Americans with Disabilities Act (ADA). The building into compliance with the requirements apply in La Jolla Shores without diminishing the effect of the other provisions in the La Jolla Shores Planned District Ordinance (LJSPO). FAR is the ratio of a building’s total square footage in comparison to the site of its lot. According to Chapter 13 of the San Diego Municipal Code (SDMC), the permitted FAR of a residential lot that is 10,000 square feet is 0.5, meaning that on a 10,000-square-foot lot, the proposed building must be no more than 5,500 square feet in total.

When the LJSPO was passed in 1974, leaders in the Shores decided not to incorporate the FAR measurement into the LJSPO requirements. Instead, they decided to use alternative methods to measure and control the bulk and scale of proposed developments in the shores.

In a letter by Michael Stepner, author of the La Jolla Shores Precise Plan and the LJSPO, he explained why the FAR requirement was not incorporated as a tool to guide developments in the neighborhood.

“Because of the nature of that area, the city’s planning department felt that more specific design guidelines were required to ensure ‘fit’ of new development in the shores,” he wrote. “Set-back and height requirements, coupled with the design guidelines, was a much better tool to ensure ‘unity and variety’ with new projects.”

According to LJCPA’s vice president Rob Whittemore, who proposed the motion, the lack of mention of an FAR requirement in the LJSPO led years of contention.

During the 1980s, people wanted to build larger and larger homes, and they weren’t constrained by FARs, which were constrained by other considerations — compatibility with the neighborhood and other criteria,” he said. “By 1990, there was so much contention that the planning department at the time said, ‘We no longer want to make these discretionary judgments required by the LJSPO, we want to have a fixed number to go by.’”

On Jan. 1, 2000, the LJSPO was amended to incorporate all of Chapter 13 in the SDMC, including the city-wide FAR requirement for all base zones.

“For some reason, that never was implemented,” Whittemore said, urging the committee to make another attempt at enforcing the city-wide FAR requirements by having City Council first confirm that the FARs do, in fact, apply in La Jolla Shores.

Following one a half hours of debate on the issue, the committee voted 8-2-3 in favor of Whittemore’s motion.

The debate over the adherence of citywide FARs in La Jolla Shores posed a larger question: Is there something wrong with the La Jolla Shores PDO?

“I’m not opposed to the motion because I see it as a Band-Aid to fix what is a bigger problem,” said trustee Laura Ducharme-Conboy. “I think the PDO in La Jolla Shores is broken.”

Ducharme-Conboy, who designs houses in La Jolla Shores, said she sees no adherence to the LJSPO’s requirements that the desired character of residences in the area contain “low rambling silhouettes.”

“We’ve had what I call bracket-crap. One house gets a little bigger, and the next house gets a little bigger — because the PDO says ‘blend in with your neighbor’ — that house gets a little bigger, and the next house gets a little bigger. Before we know it, a large number of houses in La Jolla Shores are bigger than anywhere else in any other neighborhood,” she said. “It’s like we’re left without any protection whatsoever. The city seems to apply the PDO in one way and the community groups seem to apply it in another.”

Several La Jolla Shores residents came to the meeting to state their view of the situation in their neighborhood. “I’ve seen a tremendous change in

FOOD FIGHT!

When anemones get hungry, who gets the bigger portion? The ensuing tug-o-war might be more exciting than you think.

Tide lines, Page 7
San Diego's Town and Gown and actively serves on the advisory board of the philanthropist and community leader, currently $600 million in charitable assets will oversee the management of approximately UC San Diego to the public. They will request their support for UC San Diego's health sciences. 

- **Two-tone year La Jolla resident Cindy Thorsen was announced as the newest trustee to the La Jolla Community Planning Association (LJCPA) at its special trustee election on Aug. 4. Thorsen's extensive community involvement experience stemmed from her work as a volunteer for a rezing effort that began five years ago. She served for five years on LJCPA's Membership Committee, two years on the La Jolla Town Council, three years on the Development Permit Review Committee and one year as a member of the Planned District Ordinance Committee. She has volunteered for subcommittees like the LJCPA elections and bylaws committee.

- **Drew Senyei, managing director of Enterprise Partners Venture Capital, will also join the board, bringing his esteemed medical professional and entrepreneur background and devoted support for UC San Diego's health sciences.

- **On Aug. 4, Debbie Beacham, former world surf champion and co-producer of the award-winning 1994 documentary film “Surfer Girl” was inducted into the Surfing Walk of Fame as this year's Woman of the Year. A true veteran in her sport, Beacham has taken on the role as one of the state's top contenders since she was 18 years old. The La Jolla local has taken home top awards from the Western Surfing Association, the U.S. Championships and World Contest in San Diego. Off the water, Beacham proved to be the catalyst behind the resurrection of the Women's Professional Surfing Association, served on the board of the Association of Surfing Professionals for nearly 10 years and was recently elected as vice president of the International Surfing Association's executive board.

Beacham continues to surf in La Jolla and remains active in her pursuit to pave the way for the next generation of women in the sport.

**Cindy Thorsen**

**Debbie Beacham**

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**ON THE MENU: NEW DELIGHTS ON AN OCEAN SIDE.**

**SIP & SAVOR: ALASKAN HALIBUT**

Available Nightly in August from 5 p.m. to 10 p.m. $30 per person, $45 with wine pairing* Indulge in a three-course Alaskan Halibut tasting menu featuring locally paired wines alongside seasonal items like Meyer Lemon Coriander Scented Halibut Ceriche and Maple Chile Lacquered Halibut, plus a Donut Peach Beignet dessert.

