For the birds

Photographer Sharon Hinckley caught these playful birds at La Jolla Cove on Feb. 18. “Some of them,” she said, “looked like they were at a hair salon (feather salon?) or doing yoga poses.”

These birds were enjoying a tranquil afternoon, but researchers have recently discovered why things may not always be so peaceful. Scientists at Scripps Institution of Oceanography have uncovered new evidence supporting the theory behind the mystery of crazed birds that, back in 1961, inspired Alfred Hitchcock’s notorious thriller, “The Birds.” Hitchcock’s interest was piqued when he visited Monterey Bay, and, as reported in a local newspaper, thousands of “crazed seabirds pelted the shores of North Monterey Bay,” regurgitating anchovies. Thirty years later, a similarly bizarre incident occurred in the same region. In the latter event, the birds were found to have ingested the neurotoxic domoic acid, but evidence to support the theory that the same substance caused the earlier incident couldn’t be found.

In a letter published in the journal ‘Nature Geoscience,’ the authors, including Mark Ohman of Scripps, showed that a toxin-producing species of phytoplankton was present in high numbers in Monterey Bay in the 1960s. Using archived samples of plankton collected during ship surveys 50 years ago, the team found elevated levels of the toxin in the samples, leading them to conclude that “domoic acid-producing phytoplankton have been an agent of marine animal mortal-ity in the California current system for at least the past 50 years.”

— Kendra Hartmann

Civic leader's suspected attacker arrested after high-speed chase

By MARKI LOOM | VILLAGE NEWS

Harvey Henry Duson, 45, was arrested on Feb. 15 in Arizona near the Nevada border after eluding police in San Diego the day before and sparking a high-speed vehicle pursuit that crossed into several states.

Duson, who was allegedly in violation of his parole, is suspected of being one of three masked, armed men connected to the violent invasion of the University City home of MTS chairman Harry Mathis last month, which included an armed, holdup and arson. Police have not yet released what — if anything — was stolen from the home.

During their monthlong investigation, the San Diego Police Department’s Robbery Unit identified Duson as one of the suspects, and detectives were planning to arrest him at a scheduled meeting with his state parole officer in El Cajon on Feb. 14, said SDPD Capt. Terry McManus.

Just before 5 p.m. that day, however, Duson called his parole officer, claiming his vehicle had broken down on Interstate 8. Soon after, police located Duson’s disabled vehicle, a Pontiac Grand Prix with heavily tinted windows, on the right shoulder of the eastbound freeway lane.

Unsure whether or not Duson was inside, police surrounded the car and blocked off all but one of the east-bound lanes for public safety. The cautious stalemate lasted two hours until officers smashed the windows and pried open the trunk, only to find the vehicle empty, save for some long-stemmed roses and a Valentine’s Day teddy bear.

A follow-up investigation led to information that Duson had contacts in other cities, and detectives believed he might have fled to Las Vegas, said McManus.

Despite evading arrest on Valentine’s Day, Duson was pulled over in a rented 2010 Mazda in Arizona for an unrelated traffic violation the follow- ing day. “He was pulled over for speeding,” said McManus. “As part of the Arizona Highway Patrol’s routine pro-

Carcido's Marine

Carcido's Marine

Carcido’s Marine

Carcido's Marine

Carcido’s Marine

How to Sell Your House Without an Agent

SAN DIEGO. If you’ve tried to sell your home yourself, you know that the minute you put the “For Sale by Owner” sign up, the phone will start to ring off the hook. Unfortunately, most calls aren’t from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

After all, with the proper information, selling a home isn’t easy. Perhaps, you’ve had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up on their dreams of selling their homes themselves. But don’t give up until you’ve read a new report entitled “Sell Your Own Home!” which has been prepared especially for home sellers like you. You’ll find that selling your home by yourself is entirely possible once you understand the process.

Inside the report, you’ll find 10 inside tips to selling your home by yourself which will help you sell for the best price in the shortest amount of time. You’ll find out what real estate agents don’t want you to know.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1017. You can call any time. 24 hours a day, 7 days a week. Get your free special report NOW to learn how you really can sell your home yourself.

Feb. 26, 1943

A popular resort hotel in the south section of La Jolla, the Windansea Hotel, burned down. The fire started in the kitchen at one o’clock in the morning and was discovered by the hotel managers, who risked their lives to warn the guests. All of the guests managed to escape except for one, an invalid, who apparently became confused in the excitement. The kitchen and all of the 22 rooms were destroyed.

