Filner recall effort spearheaded before alleged charges

La Jolla land-use consultant Michael Pallamary is leading the charge on Mayor Bob Filner’s recall, which has gained momentum since alleged sexual-harassment charges first surfaced against Filner July 11.

The recall drive actually preceded Filner’s sexual-harassment charges by two weeks, said Pallamary, who’s spearheading the drive and has practical experience, having initiated the successful political recall in 1991 of San Diego City Councilwoman Linda Bernhard.

Pallamary said he foresaw Filner’s political meltdown.

“I’ve watched Filner’s relationships deteriorate over the years,” he said, noting Filner has “fought with the city attorney, fought with the press, fought with the city, fought with virtually everyone he’s interfaced with.”

Filner’s eroding political situation was “incredibly predictable,” claims Pallamary, who said he set up a Facebook page in full anticipation of Filner’s political reverses.

“Very bizarre,” is how Pallamary described the political recall process he’s launching to unseat the mayor.

The first step, he said, is to publish in a newspaper of general circulation the intent to recall the mayor and lay out the rationale. Then the mayor should be recalled.

I may have taken a year off from writing Tide Lines but not so from diving, underwater photography and learning more marine science. Now reinvigorated, and with sea (and the occasional pun) in hand, I’m enthused to share with you more ocean mysteries, dilemmas, and dramas taking place off our coast.

A big hit from early Internet days was a website connected to a webcam, which was set up in front of a home aquarium. Fish swam back and forth, forth and back, 24/7. Remember that? It went viral. Web pundits opined as to why people were connected to a webcam, which was set up in front of a home aquarium.

According to one designer’s stunning architecture. Check out one designer’s stunning local dwelling.

La Jolla is home to a lot of amazing architecture. Check out one designer’s stunning local dwelling.

I probably think he should be recalled. Due process is always appropriate. Give both sides a chance to be heard. It’s just too controversial. San Diego needs a good mayor. I have nothing personal against Filner, I’m sure he’s done what they’re saying.

I really haven’t thought about it that much. I probably would support it, all things considered. I don’t think he will [voluntarily] step down. I think he will ultimately step down at the end of a long process.

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Missed the La Jolla Fashion Film Festival? Get a recap on the red-carpet happenings.

Sealed behind a lens

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La Jolla’s art galleries have much to offer, but our coffee shops also showcase incredible local artists.

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Summer is all about entertaining outside. But how to prepare for guests?

Summer is all about entertaining outside. But how to prepare for guests?
OBITUARY


Lillian “Lil” James was born in Toledo, Ohio on May 30, 1926, of Greek immigrant parents. She was known in her community by her Greek name, Elipiniki, and was called “Niki” by those who knew her best. She was proud of her culture and spoke Greek fluently.

When the Greek music started, she was always the first one on the dance floor. Gifted with a beautiful voice, she became a professional singer, performing on radio and in nightclubs in Detroit.

She was very proud to have been the opening act for Danny Thomas and many others. She married her first husband, Jack Canaan, in Detroit in 1947. They moved to Southern California shortly after and raised four children in Pacific Beach.

She was active in politics, working with Jack on many campaigns, including James Roosevelt’s bid for governor, former California Senate President Pro Tem Jimny Mills and numerous San Diego campaigns for local judges and council members.

In the 1960s, Lil discovered her real passion, astrology, which she practiced professionally until right before her death. Her clients included local politicians, socialites and national celebrities who relied on her for her knowledge of the stars and general sage advice.

“Lil was more than just my personal astrologer, she was also a good friend, who gave me hope as I battled cancer,” said Julie Aigner Clark, founder of Baby Einstein and a client of Mrs. Mulonas’ for many years. “Her words were always inspiring and truthful, as I’ve been cancer free for seven years now.”

She wrote an astrology advice column for the Sentinel and appeared as a panelist on the local television show, “What’s my Sign?” She was also the resident astrologer on former San Diego station KSDO in the late 1970s and early 80’s, offering quick astrological readings to callers on the show. She was often invited to speak on astrology at social gatherings and conventions, where she amazed guests with her knowledge and insight.

“There was nothing she enjoyed more than a good chat with those who were near and dear to her, and to those who sought her sage wisdom,” said Chris Canaan, her oldest son, who is an Emmy Award-winning writer in Los Angeles.

In 1999, she was blessed with a reunion of her childhood sweetheart, Nick Mulonas, who was literally “the boy next door.” They had been engaged briefly in 1944, but fate decreed that their unique and remarkable love was to be savored in their later years. They eloped in 2000 and were married in Michigan. For years, they enjoyed the great adventure of driving back and forth in their state-of-the-art RV from San Diego to Detroit where Nick’s family lived.

Mrs. Mulonas passed away peacefully, surrounded by family, of complications from COPD at her home in University City on July 16. She was 87.

“Mom was reassuring and inspirational to all who knew her,” said her daughter, Mary Wilson. “She could bring a silver lining to the darkest cloud and turn a frown into a smile with an encouraging word.”

In addition to her husband Nick, son Chris and daughter Mary Wilson of Lake Arrowhead, she is survived by sons John Canaan of Salt Lake City, Utah; and Robert Canaan of San Diego; and 11 grandchildren.

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La Jolla resident and 2013 La Jolla High School graduate MAURA KANTER recently earned the Girl Scout Gold Award, the organization’s highest honor. For her Gold Award project, Kanter added several new resources geared toward LJHS students to the La Jolla Public Library.

Kanter – who is a board member of Friends of the La Jolla Branch Library – coordinated multiple student events, including a book signing with bestselling author Michael Scott and a lecture series with a college counselor.

She also created a “college room” at the library filled with SAT and ACT test preparation books, college guides and other texts for high school students. The college room recently received a grant from San Diego for two computers. With help from the school’s math team, Kanter developed a library-based tutoring program for students.

Kanter became a Girl Scout 12 years ago when she joined the organization as a Brownie. She has also earned the Girl Scout Bronze and Silver awards as an Independent Girl Member. Girl Scouts is a tradition in her family; her sister Elyssa earned the Gold Award in 2011. She will soon begin her freshman year at Johns Hopkins University, where she was accepted as a Hodson Trust scholar.

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Future uncertain for post office

What’s for certain about the La Jolla Post Office at 1140 Wall St. is that the United States Postal Service (USPS) intends to divest itself of it.

Beyond that, what’s to become of the historically designated building — who is to own it and where it will end up — remains a mystery.

A July 3 “final determination” letter by the U.S. Postal Service stated, “We appreciate heartfelt attachment to the La Jolla Post Office building. … Our financial circumstances force us to pursue every opportunity to reduce costs and generate revenues.”

Following that decision, postal authorities said they were in a holding pattern in taking the next step, but professed an openness to discuss options.

“We have not started the process … no new location has been identified,” Jackson said.

Leslie Davis, chairwoman of Save Our La Jolla Post Office, said Davis refused to discuss the value of La Jolla’s postal facilities which have been done nationwide redeveloping postal facilities which have been relocated.

“One building in Texas was made into a museum,” Jackson said. “Another in Louisiana was made into a bed and breakfast.”

7 Things You Must Know Before Putting Your La Jolla Home Up for Sale this Summer

LA JOLLA - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home and a 9 Step System that can help you sell your home fast and for the most amount of money.

The fact of the matter is that fully three quarters of homesellers don’t get what they want for their homes and become disillusioned and - worse - financially disadvantaged when they put their homes on the market. As this report uncovers, most homeowners make 7 deadly mistakes that cost them literally thousands of dollars.

To order a FREE Special Report, visit www.MistakeFreeLaJolla.com or to hear a brief recorded message about how to order your FREE copy of this report call toll-free (800) 474-3292 and enter 4000. You can call any time, 24 hours a day, 7 days a week.

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Renowned architect’s La Jolla ties are ‘fabulous’

By KENDRA HARTMANN

Architect and designer Bill Georgis has said he hears one phrase most often from clients: “Just make it fabulous.”

In a retrospective monograph of 18 of his projects from recent years, Georgis did just that. "Make It Fabulous: The Architecture and Designs of William T. Georgis," released by Monacelli Press in June, showcases Georgis’ eclectic style — which he says is more a reflection of his clients than himself.

“Ideally, each project looks different, and the reason is that we’re careful about listening to clients,” he said. "I try to make a place for them in the world that suits them.”

With a background in art history, Georgis delved into architecture in the 1980s and has built a name — and quite a name, at that — on his interpretation of gesamtkunstwerk, which he defines, for his purposes, as the integration of architecture, interior design, decoration and landscape. “Each project is a total work of art, from the outside in and from large to small details," he said. “I always try to reinforce the larger architectural idea and incorporate as much as I can in a project. It has to be meaningful on a daily basis to the clients.”

Though much of his work is centered in New York (where he is based), Georgis counts on his list of favorite projects his own private home in La Jolla. Featured in the new book, the house, Georgis said, underwent an extensive rebirth, during which he demolished “unsympathetic” additions, reconfigured the interior space and, when the home re-emerged as a modernist work of art, christened it “The Akropolis.”

The home is a testament to Georgis’ attention to detail. A library paneled in olive-colored cerused ash wood, specially commissioned murals by artist Kim MacConnel, sand-colored Ultrasuede walls and — perhaps the home’s most consistent conversation starter — bullet-riddled mirrors in the powder room turned into a work of art. Below, the home’s living room features tea-papered ceiling walls.

Squeezing every dollar from your home sale

SAN DIEGO. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you’ll want to sell your home for the highest price in the shortest time possible without compromising your sanity.

Before you place your home on the market, here is a way to help you to be prepared as possible.

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

In this report you’ll discover how to avoid financial disaster when selling your home. Using a common-sense approach you will get straight facts about what can make or break the sale of your home.

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

To hear a brief recorded message approach you will get straight facts about what can make or break the sale of your home.