**THURSDAY NIGHT MUSIC ON THE PATIO**

Thursdays through September 1 from 6 to 8 p.m. Enjoy sweeping oceanfront views, local fare and live music every Thursday night with our Music on the Patio series this summer.

**SIX FOR $6 HAPPY HOUR**

Monday through Friday from 4 to 6 p.m. Choose from six appetizers and six drink specials—each only $6. Menu highlights include Steamed Black Mussels, Baja Fish Tacos and the Zesty Blood Orange Martini.

**DIVAS THAT DRINK**

Wednesdays from 5 p.m. to 10 p.m. Celebrate female winemakers with our special Divas that Drink night! Enjoy 30% off select bottles of wine from female winemakers every Wednesday night.

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**Public relations on a personal level**

**La Jolla resident Steven Roeder took first place in the National Greenscape Challenge, a contest hosted by San Diego-based Cali Bamboo and the Surfrider Foundation to raise awareness about sustainable landscaping projects. Roeder's award-winning residential landscape included the replacement of the grass in his front yard with native plants and utilization of a gutter to collect rainwater to hydrate fruit trees.**

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**Local wins National Greenspace Challenge**

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Inspired by the Surfrider Foundation's Ocean Friendly Gardens program, the contest asked participants to submit their sustainable landscaping projects. On Sept. 9, Roeder will receive an all-expense-paid weekend in Los Angeles, including a 30-minute surf session with a celebrity (including use of an eco-friendly surfboard) following the Celebrity Expression Session event and access to the VIP party.
Neighbors expressed concerns at the meeting regarding Morton’s proposed plans for a side entrance and access ramp on the side of the building facing Bonair Street.

The PDO Committee listened to public comments on issues with the side entrance including ADA compliance and cost concerns. Trustees, however, were unable to take any of those issues into consideration in their decision.

Trustee Jim Fitzgerald reminded the committee and the public that the PDO committee’s role is to endorse or not endorse the applicant’s proposal based on compliance with the PDO and land code.

“I’m going to make the assumption that the plan is ADA compliant,” he said. “Our focus has got to be ‘does the plan, as proposed, comply with all the requirements of the land use code, which includes the PDO with respect to materials, facade and signing?’”

Committee chairwoman Ione Steigler acknowledged the concerns of the public, but reiterated that the committee’s only purview is to look at PDO-related issues, not those of ADA compliance.

“I’m going to make that assumption that the committee’s purview is to look at PDO-related issues, not those of ADA compliance, cost or permitting issues,” Steve said. “I would like to see a public discussion between the applicant and interested parties regarding those issues.”

“I think the Brown Act is good sense,” said trustee Phil Merton. “And it says that we are required to provide parking spaces for dwellings and that those required parking areas may not be in the front yard. That’s not allowed anywhere else in the city. This project proposes to do something that would not be allowed anywhere else in a single-family residential zone in the city of San Diego.”

A hearing officer approved a variance for the project that would allow front yard parking.

“This is a good example of how a project can move through the process and work well,” he said.

Little said he is willing to take requests from the public wishing to view any emails that have transpired among the trustees.

In other news…

• The 2011 La Jolla Art and Wine Festival will take place on Oct. 1 and 2 from 10 a.m. to 6 p.m. on Girard Avenue. The event will feature 100 fine artists, a food court, live music and other activities. Proceeds from the event will benefit La Jolla, Torrey Pines and Bird Rock elementary schools. Tickets are $10 for adults, $5 for children 12 and under, military, seniors 65 and older, and free for children 2 and under.

• LJCPA trustee Dan Allen announced a La Jolla Parks and Beaches Commission decision to request that the city provide analyses of bluff stability and drainage, a map of the public right-of-way and an analysis of traffic safety and fire department access to identify possible constraints to additional parking proposed on Coast Walk.

• LJCPA trustee Dan Courtney urged the board to support the installation of the traffic signal in Segment 4 of the Torrey Pines Corridor project for the safety of residents getting in and out of their driveways.

• County Supervisor Nidya (Nida) Crisál praised the work of the applicants and members of the board for their efforts on bringing the Kookoala residences I and II into compliance. “This is a good example of how a project can move through the community review and work well,” he said of the process.

• The LJCPA voted unanimously to approve the Herschel Avenue Mixed-Use Lofts — a project proposal to create five residentialcondos and one commercial unit at an existing commercial space on 7844 Herschel Ave.

In city news…

• Construction on the three-story, 40,000-square-foot Marine Eco system Sensing, Observation and Modeling (MESOM) Laboratory will begin the third week of August on a 1.2-acre site at Scripps Institution of Oceanography. Expected completion of the project is set for October 2012.

• The University House project, the proposed rehabilitation of an existing 31,400-square-foot site in La Jolla Farms that serves as the Chancellor’s official residence and a venue for community meetings and social events, will be heard on Aug. 10 at the Coastal Commission meeting in Watsonville, Calif.
Local dining legacy celebrates 20 years overlooking La Jolla Cove

Brockton Villa Restaurant, an icon along La Jolla’s idyllic beachfront with breathtaking views of La Jolla Cove, is celebrating its 20th anniversary this month.

The California bungalow-style beach cottage was first built in 1894 along the once-barren hillside overlooking La Jolla’s world-renowned cove. In the late 1920s, the historic cottage was enhanced with a unique giant abalone shell-inlaid fireplace—a mainstay centerpiece in the restaurant today.

The charming beach cottage was adapted for use as a restaurant in the early 1990s by the local, family-owned Pannikin Coffee and Tea. Despite the renovation, the Pannikin family preserved the cottage’s quaint appearance throughout the years, earning the San Diego Architectural Foundation’s prestigious Orchid Award for dedication to preserving the community’s architectural heritage.