Although the doors and lounge were severely damaged and had to be torn down, the Windansea Hotel was built 34 years before, in 1909, and was located south of the center of La Jolla at the corner of Neptune Place and Playa del Sur with a great view of the ocean. The hotel was a one-story wood building and had started out as a roadhouse and restaurant. A contest was held at the time to give it a name. Mrs. Montgomery Brackett won the prize of six dinners at the restaurant with her name of Windansea. The owners of the hotel estimated the fire loss to be $36,000. They said that the hotel would be rebuilt, but it never was. It is believed that the fire was caused by a gas range in the kitchen located too close to a wooden wall, which smoldered for some time before bursting into flames.

Feb. 27, 1869

Two of the first pieces of land in La Jolla were sold to two brothers, Samuel Sizer and Daniel Sizer. La Jolla (as it was spelled then) was part of the city of the San Diego pueblo lands. Before that, La Jolla had existed for many years as an Indian settlement.

The brothers purchased lots 1259 and 1261 each containing 80 acres and were sold to the Sizer brothers for $1.25 per acre — of $100 for each 80-acre lot. The lots were adjacent to each other and were bounded by the present-day streets of La Jolla Boulevard to the west, Fay Avenue to the east, Marine Street to the north, and Palomar Avenue to the south. Today the area is primarily a residential area, situated a few blocks to the south of present-day downtown La Jolla. La Jolla High School is located today on a part of Daniel Sizer’s tract (lot 1259).

The Windansea Hotel in the 1920s and above right, the dining room in 1928

If you’ve read a new report entitled “This Day in San Diego History,” available at Warwick’s and at www.sunbeltbooks.com

For 5% off any service

Call the Spa of La Jolla to schedule your session today.

“Like” us on Facebook for 5% off any service

LA JOLLA VILLAGE NEWS
LJCPA candidates strut their stuff for annual elections

By MARIBO LAM

The La Jolla Community Planning Association will hold elections on March 1 with six seats up for a three-year term that expire in March 2015 plus one vacant seat with a term that expires in March 2013. The nine candidates have shared their viewpoints regarding their experience and qualifications. Elections will take place from 3 to 7 p.m. in the room just north of the stage at the La Jolla Recreation Center.

Devin Burstein

“I live with my wife, Karen Rosemont in Windansea. I was a trustee for the last two and a half years... I think I bring a slightly different perspective to the group than the rest of the trustees. I come from a little bit of a different generational perspective. I’ve always open to listening. I think even the people who don’t necessarily agree with my points of view will say that I’ve never turned down a request to talk to anyone. In addition, I think I help bring efficiency to the meetings.”

Dan Courtney

“...I’ve been a resident in La Jolla for the past 21 years and have lived in San Diego all my life. Five years ago I became aware of a rezoning effort, which could have irreparably changed the quality and character of La Jolla. As my daughter was older and I had more time to volunteer, I got involved. My favorite volunteer duty has been on the Membership Committee, which I have done for nearly five years. It’s been a wonderful opportunity to get to know members of the community and also encourage them to be involved. I have served two years as a La Jolla Town Council trustee and am a member of PDD currently serving my third year on the DPR, and have volunteered for various subcommittees such as LJCPA Elections & Bylaws Committees. My inspiration is to be a steward for the generations to come. I am strongly motivated to follow code and planning enforcement consistently and fairly.”

Cindy Thorson

“I’ve been a resident of La Jolla for the past 23 years has been as an industrial real estate agent... I have been a home owner in La Jolla Shores since 1994 and have been a member of the LJCA since 1998 when I was elected to The La Jolla Shores Association. I served four years on the La Jolla Town Council... and for the past three years I’ve served as a trustee on the La Jolla Community Planning Association... I’ve also been active on multiple sub-committees and task forces, including four years on the La Jolla Traffic and Transportation Committee and Torrey Pines Road Safety Coalition.

My positions on key issues impacting La Jolla include: opposed to paid parking in the village; support continued consideration to incorporate La Jolla as it’s own city; respect private property rights, but prefer to see responsible development, consistent with the neighborhood character; support increased safety for traffic and pedestrians along the Torrey Pines Road Corridor and throughout La Jolla in general.

I feel my responsibility on the CPA is to look out for the best interest of La Jolla over the long run and to represent the great and unique community of La Jolla. During the 14 years that I’ve served on various La Jolla community groups I’ve always followed my gut and spoken out for what I feel is fair and right.”