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Bike-sharing program gaining wheels for those with peddling preferences  

By DAVE SCHWAB

Now that the City Council has signed off on a new bike-sharing program that would allow residents of La Jolla — among other beach communities — to pedal between 180 or more bike stations with 1,800 bikes citywide, locals are being asked to chime in on the need and desirability of the program.

On July 8, the council sanctioned a 10-year contract with DecoBike, which will pay the estimated $7.2 million cost of setting up infrastructure for the BikeShare program, which is expected to begin in spring 2014.

“It’s a great opportunity to help solve the problem of how people can get around without using the car,” said Joe LaCava, vice president of the La Jolla Community Planning Association, which makes land-use recommendations to the city: “I think it will be a real addition, not only in La Jolla, but in the rest of San Diego.”

Sara Berns, executive director of Discover Pacific Beach said the group supports the program, but expressed concern that it might compete with existing bike-rental businesses that serve tourists and locals.

“We have been working with, and look forward to, continued efforts by the city to work with us and the community to best implement the program in PB with the estimated need and desirability of the program in Miami’s South Beach.”

Reese said bike-sharing will create an interlocking network of stations linking downtown San Diego with outlying areas like Point Loma, Ocean Beach, Pacific Beach, Mission Beach, and La Jolla.

DecoBike has been conferring with the city to create a crowdsourcing map pinpointing bike-sharing stations. The full menu will also be made available on www.decobike.com for San Diegans to suggest where they think bike-sharing stations ought to be.

“It will be just like using Google maps,” said Reese adding, “It’s a great way to get the public involved and also excited.”

Once the bike-sharing program is up and running sometime next spring, it will be 100 percent automatic,” said Reese.

Users paying an annual membership of about $99 will be entitled to make unlimited trips with bikes in between stations they can access via electronic key.

Bike sharing will encourage more — and different — types of people to cycle, Berns said.

“We may create a whole new class of cyclists. People who haven’t ridden in years,” said Reese. “It will make people aware that cycling is no longer just for youths, there is a new option to commute to work or just go out and have fun, stay in shape or lose weight.”

Reese said San Diego’s “year-round outdoor climate” makes it a perfect place for bike sharing.

UPDATES>

FILNER TO TAKE LEAVE OF ABSENCE TO SEEK THERAPY

At a July 26 press conference, Mayor Bob Filner apologized to all San Diegans, in particular the women he has offended, and said he would be taking a two-week leave of absence beginning Aug. 5.

“I am undergoing intensive professional therapy to work through his issues with women who have come forward,” said Reese.

“Two weeks of therapy will not end decades of bad behavior,” said District 2 City Councilman Kevin Faulconer. Bob Filner should leave to receive the help he obviously needs, but he should not take the office of the mayor and San Diego city government with him. He needs to resign and seek long-term treatment as a private citizen.”

District 6 Councilwoman Lorie Zapf added, “At the end of the day, Mayor Filner continues to put his needs in front of the needs of his victims and the needs of citizens of San Diego. He is the mayor of the eight-largest city in the country and he must be held to a higher standard. By not stepping down, it is an insult to the victims, and an insult to women everywhere.”

Last month, former City Councilman Nissan Sours Larson, Rob Stone, Nicolesour's Lashay, Morgan Antigio and Taylor Lashay, who have been the subject of sexual harassment allegations.

Efforts to recall Mayor Bob Filner face competition—Two separate efforts have been begun by different individuals to attempt to recall Mayor Bob Filner.

La Jolla land-use consultant Michael Pallamary filed a recall notice with the City Clerk’s Office July 29. Pallamary was beaten to the punch by Stampp Corbin, the owner-publisher of LBK Weekly, on July 26.

City Attorney Jan Goldsmith said Pallamary will have until Sept. 26 to collect nearly 102,000 valid signatures on his recall petitions, equal to 15 percent of the registered voters in San Diego.

The City Attorney’s Office is studying whether multiple recall campaigns are allowed.

EDITORIAL

woman Donna Frye and two high-profile attorneys urged Filner to resign immediately, alleging sexual harassment accusations from women who did not immediately come forward.

The first woman to do so, former Filner communications director Irene McCormack Jackson, 57, represented renown civil rights attorney Gloria Allred, announced July 22 that a sexual-harassment lawsuit was being filed against the mayor and the city of San Diego.

As of July 31, a total of five women had emerged to allege Filner had acted inappropriately toward them, making physical contact and/or unwanted sexual advances.

FILNER TO SEEK THERAPY

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A seal is born

Marilies Schoepflin said, “I watched the birth of a seal. The obviously pregnant seal moved up the beach, distancing herself from the water and other seals. Some female seals formed a loose circle around her. One could see the contractions coming fast and strong. A bluish bubble appeared, the mother seal glanced back, gave one more push, and the pup emerged still in its sack. Carefully, she broke the sack by lightly nudging the pup. Another seal gently checked out the newborn while the mom rested briefly. Soon after, the mom nuzzled the pup, a behavior that promotes bonding. A barrage of sea gulls descended to eat the sack and umbilical cord. When quiet returned to the beach, the pup began nursing.” [Visit the website for more still photos.]

Outplay, outwit, outlast

Generally, abandoned seal pups less than 3 days old won’t survive, but Jennifer Rogge has been tracking an exception. She said, “I would watch ‘Rocky’ on the camera at night stealing milk and getting a terrible thrashing from the moms when they awoke to see a strange pup suckling. For five weeks, Rocky’s nightly milk raids grew more stealthy, with the moms sometimes sleeping through Rocky’s suckling. New Rocky is self-reliant and thriving; I frequently see Rocky swimming with a pup half his size. Whether Rocky is a he or she I don’t know, but this pup deserves the name for never giving up despite the odds and adversity.”

THE LIVES OF SEALS Above, “Rocky,” a seal pup who survived despite being abandoned, is thriving (courtesy Jennifer Rogge). Right, The death of a seal deeply affects others in the colony. This unfolding drama, while sorrowful, provides a glimpse into previously unobserved behavior in harbor seals. Courtesy MAMConservancy.org

The memory of an elephant

Ellen Shively said, “A rare visitor to San Diego appeared one day at Casa Beach. It was a behemoth next to a harbor seal. When she turned her head, I saw the enlarged snout of a female elephant seal as she slowly moved her bulk onto the beach to join the group of sleeping harbor seals. She flipped sand onto her back with her flippers, a cooling behavior characteristic of this species. A young harbor seal followed close by as she maneuvered her massive body into a depression. After a brief rest, she hauled her body to the water’s edge. I was astonished when the young harbor seal followed, the pair heading back into the ocean in lock step. After a couple of laps along the channel, the elephant seal swam away sans harbor seal. Where she came from, what brought her here and what possessed the juvenile harbor seal to briefly accompany her are questions yet to be answered.”

Circle of life

According to Schoepflin, “I saw an adult seal listlessly floating in shallow, raising its head up once in a while. Another seal swam close, trying repeatedly to nudge the weak one’s head above water while pushing them both towards the beach.” Sharon J. LaDuke said, “The two seals, of equal size, submerged then remerge again and again for the entire 4 hours of my cam operation. What looked like grieving seems at odds with what is known about seals’ notoriously solitary behavior.”

Schoepflin said, “The next morning on the sand, the healthy seal rested its head on what was clearly the dead seal’s body. Over the course of hours, the healthy seal periodically raised its head and opened its mouth, appearing to vocalize (without sound I can only surmise). A cluster of seals surrounded. The next day the dead seal was gone, returned to the ocean by the tide.”

— Judith Les Garfield, naturalist and underwater photographer, has authored two natural history books about the underwater park off La Jolla Cove and La Jolla Shores. www.TideLines.org; Judith@TideLines.org

What Lies Beneath

TIDE LINES Æ

CONT. FROM PG. 1

where could share simultaneously. And like a soap opera, viewers became absorbed in the activities of the key players.

These are reasons I log onto the seal webcam (www.wan conservancy.org/seat_media.htm) in La Jolla. I take a mental-health break, see what the seals are doing and gain a fresh perspective on my life. Sometimes the seals are there; sometimes not. The tide ebbs and flows. Seals jockey for position. Sometimes the seals are there; sometimes not. The tide ebbs and flows. Seals jockey for position. Sometimes the seals are there; sometimes not. The tide ebbs and flows. Seals jockey for position.
Kids chased soap bubbles and scrawled with chalk on sidewalks while their parents strolled and mingled with neighbors to live musical accompaniment at Bird Rock’s first-ever Summer Walk July 25.

“It’s a pretty good turnout. There’s lots of odds and ends — little art projects,” said Bird Rock Coffee Roasters owner Chuck Patton, who had an open mic going at 5627 La Jolla Blvd. “It’s just nice to give people a reason to come downtown and walk around — that doesn’t happen enough.

“The great thing about this is it didn’t require a lot on the part of the merchants,” Patton continued. “It was strictly casual, a low-effort affair. The great thing is people are responding to it.”

Down the street at La Jolla Independent BMW at 5535 La Jolla Blvd., crafter Rob Baumgart was busy teaching children how to convert damaged metal car hoods into ornamental art.

Baumgart said he got the idea about seven years ago working with the children of the body shop’s owners.

“We just started playing around and I hammered out a turtle one day and it evolved from there,” he said, standing underneath one of his more challenging — and colorful — sculptures, a painted humpback whale.

Metal sculpture is mostly a hobby, noted Baumgart, who said it takes about 10 hours to hammer out a whale, though it takes significantly less time for one of his trademark terrapins. Baumgart has fashioned more than 100 metal turtles and sold or donated them to people for special occasions.

Asked if metal sculpture was tough to do, Baumgart said he has taught kids at Bird Rock Elementary School “who’d never hammered anything how to make a (turtle).”

Bird Rock artist Jane Wheeler helped youngsters create sidewalk chalk drawings at the event.

