LJ Playhouse wows with WoW Festival

**THE LA JOLLA PLAYHOUSE** is breaking boundaries with its inaugural Without Walls (WoW) Festival, Oct. 3-6. A four-day explosion of site-specific theater and art taking place in and around the Playhouse Theatre District, the one-of-a-kind festival is inspired by similar festivals in Europe and will showcase nearly 20 events by renowned local, national and international artists presented by the Playhouse, MCASD, UC San Diego's departments of Theatre & Dance and Music, as well as family day (Oct. 5) activities by The New Children’s Museum. In addition, the festival will feature a beer garden, food trucks, free band performances and artist chats throughout the four days. For information and tickets, visit www.lajollaplayhouse.org/wowfestival.

**HISTORICAL QUARREL** Windemere Cottage appeal upheld by City Council

San Diego City Council voted 5-3 Sept. 23 to uphold an appeal brought by the La Jolla Historical Society (LJHS) and the La Jolla Community Planning Group (LJCPA) on the Bernate Ticino project, the site of Windemere Cottage at 1328 Virginia Way that was demolished in December 2011.

Both groups contend that demolition of the 1894 Craftsman-style home built by famed La Jolla architect Irving Gill was done in violation of state regulations while the home was in the process of being historically designated.

The Bernate Ticino family that owns the property and their representative, Tim Golba, a La Jolla architect and a San Diego planning commissioner, argued that Windemere Cottage had been extensively remodeled and added to over time, which is the reason why it failed three times to garner enough votes by the city's Historic Resources

Former Jack’s site nearing completion, tenants sought

Redevelopment of La Plaza where Jack’s nightclub once stood is advancing with demolition nearing completion, redesign under way and more than a dozen tenants being “recruited” by developers for the new high-end boutique shopping center at the corner of Girard Avenue and Wall Street.

“Demolition started in June and we’re getting very far along with that, anticipating the exterior renovation of the property will be completed in December, though our first tenant won’t likely be open any sooner than January,” said Marcelle McAfee, regional manager for developers Davlyn Investments.

Several weeks ago, Lisslala Bou-
How to Sell Your La Jolla Home Without an Agent and Save the Commission

If you’ve tried to sell your home yourself, you know that the minute you put the “For Sale by Owner” sign up, the phone will start to ring off the hook. It will be from every real estate agent in town who will start to hound you for your listing. Like other “For Sale by Owners,” you’ll be subjected to a hundred sales pitches from agents who will tell you how great they are but rather from every real estate agent in town who will tell you how great they are.

You either win or lose as a team,” Fisher said, noting prospective Navy SEALs endure an initial six-month training stint, which has a 75 percent attrition rate. That experience, he said, “does not develop warriors,” but rather selects, reuses, rebuilds and molds young men into the very essence of a teammate. And in so doing, you learn to put team — and mission — ahead of self.”

Being part of a cohesive unit is so important to the SEALs, in fact, that the organization even refers to itself as “the teams,” Fisher said.

An Evening of Flow & Mindfulness: Powerful Tools for Increasing Your Happiness

FISH: Have you ever been so absorbed in what you were doing that time passed without your noticing? This state of intense focus is called “Flow.” Researchers report that people who frequently experience Flow are happier. Flow is your life with John Coffey M.A., Ph.D. Candidate, Claremont Graduate University.

MINDFULNESS: Mindfulness is the practice of purposely focusing your attention on the present moment — and accepting it without judgment. Research results indicate that by practicing Mindfulness you can improve both your physical and psychological health. Increasing Mindfulness in your daily life with Steven Hickman, Psy.D, Director of the UCSD Center for Mindfulness.

October 8, 2013 6:00-7:30 pm

An Integrative Approach to Stress Management: Reducing Stress & Increasing Happiness

We all experience stress in our daily lives that diminishes happiness. How we cope with stress and how stress affects our mental and physical health differs from one individual to the next. The biological response to stress differs in men and women and there are gender differences in physical health differs from one individual. Our nation expects me to be victorious Navy SEALs endure an initial six-month training stint, which has a 75 percent attrition rate. That experience, he said, “does not develop warriors,” but rather selects, reuses, rebuilds and molds young men into the very essence of a teammate. And in so doing, you learn to put team — and mission — ahead of self.”

Being part of a cohesive unit is so important to the SEALs, in fact, that the organization even refers to itself as “the teams,” Fisher said.

The first two U.S. Navy Sea, Air, Land teams were formed in January 1962. They were stationed on both coasts, one at Naval Amphibious Base Coronado. Navy SEAL teams are trained, among other things, in hand-to-hand combat, high-altitude parachuting, underwater demolition squadrons.

Fisher brought along a copy of the page-long SEAL ethos, a mission statement that took many years to develop. Excerpts from the SEAL ethos describe a SEAL as “a common man with uncommon desire to succeed. Forged by adversity, he stands alongside America’s finest special operations forces to serve his country, the American people and protect their way of life. ... My nation expects me to be physically harder and mentally stronger than my enemies. ... We demand discipline. We expect innovation. ... Brave men have fought and died building the proud tradition and feared reputation that I am bound to uphold. In the worst of conditions, the legacy of my teammates steadiest my resolve and silently guides my every deed. I will not fail.”

Though SEALs are bound by tradition, they are not resistant to change, said Fisher.

“Embrace change,” he said. “Change presents challenges. It creates opportunities. We rely very heavily on our own adaptability. ...
Local stars gather to show off their dancing skills

By KENDRA HARTMANN

It’s been more than a year in the making, but the time has finally come for La Jollans to put on their dancing shoes and see who among them can sashay, tango and waltz with the pros.

La Jolla Dancing with the Stars will take place at the Hilton La Jolla Torrey Pines on Oct. 5, and the event, though in its first year, promises to be a memorable one.

“This has been a labor of love for an extended period of time, but it’s exceeding our expectations,” said Nancy Gardner, La Jolla Town Council trustee and member of the event’s organizing committee. “We’ve been so well supported in the community and the dancers are getting really excited.”

The main event will, of course, be the dancing. Six women and four men from the community have been paired up with professional dancers for the competition, which will be judged by assistant police chief Shelley Zimmerman, La Jollan Ramin Portemour, Billy Ray Smith and Scott Kaplan, and head judge Jonathan Roberts of ABC’s “Dancing with the Stars.”

Audience members won’t be left out of the judging process, however. Though the judges will have an exclusive say in who wins the Judges Choice award, Gardner said, the rest of the awards will be handed out based on audience votes.

“There will be a lot of audience participation,” Gardner said. Hosted by “Dancing with the Stars” Mary Murphy, the event includes a three-course meal, live and silent auctions and a reception to start. Audience members should rest up for the evening as, after dinner, drinks and dancing competition, free salsa lessons for the crowd will be offered until midnight. And don’t expect to be bored, Gardner said.

“There could be some surprises,” she said.

La Jolla Dancing with the Stars begins at 6 p.m. in the hotel’s Fairway Ballroom overlooking the golf course and ocean. Tickets are $175 for a single, $25 for a couple and can be purchased through ldancingswiththestars.com or by sending checks to La Jolla Dancing with the Stars, P.O. Box 1108, La Jolla, 92038. Event proceeds will go to the La Jolla Town Council, La Jolla Community Center, La Jolla Christmas Parade and Holiday Festival, and Warriors and Quiet Waters, as well as worthy projects in the community.

“There have been a lot of hard-working people working through this event’s first-year foibles and restarts, and it has evolved into a beautiful show and fundraiser,” Gardner said. “We’re close to selling out. There has just been a ground swell of support from the community.”

CIVIC REPORT >> La Jolla Town Council

By DAVE SCHWAB

At its September meeting, the La Jolla Town Council (LJTC) learned about a regional shop local program and got an update on the community’s annual Christmas parade, as well as hearing about the Oct. 2-6 San Diego Film Festival, part of which is at the Museum of Contemporary Art La Jolla and the new ArcLight Cinemas in UTC mall.