Frances O’Neill Zimmerman

“I’ve lived in La Jolla since 1970... I’ve worked as a writer and teacher, and I am now retired. For eight years, I was an elected trustee on the San Diego Unified School District Board of Education. I played a role in establishing the pool at La Jolla High School and Improving the Farmers Market at La Jolla Elementary School... I’ve seen many changes in this community, and one of the most positive has been the vitality and usefulness of this community association... I’m concerned about the liability of our neighborhoods and the winning charms at the center of town... housing density, increasing on-street parking and lot splits, growing commercial property vacancies in town, unsightly and seemingly interminable projects like the Lifeguard station at Casa Cove and in the Shores, and the endless ‘big dig’ at the La Jolla Shores parking lot. I see no improvement in our infrastructure deficits like potholes, crumbling curbsides, dark streetlights, uncollected trash and littered beaches. The LJCPA is the liaison and a forum for the people who live here, and it can positively influence outcomes in at least some of the areas I’ve mentioned.”

Phil Merten

“I’m an almost 40 year resident of La Jolla, I joined the planning association in the 1980s and have been actively involved ever since. I’ve been an architect by profession. I understand the rules and regulations that apply to the community in terms of building development. My interests are preserving the unique character of this community through the uniform interpretation, application and enforcement of the rules and regulations that concern real estate development in La Jolla. In the past, I have chaired the La Jolla Shores Permit Review Committee, and I’ve been a chair of the past Coastal Development Permit Committee. I’d like to continue bringing my expertise as an architect to the board of trustees.”

Cynthia Bond

“I have served as a trustee of the LJCPA for the past year, a year that has highlighted the multiple and often diverse views of land use and development opportunities. In order to best serve the community I have visited sites, spoken with neighbors of properties, and participated in San Diego City Council meetings. Also, I serve on the Long Range Vision Subcommittee of the La Jolla Shores PDD Update Committee... As a trustee I share the commitment to uphold current laws and navigate the
La Jolla High gets happy

Editor’s note: The La Jolla Village News is pleased to introduce a new partnership with the journalism class of La Jolla High School. Keep an eye out for stories written by students of LHJS on various topics that affect the community.

By FABIOLA ZIRINO
SPECIAL TO THE VILLAGE NEWS

Saturday, Feb. 11 was International Happy Day. In hundreds of locations across the world, movie screenings were organized for “Happy,” a film directed by Roko Belic. The La Jolla High School Mindfulness Club took part in International Happy Day by holding its own “Happy” movie showing at the community/school auditorium. People from all walks of life, young and old, came to see the movie. Afterward, a guest speaker, Danny Singley, Ph.D., president of the APA chapter of positive psychology, discussed the movie and answered questions.

The movie focused on a few examples of happy people in very different parts of the world. A tranquil Brazilian surfer, a 106-year-old woman from the Japanese island of Okinawa, a French Creole of the Louisiana bayou, Bushman of the Kalahari Desert and many others expressed what happiness meant to them and the source of their own happiness.

Psychologists in the movie categorized happiness as pursuing intrinsic and extrinsic goals, where extrinsic goals are materialist and extrinsic goals, where extrinsic goals are materialist and extrinsic goals, where extrinsic goals are materialist and extrinsic goals, where extrinsic goals are materialist. For example, an extrinsic goal is to accumulate wealth or status. An intrinsic goal is to help people understand happiness and how to foster it in their community. The question remains, “What can I do to be happy?”

The movie offers many examples to help people understand happiness and how to foster it in their community. The question remains, “What can I do to be happy?”

La Jolla High School’s LHJS has revised its free-speech policy as part of a lawsuit settlement agreement between the American Civil Liberties Union (ACLU) and San Diego Unified School District (SDUSD) following controversy last year over the high school’s “senior benches” and claims of free speech violations.

The ACLU filed the lawsuit on behalf of then-senior Yunemiko Hoshijima after political messages written on three campus benches, which have traditionally been designated for student messages, were painted over by school administration under the direction of LHJS Principal Dana Shielburne, according to the ACLU’s complaint.

The high school and school district have revised administration procedures and policies to ensure students’ rights to exercise free speech as long as messages are not “obscene, libelous or slanderous” or incite unlawful acts on school premises or substantially disrupt the operation of the school.

Following anti-government protests in Iran on Feb. 14 last year, students from the high school’s Persian Club painted “Freedom for Iran” and “Down with the Dictator” on the campus benches. After the school’s administration blanketed the messages with white paint, Hoshijima painted “Freedom for LHJS & Iran” and “Ed. Code 48907” on the benches the following day, according to the complaint. Hoshijima’s messages were also whitewashed, and campus administration proceeded to revise its free-speech policy in the student information packet, stating the senior benches are “reserved for messages about LHJS students and school activities.”

The high school’s latest revision is consistent with SDUSD’s rewritten administrative procedure on student free speech, which assures that students’ rights to exercise free speech is protected under the First Amendment to the United States Constitution, Article 1 of the California Constitution, and California Education Code 48907. SDUSD also revised its administrative procedure as part of the settlement agreement.