Wheeler said the La Jolla neighborhood is rapidly becoming a mecca for arts and crafts, boasting four main galleries — Bird Rock Art Nest of La Jolla at 5648 La Jolla Blvd.; Bird Rock Arts Gallery & Studio at 5785 La Jolla Blvd.; Suite B, GALERIe at 5629 La Jolla Blvd.; and Moonglow Design at 5763 La Jolla Blvd. Other craft shops exist on the boulevard, as well, like Beads of La Jolla at 5645 La Jolla Blvd. and Needlecraft of La Jolla at 5685 La Jolla Blvd., plus music shops like Nightingale Music at 5631-C La Jolla Boulevard, Riffs Acoustic Music at 5510 La Jolla Blvd. and Prodigy School of Arts at 5725 La Jolla Blvd.

“There’s a whole art vibe percolating in Bird Rock and we’re trying to leverage that and put it into the different community events,” said Wheeler, founder of Bird Rock Artist Guild.

Wheeler said Bird Rock’s first Summer Walk was patterned after Italian strolls held in Europe where families roam their downtown dis-
Many La Jolla and University City theater lovers feel blessed to have La Jolla Playhouse close by for a theater experience as good as Broadway. Few people know about the internship opportunity that 15 college students are participating in. One of these happy interns hails from the University of Michigan and calls Winnetka, Ill. his hometown.

Ryan Lucas leads with a smile when he meets you, the kind of smile you see in a toothpaste commercial. At 19, he seems more mature than a lot of teens his age, but then, he will turn 20 in August. Last March, he applied to be an unpaid intern at La Jolla Playhouse and was interviewed on a conference call by his current supervisors: Dana Harrel, a producing director, and Teresa Sapien, an artistic assistant.

“It was one of the best conversations I’ve had with theater professionals,” he said. “They are so nice. They let me know I had already demonstrated my abilities in my application. They wanted to know about my personal goals in theater.”

Ryan brought recommendations from two previous internship bosses at the Chicago Black Ensemble and City Lit, where Ryan was an assistant director, house manager and special events coordinator last summer.

The “drama bug” bit Ryan in elementary school around third grade. He attended New Trier High School, where three of his four drama teachers were Northwestern graduates, a university that turned out many theater professionals. At New Trier, eight or nine productions are performed each year, and students can take four years of drama and dance classes. Very few American high schools have these great resources.

“I was in everything,” he said. “I sang, acted, danced. By senior year, I chose to go to the University of Miami on a full ride in performing arts. However, I really didn’t feel at home there and opted to revisit my other choices: USC and Michigan.”

Ann Arbor thrives in musical theater, according to Ryan, and in January 2012, Ryan became a Wolverine.

Ryan said he loves going to work at La Jolla Playhouse as an intern. He shows up five days a week for eight hours a day. He arrived on the scene May 6 and will leave on Aug. 23.

“I’m treated well here. I have stakes in the tasks I’m given; it’s not busy work,” he said. “I’m here to observe and absorb, and staff shares their wisdom. I like everyone at the Playhouse.”

One of his responsibilities is casting related. “I prescreen the data base for actors wanting to audition,” he said. “I also schedule auditions and coordinate them to be efficient.”

Although his internship is unpaid, some special perks come with the job. Complimentary tickets to plays are one — and not just at the Playhouse. The Old Globe and Coronado Lamps have made free tickets available. Ryan also sat in with an interview of Ayad Akhtar, a Pakistani-American playwright born in New York and raised in Milwaukee. Akhtar won the 2013 Pulitzer for his debut play, “Disgraced.” His play “The Who and the What” should be produced in 2014 at La Jolla Playhouse.

University City is home to Ryan this summer. He is staying with Phil and Barbara Henshaw, two Michigan transplants. He met them for the first time when he got off the plane at Lindbergh Field. In a six-degrees-of-separation theme, Ryan’s mom had a friend in Chicago who had a friend in University City, who had a friend, Barbara Henshaw. The Henshaws have enjoyed having Ryan around this summer, although they admit to seeing him always on the go. They have two grown sons and like having “this son” in their home. He shares an occasional dinner with them and conversations about life in the theater.

Remember the name Ryan Lucas. His star is rising. Rather than pursuing acting or music, his long-term goal is to produce plays. When he returns to school at Michigan this fall, he will be producing college shows and looking to spring semester to go to London. He also wants to intern in NYC next summer after his junior year.

“I need to go to New York for that experience,” he said. When asked where he thought he’d be in 10 years, he paused for a moment and then flashed that smile. “I’d like to be in a mid-level position in regional theater or doing associating producing.”

Let’s hope a reunion with La Jolla Playhouse will be part of that equation with this articulate, talented teen ready to turn 20 and take on the world after this lucky summer of 2013 in La Jolla and U.C.
All things fashion: Hats, film and red carpet

By DIANA CAVAGNARO

The La Jolla Fashion Film Festival shines

The La Jolla Fashion Film Festival (LJFFF) returned for another year of remarkable fashion and film. The world’s largest gathering of fashion filmmakers attracted filmmakers from around the world, making the much-anticipated event on July 26-27 a fashionista’s dream. Each day began with a networking soirée at Scripps Park, after which festivities moved to the Museum of Contemporary Art San Diego in La Jolla. On Friday, four films by Karl Lagerfeld were shown in a retrospective of the designer’s work, for which fashion elite arrived decked out in Chanel to celebrate the screening.


Festival producer Fred Sweet and agency director Linda Comer greeted the crowd arriving on the red carpet. Glamorous models, fashion designers, actors, directors, cinematographers and an array of talented people made their way up the carpet before enjoying a social hour, networking and delicious hors’oeuvres by chef Maylin Narvarrino from S.O.L. Catering.

Fashion film screenings began at 8 p.m. on Friday and Saturday. Representatives of the worldwide fashion community juried the film festival, and the International Fashion Film Awards awarded films for 12 different categories.

Winners of the 2013IFFAs: 

- Best Picture: Free People from Roshambo
- Best Director: Guy Aroch & Jonathan Doe from Roshambo
- Best Cinematography: Pablo Clemente from Passos de Sirena
- Best Hairstyling: Raúl Rosillo from Qimera
- Best Makeup: Aviv Kosloff from Mia
- Best Fashion: Viktorija Pashuta & Miguel Gauthier from Lovers
- Best Hair: Eric Chang from Liilih
- Best Visual Effects: Damien Kril from Urban Hippie
- Best Art Direction: Adrián Lazuraz for Stein 1886
- Best Actor in a Leading Role: Michael Kenneth Williams from The Reinvintion
- Best Actress in a Leading Role: Sheila Marquez from Roshambo

For information on next year’s festival, visit LJFFF.com.

Upcoming Events

- Aug. 11 – Health & Fitness For Models, 11 a.m., W Hotel, 421 West B St., features workshop with Chelsea Casey of Three Sisters Wellness as part of Fashion Week San Diego. RSVP to info@FashionWeelesd.com.
- Aug. 17 – Haute with Heart Fashion Show: Sophisticated Rhythms, 10 a.m. to 2 p.m., Hilton San Diego Bayfront, benefits St. Madeleine Sophie’s Center, (619) 442-5129
- Aug. 25 – Go Red For Women Strut Fashion Show, 12:30 p.m., San Diego Polo Club, raises awareness of heart disease in women, (858) 410-3834
- Aug. 29 – Blogging 101 Seminar, 6:30 to 8:30 p.m., San Diego History Center, presented by Fashion Group International, RSVP: www.facebook.com/events/5955464573827860/
- Aug. 30 – Kenneth Barlis Fashion Show, 7 p.m., Part Pavilion on Broadway Pier, features the designer’s 2014 spring/summer collection and several international designers. For tickerts: kennethbarlisfashionshow.eventbrite.com

2013 La Jolla Hat Show

The La Jolla Hat Show was presented at Eddie V’s on July 10. Serving as a pre-celebration for Opening Day at the Del Mar Thoroughbred Club, the fashionable event, which began in the Green Dragon Lounge with a social hour and accessory shopping to the sounds of the Manry Cepeda band, was orchestrated by Mary Soriano. The guests enjoyed a three-course luncheon overlooking La Jolla Cove.

The fashion show began with tunes from DJ Rockstar highlighting accessories to wear to the Del Mar Racecourse. Custom-made hats by Diana Cavagnaro — Couture Hats were accessorized by semi-precious jewelry by Juierie. Pamela Pogue is the designer for Juierie and creates incredible one-of-a-kind semi-precious designs. Designer Eyewear from the Optical Shop of Aspen accented the hats and jewelry.

The second segment of the show featured Grupoacha Hats — for which founder Julia Gomez Gerbi employs weavers from Ecuador to hand weave the beautiful creations — accessorized by gorgeous silver jewelry from Uno de 50.

Of the participating companies briefly presented the charters they would be donating to with the day’s purchases. Three guests were given prizes for best hat and all guests finished the day back down in the Green Dragon Lounge.

Opening Day

The 76th season of Del Mar Thoroughbred Club opened to a crowd of over 40,000 on July 17. Fashionable attire — and of course, fashionable hats — was the dress code. Race fans arrived with hats in all shapes and sizes, including the popular fascinator. This year’s popular colors were turquoise, white and a combination of black and white, though some fashionistas opted for neon colors like tangerine, yellow and fuchsia.

Some of the standout included Jenny Craig, who looked lovely in charcoal grey from head to toe next daughter-in-law Becca Craig, who looked stylish in all black with a big pink bow on her chapeau. Joye D. Blount looked smashing in a white Armani suit with matching hat. Lena Evans looked picture perfect in a black Halo dress and a Diana Cavagnaro Couture Hat.