Debra Rosen, CEO/president of North County Chamber of Commerce, introduced “Think Local First,” an initiative designed to strengthen communities’ economic bases by encouraging local purchasing, contracting and services.

“We’re trying to change a culture by educating people about keeping dollars in the region,” Rosen said, adding close scrutiny revealed school districts and various other San Diego government entities spent as much or more than 50 percent of their budgets outside the region.

“That 50 percent is made up of local commerce keeps communities vibrant,” Rosen said, pointing out “that 50 percent is made up of local commerce keeps communities vibrant.”

A wide range of businesses, elected officials, chambers of commerce and business associations in the region have united to create the initiative.

“It doesn’t cost you anything, it’s just a mindset,” said Rosen, noting the San Diego North Chamber of Commerce is “driving and promoting” the initiative because it will build local commerce and promote greater economic bases by encouraging local purchasing, contracting and services.

“Think Local First,” an initiative designed to strengthen communities’ economic bases by encouraging local purchasing, contracting and services.

“We’re trying to change a culture by educating people about keeping dollars in the region,” Rosen said, adding close scrutiny revealed school districts and various other San Diego government entities spent as much or more than 50 percent of their budgets outside the region.

“That 50 percent is made up of local commerce keeps communities vibrant,” Rosen said, pointing out “that 50 percent is made up of local commerce keeps communities vibrant.”

A wide range of businesses, elected officials, chambers of commerce and business associations in the region have united to create the initiative.

“It doesn’t cost you anything, it’s just a mindset,” said Rosen, noting the San Diego North Chamber of Commerce is “driving and promoting” the initiative because it will build local commerce and promote greater economic bases by encouraging local purchasing, contracting and services.

“This has been a labor of love for an extended period of time, but it’s exceeding our expectations,” said Nancy Gardner, La Jolla Town Council trustee and member of the event’s organizing committee. “We’ve been so well supported in the community and the dancers are getting really excited.”

The main event will, of course, be the dancing. Six women and four men from the community have been paired up with professional dancers for the competition, which will be judged by assistant police chief Shelley Zimmerman, La Jollan Ramin Portemour, Billy Ray Smith and Scott Kaplan, and head judge Jonathan Roberts of ABC’s “Dancing with the Stars.”

Audience members won’t be left out of the judging process, however. Though the judges will have an exclusive say in who wins the Judges Choice award, Gardner said, the rest of the awards will be handed out based on audience votes.

“There will be a lot of audience participation,” Gardner said. Hosted by “Dancing with the Stars” Mary Murphy, the event includes a three-course meal, live and silent auctions and a reception to start. Audience members should rest up for the evening as, after dinner, drinks and dancing competition, free salsa lessons for the crowd will be offered until midnight. And don’t expect to be bored, Gardner said.

“There could be some surprises,” she said.

La Jolla Dancing with the Stars begins at 6 p.m. in the hotel’s Fairway Ballroom overlooking the golf course and ocean. Tickets are $175 for a single, $25 for a couple and can be purchased through ldancingswiththestars.com or by sending checks to La Jolla Dancing with the Stars, P.O. Box 1108, La Jolla, 92038. Event proceeds will go to the La Jolla Town Council, La Jolla Community Center, La Jolla Christmas Parade and Holiday Festival, and Warriors and Quiet Waters, as well as worthy projects in the community.

“There have been a lot of hard-working people working through this event’s first-year foibles and restarts, and it has evolved into a beautiful show and fundraiser,” Gardner said. “We’re close to selling out. There has just been a ground swell of support from the community.”
There are many wonderful outdoor festivals in San Diego each year, but only one truly takes advantage of its location — Pacific BeachFest. Now in its 17th year, the event takes place on Oct. 5. Marking the unofficial end of summer, the free, family-friendly event takes place from 11 a.m. to 7 p.m. on the boardwalk between Diamond and Thomas streets.

More than 50,000 people are expected to spend part of their day at the festival.

To be sure, Pacific BeachFest has much in common with similar styled happenings around the city. Lots of booths with handcrafted items and food vendors and plenty of music, to be sure. But what makes Pacific BeachFest special is the physical activities the public is invited to take part in.

Among the day’s highlights on the beach will be Revolt in Style magazine’s Summer Surf Series finals beginning at 8 a.m. at Crystal Pier; a volleyball tournament starting at 9 a.m.; and a 5k run kicking off at 10:30 a.m. For those 12 and under, there will also be a 1k run just prior to the main event, as well as skateboarding and bike-riding demonstrations in Action Alley on Thomas Street. Additionally, there will be a Kids’ Action Alley, complete with surf simulator on the boardwalk at Grand Avenue.

Finally, the Community Stage is recommended. Free valet bicycle parking is available at Thomas Street.

As with any large event in San Diego, taking public transportation is recommended. Free valet bicycle parking is available at Thomas Street.

The main Beer Garden Stage will feature a mix of DJs and bands with reggae favorites Sunny Rude, Natural Heights, So Cal Vibes and HighTide all taking part, alongside DJ Elliot Thomas, DJ Billy The Kid, DJ Who and DJ Mike Czech. Singer-songwriter Sando opens.

Meanwhile, the Center Stage will be topped by R&B whirlybirds Lady Dotte & The Diamonds, with other artists on the bill set to include the Cool Soul Trio, Bateke Beat, Alas de Mosca and The Route.

Finally, the Community Stage will open with a performance from the Crown Point Jr. Music Academy, with appearances from the Tap Fever Dancers, the PB Kids Musical Showcase, The Sinnerdown Riddum Section, Tiffany Jane and the Kicks, The Big Daddy Blues Band and Indian Summer. There will also be a “Skate Thst!” demonstration at 11:40 a.m.

With its great mix of sun, surf, music and especially community, it’s clear the Pacific BeachFest is the best way to celebrate the end of another glorious summer in San Diego.

As with any large event in San Diego, taking public transportation is recommended. Free valet bicycle parking is available at Thomas Street.

**EVENTBRIEF**

The San Diego Public Library, in partnership with the Harvard Club of San Diego (HASD), will host a book discussion of the 2013 One Book, One San Diego selection “Caleb’s Crossing” by Pulitzer Prize author Geraldine Brooks on Tuesday, Oct. 8, at 6:30 p.m. at the La Jolla/Riford Branch Library located at 7555 Draper Ave.

The Harvard Club of San Diego will welcome up to 20 members of the public to join in the discussion of “Caleb’s Crossing.”

The book’s main character is based on the history of a Native American youth who studies with a Puritan minister, and then goes on to matriculate at Harvard College during its earliest years in the 1660s. The discussion facilitator will be Loren Collins, who graduated from Harvard in 1982 with a major in folklore and mythology.

HASD will explore the evolution of Harvard from its theological origins in the seventeenth century to its current broad seat of learning as an academic and research university in the 21st century.

To register, email hasd@connect.humanities.ucsd.edu or call (858) 459-0040.
San Diego police are continuing to unravel the complex case of two La Jolla men shot and wounded four hours apart on opposite ends of town by a University City man in two separate but apparently related incidents.

The suspect in the Sept. 18 shooting taken into custody was identified as Hans Petersen.

San Diego Police Lt. Kevin Mayer said Steven Dovdy was in his bedroom shortly after 3 a.m. in the 5700 block of Waverly Avenue in Bird Rock when shots rang out.

‘An unknown suspect, later identified as Hans Petersen, was standing outside of the house and fired a gun multiple times into Dovdy’s bedroom,” said Mayer. “Dowdy was struck in the lower side of his back by one round. Petersen fled the scene.”

Mayer said Dovdy was taken to a local hospital for treatment.

That same morning about four hours later, Petersen allegedly broke into the home of Ronald Fletcher at 1462 Cottontail Lane in the Muirlands area.