La Jolla High’s FIRST robotics team generates excitement for science and engineering

What is FIRST? It is the Superbowl. The “Superbowl of Smarts” that is. It’s kids working together to dream up, design and build robots. You’re not just building the hardest fun they’ll ever have, and they are becoming the next generation of innovators and engineers.

FIRST (For Inspiration and Recognition of Science and Technology) is a program founded by inventor Dean Kamen to get more young people involved in and excited about science and engineering. Under strict rules, limited resources and tight deadlines, high school teams of approximately 25 students or more design, build and program robots to compete in sports-inspired games against a field of competitors. This year’s game, “Rebound Rumble,” challenges teams to play the game of basketball while transversing a field of obstacles.

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Free speech gets a boost at La Jolla High

On Feb. 14, the students of Mirrlands Middle School participated in the 10th annual jog-a-thon, the “Happy Heart Run.” Each year, the students take part in a physical education “Power Run” as the one and only fundraiser for the physical education department. The purpose of the event is to provide opportunities for students to participate in a fun activity, maintain the fitness center and update program equipment. Aquatic competence and skills are lifelong fitness objectives. Although the students and teachers love the event, few schools are close enough to a pool to offer this important event.

— Pearl Preis

Running for an educated cause

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In The Schools

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— Pearl Preis
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 eater’s star attraction. If steak isn’t in the plan, pork and veal chops and succulent seafood will satisfy the most discriminating of palates. And at Donovan’s, fresh seasonal vegetables and your choice of potato are always included with each entrée.

Cafe Milano

Enjoy a taste of Milano right here in La Jolla. Chef-owner Pasquale’s 25 years of experience with Northern Italian Cuisine and hospitality offers only the best and most incredible meal for the entire family. Chef-owner Pasquale will always go that extra mile from their homemade bread, pasta, dessert to your main dish and a variety of his signature sauces, you will surely leave the restaurant already planning when you will be back again! We hope to serve you soon!

Bite of Boston

Bite of Boston (BoB) is a family-owned eatery which offers an array of East coast-style seafood, soups, breads and meats flown in weekly from Massachusetts. Lobster rolls are available seven days a week. Enjoy Fish & Chips, fried shrimp and Ipswich fried clams every Fri, Sat, Sun. More than 30 sandwiches on the menu including the Philly Cheesesteak, Prime Rib, Turkey, and a variety of low-cal options. Call in for take-out or delivery. Check the BoB website for menu specials!

Girard Gourmet

“From our garden to your plate”

Girard Gourmet has been La Jolla’s headquarters for fresh, healthy, tasty breakfast, lunch & dinner for the past 25 years. Locals always find their favorite dish at Girard Gourmet. Others eagerly await to find out Francois’ Julian Harvest plan their dinner menu. Whether it’s the Pear Cambozola Salad or Soup & Sandwich combo for lunch, Beef Bourguigny or Chicken Pot Pie for dinner, or the unlimited selection of scrumptious desserts, you will always leave Girard Gourmet with a smile on your face!

Station Sushi

Station Sushi can handle your late night private party for 20 - 40 people (10 person minimum 10:30 pm to 1:30 am). And the best part is for only $40 per person. It’s All-you-can-eat A ND drink (some restrictions apply). Join us for Happy Hour Sunday-Thursday 5:30 to 7 pm. We are now open for lunch Monday-Saturday 12-2 pm. Dinner Monday-Sunday 5:30-close. Full Bar.

Jersey Mike’s

Jersey Mike’s is a sub shop that embodies the Jersey Shore, serves up classic sub sandwiches, wraps, and salads for dine in or take out. Menu items include the popular original Italian sub, a meat lover’s dream, with provolone, ham, prosciutto, capacciuolo, salami and pepperoni, guaranteed to be always freshly sliced. Jersey Mike’s also offers hot subs like the famous Philly cheese steak, grilled. East coast transplants will be happy to hear that they can get their fill of Tastykakes – a rare treat on the West Coast – at Jersey Mike’s.

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.
La Jolla High School PTA will host its fourth annual E-waste Collection Day on Feb. 25 from 10 a.m. to 4 p.m., giving locals the opportunity to drop off their unwanted electronic goods for a good cause.

In addition to inviting La Jollans to recycle old computers, televisions, cameras, cell phones and household items, every pound of electronics collected will benefit the PTA.

The drop-off location will be at the intersection of Westbourne Street and Draper Avenue.

For more information, call (619) 882-1120 or email dwheeler@sanan.com.