Valente Cooper wore a black and white Prada dress with a William Chambers Hat from London. Heather Winsfield was decked out in Cobalt Blue from head to foot. Denise Hug looked stunning in a red dress topped with a red hat from Carol Bader. Hat designer Lisa Marks wore a red fascinator with one of her red creations. Maggie Watkins wore a Gucci dress and a black-and-yellow fascinator from Carol Bader. Nessu Cronin bought her feathered headdress in Dublin, Ireland. Jen Vandersande wore a fascinator from the Village Hat Shop with a BCBG dress. Mahjuba Levine looked fabulous in an all-white McQueen dress and a Diana Cavagnaro Couture Hat. Diane York wore an attractive tiger print dress topped off with a hat from London designer Whiteley.

The annual One and Only Truly Fabulous Hats Contest was as big as ever, with contestants from all over the country. First prize for the Funniest/Most Outrageous category went to Kathy Helen Stockinger, while the Best Flowers Category was won by Amber Thorne of Costa Mesa and the most glamorous went to Kayla Curneave. Best Fascinator was made by Kristi Courtois, and the Best Racing Theme and Grand Prize Winner went to Chris Banner. Banner received $100 for Best Racing theme and top prize of two American Airlines travel vouchers good for travel anywhere in the continental United States.

The Del Mar Thoroughbred Club’s meeting this year will run through Sept. 4. Dark Mondays (except Labor Day) and Tuesdays (37 racing days). For more information, call (858) 755-1141.
A Skin and Vein Laser Clinic

Meet Joanne Copps, DDS

J. Anne Copps, DDS
4001 Governor Dr., San Diego, CA 92122
858.366.4370
www.GovernorDental.com

Dr. Joanne Copps grew up in Los Angeles. She received her bachelor’s degree from the University of California, Irvine and then went on to receive her Doctor of Dental Surgery from Creighton University School of Dentistry. To stay on top of the latest techniques and technologies in dentistry, Dr. Copps maintains memberships with the following organizations:

- American Dental Association
- Academy of General Dentistry
- California Dental Association
- San Diego County Dental Society

Dr. Copps feels it is her responsibility to make sure you always feel comfortable during your visits. She strives to deliver excellent dental care, outstanding customer service, flexible financing, and convenient appointment times. She wants to remove all the obstacles standing between you and the dental treatments you need and want. Dr. Copps and the team at Governor Dental enjoy educating patients about dental care and oral health.

In her free time, Dr. Copps enjoys hiking and biking with her husband, Jeffrey. They love being out in nature, taking in all the wildlife and scenic views California has to offer.

La Jolla Custom Detailing

Scott Leschner (24 yrs. old), a business major, moved to San Diego from New Jersey last year, to take advantage of the beautiful weather and the great waves. An avid surfer, he just can’t imagine living elsewhere, but had to find something to do to support himself.

Steven Massey (26 yrs. old), a San Diego native, has been running a successful mobile detailing business for the past 15 years. His uncle owned and operated one of the first very mobile detailing businesses in San Diego and taught Steven everything he knew on how to run a lucrative detailing business.

Scott called Steven’s mobile detailing company one day to have his car detailed and he was extremely happy with the job Steven did. Scott later talked to Steven about the possibility of exploring the car wash business together - thus - La Jolla Custom Detailing was born!

You can expect only the best when you take your car to La Jolla Custom Detailing. They will greet you with their warm smiles as soon as you pull up, wash and wax your car 100% by hand, and will go the extra mile to make sure you are happy and satisfied.

According to Scott and Steven, machine car wash systems tend to miss spots - but they don’t! They take pride in what they do and will treat your car like it was their own.

La Jolla Custom Detailing, specializing in high end luxury cars, will wash and detail any car at affordable prices with a 100% guaranteed hand wash.

20% OFF REGULAR SERVICE

Must present ad. Not to be combined with any other offers. Expires 10/02/2013

www.LaJollaCustomDetailing.com
858.249.WASH (9274)
6860 La Jolla Blvd.

Vein, Vein Go Away!

Vein, Vein Go Away! Peter Mann, M.D. is the board-certified Medical Director and founder of The Secret, A Skin & Vein Laser Clinic in La Jolla, San Diego. He is well-known in his community as a vascular surgeon as well as a cosmetic laser specialist.

With over 15 years of experience in the vascular field, his renowned specialties alongside surgeons such as John Kingsley, have impelled doctors from all over the United States to refer their patients to Dr. Mann. His specialties in youthful rejuvenation are not only for patients with leg concerns, but for the face and body as well. Thus, patients always receive the best in both cosmetic and non-cosmetic procedures.

Dr. Mann graduated from Medical School then completed with a surgical internship at Yale University-associated Bridgeport Hospital, followed by a surgical residency at Orlando Regional Medical Center in Florida. He concluded his training with a full cardiovascular surgery fellowship at the prestigious Medical College of Pennsylvania in Philadelphia.

He has many areas of expertise, focusing on vein disorder treatments for spider veins, varicose veins, leg pain and swelling, ulcers, and other vein diseases. He is also board-certified in Emergency Medicine, which provides an extra layer of safety to every procedure he performs. His skin rejuvenation treatments include Ulthera for major skin lifting and tightening, and the Fraxel CO2 repair for the ultimate, non-surgical facelift which can be performed under I.V. sedation.

He is devoted to improving the life of his patients and helping them reclaim their self-esteem. Please contact The Secret Clinic to discuss how we can develop a unique and personalized treatment plan just for you.
**Live music calendar**

**Friday, Aug. 2**
- Skyler Dunk, 6 p.m., La Jolla
- Tomcat Courtney, blues legend, 5 p.m., Café-Bar Europa
- Lisa Campbell, 6 p.m., Prospect Bar & Grill
- AJ Degrasse Trio, piano jazz, 7 p.m., Eddie V’s
- Acoustic Blues, swing to Motown, 7:30 p.m., Amaya
- Fredie A Dream Trio, piano jazz, 7 p.m., Eddie V’s
- Acoustic Blues, jazz to rock, 7:30 p.m., Amaya
- Tad Sisler, 8 p.m., Manhattan of La Jolla
- Sledding with Tigers, indie rock, 8 p.m., Che Café
- FUNdamental Fridays, DJ night, 8 p.m., Barfly
- AfroJazziks, 9 p.m., Café-Bar Europa
- Dave Booda Band, classic rock and soul, 9 p.m., Beaumont’s

**Saturday, Aug. 3**
- Ryan Hiller, noon, Prospect Bar & Grill
- Jimmy Lewis, 3:35 p.m., Prospect Bar & Grill
- Tomcat Courtney, 5 p.m., Café-Bar Europa
- Jonathan Karrant, 6 p.m., La Valencia
- Aquele, 6:30 p.m., Prospect Bar
- Freddie A Dream Trio, piano jazz, 7 p.m., Eddie V’s
- Acoustic Blues, jazz to rock, 7:30 p.m., Amaya
- Tad Sisler, 8 p.m., Manhattan of La Jolla
- Inspired and the Sleep, indie rock, 5 p.m., Che Café

**Sunday, Aug. 4**
- Joe Cardillo, 11:30 a.m. Beaumont’s
- The Benny Holland Big Band, a salute to the big band era, 2 p.m., Scripps Park
- Gustavo Romero, piano legend, 4 p.m., The Scripps Research Institute
- Chris Cerna, 6 p.m., La Valencia
- Brent Curtis & Mike Myrdal, noon, Prospect Bar & Grill
- Sounds Like Four, jazz, 4 p.m., Café-Bar Europa
- John Cain, 5 p.m., Eddie V’s
- Jimmy Lewis, 4 p.m., Prospect Bar & Grill
- Um Cantinho do Samba, Brazilian sounds, 7 p.m., Café-Bar Europa
- Jon Sandoval, 7 p.m., Amaya

**Monday, Aug. 5**
- Patrick Dowling, 4 p.m., Café-Bar Europa
- John Cain, 5 p.m., Eddie V’s
- Chris Cerna, 6 p.m., La Valencia
- Pan Am, jazz, 6 p.m., Café-Bar Europa
- JoJo Hahn, 7 p.m., Amaya

**Tuesday, Aug. 6**
- Superstar Saturday, DJ night, 8 p.m., Barfly
- DJ Night, 9 p.m., Prospect Bar & Grill
- Random Radio, classic rock, 9 p.m., Beaumont’s
- AK and Her KalaNishovks, 9 p.m., Café-Bar Europa
- Carlos Velasco & Friends, 4 p.m., Café-Bar Europa
- Freddie A Dream Trio, 5 p.m., Eddie V’s
- Chris Cerna, 6 p.m., La Valencia
- Jon Sandoval, 7 p.m., Amaya
- Bravebird, 7 p.m., Che Café
- AfroJazziks, 7:30 p.m., Café-Bar Europa

**Wednesday, Aug. 7**
- Patrick Dowling, 4 p.m., Café-Bar Europa
- Chris Cerna, 6 p.m., La Valencia
- Tomcat Courtney, 6 p.m., Café-Bar Europa
- Aquele, 6 p.m., Prospect Bar & Grill
- Surf Curse, indie rock, 7 p.m., Che Café
- Freddie A Dream Trio, 7 p.m., Eddie V’s
- Rick Ross, jazz and pop, 7 p.m., Amaya
- Kayla Hope, 8 p.m., Beaumont’s

**Thursday, Aug. 8**
- Sene Africa, 4 p.m., Café-Bar Europa
- Peter Marin Trio, 6 p.m., La Valencia
- Rob Bonduant, 6 p.m., Prospect Bar & Grill
- Richard James Trio, 6 p.m., Eddie V’s
- Tad Sisler, 7 p.m., Manhattan of La Jolla
- Pan Am, 6 p.m., Café-Bar Europa
- Mark Leesman Band, Top 40 and classic rock, 7 p.m., Amaya
- Lotus, DJ night, 8 p.m., Barfly
- Simeon Flick, 8 p.m., Beaumont’s