Since 1994, Megan Heine took ownership of her family’s restaurant and has continued to enhance the restaurant’s ambience and dining experience.

She and husband Dave added wine and beer to the menu of the formerly breakfast- and lunch-only restaurant, which led to year-round dinner service as well. The site has grown to become a staple go-to for special occasions and private parties in La Jolla.

“It is an honor to be well-respected and popular among the locals, as well as our visitors,” Heine said. “Twenty years is a long time, and we celebrate that milestone with our guests.”

Heine attributes much of her success—to the restaurant’s—to her stepfather Bob Sinclair. Heine (in New Mexico tending to Sinclair after a recent motorcycle accident) wrote in an email of his contributions to the community and the legacy that her stepfather continues to leave at the restaurant.

“He photos and presence in Brockton Villa still represent the major role he’s played in La Jolla’s recent history, in my life and career,” she said.

Heine continues to follow her stepfather’s path by incorporating simple ideas, such as maintaining fresh, seasonal ingredients that are simply executed and focused on fresh, seasonal ingredients that are simply executed and presented under the leadership of executive chef Mareya Sisbarro.

Delicately menu items such as the famed “coast toast” and best-selling grilled organic salmon BLT with homemade dill aioli and applewood-smoked bacon have won the restaurant local dining awards including best breakfast, best outdoor dining and best of La Jolla.

In addition to its delicious dishes, Brockton Villa’s vista of the cove from the light and airy indoor seating to the raw oceanfront views from the patio or wrap-around terraces create the perfect setting to watch the tide roll in or the sun set over the Pacific.

Even after 20 years of success, Heine continues to freshen up the restaurant.

“We have recently renovated our décor, keeping our quaint beach bungalow style, but bringing in a little more sophistication and comfort. I’m very happy with our new look and feel really good about the next 20 years,” she said.

Brockton Villa Restaurant is the sister restaurant of Beaumont’s Neighborhood Eatery, a local Bird Rock favorite featuring a full bar and live music, opened by the duo in 2005.

For more information about Brockton Villa or to make a reservation, visit www.brocktonvilla.com or call (858) 454-7393.
the neighborhood,” said resident and real estate agent Peggy Davis, urging the committee to help scale down the neighborhood starting with the FAR requirement. “I have had at least eight homes that have been built that have problems.”

Davis named problems ranging from “massive, monster homes” to illegal front-yard parking to insufficient set-backs on homes in her neighborhood. She detailed a 7,000-square-foot residential home that is currently being built on a 5,400-square-foot lot, blocking sunlight to the neighbor’s home — that of a 90-year-old woman.

Trustee Joe LaCava proposed to postpone Whittomore’s motion until there has been proper community setting on the issue, although the trustees decided to move forward with the original motion.

“This needs community input for something this important,” LaCava said for “what is probably the single most important land-use decision in La Jolla Shores.”

The committee determined that clarifying the ambiguity of the FAR requirement in La Jolla Shores was only the first step to a bigger problem.

Trustees urged La Jolla Shores homeowners to provide feedback regarding the issue of FARs and the LJSPDO by attending the LJCPA or La Jolla Shores Association meetings or contacting committee members.

For more information about LJCPA and its subcommittees, visit www.lajollacpa.org, email info@lajollacpa.org or call (858) 456-7900.

By KENDRA HARTMANN | VILLAGE NEWS

In a unique blend of the scientific and civilian worlds, La Jolla scientists are joining forces with the people whose ailments they hope to cure to raise money for some groundbreaking medical advancements.

Jeanne Loring, Ph.D., founding director of the Center for Regenerative Medicine at Scripps Research Institute, and Dr. Melissa Houser, director of the Parkinson’s Disease and Movement Disorders Center and the Deep Brain Stimulation Center, both at Scripps Clinic, are piloting a project they hope will change the face of treatment of Parkinson’s Disease for good.

Loring, in charge of Phase I of the project, will reprogram patients’ skin cells into non-embryonic, induced pluripotent stem cells that can self-renew and produce dopaminergic neurons to replace those lost — even long lost — through the progression of the disease.

In Phase II, Houser will inject the transformed neurons that now have an exact DNA match into her test subjects’ brains, with the goal of creating a new clinical option to treat the debilitating disorder.

The effort, however, is being fought from a different side as well. Three men, all in their 50s and all suffering from Parkinson’s, plan to help the scientists raise money for the research through one big undertaking: climbing Mt. Kilimanjaro.

On Sept. 8, the three — along with an entourage of 14 family and friends — will face the mountain with the objective of funding non-embryonic stem cell research.

The climbers will be paying their own way and, along with the all-volunteer board of advisors with the Summit4StemCell organization and the Parkinson’s Association of San Diego, will help ensure the money raised goes strictly to the research.

The obvious challenge of scaling the world’s tallest freestanding mountain — as well as the increased challenge of doing so with a debilitating disease like Parkinson’s — doesn’t seem to phase the team. Ken Shreim, one of the men who suffers from the disease, wrote in a recent statement, “I do it because I need to.”

On Aug. 27, Loring and Houser will be on hand at a fundraising event at Fairbanks Ranch Clubhouse (15150 San Dieguito Road in Ranch Santa Fe). Featuring hors d’oeuvres by chef Yealang Smith, wine and a silent auction, the proceeds will go to the Parkinson’s Disease involving non-embryonic stem cells, invited those involved in the Summit4StemCell organization and the Parkinson’s Association of San Diego, will help ensure the money raised strictly to the research.