Counseling Clinics of La Jolla (CCLJ)’s art therapy room is just one of the many amenities provided to members of the consortium. More courtesy of Counseling Clinics of La Jolla and equipped expressive therapies rooms, Wi-Fi access and telephoning rooms for phone calls and transcription, and an extensive resource library complete with testing equipment, books and professional journals — all of which is included in the membership fee.

Prager said she first envisioned the cutting-edge “one-stop-shop” concept 12 years ago in graduate school. After having a child — which entailed having

among other things, the students learned about quantifying the value of their efforts, managing the risks of competing designs, and the importance of perseverance, focus and self-reliance. Many of these skills can’t be learned in a classroom — they require a complex, seemingly impossible task that involves months of focused work.

Without the help of the La Jolla community, the robotics program at LJHS wouldn’t exist. One sponsor in particular has enabled our program to be successful in both the inspirational and competitive modes of FIRST. This sponsor — The Dini Group located at the corner of Draper and Pearl streets — has been by far our greatest supporter and has made the difference between success and failure for our program. Other sponsors including Qualcomm, SAIC, VuSat and The Neurosciences have provided immensely valuable support over our four seasons. During these four seasons, as the team mentor I have tried to educate the students into achieving the goals they set for themselves at the beginning of the year. In each successive season, the team has been able to improve their performance. In the latest season, all of the students’ hard work came to fruition — the Vikings won first place and were awarded a trophy for best-engineered robot at the Las Vegas regional competition.

The Loft and San Diego Surf Ladies will present the first annual Board Shorts Film Festival on Feb. 25, featuring surf films inspired by women and created by locals.

Fivetime world champion surfing icon Linda Benson will host the evening event, local artists Susan Wickstand and Christine Brailsford will showcase their artwork, and other apparel, accessories and hardware will be available for purchase.

Surf-friendly swimwear by The Sea can even help guests get fitted with some great looks to hit the waves.

Surf-related prizes, including surf boards, gift certificates and tickets, free downloads and jewelry can be won in a fundraiser drawing to benefit San Diego Surf Ladies and San Diego Coastkeeper.

Doors will open at 7 p.m., followed by an after-party at Zaruba at 9:30. The Loft is located at UCSD’s Price Center East, located at 9500 Gilman Dr.

Tickets are limited and currently available only on a waitlist-basis at sandiego surf ladies.com.

ELECTIONS

discretionary provisions of local ordinances in order that La Jolla continues as one of the outstanding communities on the Pacific Coast. I am also a committee member of the La Jolla Secret Garden Tour, and have volunteered every spring since moving here from New York City in the fall of 2001. I would very much like to see enhanced landscaping and general upgrades in the visual experience of living in and visiting our wonderful community.

Darcy Ashley

“...I’ve been the president of the La Jolla Town Council and been involved in a number of different volunteer organizations over the years. I have also served on the Development Permit Review Committee for several years. I'd really appreciate your vote.”

Nancy Mann

“I am a native of San Diego. My husband and I have lived in La Jolla, on Mt. Soledad overlooking the Shores, for 18 years. We are privileged to live in La Jolla, and I believe this privilege requires community service, hence my desire to continue to serve as a trustee of the La Jolla Community Planning Association. As a trustee, I will continue to adhere to the La Jolla Community Plan. I am honored to have served with the current board and hope to continue my service for an additional three years.”

Julie Wolinston

Kevin McKay (board)
bhop.com

Kendra Erikkson

Carla Peterson

Marko Lamb

Lori Grantham

Lee Yung

Anna Maagaa

Chris Baker

Mike Fayer

Michael Long

Heather Adams

Alise Tong

Kui Solomon

Heather Olson

Patty Angley

By MARINO LAMB

Village News

Local entrepreneur and mental health professional Dr. Jennifer Prager is a pioneer in her field, launching an innovative new business model for mental health professionals in the area.

Last August, Prager and her husband, Henry Chin, opened the Counseling Clinics of La Jolla (CCLJ) — a consortium that lets mental health practitioners focus on doing what they do best — treating their clients — without the hassle of performing administrative functions or the expense of owning and maintaining their own office space.

The consortium provides services and amenities that are specially catered to meet the needs of all mental health professionals — from clinical psychologists, marriage and family therapists, clinical social workers, expressive therapist and psychiatrists — to minimize their valuable time spent on paperwork, advertising, billing and scheduling.

“We take care of all the administrative needs. We provide our members with the support they need for scheduling, billing and records storage. We even provide on-site childcare for patients,” Prager says. “We want the therapists to be able to focus on the treatment they are providing.”

The facility itself contains 10 fully appointed therapy rooms for individual and group or family therapy, a fully equipped expressive therapies rooms, Wi-Fi access and telephoning rooms for phone calls and transcription, and an extensive resource library complete with testing equipment, books and professional journals — all of which is included in the membership fee.

