or waiting to eat, and make sure the foods you choose won't sabotage blood glucose levels before the meal. Bring a platter of raw or blanched veggies with your favorite low-calorie dip or have a few small pieces of low-fat cheese. Don’t indulge in high-calorie or fried appetizers.

Be selective

Many traditional Thanksgiving foods are high in carbohydrates. Don’t feel like you have to sample everything. Offer to bring a dessert item and pass on the rest. If you really want to try everything, make your selections and pass on the rest. If you really want to try everything, make your selections and pass on the rest.

Eat your veggies

Eat vegetables are important for everyone! Unfortunately, the vegetable selection on holiday menus is usually limited. Offer to bring a green salad or a side of steamed seasoned veggies. Non-starchy veggies are low in carbs and calories. They will help fill you up and keep you from overeating other high-calorie and high-fat foods on the table.

Now, get out there and eat that turkey alive. And especially take all things in the most exemplary of modifications. Salk wants you around for the landmarks it says are at your door.

SCHOOLS >>

CONT. FROM PG. 11

Nau Builders believes in social responsibility, as company president Ron Nau has strong ties to the San Diego community. Nau’s parents are La Jolla High School alumni that met at the Cove and married and raised their families here. His grandfather, a New York archi-

REMINDER >>

CONT. FROM PG. 11

Business
NEWLY OPENED SCRIPPS FACILITY SUPPORTS ADVANCED ORTHOPEDIC CARE

On Nov. 13, Scripps Health celebrated the grand opening of the Donald P. and Darlene V. Shiley Musculoskeletal Center at Scripps Clinic, made possible in part by a $5 million gift from Darlene Shiley to support advanced orthopedic care and research at Scripps Clinic. "Darlene Shiley and her late husband, Donald, have been instrumental to the expansion of programs and services at Scripps Health, and we are grateful for their continued generosity and support of research and patient care,” said Chris Van Gorder, president and chief executive officer of Scripps Health. "Their dedication to serving the health care needs of our community will allow us to offer exceptional care to an even greater number of patients.”

The center, on the first floor of the Scripps Clinic Torrey Pines Anderson Outpatient Pavilion at 11025 North Torrey Pines Road in La Jolla, features diagnostics, treatment, surgery and rehabilitation services and routine and follow-up appointments. Patients will be offered centralized imaging services in orthopedic specialties including sports medicine, podiatry, hand and wrist surgery, spine surgery, total joint replacement and foot and ankle reconstruction.

"When I learned about the exceptional work that was being done in research and with patient care at Scripps Clinic,” Darlene Shiley said, "I decided to offer my support to help enhance the scope of services available to patients. I think for the scores of people with musculoskeletal issues, this is the place to be for world-class care in San Diego.”

Musculoskeletal services account for more than 100,000 annual patient visits at Scripps Clinic and more than half of all surgeries performed at Scripps. The need for orthopedic services will only grow in the coming years as the population ages and more people seek ways to maintain a mobile lifestyle.

Dating back to 1980, the Shileys' gifts to Scripps total more than $15 million, supporting programs and services related to heart care, orthopedics, neurology and clinical research.

The Shiley musculoskeletal center at Scripps Clinic is an anchor venue for the more than 100,000 annual orthopedic-patient visits to Scripps Health.

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San Diego Animal Advocates offers $2,000 reward amid sea lion injuries

San Diego Animal Advocates is offering a $2,000 reward for information leading to the arrest and conviction of people responsible for local sea lion shootings and injuries.

Over the past year eight sea lions were shot on San Diego beaches with gunshot wounds to their bodies, flippers, eyes or faces. Six of those shootings occurred in the past two months. SeaWorld retrieved and treated the animals but had to euthanize them because of the severity of their injuries.

Three other sea lions were hooked by fishermen’s gaffes, and only one of those animals survived. The most recent death occurred Oct. 30. “Harming a sea lion is a violation of the federal Marine Mammal Protection Act and can result in huge fines, criminal penalties and jail sentences,” said Jane Cartmill, president of San Diego Animal Advocates. “There is no excuse for the abuse of these animals, and the perpetrators must be identified,” she said.