**Friday, Aug. 9**
- Malamana, 5:30 p.m., La Valencia
- Lisa Campbell, 6 p.m., Prospect Bar & Grill
- Tomcat Courtney, 5 p.m., Café-Bar Europa
- AJ DeGrasse Trio, 7 p.m., Eddie V’s
- Lost Lands, indie rock, 7 p.m., Che Café
- Doug Allen and Friends, 10 p.m., Barfly
- Stratas, 9 p.m., Beaumont’s
- AfroJazziks, 9 p.m., Café-Bar Europa

**Saturday, Aug. 10**
- Ryan Hiller, noon, Prospect Bar & Grill
- Jimmy Lewis, 3:15 p.m., Prospect Bar & Grill
- Amelia Browning, 5:30 p.m., La Valencia
- Tomcat Courtney, 6 p.m., Café-Bar Europa
- Aquile, 6:30 p.m., Prospect Bar & Grill
- AJ DeGrasse Trio, 7 p.m., Eddie V’s
- Breez’l, 7:30 p.m., Amaya
- Tad Sisler, 8 p.m., Manhattan of La Jolla
- Superstar Saturdays, 8 p.m., Barfly
- LuckyIAM, rap, 8 p.m., Porter’s Pub
- Greasy Pete’s, 9 p.m., Beaumont’s

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**Music / Arts & Entertainment**

**GEORGIS >> CONT. FROM PG. 4**

are only a few of its one-of-a-kind features. The mirrors, which Georgis brought out to a range in Ramona and shot himself, were inspired by one of his oft-recurring themes — old Hollywood. “I had this idea. The concept was of a aging starlet going into a powder room and, seeing her reflection, becoming enraged and shooting out the mirrors,” he said. “Make It Fabulous” features in eye-catching detail the La Jolla. is a must-see to the body of work he is trying to produce. Over the past decades, you might have seen Canole in a previous incarnation, perhaps as a helmet-wearing fellow making his way through traffic. You’d have recognized him even with a helmet — his self-designed café racing motorcycle and signature black leather garb are a giveaway. As a physics undergrad at USD, Chris took chemistry with Linus Pauling. He graduated from Cal Arts. France chose him to represent the U.S. as an artist-in-residence in sculpture. He once established the Guinness World Book Record for longest conversation. (Like many Pannikin regulars at the Pannikin café, a longstand- ing ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza-

**Local Renaissance man opens show at Pannikin**

Christopher Canole is noticeable. You may have seen him sketching at the Pannikin café, a longstanding La Jolla hot spot. One could argue, so is Canole. To a casual observer, this guy with a Bohemian air might be mistaken for a side- walk artist. This is far from the mark, however. Canole might do your portrait, but it would be a departure from the body of work he is trying to produce. Over the past decades, you might have seen Canole in a previous incarnation, perhaps as a helmet-wearing fellow making his way through traffic. You’d have recognized him even with a helmet — his self-designed café racing motorcycles and signature black leather garb are a giveaway. As a physics undergrad at USD, Chris took chemistry with Linus Pauling. He graduated from Cal Arts. France chose him to represent the U.S. as an artist-in-residence in sculpture. He once established the Guinness World Book Record for longest conversation. (Like many Pannikin regulars at the Pannikin café, a longstand- ing ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza- tion ArtHatch’s leading artists while showcasing the works of local organiza-

**ARTS BRIEFS >>**

**FORTY-SIX ARTISTS HAVE BEEN SELECTED** from among near- ly 1,000 submissions for the Athenaeum’s 22nd annual Juried Exhibition, on view in the Joseph Clayes III and Rotunda galleries, Aug. 3-31. The opening reception will be held on Friday, Aug. 2, 6:30 to 8:30 p.m. The event is free to attend for both Athenaeum members and the public.

**THE AVENTINE AND ARTWALK SAN DIEGO** will hatch the next installment of their pop-up art series, Art a la Carte, on Saturday, Aug. 3, between 5 and 8 p.m. The event will showcase the works of local organization ArtHatch’s leading artists while offering guests an interactive sum-

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**MUST HEAR >>**

The La Jolla Music Society opens SummerFest 2013 with Let’s Dance! at the MCASD Sherwood Auditorium on Friday, Aug. 2, at 7:30 p.m. You won’t hear any David Bowie or Chris Montez, but the evening does include music from Schubert, Falla, Stravinsky, Ravel and Lalo Schifrin, performed by renowned musicians, including Augustin Hadelich, Iron Barnatan and David Schifrin. Prior to the main performance, “Preludes,” a pre-concert chat and performance will be held, featuring SummerFest’s Fellowship Artist ensemble.

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**see the full music calendar at ljtoday.com.**

**Visit of the Linden String Quartet, performing Mendelssohn’s String Quartet in A Minor, Op. 13 at 6:30 p.m. Summerfest 2013: Friday, Aug. 2 at the Museum of Contem-

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**See CANOLE >> PG. 21**

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**ARTIST TO THE STARS:** Canole’s portrait of fellow La Jollan and person- al friend Clifford Robertson.

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**Music / Arts & Entertainment**

**FRIDAY · AUGUST 2, 2013**

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**By KATHERINE REFL-CANAS Special to La Jolla Today**

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**By BART MENDOZA**

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**By R.B. STEVENSON**

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**By Peter Halasz,**

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**By Bart Mendoza**

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**By V Peter Halasz, R.B. Stevenson**

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Apollonia
Apollonia has been the destination of choice for La Jollans with an appetite for Greek delicacies. The restaurant has a handsome outdoor patio where shaded alfresco dining is delightful. Venture inside and you will find a charming ambiance in every dining room and in the beautiful lounge. The menu includes age-old favorites such as Dolmathakia and Moussaka, alongside some absolute surprises guaranteed to tantalize your adventurous curiosity. The menu offers many heart-healthy items prevalent in Greek cuisine. Apollonia's service is very friendly and as pleasant as the food. Open daily from 11:00 AM to 9:00 PM (Sun-Thur) and to 10:00 PM (Fri & Sat).

Bistro Pazzo
The whole idea of a bistro, says Seto Marselian, owner of Bistro Pazzo, is to offer a neighborhood place where everyone knows you - where great friends and great food meet. Bistro Pazzo is going on its 5th year, located just slightly off the beaten path, just off Prospect Street at 7930 Ivanhoe Ave - and the "hidden gem" nature of the eatery makes it just that much more of a neighborhood treasure. Within walking distance to shopping, hotels, the financial district and the famous beaches of La Jolla. Open for Lunch and Dinner, Bistro Pazzo is definitely the "hidden gem" of La Jolla. Come enjoy this small neighborhood Italian bistro seven days a week. Moderate prices, great food, good portions and a vast wine list with crazy service. You can be crazy too, no one will mind, Really! 858-456-4005 www.bistropazzo.com

Donovan's

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

A big THANK YOU to everyone in La Jolla for your support during our first year!

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BEST NEW RESTAURANT - 2ND PLACE
BEST SALADS - 3RD PLACE

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858.455.1535 • Apollonia@bistro.com
A food revolution, one delivery at a time

By KENDRA HARTMANN

Try as we all might, the battle most of us wage to eat healthy on a regular basis is often a losing one. Work, family, social obligations — not to mention the ever-present temptation of the convenience of fast food — make it difficult to stick to any sort of schedule that involves fresh, healthy meals.

There’s a new game in town, however, that aims to help you do just that. Startup uberfood, a food-delivery service dedicated to local, seasonal, organic and fresh meals, has been serving up the families of La Jolla, Del Mar and Carmel Valley since January, and the enterprise is growing steadily.

Casey Knapp, uberfood’s food captain, was approached by uberfood co-founder Gen Furukawa on the day he took his last final exam at Cornell. Furukawa, who also had Cornell ties, presented the idea of a local food-delivery service that would strictly serve what many people wanted and felt were missing — healthy, fresh meals delivered straight to their home.

Knapp, who had grown up on an organic dairy farm in upstate New York, jumped at the chance to bring his nutrition ideals to the opposite corner of the country, where an unnamed investor, who lives in Bird Rock, wanted to test out the initiative.

“I could always see the benefits of healthy eating, and I wanted people to be able to enjoy that in an easy way,” Knapp said.

Knapp claims uberfood is doing something entirely unique to San Diego. While there may be chefs who create organic, seasonal menus and deliver them to a limited number of clients, uberfood, Knapp said, is different in that it employs an entire team — chefs, organizers and a fleet of delivery drivers — dedicated to bringing hundreds of meals to the community every week.

Every Wednesday, uberfood delivers dinner, made that same afternoon, to homes across the region (they hope to expand to more areas of San Diego soon). The menu changes weekly, with meat and vegetarian options, salads, desserts and more available for everything from singles to large families. The company works with several local farms to source fresh produce.

On a recent Wednesday, uberfood delivered a meal to La Jolla Julie Cockrell to feed her family that night. A busy mother, Cockrell said the service is a “lifesaver,” pointing to the large chalkboard in her living room that kept a schedule all the various activities family members had going that day.

“It’s stuff that I would cook — if I had time — and I really value being able to put good food in my family members had going that night. A busy mother, Cockrell to feed her family that night. A busy mother, Cockrell said the service is a “lifesaver,” pointing to the large chalkboard in her living room that kept a schedule all the various activities family members had going that day.

“It’s stuff that I would cook — if I had time — and I really value being able to put good food in my

uberfood brings gourmet, organic, fresh meals to residents’ homes every week.

Courtesy photo

For those who don’t need a dinner delivery service — or who need something on the go on days of the week other than Wednesday — uberfood also offers an on-demand lunch-truck service in the area of UTC, with deliveries guaranteed to arrive in 30 minutes or less. The company also offers corporate catered lunches — quite the alternative to the office Subway sandwich platter.

For more information, to see a menu or to order a meal, visit uberfoodsd.com.