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From the Daily Transcript

DUSON

CONTINUED FROM Page 1

cess, they found he was in violation of his parole.”

After the officer attempted to arrest Duson for parole violation, Duson sped off, leading police on a high-speed pursuit through treacherous conditions — including sharp hairpin turns and inclement weather — that crossed through several states on Interstate 10.

Police deployed spike strips, which Duson swerved to avoid, and collided with another motorist. His vehicle then hit a guardrail and overturned several times.

Duson was taken to a hospital in Las Vegas where San Diego police detectives are currently following up on investigation. He is being held for violation of his parole, unlawful flight from law enforcement, endangerment and the unreported murder of another man. He also had criminal damage to personal and state property, according to SDPD Lt. Andra Brown.

The two other suspects in the University City home invasion case remain unidentified. McManus said police are making it their immediate priority to identify and locate the other suspects in the case.

FIRST

CONTINUED FROM Page 4

season with FIRST. Founded originally as an after-school club at Martin Luther King Middle School, the Vikings have become one of the most competitive teams in San Diego. From January until April, the robotics students at LJHS will be working every weekend and almost every night in the robotics room. During the 2010-11 season, the eight students ranging from freshmen to seniors — put in more than 500 hours each toward the construction of their award-winning robot. The lessons these students learned weren’t limited to just engineering skills; among other things, the students learned about quantifying the value of their efforts, managing the risks of competing designs, and the importance of perseverance, focus and self-reliance. Many of these skills can’t be learned in a classroom — they require a complex, seemingly impossible task that involves months of focused work.

Without the help of the La Jolla community, the robotics program at LJHS wouldn’t exist. One sponsor in particular has enabled our program to be successful in both the inspirational and competitive modes of FIRST. This sponsor — The Dini Group located at the corner of Draper and Pearl streets — has been by far our greatest supporter and has made the difference

How to get in touch with La Jolla businesses

La Jolla High School PTA will host its fourth annual E-waste Collection Day on Feb. 25 from 10 a.m. to 4 p.m., giving locals the opportunity to drop off their unwanted electronic goods for a good cause.

In addition to inviting La Jollans to recycle old computers, televisions, cameras, cell phones and household items, every pound of electronics collected will benefit the PTA.

The drop-off location will be at the intersection of Westbourne Street and Draper Avenue.

For more information, call (619) 882-1120 or email dwheeler@sanan.com.
Helping halt hunger and resolving conflict in today’s world

We’re all aware that these are rather tough economic times, but not everyone realizes that here in San Diego County, many children are nutritionally dependent on free lunch programs in their elementary schools because their parents can’t afford to provide enough food for them. Shockingly, for surprising numbers of San Diego area children, Friday lunch is the last meal they’ll get until they return to school on Monday.

Fortunately, the Jacobs & Cushman San Diego Food Bank (SDFB) is doing something to alleviate such problems. (After the Jacobs and Cushman families stepped in last April to pay off the organization’s $1.8 million facility mortgage, their names were appended in appreciation of their generosity.)

With the help of more than 350 nonprofits and 15,000 part-time volunteers, the SDFB feeds more than 340,000 people throughout San Diego County.

The SDFB’s second annual “Fashion Plates” benefit luncheon, complete with a runway fashion show produced by “Style Guy” Leonard Simpson, was held Feb. 16 at the Hyatt Aventine. Roxi Link chaired, with Bonnie Hage (wife of SDFB president and CEO Scody Hage) as co-chair. Décor reflected the event’s “Afternoon in Tuscany” theme, and festivities began with a large silent auction. A sit-down luncheon followed, with a program detailing the SDFB’s important work. In a brief video, Geni Cavett interviewed several youngsters benefiting from the organization’s Food 4 Kids Backpack Program, which discretely provides children a food packet every Friday with enough food for the entire weekend. As a result, their grades have gone up — and besides the nutritional benefits, the food also reduces the fear that accompanies the hunger.

Pierre Charmasson’s successful live auction included a bidding war between Kevin Smith and honorary chairman Joe Busalacchi over a catered four-hour bay cruise for 15 on the 50-foot yacht “It’s a Long Story.” Donor Scott Higgs generously added a second cruise — so everybody won. Next came the fashion extravaganza, beginning with a number of “celebrity models” (community leaders and SDFB supporters). Noted professional models showed beautiful fashions and jewelry in the balance of the hour-long show, which featured impressive music and lighting. Afterward, president Hage announced that the event had raised funds sufficient to add hundreds of hungry kids to the Backpack program for the coming school year.