Harming a sea lion is a violation of the Marine Mammal Protection Act and can result in civil fines of up to $1,000,000, criminal penalties up to $100,000 and a year in jail. The reward is offered from the organization’s Sasha Fund, an account maintained for the purpose of offering rewards in cases of animal abuse or theft. The fund was created over 20 years ago when a Cock- er spaniel named Sasha was stolen and ultimately died. Members of the public have donated to the fund over the years to aid investigations of crimes against animals.

Anyone with information on the gulf injuries or shootings should contact special agent Michelle Zetwo, of the National Oceanic and Atmospheric Administration’s Office of Law Enforcement, at (619) 557-5494 or call the NOAA hotline at (800) 853-1964.

— U-T San Diego

Eight sea lions have been shot on San Diego beaches in the last year; all were euthanized.

*NEW LISTING*

Klatt Realty is offering For Sale this exceptionally well located home on Crown Point Drive with 2 bedrooms, a sun room, and, 1 bathroom! The next owner will enjoy the exceptional views of Mission Bay which is directly across the street! Priced at $1,300,000!!!! This will sell fast! Call today for your appointment to see this great deal!

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LA JOLLA

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Sat & Sun 10-4 pm . . . . 5349 La Jolla Blvd. 3BR/2BA $1,379,000 - Kate Woods 858-525-2510
Sat & Sun 1-4 pm . . . . . 5848 Linda Rosa 3BR/2.5BA $2,700,000 - Phil Carrillo 858-243-5884
Sat & Sun 1-4 pm . . . . . 5519 Chelsea 3BR/4.5BA $3,250,000 - Irene Chandler 858-775-6782
Sat & Sun 1-4 pm . . . . . 5486 Rutgers 4BR/4.5BA $4,825,000 - Ross Clark 858-442-4263
Sat & Sun 1-4 pm . . . . . 2880 Torrey Pines 3BR/3BA $830,000 - Sharan 858-449-0501
Sat & Sun 11-1 pm . . . . 3180 Via Capri 3BR/3.5BA $1,100,000 - Ben Crosby 858-525-2510
Sun & Sun 1-4 pm . . . . 3298 Via Guaymas 3BR/2.5BA $1,650,000 - Monica Leschick Baxter 858-752-7854
Sun & Sun 1-4 pm . . . . 4241 Caminito Cassis 4BR/3BA $998,000 - Russ Craig 858-361-7877

UNIVERSITY CITY

Sat 12-3 pm . . . . . . . . 3611 Mississippi St. 3BR/2BA $749,000 - Emma Williams 858-232-2967

PACIFIC BEACH / OCEAN BEACH

Sat 11-2 pm . . . . . . . . 337 Painted Lady 2BR/2BA $529,000 - Alida Rojas 858-863-4114
Sat 11-2 pm . . . . . . . . 2231 Felspar 2BR/2BA $495,000 - Alida Rojas 858-863-4114

Point Loma / Ocean Beach

Fri 2-5 Sat 10-1 Sun 12-4 pm . . . . . 3888 Rivera Dr. #204 1BR/1BA $699,995-$729,995 - Peter Middleton 858-922-3377
Sat 11-5 pm . . . . . . . . 940 Rosencrans St. 3BR/2BA $995,000 - Robert Realty 858-852-9987
Sat & Sun 11-4 pm . . . . 3375 Ullman St. 3BR/4BA $1,299,000 - Robert Realty 858-852-8827
Sat & Sun 11-4 pm . . . . 1256 Santa Barbara 4BR/4BA $1,800,000 - Allen Allerton 858-223-1234
Sat & Sun 11-4 pm . . . . 3640 Pic Pic St. 2BR/2BA $2,975,000 - Robert Realty 858-852-9987
Sun & Sun 1-4 pm . . . . 3128 Kelvin St. 2BR/2.5BA $2,895,000 - Leslie Reynolds 858-987-4156

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