“Petersen shot Fletcher once in the stomach,” Mayer said. “Fletcher was able to disarm Petersen and during an ensuing physical fight, struck Petersen with the gun. Officers arrived and found Fletcher and Petersen inside the house. Petersen was identified as the suspect and arrested.”

Mayer said both men were taken to a local hospital for treatment.

“a handgun was recovered at the crime scene on Cottontail Lane.” Mayer said.

Mayer said Petersen was booked into jail after being released from the hospital.

The investigation revealed Petersen was a former business associate of Dowdy’s. He said their relationship began to sour when Petersen lost his job and blamed Dowdy.

Petersen is married to, and estranged from, Fletcher’s sister.

“It is believed Fletcher was shot by Petersen because of the role Fletcher played in his sister’s separation from Petersen,” Mayer said.

An investigation is continuing. Anyone with information about the case is urged to call San Diego Police Northern Division at (858) 551-1700 or San Diego County Crime Stoppers at (888) 580-8477.

Personal relationships allegedly at center of bizarre double shooting

By DAVE SCHWAB

San Diego police are continuing to unravel the complex case of two La Jolla men shot and wounded four hours apart on opposite ends of town by a University City man in two separate but apparently related incidents.

The suspect in the Sept. 18 shooting taken into custody was identified as Hans Petersen.

San Diego Police Lt. Kevin Mayer said Steven Dovdy was in his bedroom shortly after 3 a.m. in the 5700 block of Waverly Avenue in Bird Rock when shots rang out.

‘An unknown suspect, later identified as Hans Petersen, was standing outside of the house and fired a gun multiple times into Dovdy’s bedroom,” said Mayer. “Dowdy was struck in the lower side of his back by one round. Petersen fled the scene.”

Mayer said Dovdy was taken to a local hospital for treatment.

That same morning about four hours later, Petersen allegedly broke into the home of Ronald Fletcher at 1462 Cottontail Lane in the Muirlands area.

“Petersen shot Fletcher once in the stomach,” Mayer said. “Fletcher was able to disarm Petersen and during an ensuing physical fight, struck Petersen with the gun. Officers arrived and found Fletcher and Petersen inside the house. Petersen was identified as the suspect and arrested.”

Mayer said both men were taken to a local hospital for treatment.

“A handgun was recovered at the crime scene on Cottontail Lane,” Mayer said.

Mayer said Petersen was booked into jail after being released from the hospital.

The investigation revealed Petersen was a former business associate of Dowdy’s. He said their relationship began to sour when Petersen lost his job and blamed Dowdy.

Petersen is married to, and estranged from, Fletcher’s sister.

“It is believed Fletcher was shot by Petersen because of the role Fletcher played in his sister’s separation from Petersen,” Mayer said.

An investigation is continuing. Anyone with information about the case is urged to call San Diego Police Northern Division at (858) 551-1700 or San Diego County Crime Stoppers at (888) 580-8477.
Program offers daytime options for those facing dementia, Alzheimer’s

By KENDRA HARTMANN

For many older adults and their families who find themselves facing the beginning stages of dementia and Alzheimer’s, there are few options beyond hiring help or expensive daycare facilities. Spouses or children who function as caregivers might opt to employ the help of part-time professional caregivers or a daytime care center, but the field of options shrinks if finances are a concern.

That’s where the University City Older Adult Center (UCOAC) comes in. One of four senior center programs operated under the Jewish Family Service of San Diego, UCOAC is the only one geared toward those dealing with beginning stages of dementia. It wasn’t always that way, however, said program coordinator Aviva Saad.

“When I started six years ago, I was putting together a program with classical music and [complex] lectures,” she said. “They simply couldn’t relate. It was a trial-and-error process, and I realized there was a need in the community for a program like this for people in those beginning stages [of dementia].”

For $21 a day, members get four hours of activities, exercise, entertainment and a hot kosher lunch. The program is open Tuesdays, Wednesdays and Thursdays from 10 a.m. to 2 p.m. Saad has built the program little by little, asking members what they like and don’t like and observing what they respond to.

“Each one experiences the disease in a different way,” she said. “It’s sad to see people who can’t enjoy things because they’re limited mentally or physically, so we try to do things with them that allow them to engage and be active, and they love it.”

Each day, the program starts with some kind of brain-stimulating activity. One day may feature bingo, another a lecture or brain games. Following that, members move on to physical exercise, which generally involves “dancing” in a chair — moving arms and legs to music, led by Saad. Before lunch, Saad leads members in a brief meditation exercise to calm the mind before they are served by the kitchen volunteers, and lunch is always followed by exercise.

University City’s Marcy Park mesa was blustery with wind on Sept. 21, a Saturday, when the Peter Burch Memorial Dog Fountain was dedicated to a University City leader who served as past president of the University City Community Association (UCCA) and as a member of the University City Planning Group. The special fountain that serves able and disabled humans, as well as dogs, was chosen to honor a man who loved dogs, especially his own, a big golden retriever who might play the part of Clifford in the children’s stories we all love, if a live stage or movie production were planned. Barclay weighs around 100 pounds and is trained to do what his owner says.

FIRST SIP District 1 City Councilwoman Sherri Lightner and Hallie Burch, widow of Peter Burch, cut the ribbon on the new dog/human fountain at Marcy Park on Sept. 21. A thirsty pup, left, tries out the new watering hole. JAMES FLOYD

District 1 City Councilwoman Sherri Lightner and Hallie Burch, widow of Peter Burch, cut the ribbon on the new dog/human fountain at Marcy Park on Sept. 21. A thirsty pup, left, tries out the new watering hole.

GO SOLAR! YOU’D HAVE TO BE CRAZY NOT TO!

• Yield over 10% annual return on your investment at virtually zero risk — just as sure as the sun will rise in the morning!
• Increase the value of your house!
• Make money!
• Protect the environment!
• Do NOT overpay for solar!

Systems I’ve Built in 2013:
• Pavlov Ave. – 4.25 kW • Dalen Pl. – 4.335 kW
• Robbins St. – 3.315 kW • Welmer Pl. – 4.25 kW
• Radcliffe Dr. – 4.335 kW • Florey St. – 3.57 kW
• Millikin Ave. – 4.505 kW • Arnoldson Ave. – 6.63 kW
• Mt Ainsworth Ave. – 8.16 kW • Millikin Ave. – 8.16 kW
• Radcliffe Dr. – 4.25 kW • Hillcreek Ln. – 3.06 kW

UNIVERSITY CITY PHOTONS
6275 Radcliffe Drive, San Diego, CA 92122
Office: 858-750-2300 • Cell: 831-224-3015
cphoton@gmail.com
www.ucphotons.com
C-46 Solar Contractor, License #978633

“It’s raining photons!”
Children’s Pool debate renewed with Planning Commission vote

By DAVE SCHWAB

Now that the city Planning Commission has voted 4-2 to recommend closing La Jolla’s Children’s Pool to human contact during the marine mammals’ five-month pupping season, the stage is set for San Diego City Council to reconsider the thorny issue.

The commission’s decision was hailed as a “victory” by seal advocates, and as another in a long line of legal and governmental “miscues” by opponents who claim access to Children’s Pool beach at all times is a state constitutional right.

“The Planning Commission vote is significant because they are the land-use experts for the city, and they have now made the findings necessary to support amending the local coastal plan to fully protect the seals during pupping season,” said attorney Bryan Pease, who has been fighting for years in court to have the de facto seal rookery at the pool protected. “The City Council voted for this in principle back in 2010, and now the Planning Commission has approved the mechanism by which it is being done.”

Ken Hunrichs, a board member of La Jolla Parks and Rec., Inc., which makes recommendations to the city on coastal parks, who is also a member of Friends of the Children’s Pool, a nonprofit dedicated to preserving the pool and the legal trust that protects it, said Hunrichs said.