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How to short sale your home without an agent

LA JOLLA. 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 home seller as pricing too low. A recent study, which compiles 10 years of industry research, has resulted in a new special report entitled “Homesellers: How to Get the Price You Want (and Need).” This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but sell at the price you want.

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 special report NOW to learn how to price your home to your maximum financial advantage.

La Jolla scientists move mountains with research
Hep C patients see new advancements

Dr. Paul J. Pockros

There are more than 180 million people worldwide who are infected with hepatitis C virus (HCV). The virus is found in the blood, and can be spread by direct blood-to-blood contact, usually as a result of needle sharing and, in the past, through infected blood transfusions. HCV can also be sexually transmitted.

Of patients initially infected with HCV, 15 percent are able to clear the infection without medical intervention, but the vast majority becomes chronically infected. There are often no symptoms of HCV infection early on, and many of those who are chronically infected don’t even know they have the disease. This is problematic because, left untreated, chronic HCV infection results in significant health problems.

Chronic HCV causes progressive scarring of the liver, known as cirrhosis, and loss of liver function in as many as 50 percent of all patients. Cirrhosis usually doesn’t affect the liver damage is severe and symptoms such as jaundice, abdominal pain and fluid retention occur. Cirrhosis caused by HCV is the single-largest reason for liver transplantation and the leading cause of liver cancer in the western world. Type 1 HCV is the most common genotype of the virus, and also the most difficult to treat.

Until recently, the standard treatment for Type I HCV was a 48-week treatment regimen of pegylated interferon and ribavirin. This combination therapy causes serious side effects, including fatigue, body aches, fever, body aches and other flu-like symptoms. Even with all of that, patients with genotype type 1 could only expect a 40 percent chance of being cured. With odds like that, many patients opted out of treatment altogether.

There have been major strides forward in the treatment of hepatitis C infection with the FDA approval of two new antiviral drugs to combat the virus. While they can’t eliminate the need for interferon and ribavirin treatment, the new antiviral drugs can reduce the duration of treatment needed and significantly improve the odds of responding to therapy.

One new antiviral drug that was tested in clinical trials at Scripps Clinic, INCIVEK, can cut the treatment time in half to only 24 weeks and nearly doubles the chances of achieving viral cure to 79 percent. Patients who had failed prior therapy with interferon and ribavirin saw a benefit with new treatment as well, especially for those who had relapsed after an initial response. This is good news for the four million people in the United States infected with HCV who previously had limited treatment options.

Another advance in HCV treatment is the implementation of genetic testing to identify those patients that are most likely to respond to treatment. This screening is being used by Scripps Health in order to personalize treatments.

HCV is a serious disease, but the prognosis is looking better, and patients need to educate themselves about their options. I strongly encourage all of those who are infected with HCV to talk to their doctor about the new treatments that are now available and determine if they might be good candidates for therapy.

— Dr. Paul J. Pockros is the head of the division of gastroenterology hepatology at Scripps Clinic.
FOOD FIGHT: anemone style

Dr. Moran, from the University of Vienna in Austria, seemed to agree. He suggested they were having a food fight, which apparently is a frequent occurrence with European anemone species that live in high-density numbers. Interesting, but I wouldn’t call it a patch of eight anemones “high density.”

Dr. Kosevich from Moscow University in Russia was united in the food fight theory. He wrote, “They could have caught one relatively large, long prey organism and are now struggling for it. Or they could even be digesting it, each keeping a portion in the mouth.” This was what I sensed.

Dr. Pearce, from University of California, Santa Cruz, added a twist to the food-fight theory: “...the right-hand polyp (individual) is regurgitating some food material, while the left-hand polyp (individual) is passively fishing for plankton.”

The strongest of the hyperthermal episodes coincided with an ocean circulation, found that coral carbonate sequestered in the deep oceans and then released were the most likely trigger of the ancient “hyperthermal” events. The transition between two geologic epochs in which global temperatures rose between 4 and 7 degrees Celsius and needed 200,000 years to return to historical norms. The events stopped taking place around 40 million years ago, when the planet entered a cooling phase.

The hyperthermals, Norris said, provide historical perspective on what Earth will experience as it continues to warm from widespread use of fossil fuels, which has increased carbon dioxide concentrations in the atmosphere nearly 50 percent since the beginning of the Industrial Revolution. Hyperthermals can help scientists produce a range of estimates for how long it will take for temperature to fully revert to historical norms depending on how much warming human activities cause. — Courtesy of Scripps Institution of Oceanography
The La Jolla Music Society opened SummerFest, the 25th annual chamber music festival, at Sherwood Auditorium on Aug. 5.

One of the most exciting and exuberant concerts in recent memory, it proceeded from the selection of music and the soloists, plus the remarkable cohesion of the Festival Orchestra, which comprises choice solo and first chair artists and a number of fine players ordinarily heard with San Diego Symphony, including bassoonist Valentin Martchev and his wife, flutist Pamela Vliek Martchev.

One seldom thinks of the double bass as an articulate solo instrument. The programming of Giovanni Bottesini’s “Grand Duo Concertante” for violin and double bass convinced the listener otherwise, and it takes the prize, both for music selection and performance, by young violinist Augustin Hadelich and equally young virtuosic bassist DaXun Zhang.