Starry, starry nights

with Vincent Andrunas

SEE SOCIETY, Page 8

Plates: below left: Taylor Miller, Judith Gottlieb, Staphia Alasadak, Raym Poutemyour, Tiffany Mahoney, Nancy Burney

Plates: right: Joe and Lisa Busalacchi (honorary chairs), Roxi Link (event chair), Bonnie Hage (event co-chair) and Scoody Hage (Food Bank president)

Below: Fashion models Andrei Razmeritsa and Roso Tisch, fashion show producer Leonard Simpson, Elsa Martinez, Devin Vargas, and Michael Dodd, fashion models.
Why Would You Need a Geriatric Care Manager?

Jim’s elderly father lived several hours from him and Jim was concerned. He knew his dad needed more help but wasn’t ready for assisted living and wanted to continue living in his home. Jim went to The National Association of Professional Geriatric Care Managers and did a search for a care manager in his father’s area. He found Innovative Healthcare Consultants listed, interviewed and hired one of our RN geriatric care managers to assist in coordinating his needs.

Since Jim didn’t have experience or live in the area, the care manager was able to get Jim’s father into a daily meal program, through the VA, she got dad hearing aids and also got him a life line bracelet for emergencies. She takes Jim’s dad to doctor’s appointments, advocates for him, coordinates his medications and makes home visits to check on his well being. She reports back to Jim, with his father’s permission.

Ask the Audiologist!

Question: How long should my hearing aid batteries last?

Depending on the size of the battery, the length of life should be anywhere between 5 days and 3 weeks.

Here’s the breakdown:
- Size 10 (yellow) 5-7 days
- Size 13 (orange) 7-10 days
- Size 675 (blue) 14-21 days

The range in days depends on how many hours per day the hearing aids are on. Also, if you have accessories (remote, Bluetooth streamer, etc.), that can add additional battery drainage. If you find that you are changing your batteries more often than this, it could be a sign of corrosion or damage within the device itself and you should take it to your hearing professional to have it evaluated.

FYI- hearing aids batteries are color coded so you always know you are purchasing the correct size battery. No matter what manufacturer, the batteries will always be color coded.

Send us your questions!
849 Coast Boulevard
La Jolla, CA 92037
-858-768-0454
Peninsulahearingcenter.com

SOCIETY

SOCIETY
CONTINUED FROM Page 7

After cocktails at a recent La Jolla social event, the roughly 500 guests entered the ballroom and took their seats for dinner. Suddenly, they heard angry shouts from small groups of young people at each end of the room. The shouting and jostling escalated into an intensity as the eight perpetrators ascended the stage at the front of the room. Then, passing its zenith, the scuffle began to quiet, and the grappling morphed into dancing.

The event was the Peacemaker Awards dinner for the National Conflict Resolution Center (NCRC), headquartered in San Diego. They thoughtfully brought their own conflict, rather than risk being caught without one. The combatants were actually actors and dancers from transcendANCE/Youth Arts Project, a group that teaches dance, writing and theater to multi-cultural inner-city youth throughout San Diego. Using the arts as a vehicle, they mobilize and empower youth to overcome their differences and to work to promote social change in their communities. For their successful efforts, they were named NCRC’s 2012 San Diego Peacemaker Honoree.

David Gergen, senior CNN political analyst and high-level advisor for the Nixon, Ford, Reagan and Clinton administrations, was NCRC’s National Peacemaker Honoree. He has a sense of urgency about the need for civility, tolerance and for Americans to summon the courage and goodwill to stand together. He knows, as Ralph Waldo Emerson wrote, that “Peace cannot be achieved through violence, it can only be attained through thorough understanding.” Both awardees were honored for exemplary leadership addressing contentious issues and grave conflicts that impact people’s lives.

Gergen’s speech was the evening’s highlight. Knowledgeable and experienced, he’s a brilliant speaker. He pointed out that the single-greatest threat to our security today is the national debt, for which chances for a serious solution are receding, not growing. He spoke of the importance of humor, tolerance and cooperation in resolving differences, saying they’re all considerably diminished today compared to the attitudes of the 1960s administrations. He urged that we begin to restore peace here at home, saying that compromise is at the essence of politics. The quality of democracy, he said, depends heavily on the quality of an engaged citizenship.

NCRC provides mediation services and conflict management training, both pro-bono and fee-based. They help resolve family, tenant, neighborhood and business issues, both large and small.
An urchin after

A heart urchin may not move fast enough to win any races but stays in shape with a constant cardiovascular workout pushing aside sand while foraging for food. In this case, the urchin Lovenia cordiformis navigates amid a bed of sand dollars off La Jolla Shores.