Dining

Enjoy Comedy evening at Mamma Mia’s with Gary Wolf

PACIFIC BEACH — Wednesday Aug 14th will be the opening night for the weekly stand-up comedy evening at Mamma Mia restaurant in PB. Hosted by South African comedian Gary Wolf. Gary hails from Johannesburg (Joh) in South Africa but since living in the US has been convinced that he is actually Australian.

Gary has made San Diego his home and loves going to visit the wild animal park, although by South African standards, it’s more like wild animal retirement home.

Gary has lived all over San Diego. His favorite place is Rancho Bernardo where the 24hr fitness gym closes at 9pm. Gary loves shopping at Costco. He bought some shampoo when he first arrived 3 years ago and is still using the same 10 gallon bottle. He has vowed to pass this on to his grandchildren.

Every wednesday night will see the best of San Diego comedy. Tickets $9 each, includes a free sangria. Looking forward to seeing you there!
HEALTH & BEAUTY BRIEFS >>

Hearing Loss - Are You Ready For Solutions?

Sure, we all know about hearing aids but not many of us know about hearing aid technology. Today’s hearing aids are low-profile, they’re automated, provide natural, clear sound, are comfortable to wear and, let’s face it, they put you back in the game.

These are NOT your grand-dad’s hearing aids. Hearing aids, today are small, discreet and extremely comfortable. They are tuned by a professional on computer software to address specific hearing loss.

Do you watch TV or talk on the phone? Try “Bluetooth” technology – Hearing instruments are now available in wireless so your hearing aid becomes receivers for wireless communications including television and telephone. (Yes, even an old landline). If your phone rings, just push a button and, voila, you’re connected by phone. You don’t have to hit the mute button on your TV! You don’t even have to get off the couch. These systems can be set up quickly by your hearing care professional.

For more information call Carol Van Straten at Seacoast Hearing Care in La Jolla. (858) 922-8941.

Grab Bars Provide Safety for Seniors

SAN DIEGO GRAB BARS is dedicated to helping you stay independent and safe in your own home. We offer grab bars, shower seats and hand held shower heads to help make the bathroom a safer environment. And while the bathroom is where people normally think that they need grab bars, we can install hand rails and grab bars anywhere in your home: next to the bed, at the top of the stairs, in the hall or outside the back door.

When we visit you, we bring along a greatest selection of products for same day installation. Decide what diameter and texture feels best before you buy. We can even fingerprint your employees and pays all the correct employer/employee taxes for the caregiver.

Answers to Your Home Care Questions

I just found out that non-medical home care in California is unregulated. How can I find a good provider?

To find a good provider, contact home care agencies that are members of professional trade associations such as the California Association for Health Services at Home (CAHSAH) or the American Board of Home Care (ABHC). Make sure the company hires the person as an employee and not an independent contractor. Verify the company provides workers’ compensation insurance for every caregiver. Confirm the company is bonded and is paying all the correct employer/employee taxes for the caregiver. Ensure the employer is paying at least minimum wage to the caregiver.

Check to make sure the agency has done a criminal background check and the employee has been fingerprinted.

Innovative Healthcare Consultants is a member of CAHSAH and ABHC. All of our caregivers are bonded, covered by our workers’ compensation and paid as our employees. Before hire, a criminal check is done and our employees are fingerprinted.

For more information on home care needs and help with long-term care, call an RN Care Manager from Innovative Healthcare Consultants at 760.731.1334 or visit our website at www.innovativehc.com.

Art in the afternoon

Residents and visitors to White Sands La Jolla got a special treat on July 26 with the visit of two local artists.

Artist Dr. George M. Wahab has exhibited in major cities throughout the country, earning many awards. He displayed his portraits alongside surf photographer Aaron Goulding, whose work has been published in leading surf magazines.

Wahab has played leadership roles in many San Diego art institutions, including San Diego Museum of Art, San Diego Portrait Society, La Jolla Art Association and Market Street Group.

Goulding’s photography takes him around the world, and his work has been published in magazines like The Surfer’s Journal, Slide Magazine, Australian Surfing Life and others.

Each artist selected 20 pieces for display, which were available for purchase.

La Jolla Wellness Studio

A different kind of fitness center

What makes the La Jolla Wellness Studio stand apart from other fitness centers, is the technological approach it employs, utilizing vibration technology and focusing on the equal importance of preparation and recovery time. First time visitors have their body scanned to produce a 3-point comprehensive analysis that personalizes the exact areas and measurements to focus on. Then comes the workout, if you can even call it that. Unlike a sweaty and exhausting trip to the gym, here you can come in as you are at any point of the day. The process consists of three intervals; you begin by standing on a vibrating platform that prepares your muscles for action, then four minutes on the range of motion device, and followed by six minutes laying on a horizontal vibrating platform that facilitates muscle recovery and prevents aches and pains. Come give us a try. 7601 Fay Ave. La Jolla. 858-444-0340.

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COLORFUL SANDS Above, La Jolla-area photographer Aaron Goulding with his WindanSea Beach wave image and left, George Wahab with his pastel work “African Beauty” at the White Sands Art Show on July 26.

DON BALE

Donw B.
Tripping through wine country — and all around the world

SIDEWAYS: left: Matthew and Iris Strauss, Joan and Irwin Jacobs
Below: Rex Pickett (“SIDEWAYS” playwright), Des McAnuff (director), Susan Weaving, Christopher Ashley (LJP artistic director), Michael S. Rosenberg (LJP managing director)

Those superbly creative folks at the La Jolla Playhouse (LJP) are doing what they do best, producing one great play after another. “Tribes,” an eye-opening play about dealing with deafness, debuted June 25. Its closing night was July 21, the same evening that “SIDEWAYS” opened elsewhere in the theater complex. Direct ed by popular LJP director emeritus Des McAnuff, “SIDEWAYS” is a new play from Rex Pickett’s novel — and the familiar 2004 hit movie — of the same name; the comedy-drama of Miles and Jack’s “oneophilial odyssey;” a last central California wine tasting buddy-trip before Jack’s looming weekend wedding.

LJP supporters attending the opening night pre-play reception enjoyed (what else?) multiple wine tasting stations. There were also food stations serving filet mignon, salmon, chicken, cheeses, etc. — things that go nicely with wine. All were catered, at minimal cost, by Authentic Flavors. A three-piece band played, and comfy lounge furniture provided relaxing seating indoors and out.

With “Tribes” and “SIDEWAYS” both running that evening, LJP managing director Michael Rosenberg, eager to ensure that guests were in the right place, announced, “That show is about sign language; this show is about wine language.” Lots of laughter accompanied his ad-libbed comment, prompting Rosenberg to muse, “I don’t know why Chris Ashley [LJP artistic director] never asked me to write a play for LJP.” It’s a legitimate question — actually, both Rosenberg and Ashley are quite quick with the wit, and it’s been said before that they’d make great late-night talk show tag-team hosts. For now, though, they’ll keep their day jobs.

They also took a moment to thank the Artistic Director’s Circle — Joan and Irwin Jacobs, Sheri and Dr. Stuart Jamieson, Becky Moore, Lucille and Ronald Neely, and the Dr. Sean Fund — without whose help it would be impossible to accomplish all they do at LJP. Rosenberg also gratefully observed there is no other city in America that’s as supportive of the arts as the city of San Diego.

The play, a hilarious R-rated saga of good wine and bad behavior, played to raucous laughter from the packed house. It’s not just a stage version of the movie; many new twists and attractions (including a wild boar hunt, for example) have been added to the mix.

Cast and crew joined guests at a post-performance party, where conversation confirmed that the play was indeed a hit. “SIDEWAYS” runs through Aug. 25 — but get a babysitter; this one’s definitely for adult audiences.

People have been taking round-the-world trips since the Magellan-Elcano expedition returned to Spain in 1522. U.S. Grant did it voluntarily after his second presidential term, countless troops were given “free” trips during World War II, and astronauts hold the records for both speed and frequency. But even now, it’s so costly and time-consuming that relatively few people accomplish the feat.

The Circumnavigators’ Club is an international organization devoted to bringing together those men and women who have circumnavigated the globe. With a goal of encouraging global fellowship and understanding, the club strives to inspire people to see and absorb as much as they can about the world they live in, and to share the benefits of their experiences with others.

The club’s San Diego chapter held its annual dinner event July 28 at Mart lyn Barrett’s La Jolla home. The theme was “A Cruise to Hawaii.” Partygoers wore Hawaiian fashions and the host-ess decorated with tropical themes, including a grand replica of the cruise ship SS Norway. After a cocktail reception, guests enjoyed a buffet dinner, and circumnavigators Clara Blenis spoke articulately and at some length about her travels and experiences in Switzerland, a country clearly favored by many of the attendees.
Summer entertaining—the La Jolla way

Few things are better than having a functional and beautiful outdoor space to entertain guests, and though in La Jolla we can entertain all year long, summer still holds that allure that summer still holds that allure that makes us want to do everything outdoors — especially dining and entertaining.

There are many things homeowners can do to ensure their entertaining space is safe and functional.

Here are a few key tips for reading your yard for entertaining possibilities.

Check the area for any needed repairs. Are there any loose railings? Are all screws and nails flush so they do not cause tripping? Are there any cracks in concrete or loose patio blocks? Be sure to remedy all of the repairs needed to ensure guests will be safe. If you are unsure of any structural deficits, consult with a contractor. Several locals come to mind — Mueller Homes, GDC Construction, Dewhurst & Associates, Murfey Construction, Vaudois Handley Construction/House Dr. Rx, Grunow Construction — the options are limitless.

Hire a reputable contractor. If you are just laying the groundwork for a new patio or deck, it is important to get the necessary permits and then hire a person who has been properly vetted. Check qualifications and licensing before hiring a contractor and ask to view a portfolio of his or her previous work. Word-of-mouth recommendations from trusted friends and family members are good, and you can also double-check qualifications by contacting the Better Business Bureau to see if any complaints have been lodged. The perfect resource? The La Jolla Blue Book, which lists contact information and more (www.lajollaabluebook.com).