Performance of the richly textured and melodic piece, rife with wonderment, almost didn’t happen. The conductor’s score had not been deposited on SummerFest artistic director Cho-Liang Lin’s podium, and to his consternation the librarian could not be found. Suddenly, a man emerged from the wings, score in hand, and both the day and the evening’s hit selection were saved. Bottesini (1821-1889) was himself a bassist, and wrote quite a bit of music for his instrument, including concerto, duos, opera paraphrases and a series of 30 etudes. Recipient of an Avery Fisher Career Grant and the first bassist to win the Young Concert Artists International Auditions, the dazzling DaXun Zhang teaches double bass at the University of Texas, Austin. Hadelich, gold medal recipient at the 2006 International Violin Competition of Indianapolis, appears this season with the Los Angeles Philharmonic and The Cleveland Orchestra. The two appeared to be having a blast with each other and with Bottesini, and the audience responded with a vociferous standing ovation.

Almost as surprising musically, esteemed conductor/violinist Jaume Laredo and Lin performed Wolfgang Amadeus Mozart’s “Concertone for Two Violins in C Major, K. 190,” written when Mozart (1756-1891) was a lad of 17. During the opening allegro spiritoso, the oboe (Lara Wickes) and a cello (Trevor Handy) become conversational co-conspirators in this thoroughly delightful work.

The third major selection of the opening concert was Mozart’s “Piano Concerto No. 25 in C Major, K. 503,” performed by acclaimed pianist Andreas Haefliger, who conducted from the piano, oddly sounding as if the composer were Beethoven. The soloist and Festival orchestra quite filled Sherwood Auditorium.

Haefliger was co-conspirator in Lin’s promised surprise, an appearance of the extraordinary violinist Gil Shaham to play a trio performance with Lin and Haefliger of Pablo Sarasate’s “Navarra for Two Violins and Piano.” SummerFest continues through August 27 at Sherwood Auditorium and St. James by the Sea. For programming details, visit www.ljms.org.

Upcoming performances:
- Serenades and Romance Friday, Aug. 12 · 7:30 p.m.
- Assad Brothers: Legends of the Guitar Sunday, Aug. 14 · 3 p.m.
- Mozart II: The Sublime Spirit Tuesday, Aug. 16 · 7:30 p.m.
- Commissions and Premieres Friday, Aug. 19 · 7:30 p.m.
- Tokyo String Quartet Sunday, Aug. 21 · 3 p.m.
- Mozart III: Quintet Masterpieces Tuesday, Aug. 23 · 7:30 p.m.
- SummerFest Finale Friday, Aug. 26 · 7:30 p.m.

BY CHARLENE BALDRIDGE| VILLAGENEWS

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- Commissions and Premieres Friday, Aug. 19 · 7:30 p.m.
- Tokyo String Quartet Sunday, Aug. 21 · 3 p.m.
- Mozart III: Quintet Masterpieces Tuesday, Aug. 23 · 7:30 p.m.
- SummerFest Finale Friday, Aug. 26 · 7:30 p.m.
Women with hair loss can have thick hair!

According to the Women’s Institute for Fine and Thinning Hair, there are 30 million women who are currently experiencing hair loss. It can begin as early as puberty: although it usually occurs between 35 and 55 years of age. In the past several years effective treatments have become available for fine, thinning hair. Professional hair loss products are most effective when used at the first signs of thinning or hair loss. Volume is the most requested service of all clients. Thick, healthy hair is never out of style! Even with all the excellent professional volumizing products available, nothing compares with the real thing: thick, healthy human hair.

The unique patented process used at Judy’s salon attaches a protein bond of real human hair to a small section of your own hair. The bonds are so discreet you can style your hair anyway you choose. This unique application process makes it the only system that does not further damage your hair.

Most women who want this service suffer from thin, weak and damaged natural hair, but once this application process has been applied, you will be amazed at the transformation that occurs, not only in your hair, but also in your outlook!

Call for your free consultation and receive $200 off on your first full head of hair replacements. (858) 456-2344 or go to www.beautybyjudy.info

Managing the Hospital Discharge

In April, my 92 year old mother went into the hospital to remove a tumor from her arm, the procedure went well and she was sent home. Three days later, she was back in the hospital because she wasn’t able to handle the complicated wound care regimen. There is a move to improve care after discharge and to reduce readmissions for the elderly but if your family member has not revamped their discharge process, you may need to take an active role in managing the discharge.

TAKING CHARGE: If you believe the hospital is sending a patient home too soon, talk with the doctor.

CHECK THE DRUG LIST: Medication errors are a frequent cause of readmissions. Make sure your family member knows what to look for.

MAKE A DISCHARGE PLAN: Most hospitals provide a discharge plan in writing, but it may not be complete and it may be difficult to understand. Make your own plan that will be a guide for the patient, the caregiver and other doctors.

CONTACT THE PRIMARY DOCTOR: Request the discharge planner or hospital MD contact the patient’s primary care physician to be followed up or you should do it yourself.

The RN Care Managers at Innovative Healthcare Consultants are available 24/7 to help with all these details and they are expert in handling any problems that may arise. Call (877) 711-1442 or see our website at www.innovativehc.com.

MIND BODY & SOUL

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Judy Judy Judy Hair Salon located is downtown La Jolla

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ADD TO CART

Colleen Van Horn RN, BSN, PHN, CCM C.O.O.

“Assisting with care needs when you need a little help”

- Home care for adults, hourly & live-in
- Specializing in Alzheimer’s, dementia, post-operative & rehabilitation care
- Medication reminders, meal prep, transportation
- Expertise in geriatric care management
- All caregivers insured, criminal background checked and covered by workers compensation

1-877-731-1442 (toll-free) www.innovativehc.com

Adding more volume is the number one requested service at our hair salon.

We specialize in 100% natural hair extensions as featured on America’s Next Top Model. This gentle technique won’t damage your own hair and there are no styling limitations.