“This new plan calls for an amendment to the La Jolla community plan to restrict access to Children’s Pool beach because it is an environmentally sensitive habitat area (ESHA),” said Hunrichs, who argued that such a finding can only be made if the marine mammal species in question can be determined to be “rare or valuable.”

“Neither of those criteria fit Children’s Pool,” Hunrichs said. “It’s a man-made beach, there’s nothing natural about it. Harbor seals are common in California and there is no commercial harvesting of them allowed, though they might have some entertainment value.”

Hunrichs said the false ESHA claim is a legal device to attempt ultimately to turn the pool into a marine-mammal park circumventing the trust meant to protect the pool as a safe children’s wading area.

“When you close that beach down for an ESHA, then it eliminates that trust,” Hunrichs said.

District 1 City Councilwoman Sherri Lightner’s office said the commission’s decision is another example of the public’s constitutional rights being denied.

“Neither of those criteria fit Children’s Pool,” Hunrichs said. “It’s a man-made beach, there’s nothing natural about it. Harbor seals are common in California and there is no commercial harvesting of them allowed, though they might have some entertainment value.”

Hunrichs said the false ESHA claim is a legal device to attempt ultimately to turn the pool into a marine-mammal park circumventing the trust meant to protect the pool as a safe children’s wading area.

“When you close that beach down for an ESHA, then it eliminates that trust,” Hunrichs said.

District 1 City Councilwoman Sherri Lightner’s office said the proposal to close Children’s Pool beach from Dec. 15 to May 15 has

SEE SEALS ➤ PG. 22

SAFE DISTANCE Visitors to Children’s Pool watch the resident seals from the seawall. The city Planning Commission voted recently to close the beach to humans during the marine mammals’ five-month pupping season. DON BALCH

Listen to your local news on ljtoday.com

You can stay informed while you work!

Just log-in to ljtoday.com or sdnews.com and click on The Voice of La Jolla for the latest news briefs, events and interesting interviews in and around your community.

Want to listen to your local news? Check out ljtoday.com or sdnews.com for all the latest from The Voice of La Jolla. Ron Jones, Jones is featured on our site with audio updates of all things La Jolla.

Listen as Jones recounts the latest local happenings, including the opening of Sur La Table on Girard; La Jolla Meals On Wheels’ new program, La Jolla Friendly Visitors; a visit with state Sen. Marty Block; and thoughts from the ambassador of Singapore, Ashok Kumar Miripuri, at the latest installment of the Ambassadorial Roundtable.

La Jolla Today teamed up with Jones, La Jolla’s pre-eminent radio voice, announcer and emcee this year to bring you local news in a variety of formats. Jones’ frequent contributions include news updates and interviews of local movers and shakers, providing La Jollans with a convenient way to consume their local news.

For sponsorship information, call (858) 270-3103.

Oktoberfest! Join in the fun!

CONGREGATIONAL CHURCH OF LA JOLLA’S Ninth Annual Oktoberfest Saturday, September 28, 2013, 5-9 pm

Join us for some accordion music and dancing. Enjoy a hearty German repast of roasted sausages, kraut, red cabbage, and German potato salad, with apple crisp $12 per dinner ticket | Beer and wine $4

Walk-ins Welcome

BEER SPONSORED BY BALLAST POINT BREWING CO.

Call 858-459-5045 for dinner tickets.

1216 Cave Street

O’zapft is!
Avoid These Common Home Seller Mistakes

SAN DIEGO. A new report has just been released which identifies the 6 most common and costly mistakes that homebuyers make before buying a home.

Mortgage regulations have changed significantly over the last few years, making your options wider than ever. Subtle changes in the way you approach mortgage shopping, and even small differences in the way you structure your mortgage, can cost or save you literally thousands of dollars and years of expense.

Whether you are about to buy your first home, or are planning to make a move to your next home, it is critical that you inform yourself about the factors involved before you buy.

In answer to this issue, industry insiders have prepared a free special report entitled, “6 Things You Must Know Before You Buy”

Having the right information beforehand can undoubtedly make a major difference in this critical negotiation.

To hear a brief recorded message about how to order your free copy of this report, call toll-free 1-800-276-0763 and enter ID# 1004. You can call anytime, 24 hours a day, 7 days a week.

Call NOW to find out what you need to know before you buy a home.

Avoid These Common Home Seller Mistakes

Susan G. Komen Race for the Cure

QUICK HIT >>

THE SAN DIEGO AFFILILATE OF the Susan G. Komen Race for the Cure is partnering with the the La Valencia Hotel for a number of different promotions during October and November.

• The “Sleep in for the Cure” room package, which includes a deluxe room, valet parking, breakfast and a bottle of pink champagne, starts at $450 and is valid from Oct. 1 thru Nov. 30.

• La Valencia’s mixologists have created an updated version of the classic “Pink Lady” cocktail, with 15 percent of proceeds going to the charity.

• On Friday, Nov. 15 — during the Susan G. Komen Race for the Cure, San Diego. In exchange, one lucky participant will win a weekend in one of La Valencia’s Villa Suites, dinner for two and a bottle of pink rosé.

For more information or reservations, call (858) 454-0771.

CIVIC REPORT >> La Jolla Shores Association

The La Jolla Shores Association (LJSA) was updated on the latest at City Hall, heard a proposal for an ocean “puppet show” and debated creating an educational plaque on surfing etiquette at its September meeting.

The group also heard that La Jolla Shores Lifeguard Tower is now complete, and that an official ceremony dedicating it will be held Friday, Oct. 1 at 9:30 a.m. on the Shores boardwalk.

District 1 City Councilwoman Sherri Lightner dropped in to talk about a new ordinance being discussed to eliminate ocean-polluting plastic bags. She also touched on a couple of other citywide issues in the post-Filner era now that an election is being planned to replace the former mayor.

Five hundred million single-use plastic bags are distributed annually in San Diego and only 3 percent of those are recycled,” Lightner said, adding doing without plastic bags in other municipalities has proven it can be done "without burdening businesses or residents."

Lightner said a surf camp request-permit process is under way and that she’s heard LJSA’s request that a way be found to have at least part of funding derived from camp permitting fees be diverted back into the Shores community.

“Our office will update you as more information becomes available,” Lightner said.

The councilwoman added she would be hosting a meeting with T.B Penick & Sons, Inc., which built The Map at Kellogg Park, to “find a mutually agreeable solution to The Map situation.”

Nonprofit Friends of La Jolla Shores sued T.B. Penick & Sons, Inc., and Shaw & Sons, Inc., on June 20, alleging fraud, deceit, misrepresentation and negligence. The lawsuit was filed over The Map, a 2,300-square-foot plaza depicting marine life at La Jolla Shores. The Map has seriously deteriorated since the two contractors completed the educational project in September 2008.

Tom Dugdale of La Jolla Playhouse clued the advisory group in on a request for performances to be held Oct. 3-6 at the north end of the Shores beach by renowned puppeteer Basil Twist.

Dugdale said the theatrical performances are part of the Playhouse’s Without Walls program, allowing unorthodox performances to go beyond the Playhouse’s walls.

BRIEFS >> CONT. FROM PG. 5

T. B. Penick & Sons, Inc., which built The Map at Kellogg Park, is allowing unorthodox performances to go beyond the Playhouse’s walls.

“Five hundred million single-use plastic bags are distributed annually in San Diego and only 3 percent of those are recycled,” Lightner said, adding doing without plastic bags in other municipalities has proven it can be done “without burdening businesses or residents.”

Lightner said a surf camp request-permit process is under way and that she’s heard LJSA’s request that a way be found to have at least part of funding derived from camp permitting fees be diverted back into the Shores community.

“Our office will update you as more information becomes available,” Lightner said.

The councilwoman added she would be hosting a meeting with T.B Penick & Sons, Inc., which built The Map at Kellogg Park, to “find a mutually agreeable solution to The Map situation.”