Dr. Judith Lea Garfield | Village News

In matters of the heart, specifically heart urchins, love (Lovenia cordiformis, that is) is a prickly thing. Most sea urchins look globular pincushions, but a view of Lovenia’s body from above reveals the shape of a sweet heart. Orb-shaped sea urchins further flaunt their heartlessness by flashing colors like purple or red and boldly perch atop a rock or other substrate out in the open. In contrast, the petite (to 2 inches long) wallower Lovenia is off-white to beige and spends most of its time partially submerged and plowing through the sandy bottom. In reality, neither shyness nor weakness has anything to do with this behavior. A burrowing heart urchin doesn’t eat from the rays shoveling up sand for buried food treasures. (their calcium carbonate skeletons) are frequently left in sand depressions left by California bat ray because broken hearts aren’t solo sojourners but traveling in groups while ingesting the organically shaped sea urchins further flaunt their heartlessness.

Our local Lovenia, a member of the Echinoidea family that also includes sand dollars, is actually a Mexican species whose northern range extends to Southern California. It remains out of reach to tidepoolers and most snorkelers, preferring water depths beginning at about 25 feet. Fish like sheephead and sand bass that populate the sand flats and submarine canyon off La Jolla Shores prey on heart urchins. I’ve been privy to a male sheephead munching on an urchin apparently unconcerned by the spines impaling its lips. It may not be hurting him but the same cannot be said for me as I took in the scene. I wonder that urchins are also snacks for the California bat ray because broken hearts (their calcium carbonate skeletons) are frequently left in sand depressions left by the rays shoveling up sand for buried food treasures.

Although heart urchins aren’t rare per se, I see them only periodically off La Jolla Shores. During those times, they aren’t solo sanjuantners but traveling in numbers, possibly in pursuit of romance. This requires courting up to one another so that when the eggs of some and sperm of others are simultaneously released into the water, they connect. Talk about love being in the air—er, water. This technique has proved fruitful as demonstrated by the more than 8,000 urchin species identified in the fossil record dating back 450 million years. Today, the 800 species or so that exist range from the Arctic to the Antarctic to tropical and temperate points in between, making them ubiquitous as well as um, hearty. For me, this means that wherever I dive around the world, odds are good that I may meet up with some sister species of Lovenia. How heartening.

— Judith Lea Garfield, biologist and underwater photographer has authored two natural history books about the underwater world off La Jolla Cove and La Jolla Shores. Send comments to jgarfield@ucsd.edu

A life remembered: Renato Dulbecco, Nobel Laureate and pioneering cancer researcher

Dr. Mariko Lamb | Village News

Italian-born Nobel Laureate and founding fellow of the Salk Institute, Renato Dulbecco, died Feb. 19 in his La Jolla home—just three days shy of this 98th birthday. Dulbecco, a pioneer in his field of virology, made landmark discoveries linking genetic mutations to cancer.

As early as the 1950s, Dulbecco was onto the first clues that tumor viruses could insert their own genes into the chromosomes of the cells they infect, setting off uncontrolled cancer growth. Dulbecco’s breakthrough discovery about the genetic nature of cancer was one that made waves in the cancer research community, changing the way scientists studied the disease and earning him a Nobel Prize in Physiology or Medicine in 1975 with a former student, Howard Temin, and fellow researcher, David Baltimore.

Throughout his career, Dulbecco continued to enlighten the scientific community with fundamental discoveries, including identifying breast cancer cells by their genetic signatures and challenging the scientific community to systematically sequence and catalog all human genes, a drive that contributed to the launch of the Human Genome Project, which was completed in 2003.

“Renato was one of the most brilliant scientific minds of our generation,” said William R. Brody, president of Salk Institute. “His legacy is imbedded in the scientists and physicians whom he trained and inspired and who themselves have gone on to make major discoveries to advance biomedical science. He will always be an integral part of the Salk community and our history; and we will deeply miss him.”

Dulbecco’s genius in the field of virology and medicine was revealed only by his passion for music as a classically trained pianist and opera performer.

“Renato was an inspiring and generous colleague who was always ready to share his many talents and knowledge with others,” said WalterRickard, professor emeritus at Salk’s Molecular and Cell Biology Laboratory. “His contributions as a scientist and as a person really helped make the world a better place.”

Dulbecco is survived by his wife, Maureen; brother Antonio; daugh-
ters Maria and Fiona; son-in-law David Zobel; and grandchildren Christopher, Katly, Michael and Naomi.
Jennifer Prager opened Counseling Clinics of La Jolla after dreaming up the idea more than a decade ago. QUANTITY PHOTO

Jennifer Prager opened Counseling Clinics of La Jolla after dreaming up the idea more than a decade ago.
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