Think about closing in a portion of a deck or patio. The use of a canopy, netting or even greenery to protect an entertaining space can help minimize weather-related damage to outdoor furniture.

Plan well-defined areas. Just as rooms serve different purposes inside of the home, outdoor areas can be separated according to usage. Establish a sitting nook where guests can gather and talk. Have a bar or serving area where refreshments are made and served. Make sure there is a shaded area for when the sun is too uncomfortable to make sitting outside enjoyable. Similarly, have a sunny area where people can soak up a few rays or dry off after a dip in the spa or pool. Don’t forget to establish a spot for the kids to converge with scaled-down amenities. For help with planning, consult a local interior designer, like Kathleen Bauemser, Sheila Palmer Design or Spencer and Company.

Consider a fireplace or fire pit. Having a backyard fireplace, pit or chiminea is a conversation-starter, a decorative focal point and a functional tool to extend the number of seasons in which outdoor entertaining can take place.

Invest in quality outdoor furniture. Today’s yards are extensions of a home’s interior. Guests no longer want to sit on uncomfortable metal or plastic furniture. Again, an interior designer can be a big help in matching the decor inside your home for a cohesive look.

Another point worthy of comment — and for sure it will meet with brick wall opposition — is that the gross selling price of your home already includes a built-in presumption for selling commissions. Consider that any product purchased off of the shelf like cereal, lingerie or cars includes a cost factor for manufacturing, wages of workers, advertising, delivery, selling commissions, royalties, profits and more.

Before we close out this article, let’s go back to commission cutting. It is interesting to witness how sellers are more likely to select the agent most willing to reduce their commission rate rather than an agent who has a rock-solid marketing plan to get homes sold fast. This is a classic example of the phrase “penny-wise and pound foolish.” Your house must sell within the first 30 days, otherwise you risk becoming “day-old bread,” losing a lot more money in the form of future price reductions and monthly homeowner-ship costs to pay for a house you no longer want to live in. Do you really think that your agent will work as hard for a 5 percent commission as they would at a 6 percent commission? Perhaps! But remember that commissions are split four ways between brokers and agents, so the motivation for a buyer’s agent to bring a buyer to the party is likely reduced.

Knowledge has great power. Before you make a move in real estate, go back and re-read all our past articles in La Jolla Today, and then cumulatively use the value of that information to help you make more informed decisions.

Questions about real estate in San Diego ... or just want more valuable information? Send your inquiries to Charlescher@san.rr.com. We will respond directly to you, and those questions that have a broader public appeal will be published along with our next column in La Jolla Today.

Charles Schevker & Natasha Alexander

In real estate, commissions are how licensed real-estate professionals get paid for providing benefit. Now, if you like so many millions of people, work for a company, then you likely receive a regular paycheck in exchange for your services. If you provide professional services as a doctor, lawyer, accountant or other, you likely receive a variable fee based on the type and complexity of services rendered.

Think about this — real estate is among the few industries for which the compensation is completely contingent, meaning the agent is only paid provided the transaction is completed successfully. Oftentimes, agents will spend their own money for marketing materials and expenses, and add many hours of hard work, only to be paid nothing if the transaction does not complete, which does occur with a frequency of about 10 percent to 20 percent. Sadly, too many people believe that real-estate agents do little more than stick a “for sale” sign in the front yard, only to return at a later time and collect their fat commission check. Commission rates are not fixed or preset. In recent times, while the real-estate market was in a downturn, sellers expected real-estate agents to share in the losses, or preset. In recent times, while the real-estate market was in a downturn, sellers expected real-estate agents to share in the losses, and as such, often selected an agent based on his or her willingness to cut commissions. In more robust times, it is not uncommon to see commissions moving higher.

If nothing else, do understand that the agent does not grab your fat commission and run down to purchase a new Bentley. The commission is divided first between the cooperating brokers — the listing broker and the selling broker — so simply stated, if the commission is 6 percent, the split to each broker is 3 percent. That 3 percent is then further split between broker and agent according their agreement. No matter how you do the math, many people still feel the agent is overpaid, and unfortunately that sentiment emerges from undeserved negative stigmas about the industry. Real-estate agents perform very valuable services and most work very diligently to satisfy their clients.

Keep in mind that the agent is a small business owner — an independent contractor. Like any business, the commission earned is disbursed for direct expenses that benefit the client, and the residual, if any, is used to cover indirect operating expenses to stay active and to properly and professionally serve the needs of the public.

Another point worthy of comment — and for sure it will meet with brick wall opposition — is that the gross selling price of your home already includes a built-in presumption for selling commissions. Consider that any product purchased off of the shelf like cereal, lingerie or cars includes a cost factor for manufacturing, wages of workers, advertising, delivery, selling commissions, royalties, profits and more.

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ANNOUNCEMENTS 100

lost & found
REWARD LOST 1 HEART PENDANT
On the Board of Trustees, La Jolla, California. The
transmitter site is located at 939 Coast Boulevard. The station
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radiated power of 4.2 watts. The station rebroadcasts
the programming of KPBS-FM, San Diego, California.
Individuals who wish to address the FCC on
issues relating to the renewal application and to
whether this station has operated in the public
interest may file comments and
petitions with the FCC, Washington, D.C. 20554.
PUBLIC NOTICE

On August 1, 2013 The Board of Trustees, California State
University for San Diego State University filed an appli-
cation with the Federal Communications Commission in
Washington D.C. for renewal of the license for FM
Transistor Station K206AC, La Jolla, California. The
transmitter site is located at 939 Coast Boulevard. The station
operates on Channel 206, 89.1MHz with an effective
radiated power of 4.2 watts. The station rebroadcasts
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Good intentions

Everyone appreciates a comment, the notice of a job well done, a pat on the back. Too few ever get it.

Y ou have received an invitation to a party. It’s a month away, so you put it aside. There is plenty of time to answer: you have more urgent calls to make.

A friend became a grandparent; you meant to send a card but never got to a store to pick one up.

A subordinate made an excellent presentation: you make a mental note to congratulate him.

Your boss was on TV; you plan to say something about it the next time you see her.

A colleague’s project got funded; you will send a note when you have a minute.

The staff meeting you attended was well run and very productive; you were going to mention it to the group leader but had to leave early.

You meant to return those phone calls but misplaced the little message slip.

So what happened? You never answered the party invitation, which got buried under a pile of papers, and your irate friend called

You never got to congratulate your subordinate, your boss, your colleague, nor the group leader. You also didn’t return the phone calls. It wasn’t the right time, you forgot or it didn’t seem appropriate days later.

What I’m writing about is all too common. It happens to most of us. We don’t give positive feedback the importance it requires. Some people feel awkward giving a compliment; others believe it’s not necessary, thinking: “When someone does a good job, he or she knows about it and doesn’t need to be told.”

Not true! Everyone appreciates a comment, the notice of a job well done, a pat on the back. Too few ever get it.

Even if you’re the type that gets embarrassed when complimented, remember most people appreciate it. It means that you not only noticed, but you cared enough to say so — you extended yourself in a gesture of friendship. So next time, don’t make it a mental note, make it a memo and send it out immediately. Don’t end your day before returning the calls and emails and sharing your feedback.

Make it a priority to stop by your boss’ office and congratulate her personally. Call up your colleague that night and say how pleased you were to hear of the funding. Tell your subordinate how proud you are of him. Acknowledge to the team leader how much you appreciated the productivity of the meeting, respond to that party invitation the day you receive it and return those calls or risk forgetting them all together.

Friends have birthdays, publish books, give great parties and go on trips. Taking note of these events, remembering, congratulating and showing pleasure at their accomplishments are meaningful manifestations of one’s caring. What is friendship if not participating in each other’s lives? And when painful things happen to friends, it is even more necessary to call and show concern. A friend of mine just got divorced under very negative and public circumstances. She said she was the only one to call.

The same thing happens when someone dies. Maybe you send a card, and you intend to call, but you don’t because it’s hard to know what to say. You feel uncomfortable and awkward because you wish to be helpful but don’t know how. The intention is there, but the follow up is postponed until a more propitious time, which, of course, never arrives.

In my college alumni newsletter, I read that a former classmate’s husband had died. I had had no contact with her for many years but made a point of sending my condolences. She wrote back how important it was to have heard from me. When I see her at our next reunion, we will reconnect better because of my note.

As I was flipping through channels this week, I saw a friend from Washington, D.C. on television talking about her latest book. I called her right away to congratulate her. I could tell from her voice how pleased she was that I did. It was worth it for both of us, and it cemented an already good friendship even more.

So, for better or for worse, notice and be there with condolences or congratulations. It is the small, unexpected gestures that matter most.

Good intentions

By Natasha Josefowitz, Ph.D.
JUST LISTED! TURN-KEY HOMES

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CONSTRUCTION

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Orphaned furniture helps orphaned animals

Helen Woodward Animal Center kicks off its next venture on Aug. 3 with the opening of its new resale shop, Orphaned Objects.

Located at the center, the shop will offer treasure hunters gently used items like furniture; bicycles; jewelry; sporting goods; pet supplies; art work; books; housewares; designer clothing; high-end antique items; and a kid’s corner with games, toys and doll houses. Funds from the resale shop go directly to the orphan pets at Helen Woodward Animal Center.

The grand opening will take place at 10 a.m. Aug. 3 with food, fun, fuzzy friends and shopping. A treasure hunt for $5 gift certificates—which will be hidden throughout the store in dog and cat animal statues—will reap rewards for those who find them first.

Over the past several months, Helen Woodward Animal Center staff and volunteers have been hard at work cleaning, painting, prep and sorting donation items. La Jolla’s Ark Antiques donated high-end antique items, while UTC’s My Sister’s Closet gave designer clothing for the opening event.