Nonprofit Friends of La Jolla Shores sued T.B. Penick & Sons, Inc., and Shaw & Sons, Inc., on June 20, alleging fraud, deceit, misrepresentation and negligence. The lawsuit was filed over The Map, a 2,300-square-foot plaza depicting marine life at La Jolla Shores. The Map has seriously deteriorated since the two contractors completed the educational project in September 2008.

Tom Dugdale of La Jolla Playhouse clued the advisory group in on a request for performances to be held Oct. 3-6 at the north end of the Shores beach by renowned puppeteer Basil Twist.

Dugdale said the theatrical performances are part of the Playhouse’s Without Walls program, allowing unorthodox performances to go beyond the Playhouse’s walls.

“Five hundred million single-use plastic bags are distributed annually in San Diego and only 3 percent of those are recycled,” Lightner said, adding doing without plastic bags in other municipalities has proven it can be done “without burdening businesses or residents.”

Lightner said a surf camp request-permit process is under way and that she’s heard LJSA’s request that a way be found to have at least part of funding derived from camp permitting fees be diverted back into the Shores community.

“Our office will update you as more information becomes available,” Lightner said.

The councilwoman added she would be hosting a meeting with T.B Penick & Sons, Inc., which built The Map at Kellogg Park, to “find a mutually agreeable solution to The Map situation.”

Nonprofit Friends of La Jolla Shores sued T.B. Penick & Sons, Inc., and Shaw & Sons, Inc., on June 20, alleging fraud, deceit, misrepresentation and negligence. The lawsuit was filed over The Map, a 2,300-square-foot plaza depicting marine life at La Jolla Shores. The Map has seriously deteriorated since the two contractors completed the educational project in September 2008.

Tom Dugdale of La Jolla Playhouse clued the advisory group in on a request for performances to be held Oct. 3-6 at the north end of the Shores beach by renowned puppeteer Basil Twist.

Dugdale said the theatrical performances are part of the Playhouse’s Without Walls program, allowing unorthodox performances to go beyond the Playhouse’s walls.

“Five hundred million single-use plastic bags are distributed annually in San Diego and only 3 percent of those are recycled,” Lightner said, adding doing without plastic bags in other municipalities has proven it can be done “without burdening businesses or residents.”

Lightner said a surf camp request-permit process is under way and that she’s heard LJSA’s request that a way be found to have at least part of funding derived from camp permitting fees be diverted back into the Shores community.

“Our office will update you as more information becomes available,” Lightner said.

The councilwoman added she would be hosting a meeting with T.B Penick & Sons, Inc., which built The Map at Kellogg Park, to “find a mutually agreeable solution to The Map situation.”

Nonprofit Friends of La Jolla Shores sued T.B. Penick & Sons, Inc., and Shaw & Sons, Inc., on June 20, alleging fraud, deceit, misrepresentation and negligence. The lawsuit was filed over The Map, a 2,300-square-foot plaza depicting marine life at La Jolla Shores. The Map has seriously deteriorated since the two contractors completed the educational project in September 2008.

Tom Dugdale of La Jolla Playhouse clued the advisory group in on a request for performances to be held Oct. 3-6 at the north end of the Shores beach by renowned puppeteer Basil Twist.

Dugdale said the theatrical performances are part of the Playhouse’s Without Walls program, allowing unorthodox performances to go beyond the Playhouse’s walls.
La Jolla Art & Wine Festival to transform the Village

By DAVE SCHWAB

Upcoming events at the Athenaeum

MINI–CONCERTS RETURN — New artists have been selected for the Athenaeum’s Mini–Concerts series, which alternate each Monday between the Athenaeum and the Lyceum Theatre. Founded in 1971, the Mini–Concerts are a free lunchtime treat featuring jazz, chamber and world music.

Schedule of Athenaeum concerts:

• Oct. 7, Kensington Trio
• Oct. 21, Kasey Kay, solo piano
• Nov. 4, Neave Trio, strings & piano
• Nov. 18, Adrian Liu, Young Prodigy Series, piano

For the schedule of concerts at the Lyceum Theatre, visit ljathenaeum.org. The Athenaeum is located at 1008 Wall St.

OCTOBER ART HISTORY LECTURE SERIES — Art history lecturer Derrick Cartwright will present four Tuesday–evening lectures during the month of October focusing on 20th century art in the Americas. On Oct. 8, 15, 22 and 29 at 7:30 p.m., join Cartwright as he details the most innovative historians and artists through Oct. 5, the artwork from Hesse, all of whom play key roles in the story of how 20th-century art in the Americas. For more information on Barlis, visit www.KennethBarlis.com.

Upcoming events

• Oct. 2–6 – Fashion Week San Diego at the Port Pavilion. 5:30 p.m., estate of Alex and Laleh Roudi. Runway fashion show, presented by New York designer Yigal Azrouel, benefits Miracle Babies. (858) 433-9000
• Oct. 19 – Exhibit Ambush Phase 2 at the Port Pavilion. 5:30 p.m. Event will benefit Susan G. Komen For The Cure. (619) 955-5285
• Oct. 19 – Exhibit – Kenneth Barlis Fashion Week San Diego at the Port Pavilion. 5:30 p.m.
• Oct. 27 – Fall Bridal Bazaar at the Del Mar Fairgrounds with three fashion shows throughout the day. (760) 334-5500

– Diana Cavagnaro is a nationally recognized hat designer and milliner. She has been operating a fashion business for 30 years and has been teaching in the fashion department at San Diego MESA College for 20 years. Diana is an active member of the Gaslamp Quarter Association, the American Sewing Guild, the San Diego Costume Council and the Fashion Group International.
WHAT:
Moonglow Design Art Gallery will host an art show with music and an auction.

SEPT. 28: MOONGLOW DESIGN ART ACRCEPTION
WHAT: Moonglow Design Art Gallery will host an art show with music and refreshments from 6:45 to 10 p.m., sponsored by Erling Rohde Plumbing. moonglowdesign.com

FRIDAY · SEPTEMBER 27, 2013
LA JOLLA TODAY
Music & Events

Live music calendar >> By BART MENDOZA

Friday, Sept. 27
• Tomcat Courtenay, blue skies 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
• A New Challenger Approaches, indie rock, 7 p.m., Che Café
• Pete Johnson Show Band, blues, jazz, Motown, 7 p.m., Amaya
• Tod Sisler, 8 p.m., Manhattan of La Jolla
• Lori Bell with Peter Sprague and Bob Magnusson, 8 p.m., La Jolla Community Center
• Fundamentals Fridays, DJ night, 8 p.m., Barfly
• AfroJazziacs, Latin and Afro Cuban rhythms, 9 p.m., Café-Bar Europa
• Dave Booda Band, classic covers, 9 p.m., Beaumont’s

Saturday, Sept. 28
• Wildcardpropaganda, acoustic trio from Riiffs Acoustic, 10 a.m., Bird Rock Coffee Roasters
• Ryan Hiler, noon, Prospect Bar & Grill
• Jimmy Lewis, 3:15 p.m., Prospect Bar & Grill
• Tomcat Courtenay, 5 p.m., Café-Bar Europa
• PSO, punk, 6 p.m., Che Café
• Aquile, 6:30 p.m., Prospect Bar & Grill
• Freddie A Dream Trio, 7 p.m., Eddie V’s
• Burnt, indie rock, 7 p.m., Che Café
• Que Bordel, gypsy folk, 7 p.m., Amaya
• Tod Sisler, 8 p.m., Manhattan of La Jolla
• Superstar Saturdays, DJ night, 8 p.m., Barfly
• Santana Pa Ti, the music of Carlos Santana, 9 p.m., Café-Bar Europa
• Jones Revival, 9 p.m., Beaumont’s

Sunday, Oct. 6
• Sando, 11:30 a.m., Beaumont’s
• Brent Curtis and Mike Myrdal, noon, Prospect Bar & Grill
• Sounds Like Four, jazz, 4 p.m., Café-Bar Europa
• Jimmy Lewis, 4 p.m., Prospect Bar & Grill
• Normandie Wilson, 7 p.m., Amaya