CONTACT THE PRIMARY DOCTOR: Request the discharge planner or hospital MD contact the patient’s primary care physician to be followed up or you should do it yourself.

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Thank you La Jolla for your support...

Emily Dimond
Voted Best Stylist–Twice by La Jolla Village News Reader’s Choice

Receive A FREE HAIRCUT with the purchase of Color (starting at $95) or Highlights (starting at $100)
Offer good through 10-31-11
Limit 1 Free Haircut per client.

armonia salon
5636 La Jolla Blvd. • (858) 459-9011

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5636 La Jolla Blvd. • (858) 459-9011
A gala with surprises, and drinking with the fishes

The Old Globe’s annual gala is always a grand and entertaining affair, and this year’s event, held on July 30, was as interesting and exciting as any. Act I, a 90-minute reception, was held throughout the beautifully planted Alcazar Gardens (perfectly located just inches from the valet parking). Arriving guests enjoyed the perfect weather — not overly warm or damp, as they placed bids in the huge silent auction, visited three cocktail bars and enjoyed lavish seafood, sushi, cheeses and vegetables from two buffets. Attractive young people in costumes from the Globe’s wardrobe strolled about like actors upon a stage. The narrowness of the gardens’ aisles encouraged social interaction and guests clearly enjoyed themselves — so much so that it took a Herculean effort to drive them from the gardens across the Prado to the theatre for Act II.

Once all were finally seated, Globe executive producer Lou Spisto welcomed the 400-plus guests. He thanked Sheryl White and Darlene Shiley for their great job as co-chairs. “Sheryl did all the work. I didn’t do anything — I just partyed,” Shiley said. “But you’ve done so much over the years,” Spisto countered.

He also thanked gala honoree Audrey Geisel for allowing the Globe to connect with the community in ways they never could have without her, through their hundreds of performances of “How the Grinch Stole Christmas” over 13 years. When he asked her to stand, so did everyone else — giving her a unanimous ovation.

After a live auction of three fabulous and unique items, Geisel announced that Geisel had offered the Globe $250,000 and that they wanted to raise $1 million that night. While nobody matched Geisel’s generous gift, others pledged amounts ranging from $500 to $50,000, totaling $800,000. Shiley said, “Let’s finish it off,” and pledged the last $200,000.

Hershey Felder then took the stage for a special performance of the final installment in his Composer Sonata, “Maestro: The Art of Leonard Bernstein.” A consummate actor, singer and pianist, Felder virtually becomes the composers he portrays, and fully engages his audience. His moving performance received an enthusiastic standing ovation, but he quickly motioned everyone to sit. He spoke of his wife, former Canadian Prime Minister Kim Campbell, and how after meeting Geisel, they became friends. To honor Geisel, he then sang “Our Love is Here to Stay” to her, accompanied by the entire audience.

Guests adjourned to the Copley Plaza (just outside the theatre, and decorated with numerous theatre props — another of White’s ideas) for dinner. An excellent band called “Impulse” was already playing and salus were being served. But raindrops began to fall, hurrying ladies in expensive formal gowns. Surprised guests hurried to their seats, shielding coffees with dinner napkins. Fortunately, the rain quickly left — as if suddenly realizing it was intruding on a party to which it wasn’t welcome — and everybody had a good laugh about the scare. Waiters with towels on their feet skated about the dance floor, making it dry and safe for partygoers eager to boogie. A glorious dinner featuring boneless osso bucco was enjoyed by all, including the Globe’s production crew, for whom the generous Hershey Felder had purchased tickets. Partygoers had a wonderful time, and danced until well past midnight.

La Jolla’s Birch Aquarium was the striking venue for the MIT Enterprise Forum San Diego’s eighth annual wine social, widely considered the premier networking event for San Diego’s technology and biotech community. The huge event brought together more than 700 guests, including founders and executives of growth companies, development personnel, investors and service providers, allowing them to interconnect in a relaxed and inspiring setting.

An optional (and quickly sold-out) “X2 Upgrade” was an hour-long educational session presented by Riedel, makers of fine glassware in shapes designed to enhance the enjoyment of specific wines. Guided by a knowledgeable presenter, attendees sipped premium wines from four different glasses, answering the question “Do shape and size matter?” They do, when it comes to wine glasses, and guests got to take their glass sets home.

Everyone was welcome to circulate, socialize, and enjoy tastings from 18 wine purveyors (and two breweries) throughout the venue. Multiple buffets offered pastas, salmon dishes and varied cheeses — perfect accompaniment for fine wines. Proceeds benefited the organization’s STEM program, educating K-12 students about opportunities in science, technology, engineering and math fields.

Any 2 burgers & fries $15

Monday-Friday
11:30 am - 4 pm
with this ad & purchase of 2 beverages

Corvette Diner
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19% gratuity not included. Expires 8-25-11. Not valid with any other offers.
Pee Wees, Midgets and Mitey Mites kicked off this year’s youth league football season with their first practice at La Jolla Country Day School on Aug. 1.

The La Jolla Pop Warner Torreys, an affiliate of the world’s largest youth football, cheer and dance program, offers sports opportunities for boys and girls ages 5 to 15. The program places importance on skills and abilities both on and off the field. Pop Warner’s Little Scholars program requires that participants submit proof of passing academic performance, and high academic achievement is rewarded.

“Pop Warner Torreys are looking forward to a fantastic season with a record number of participants this year,” said La Jolla Pop Warner President Scott Warner. “La Jolla Pop Warner provides flag football opportunities for children 5 to 7, tackle football opportunities for children ages 7 to 15 and cheerleading opportunities for children ages 5 to 15.”