The idea of turning the former animal hospital into a resale shop grew out of the incredible success of previous years’ Wags to Riches Rummage Sales, Helen Woodward’s annual one-day rummage sale.

Regular business hours will be Tuesdays through Saturdays 10 a.m. to 5 p.m., and Sundays 11 a.m. to 5 p.m. Donations will be accepted during store business hours. Due to the value and fragile nature of many of the specialty items and antiques, pets are not allowed inside the store.

Featured Home

Seaside Living at Shorepoint

1040 Coast Boulevard South

The perfect Village pied-a-terre with sit down views of the ocean, Scripps Park & the North Shore. Features include: An open floor plan with 2 master suites, granite counters, stainless appliances, cherry cabinetry and stone flooring. Located just steps to the world-famous La Jolla Cove, Scripps Park, beaches, restaurants & shopping. A large ocean view common area patio was designed for residents enjoy the seaside surroundings.

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IN THE NEWS

Pacific Sotheby’s International Realty ‘Power Trio’ Celebrates Tremendous Growth

Anniversary of Strategic Alliance Highlights the Firm’s Continued Expansion as the County’s Fastest-Growing Real Estate Brokerage

(San Diego, California) July 22, 2013: After just one year since announcing the strategic partnership between Brian Arrington, Steve Games and Nyda Jones-Church, Pacific Sotheby’s International Realty has experienced tremendous growth and now counts itself as one of San Diego’s top five real estate firms. Trendgraphix, one of the nation’s leading providers of real estate market data, reports Pacific Sotheby’s International Realty as the fastest growing real estate company in San Diego County with closed sales volume up over 100 percent, and reports indicating that pending sales could reach as high as 1,100 percent over the same time last year. Since creating the “Power Trio” in June 2012, Pacific Sotheby’s Internation-

Al Royalty has opened additional locations in Rancho Santa Fe, Fairbanks Ranch, Del Mar, and Downtown San Diego with additional plans to open in Encinitas and Oceanside. Its offices in Point Loma, Mission Hills, Coronado, La Jolla, and La Mesa have also grown as the brokerage continues to expand its market share.

“The dynamic partnership we’ve created combines the best in leadership experience, cutting-edge technology, high-end marketing, and the unrivaled global reach of the Sotheby’s International Realty brand,” says founding partner and CEO Brian Arrington. “This combination continues to attract new agents and clients. The result is powerful – frankly, nothing is better.”

Pacific Sotheby’s International Realty now boasts approximately 330 agents—up about 65 percent from one year ago, when the firm had nearly 200.

“Our vision for Pacific Sotheby’s Realty is not to be the biggest in San Diego or Southern California, but definitely to be the best,” says Chairman Steve Games. “We have worked hard to make this vision a reality by building the support and infrastructure our agents need, which has allowed them to significantly increase their production.”

“Our agents appreciate the fact that we truly are a locally-owned and managed company. We view our company as a family business and we are present and available to support our agents and employees every day,” adds COO Nyda Jones-Church.

SUMMER WALK >> CONT. FROM PG. 7

tricts after hours.

“It’s a community event with an artist twist,” she said.

For the event, restaurants along the commercial strip offered dinner specials, while All About Ani-

mals pet shop provided dog tattoos and Jerry Klein at A Better Deal Tuxedo had a magician on the sidewalk and another shop owner had a makeup artist out front. There was a musician playing and demonstrating how to play — an Australian Aboriginal didgeridoo in front of the new Chase Bank branch.

“...The music was all grass roots from the community, people doodling their time and doing their creativity, which is fun,” said Wheeler, adding singers from La Jolla High and Muirlands Middle School also entertained passers-by...it was a chance for businesses to show off what they have and for people to find out that they’re there and stumble upon them in a fun way.”

Wheeler said there’s a synergy between art and business in Bird Rock.

“People are picking up and incor-

porating art into their business,” she said. “It just makes for a more vibrant community and a more interesting place to come and shop. If you can fuse the two together, you can create an environment that’s really creative and success-

ful.”

The event was deemed a success after all.

“I think the Summer Walk was a huge success,” concluded Bird Rock Community Council (BRC) president Jacqueline Bell. “We had great neighborhood turnout and everyone I talked with had a good time.”

Bell said there hasn’t been time yet to make any decisions about hosting future similar events.

“The board will discuss the mat-

ter at our next meeting (in Septem-

ber),” she said.

Canole >> CONT. FROM PG. 11

Carun d’Ache headstone, graphite stone created on a lathe. The portraits, each representing around 80 hours of labor, depict people who have influenced his psyche. This might look like a series of drawings of other people but on the whole it’s a kind of self-portrait.

I recognize Albert Einstein and President Obama. There’s Sophia Loren, Frida Kahlo, Leonardo da Vinci and Yasunari Kawabata (whom I did not recognize). Some portraits are friends and locals.

Canole’s work is fundamentally about relationships. It has also been therapeutic. In his earlier years, many of his projects took him outside of popular culture: Twostim, sculpting. He now gets to re-experience some of this stuff for the first time. He can appreciate these lost decades—maybe regain them—through a prism of abstraction, reading about his subjects, remi-

niscing with others and, of course, drawing.

The project is also a tribute to interdependence and gratitude. When Canole’s parents died when he was 11, his aunt and uncle raised him. So much in life has been the kindness of others, he says, that he sees other people as the source of great things.

The show opens Thursday, Aug. 1, at The Pumkinl, 7467 Girard Ave., with a reception from 4 to 6 p.m.

To learn more about the La Jolla man, visit www.canole.com. Or, ask him. He’s almost always ready to chat.

Available now – Price Reduced!

Point Loma Wooded area - Level .52 Acre lot
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Contact: Linda Marrone/Coldwell Banker for more information 858/456-3224
On Aug. 3, the San Diego Junior Lifeguard Festival™ will start with its first WILLIE CALABRESE MEM-ORIAL RUN/SWIM/RUN. In honor of William Calabrese, a Pacific Beach native who passed away Sept. 2 after being critically injured in a fireworks accident.

The event will be held on the beach at 3400 Ocean Front Walk and 700 Ventura Place in Mission Beach, and is open to the public. The event involves a two-mile run from Mission Beach to Crystal Pier, a half-mile swim around the pier, and a two-mile run back to the finish line. Check-in is at 6:30 a.m. and the event starts at 8 a.m.

Calabrese, who was a certified lifeguard and an Eagle Scout, played water polo for La Jolla High School until graduating in 2010. He was entering his junior year at the University of California, Santa Barbara.

Calabrese’s high school water polo coach, Tom Atwell, described Calabrese as “selfless” and an “incredible example of service to others” in a eulogy he posted on the water polo club’s website following Calabrese’s death last year. “Wille was an incredible example to all of us. He worked harder than anyone,” Atwell wrote. “He loved to laugh. He was open-minded, non-judgmental and forgiving. He was the guy you wanted to go into battle with. He always had your back, whether it was in the water or away from the pool.”

Participants can register at the event for $30, which includes a T-shirt. All proceeds will go to the San Diego Junior Lifeguard Foundation™, a nonprofit dedicated to promoting drowning prevention that Calabrese was active in.

On Aug. 28 and 29, restaurants across the county — including Lorna’s Italian Kitchen and AMUSE at the Marriott La Jolla — will participate in the first annual DINE OUT FOR THE CURE, benefiting Susan G. Komen for the Cure, San Diego. Participating restaurants from all over San Diego County will donate a percentage of the money raised will support the many San Diego Junior Lifeguard Foundation™, a nonprofit dedicated to promoting drowning prevention that Calabrese was active in.

If you like fast cars, attractive women and fun times, then the fifth annual PACIFIC BEACH HOT ROD AND CLASSIC CAR SHOW™ will start with its first WILLIE CALABRESE MEM-ORIAL RUN/SWIM/RUN. Turnkey and ready for move in! New Construction in Pacific Beach

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LA JOLLA TODAY

FRIDAY - AUGUST 2, 2013

23
Historic Jewel in the Heart of the Village
Private location half a Block from the Ocean

7857 Eads Avenue • LaxJolla

This 1931 Historical Spanish Revival was completely remodeled in 2009 and feels like a European seaside villa, steps to the Beach. Ocean views and classical architecture fused with contemporary living make this a rare opportunity. The living room boasts wood floors and an impressive Art Deco fireplace. Three bedrooms, three bathroom home with poolside cabana/office, large custom garage with plenty of storage. Glass-tiled pool and spa, unique fireplace and built-in BBQ. The master suite with a romantic balcony floats above the original Hollywood Juniper trees. The spacious master bath and closet features a large ocean view deck for relaxing, reading or enjoying sunset cocktails. Huge savings under the Mills Act, current property taxes are approximately $6,500 per year.

New Price! Now Offered at $4,775,000

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Open Sun 1-4 7795 Starlight Drive • LaxJolla

Perched at the top of Pottery Canyon, you will find peace and quiet at the end of one of the best cul-de-sacs in La Jolla. The chef quality open kitchen has top of the line appliances perfect for entertaining but is also designed for everyday with eat-in family dining. All four bedrooms have full-size dressing rooms and each ensuite bathroom features Waterworks fixtures, bathtub, separate shower, and marble top vanities. The master suite boasts its own terrace with ocean and canyon views.

Seller will entertain offers between $3,600,000 & $4,000,000

1247 Inspiration Drive • LaxJolla

New Price! Seller will now entertain offers between $2,595,000 & $2,795,000

This almost one-acre lot backs up to the spectacular La Canada Canyon. The previously approved coastal development permit was for a grand Tuscan Estate and Guest House. However the current owner had spent an additional $300,000 on absolutely stunning new design plans with “House & Dodge” for a soft contemporary estate with guest house. This one of a kind property is now ready for the estate it so richly deserves.

Build Your Dream Estate in the Heart of Muirlands

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