Tuesday, Oct. 1
• Gabriela Aparicio, 4 p.m., Café-Bar Europa
• Jon Sandoval, 7 p.m., Amaya
• AfroJazziacs, 7:30 p.m., Café-Bar Europa

Wednesday, Oct. 2
• Carlos Velasco, 4 p.m., Café-Bar Europa
• Tomcat Courtenay, 6:45 p.m., Café-Bar Europa
• Aquile, 6 p.m., Prospect Bar & Grill
• Steve Poltz, singer-songwriter, 6-45 p.m., Scripps Aquarium
• Rick Ross, jazz and pop, 7 p.m., Amaya

Thursday, Oct. 3
• Jade visions Jazz Trio, 4 p.m., Café-Bar Europa
• Rob Bondurant, 6 p.m., Prospect Bar & Grill

Friday, Oct. 4
• Lisa Campbell, 6 p.m., Prospect Bar & Grill
• Tomcat Courtenay, 5 p.m., Café-Bar Europa
• Brian Warren, frontman of indie rockers Weatherbox, 7 p.m., Che Café
• Acoustic blues, six-string tunes, 7 p.m., Amaya
• Tod Sisler, 8 p.m., Manhattan of La Jolla
• Fly Fridays, DJ night, 8 p.m., Barfly
• AfroJazziacs, 9 p.m., Café-Bar Europa
• Fish & The Seaweeds, blues and rock, 9 p.m., Beaumont’s

Saturday, Oct. 5
• Ryan Hiler, noon, Prospect Bar & Grill
• Jimmy Lewis, 3:15 p.m., Prospect Bar & Grill
• Tomcat Courtenay, 6 p.m., Café-Bar Europa
• Aquile, 6:30 p.m., Prospect Bar & Grill
• Acoustic blues, blues to top 40, 7 p.m., Amaya
• Terror, indie rock, 7 p.m., Che Café
• Tod Sisler, 8 p.m., Manhattan of La Jolla
• Superstar Saturdays, DJ night, 8 p.m., Barfly
• Jones Revival, 9 p.m., Beaumont’s

Sunday, Oct. 6
• Sando, 11:30 a.m., Beaumont’s
• Brent Curtis and Mike Myrdal, noon, Prospect Bar & Grill
• Sounds Like Four, jazz, 4 p.m., Café-Bar Europa
• Jimmy Lewis, 4 p.m., Prospect Bar & Grill
• Normandie Wilson, 7 p.m., Amaya
• Un Cantinho do Samba, Brazilian music, 7 p.m., Café-Bar Europa
• Li Debbie, rap, 8 p.m., Porter’s Pub

Monday, Oct. 7
• Jon Sandoval, 7 p.m., Amaya
• Gabriela Aparicio, 4 p.m., Café-Bar Europa
• Dustin Donahue, percussionist performs works of John Cage, 7 p.m., La Jolla Community Center

Tuesday, Oct. 8
• Dustin Donahue, percussionist performs works of John Cage, 7 p.m., La Jolla Community Center
• Gabriela Aparicio, 4 p.m., Café-Bar Europa
• Jon Sandoval, 7 p.m., Amaya
• AfroJazziacs, 7:30 p.m., Café-Bar Europa

Wednesday, Oct. 9
• Stephanie Schmitz and friends, 4 p.m., Café-Bar Europa
• Aquile, 6 p.m., Prospect Bar & Grill
• Tomcat Courtenay, 6:45 p.m., Café-Bar Europa
• Rick Ross, 7 p.m., Amaya
• Charles Curtis, West Coast premiere of acclaimed cellist, 7 p.m., CPMC Concert Hall, UCSD

Thursday, Oct. 10
• Jade Visions Trio, jazz, 4 p.m., Café-Bar Europa
• Rob Bondurant, 6 p.m., Prospect Bar & Grill
• Tod Sisler, 7 p.m., Manhattan of La Jolla
• Pan Am, 6 p.m., Café-Bar Europa
• Mark Leesman Band, 7 p.m., Amaya
• LOTUS, DJ night, 8 p.m., Barfly

MUST HEAR >>
Flutist Lori Bell’s Fourth Friday Jazz Series returns to the La Jolla Community Center on Sept. 27 at 8 p.m. While Bell’s talents would certainly warrant a concert spotlight, what truly sets this show apart is her selection of collaborators for this event, bassist Bob Magnusson and guitarist Peter Sprague. Sprague is a musical legend, having worked with pretty much every jazz artist to call San Diego home, as well as having performed with the likes of Diane Reeves, Chick Corea and David Benoit. Meanwhile, Magnusson has also produced an impressive body of work, received with numerous artists, including Herb Alpert, Linda Ronstadt and Madonna. Jazz aficionados won’t want to miss a second of this rare collaborative musical event.

LORI BELL WITH PETER SPRAGUE AND BOB MAGNUSSON: Friday, Sept. 27 at the La Jolla Community Center, 6811 La Jolla Blvd. 8 p.m. All ages. www.ljccommunitycenter.org – Bart Mendoza

Tuesday, Oct. 15
• Jon Sandoval, 7 p.m., Amaya
• Gabriela Aparicio, 4 p.m., Café-Bar Europa
• Dustin Donahue, percussionist performs works of John Cage, 7 p.m., La Jolla Community Center

Wednesday, Oct. 16
• Jon Sandoval, 7 p.m., Amaya
• Gabriela Aparicio, 4 p.m., Café-Bar Europa
• Dustin Donahue, percussionist performs works of John Cage, 7 p.m., La Jolla Community Center

Thursday, Oct. 17
• Jon Sandoval, 7 p.m., Amaya
• Gabriela Aparicio, 4 p.m., Café-Bar Europa
• Dustin Donahue, percussionist performs works of John Cage, 7 p.m., La Jolla Community Center

Friday, Oct. 18
• Jon Sandoval, 7 p.m., Amaya
• Gabriela Aparicio, 4 p.m., Café-Bar Europa
• Dustin Donahue, percussionist performs works of John Cage, 7 p.m., La Jolla Community Center

Saturday, Oct. 19
• Jon Sandoval, 7 p.m., Amaya
• Gabriela Aparicio, 4 p.m., Café-Bar Europa
• Dustin Donahue, percussionist performs works of John Cage, 7 p.m., La Jolla Community Center

Sunday, Oct. 20
• Jon Sandoval, 7 p.m., Amaya
• Gabriela Aparicio, 4 p.m., Café-Bar Europa
• Dustin Donahue, percussionist performs works of John Cage, 7 p.m., La Jolla Community Center

EVENTS CALENDAR >>
WHAT: C&H Photo will host two photography workshops in October.

OCT. 5 & 6: PHOTOGRAPHY WORKSHOPS
WHAT: C&H Photo will host two photography workshops in October.

OCT. 5: How to photograph your pets
WHAT: C&H Photo will host two photography workshops in October.

OCT. 6: iPhone-ography with Lelain Foerster
WHAT: C&H Photo will host two photography workshops in October.

OCT. 7: Pet photography with David Veit
WHAT: C&H Photo will host two photography workshops in October.

C&H Photography is located at 7442 Girard Ave. (#108). To register: Call (858) 729-6565 or email C&Hphotography@cox.net.

OCT. 1: iPhone-ography with Lelain Foerster
WHAT: C&H Photo will host two photography workshops in October.

OCT. 2: Pet photography with David Veit
WHAT: C&H Photo will host two photography workshops in October.

OCT. 3: Pet photography with David Veit
WHAT: C&H Photo will host two photography workshops in October.

OCT. 4: iPhone-ography with Lelain Foerster
WHAT: C&H Photo will host two photography workshops in October.

OCT. 5: Pet photography with David Veit
WHAT: C&H Photo will host two photography workshops in October.