Scrimmages begin during the last two weeks in August, and the regular season runs from the second week in September until the end of October.

Practices and home games take place at facilities provided by La Jolla Country Day School, located at 9490 Genesee Ave. Registration and roster spots are still available for Mitey Mite, Junior Midget and Midget teams. For more information about La Jolla Pop Warner football and cheer programs or to register your child on a team, visit www.lajollapopwarner.org or call Scott Rosecrans at (619) 886-2716.

— Mariko Lamb
Most of us function from our left brains: logical and linear. We think through problems, make lists of pros and cons, examine alternatives and weigh the possible consequences. Very often, this process does not provide us with satisfactory answers. So we toss and turn at night and obsess during the day, not knowing what to do.

Then, out of the blue — at an odd time, in a strange place, out of context, while doing something totally irrelevant — come the solutions. What happened? Our right brain, intuitive and holistic, took over.

Most of us have had this experience of finally figuring out something after we stopped working at it. Is there a way to finally figuring out something after we stopped working at it. Is there a way to make this type of insight, which happens outside of our control, more accessible?

When we talk about our unconscious, we often also mean our intuition. Women talk about intuition or listening to their gut reaction. We are all talking about the same thing: listening to our gut reaction, allowing our mind to wander where it will. Daydreaming is an important part of the creative process. Your right brain may know the correct path to take, even if it seems circuitous to your left brain. As a fleeting thought passes by, capture it by writing it down right away. It is disconcerting how quickly it disappears, and you sit there wonder- ing: “What was that I just had a flash about?” Later you can look over all your notes using your left brain to analyze the ideas.

I wrote the following poem about our two brains.

Right Brain/Left Brain

While the right hand adds numbers
the left one is doodling
While the right arm lifts weights
the left one is hugging

While the right foot walks the narrow path
the left one dances a jig
While the right eye is looking
the left one is seeing

Sometimes it is important to let go of control so that you can regain it by going through the back door — or perhaps through a window or even down the chimney.
## OPEN HOUSES

<table>
<thead>
<tr>
<th>Address</th>
<th>Time</th>
<th>Price</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>7612 East Ave.</td>
<td>Sun 1-4pm</td>
<td>$429,900</td>
<td>Stainless Appliances, 2 BR/1 BA, Ocean View, Walk to beach, Hot Tub, 1 Car Garage</td>
</tr>
<tr>
<td>8166 Via Marberde</td>
<td>Sat 1-4pm</td>
<td>$1,188,000</td>
<td>Front yard, Ocean View, 3 BR/2.5 BA, $1,188,000</td>
</tr>
<tr>
<td>6941 Via Valleluna</td>
<td>Sat 1-4pm</td>
<td>$799,999</td>
<td>New carpets, Ocean View, 2 BR/2.5 BA, $799,999</td>
</tr>
<tr>
<td>1908 Hayeguy Way</td>
<td>Sun 1-4pm</td>
<td>$2,695,000</td>
<td>5 BR/4.5 BA, Ocean View, 3 Car Garage, $2,695,000</td>
</tr>
<tr>
<td>8774 La Jolla Scenic Dr North</td>
<td>Sun 2-5pm</td>
<td>$895,000</td>
<td>New carpet, Ocean View, 3 BR/2 BA, $895,000</td>
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<tr>
<td>7620 Calle Cervena Cruz</td>
<td>Sun 2-4pm</td>
<td>$1,775,000</td>
<td>Ocean View, 5 BR/5 BA, $1,775,000</td>
</tr>
<tr>
<td>7225 Carretera Preciosa</td>
<td>Sun 1-4pm</td>
<td>$899,999</td>
<td>Ocean View, 3 BR, $899,999</td>
</tr>
<tr>
<td>7402 East Ave.</td>
<td>Sun 1-4pm</td>
<td>$825,000</td>
<td>Ocean View, 3 BR, $825,000</td>
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<tr>
<td>2560 Via Solvang</td>
<td>Sun 1-4pm</td>
<td>$846,000</td>
<td>Ocean View, 3 BR, $846,000</td>
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<tr>
<td>8774 La Jolla Scenic Dr North</td>
<td>Sun 1-4pm</td>
<td>$795,000</td>
<td>Ocean View, 3 BR, $795,000</td>
</tr>
<tr>
<td>3593 Sagrario Road</td>
<td>Sun 1-4pm</td>
<td>$588,000</td>
<td>Ocean View, 3 BR, $588,000</td>
</tr>
<tr>
<td>6204 Calle Cervena Cruz</td>
<td>Sun 1-4pm</td>
<td>$899,999</td>
<td>Ocean View, 3 BR, $899,999</td>
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<tr>
<td>7402 East Ave.</td>
<td>Sun 1-4pm</td>
<td>$1,075,000</td>
<td>Ocean View, 5 BR, $1,075,000</td>
</tr>
<tr>
<td>7421 High Ave.</td>
<td>Sun 1-4pm</td>
<td>$690,000</td>
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<tr>
<td>6362 Via Cervena Cruz</td>
<td>Sun 1-4pm</td>
<td>$1,200,000</td>
<td>Ocean View, 3 BR, $1,200,000</td>
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<td>446 Westbourne</td>
<td>Sun 1-4pm</td>
<td>$1,395,000</td>
<td>Ocean View, 3 BR, $1,395,000</td>
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<tr>
<td>4300 Bernardo</td>
<td>Sun 1-4pm</td>
<td>$1,975,000</td>
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<tr>
<td>6821 Avenida Andorra</td>
<td>Sun 1-4pm</td>
<td>$2,675,876</td>
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<tr>
<td>5891 La Jolla Scenic Dr South</td>
<td>Sun 1-4pm</td>
<td>$2,825,000</td>
<td>Ocean View, 3 BR, $2,825,000</td>
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<tr>
<td>3593 Sagrario Road</td>
<td>Sun 1-4pm</td>
<td>$3,000,000</td>
<td>Ocean View, 3 BR, $3,000,000</td>
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<tr>
<td>6303 Carretera de la Costa</td>
<td>Sun 1-4pm</td>
<td>$4,450,000</td>
<td>Ocean View, 3 BR, $4,450,000</td>
</tr>
</tbody>
</table>