OCT. 6: iPhone-ography with Lelain Foerster
WHAT: C&H Photo will host two photography workshops in October.

OCT. 7: Pet photography with David Veit
WHAT: C&H Photo will host two photography workshops in October.
Starry, starry nights
with Vincent Andrunas

Just 10 days after the Museum of Contemporary Art's highly successful Monte Carlo gala (covered in this column's last issue), 115 of the museum's top supporters gathered at Rancho del Arte, the spectacular art-filled Rancho Santa Fe residence of Iris and Matthew Strauss, for a party celebrating Hugh Davies' 30th anniversary as the museum's director. There were cocktails and canapés in abundance, and three buffet tables offered wonderful American, Asian and Mexican cuisine.

The world-class museum has grown and prospered mightily during Davies' tenure — and the success continues. Key is the fact that he loves this town and loves his job. (His expertise, talent, work ethic and likeable persona probably have something to do with it, too.) Plans are far afoot for expanding the La Jolla exhibition facility to perhaps 50,000 square feet within about four years. With Davies' track record, success is practically assured.

Party guests, art lovers all, enjoyed perusing the Strauss’ extensive collection before the evening’s end.

You’d think that since Country Friends has been holding its end-of-summer “Art of Fashion” luncheon and fashion show on the grounds of the Inn at Rancho Santa Fe for almost 60 years, they’d have long since figured it all out and the annual event would consistently be a repetition of previous years.

Not so! Anna Waite chaired this year’s 58th iteration, with Pamela Mogul as co-chairwoman. Their fresh new thinking brought some changes.

They still started it off with boutique shopping for clothing and accessories — but embellished it with four flavors of fine champagne, plus coffee, tea and such fortifiers as cinnamon rolls and muffins. Most significantly, instead of having lunch before the fashion show (as had been done heretofore), they held the show first, and lunch followed. This upset the traditional apple cart — but in a very good way!

The show is always held under a huge mesh tent giving partial shade. In past iterations, it has often seemed to occur on the hottest day of the year, but with this year’s earlier start (and some fortuitous meteorological circumstances) conditions were quite comfortable indeed.

Emcee Dagmar Midcap (of NBC7’s nightly weather) welcomed...
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.

Froglanders

Froglander's has been satisfying yogurt lovers cravings for over 26 years. In addition to the best yogurt in town, they also serve acia 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 .
LA JAWF >> CONT. FROM PG. 9

The two-day event is a fundraiser for La Jolla, Bird Rock and Torrey Pines elementary schools, as well as Muirlands Middle School. Last year’s event raised more than $100,000, 20% of which went to the schools. La Jolla PTO and La Jolla Community Development Foundation, which also benefits from LJAWF, were previously included.

“Two words: La Jolla,” said Ahern, who encouraged festival guests to stay at a local lodging, eat and shop in the community’s renowned boutique downtown Village and visit local landmarks like La Jolla Cove and Ellen Browning Scripps Park.

For more information, visit www.ljawf.org or LJAWF’s Facebook and Twitter pages.

LA PLAZA >> CONT. FROM PG. 1

related track, preliminary designs for hardscape and landscaping for La Plaza were reviewed recently by the La Jolla Planned District Ordinance (PDO) Committee, which makes recommendations to the La Jolla Community Planning Association, the advisory group on land-use matters for the city.

La Jolla PDO is charged with reviewing projects to ensure they comply with standards set for community development, including use of materials, color schemes and proper signage.

La Jolla architect Jim Alcorn of Alcorn & Associates gave a presentation to the La Jolla PDO on landscaping and other design elements of La Plaza.

“There will be more landscaping there in the public right-of-way then there is at present,” Alcorn told PDO committee members.

“The sidewalk is going to be completely redone and some new tile and paving and landscaping between and around the existing trees is going to happen,” Alcorn said, noting that the PDO had recently reviewed the project’s preliminary designs.

Alcorn will return the PDO at a future date to present the group with details on La Plaza’s signage and street furniture for the project’s outdoor cafe.

The retail space at 7863 Girard Ave. has had a long and troubled history. Bill Berkley, who previously owned Jack’s, went out of business July 31, 2009. It was later discovered that one of Berkley’s employees had allegedly embezzled funds from him, a case that is still pending in court.

Following Berkley, Mike Viscuso, a nightclub mogul who owns properties in downtown San Diego and Hollywood, purchased the property and began remodeling it with grand plans to redevelop it as a nightclub with seven bars and three restaurants. He later abandoned those plans when the economy went south.

Redevelopment of the site “has been a challenge for whomever owned it,” said Alcorn, adding the multi-level, stepped-back design of the building makes it, “very difficult to get something to go in the back. [Redevelopment] probably would work for a restaurant like George’s (on Prospect), but it doesn’t work for a boutique dress shop, or something like that.”

I’m sure there’s somebody that will do something and overcome the negative impact of the physical layout. I wish them luck and hope they’ll be successful.”

SOCIETY >> CONT. FROM PG. 11

The audience as guests took their seats. Waite introduced honorary chairs Jere and Joyce Oren, and spoke about their important efforts on behalf of the community.

South Coast Plaza has provided the fashions for this annual show for several years now. Twelve models came onto the runway stage to start the 30-minute show. Ten scenes presented hundreds of fashionable looks from Oscar de la Renta, Saks Fifth Avenue, Donna Karan, Versace, Max Mara, Furla, and other noted designers.

Of the 420 show guests, 325 attended the luncheon, held under another huge open-sided tent (this one with full shade). The rest presumably lunched across the street at Mille Fleurs, but they would have missed the guitarist who entertained throughout — and who knows whether their meals could have exceeded the elegant three-course repast (featuring perfectly prepared sea bass) by Todd Allison, the inn’s executive chef. Service was also exceptionally attentive and proficient.

Afterward, guests enjoyed the “Après Affaire,” featuring Falkner Winery’s fine wines, Mamanita Brewing Company’s beer garden and delicious delicacies by Lemon Twist and Allure Chocolates. Eighty shopping boutiques offered designer items, many seen earlier on the runway.

Event proceeds will benefit Country Friends’ support of 30 worthy nonprofit human care agencies. Since 1954, the organization has provided needed funding for San Diego-based charities.

The 11th Annual Celebrate the Craft event will take place Oct. 6 from 11:30 a.m. to 3 p.m. at The Lodge at Torrey Pines.

The celebration will feature food artisans demonstrating, discussing and tasting premium food and wine. Growers, vintners and culinary artisans from some of California’s most renowned farms, bakeries, wineries and restaurants will share their skill and enthusiasm. For more information, visit www.celebratethecraft.com.

NATIONAL TACO DAY is Fri., Oct. 4, and to celebrate Puesto Mexican Street Food is debuting the chile rellano taco, made with house-made tortillas and crispy melted cheese. The new taco will be on the full-service menu at Puesto’s second location in downtown San Diego, opening in November. The first 100 people to like Puesto on Facebook will also receive a free chile rellano taco.

Dining & Entertainment
A different kind of fitness Center

Vi at La Jolla Village is one of Southern California’s top choices for senior living. Conveniently situated near San Diego’s Golden Triangle, this premier community for older adults provides the finer comforts of home, complemented by first-class amenities. Whether it’s engaging with friends or relaxing in the whirlpool, Vi offers countless ways to enrich body, mind and spirit. Vi also provides a continuum of care on site. Vi helps you stay engaged with:
• Weekly light housekeeping
• Maintenance of home, building and grounds
• Concierge and valet
• Independent living, assisted living, skilled nursing care and Alzheimer’s/memory support care

To schedule a personal tour of the community, call (858) 646-7745 or visit ViLiving.com/Lajolla.

La Jolla Wellness Studio

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 15-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 equipment, 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. 7660 Fay Ave. La Jolla. 858-444-0140.

Health BRIEFS >>

Should You Hire A New Doctor?