## PACIFIC BEACH / MISSION BEACH / CROWN POINT

<table>
<thead>
<tr>
<th>Address</th>
<th>Time</th>
<th>Price</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>3947 Sequoia St.</td>
<td>Sat &amp; Sun 1-4pm</td>
<td>$899,000</td>
<td>Ocean View, 3 BR/2 BA, $899,000</td>
</tr>
<tr>
<td>1931-1939 Palisado St.</td>
<td>Sat &amp; Sun 1-4pm</td>
<td>$849,000</td>
<td>Ocean View, 3 BR/3 BA, $849,000</td>
</tr>
<tr>
<td>1385-1371 Herbolino St.</td>
<td>Sat &amp; Sun 1-4pm</td>
<td>$559,900</td>
<td>Ocean View, 3 BR/2 BA, $559,900</td>
</tr>
<tr>
<td>4079 &amp; 4080 Marmill St.</td>
<td>Sat &amp; Sun 1-4pm</td>
<td>$899,000</td>
<td>Ocean View, 3 BR/2 BA, $899,000</td>
</tr>
<tr>
<td>8118 Alegen Circle (D)</td>
<td>Sat 1-4pm</td>
<td>$1,296,000</td>
<td>Ocean View, 3 BR/2 BA, $1,296,000</td>
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</tbody>
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## POINT LOMA / OCEAN BEACH

<table>
<thead>
<tr>
<th>Address</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>4714 Mal AVE.</td>
<td>Sat &amp; Sun 1-4pm</td>
<td>$299,999</td>
<td>Ocean View, 3 BR/2 BA, $299,999</td>
</tr>
<tr>
<td>3109 Lawrence St.</td>
<td>Sat &amp; Sun 1-4pm</td>
<td>$1,995,700</td>
<td>Ocean View, 3 BR/3 BA, $1,995,700</td>
</tr>
<tr>
<td>837 Golden Park Ave.</td>
<td>Sat &amp; Sun 1-4pm</td>
<td>$2,375,600</td>
<td>Ocean View, 3 BR/3 BA, $2,375,600</td>
</tr>
<tr>
<td>8700 Almonds Terrace</td>
<td>Sat &amp; Sun 1-4pm</td>
<td>$4,495,000</td>
<td>Ocean View, 3 BR/3 BA, $4,495,000</td>
</tr>
<tr>
<td>3426 Keats St.</td>
<td>Sat &amp; Sun 1-4pm</td>
<td>$500,000</td>
<td>Ocean View, 3 BR/2 BA, $500,000</td>
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<tr>
<td>4086 Bermeo Dr.</td>
<td>Sat &amp; Sun 1-4pm</td>
<td>$839,000</td>
<td>Ocean View, 3 BR/2 BA, $839,000</td>
</tr>
<tr>
<td>3274 Chatsworth</td>
<td>Sat &amp; Sun 1-4pm</td>
<td>$949,000</td>
<td>Ocean View, 3 BR/2 BA, $949,000</td>
</tr>
<tr>
<td>4246 Manzanita Avenue</td>
<td>Sat &amp; Sun 1-4pm</td>
<td>$799,999</td>
<td>Ocean View, 3 BR/2 BA, $799,999</td>
</tr>
<tr>
<td>951 Almeda Terrace</td>
<td>Sat &amp; Sun 1-4pm</td>
<td>$1,225,000</td>
<td>Ocean View, 3 BR/2 BA, $1,225,000</td>
</tr>
</tbody>
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## UTC

<table>
<thead>
<tr>
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<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>3986 La Jolla Village Dr.</td>
<td>Sun 2-5pm</td>
<td>$475,000</td>
<td>Ocean View, 3 BR, $475,000</td>
</tr>
</tbody>
</table>

*All information is inerbated on the+ available if you to verify it with the owner.*
Near schools, beaches and the Village, this single-level 4 BR/2.5 BA home offers a spacious floor plan that opens to wonderful outdoor living areas. Sunny backyard has a swimming pool, spa, playhouse and a garden filled with veggies.

Offered at $1,599,000
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This amazing single-level "Summit" home has just been remodeled to absolute perfection. Features include custom cabinetry, gorgeous Canadian white maple hardwood & imported stone floors. Complete with an outdoor entertaining area perfect for casual sunsets and formal parties. Situated on a quiet cul-de-sac with tree-lined vistas and romantic ocean and Muirlands views. You won't want to miss the incredible attention to detail in this wonderful property which has been meticulously furnished by HOM! Call David for a tour.

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Open Saturday & Sunday 1-4   6947 Via Valverde – Muirlands West

6947 Via Valverde – Muirlands West

Near schools, beaches and the Village, this single-level 4 BR/2.5 BA home offers a spacious floor plan that opens to wonderful outdoor living areas. Sunny backyard has a swimming pool, spa, playhouse and a garden filled with veggies.

Offered at $1,599,000
Go to www.LindaMarrone.com for more information