With so much emphasis lately on the U.S. healthcare system, good communication between patient and doctor is being increasingly emphasized. New apps and technology is a sign that healthcare providers are quite focused on better engagement with their patients. Doctor’s are even taking communication training in order to improve how they engage their patients. So what do you do if you feel the relationship with your doctor just isn’t working?

Changing your doctor can be time-consuming and difficult. Before leaving your present doctor, try to resolve the issues you may be having. The following is a guide on when you should consider leaving your present physician.

• You leave his office without answers to your questions. If you leave confused or unsure on what you should be doing next, the doctor is not communicating which is his responsibility. Your doctor ignores your ideas and questions. Physicians should be interested in what you are concerned about regarding your health.

• Your doctor misdiagnosed you. Doctors can make mistakes and that isn’t necessarily a reason to find a new doctor unless his disinterest in you causes a life-threatening or catastrophic problem.

• Your doctor is offended with your ideas and requests. Your doctor should be happy that you are taking an interest in your healthcare and should even suggest other physicians. Your physician is not board certified. Board certification shows the doctor is interested in continuing to be assessed and educated in his specialty.

The RN Geriatric Care Managers from Innovative Healthcare Consultants are available to help patients by discussing their concerns. They will advocate for the patient with the physician and help the patient understand their rights. View our website at www.innovativehc.com or call us at (877) 731-1442.

SeaCoast Hearing Care Relocates to 565 Pearl

To Celebrate the Grand Opening, there will be activities all month long.
• Free hearing tests (to determine whether your hearing can be improved with hearing instruments).
• Demonstrations of the latest digital technology.
• Cell Phone Demonstrations of the New Innovative Hearing Instruments.

The RN Geriatric Care Managers (GCM) to help you make the best choices and advocate for your family member when there are medical issues.
• Our BSN specialize in Alzheimer’s, dementia, post-operative and rehabilitation care.
• Our Companion Caregivers work hourly or as live-ins.
• The RN GCM’s guidance leads families to the actions and decisions that ensure quality care.
• GCM’s expertise provides answers at a time of uncertainty.

Colleen Van Horn
RN, BSN, PHN, CC
760-731-1334
1-877-431-1442 (toll-free)
www.innovativehc.com

La Jolla Today is a publication of the La Jolla Community News. La Jolla Community News, 7648 Girard Ave., La Jolla, CA 92037. Phone: 858-454-2372. Fax: 858-454-2272. E-mail: ljtoday@LaJolla.com. © 2013 La Jolla Community News. All Rights Reserved. For reprints, contact info@LaJolla.com.
Questions about retirement? Ask the Concierge

In the next 10 years, nearly 80 million people will be stepping into retirement of some kind. Most are woefully unprepared financially, mentally and physically to have a happy life. This regular column will address the information that people ought to know about if they only knew the questions! Good information enables intelligent people to make good decisions for themselves.

Q: Is it better to take Social Security and IRA payouts as soon as I retire or wait?

This is a huge question. Seventy-four percent of all people taking Social Security leave money on the table because they do not understand their options. Did you know that a widow’s or widower’s benefit is entirely a function of the initial Social Security choice and certain choices can enhance your benefit?

By visiting www.socialsecurity.gov/estimator, you will see the estimator only covers a few of the more than 200 possible outcomes based on the choices you make. There can be a difference of as much as $200,000 in benefits paid over a lifetime depending upon your choices. It pays to educate yourself!

There are books that can help you evaluate your best answer and your financial professional should have software that helps you make the best decisions. Ultimately YOU are responsible for your own best outcome, so learn as much as you possibly can before you decide.

Q: I went in for my annual checkup and the doctor said I am at borderline hypertension. She said I would have to take blood pressure medication if I cannot lower it. How do I lower my blood pressure using natural methods?

When I looked at the side effects possible with medication and the position of being a slave to the medication, it scared me into possibly can before you decide.

SEE RETIREMENT >> PG. 16
They can reward us when we act sense, unbeknown to our minds. Our genes have a moral in the Aug. 25 New York Times.

By Natasha Josefowitz, Ph.D.

The answers lie in gene expression. Inside our white blood cells are genes that direct the production of proteins. They are responsible for controlling our bodies' immune responses. Other genes control inflammation throughout the body.

The study asked volunteers what made them happy. Those who responded that owning or consuming things and generally catering to their own needs and wishes had increased biological markers that promoted inflammation, which in turn increased the likelihood of developing cancer, diabetes, cardiovascular disease. Those participants also had less antibody production to fight off infections.

On the other hand, the study participants who spoke of their happiness based on service to others, volunteering, having a sense of higher purpose rather than catering to their own needs, showed a lower level of inflammation and higher levels of antibody production.

To explain this phenomenon in evolutionary terms, it makes sense that to survive, our species had to learn to work for the common good, and thus give up on our individual concerns.

What I found fascinating in this study is an answer to something that had puzzled me. I had read of other research that showed the benefit of volunteering in terms of better health and even longevity—even if the volunteering is just one hour a week. I always thought it was due to the participation providing a sense of community, which benefits us psychologically. Now we know it affects our biology at the most fundamental level.

I have noticed for myself that when I have been helpful to someone, I feel good and if I could have been helpful or kind and was not, I am left with an uneasy feeling afterward.

The importance of this information is obvious: you want to stay healthy, become a more caring loving person. Even when someone is unpleasant, I think, "This person is not happy." When someone is mean or angry, I think, "This person must either be hurting or anxious or frightened." Then I am able to look for a way to help instead of retaliating or ignoring the person. Even if I decide that the best way to help is to disengage, I am left feeling altruistic.

Compasion is the feeling I try to express. I admit not always successfully, but now I will try harder because I know it will make me healthier.

Which brings me to a philosophical dilemma: If I increase my service to others in order to reduce inflammation and promote antibodies in my white blood cells, am I being selfish thinking primarily of my own welfare or will the altruistic behavior convince my genes that I am on the up and up? I leave my readers to ponder this.

**Our moral genes**

**RETIRED CONT. FROM PG. 15**

action.

I am not offering medical advice here but lifestyle advice. Some medicines may not be optional for continuing good health but in my opinion if a problem can be fixed using self-discipline I would be foolish not to try.

Research tells us that to lower our blood pressure we must lower stress, cut out the salt and lose weight. This is easy to say but hard to do.

It became a personal challenge and I was able to do it, but it took 18 months. I sold a stressful business, stepped away from a stressful job, and in 18 months I dismissed 35 pounds, and cut out the salt 100 percent. Last week, my reading was 120/81 instead of 145/95.

The bottom line is when you set your mind to getting your blood pressure to a normal range, you will learn and do everything necessary to accomplish the task. It really is your own mindset. — Sharon/Ann Hamilton is author of The Retirement Concierge, a baby boomer’s playbook for navigating the future. Questions are welcome via email to ganewy@gmail.com or www.TheRetirementConcierge.com.

**Health BRIEFS**

- Special Offers on Hearing Solution Packages (includes home TV setup)
- Carole Van Straten, owner of Seacoast Hearing Care was trained as a Hearing Instrument Specialist and has been practicing since 2000. Her focus is on individualized hearing care to personally suit the preferences of her clients.
- Better hearing starts with addressing specific situations where the hearing loss is causing difficulty. I use a rehabilitative type method to move the client past the sensory deprivation phase into the healthy hearing phase. When we have reached our goal, my client is more engaged in communication. There’s a glow of confidence that I see every time. That glow comes from being able to understand speech better than before. They feel confident during social interaction. It really is a new beginning.
- The Grand Opening continues through October 15. Call (858) 922-8941 to set aside a time for your private consultation.

Islanders Dance Academy

ZUMBA: Move to the beat at your own speed. An invigorating oriented dance fitness class that feels fresh and most of all, exhilarating. Zumba provides modified, low-impact moves for a healthy, active lifestyle. Hip Hop and more! All levels and beginners are welcome.

ZUMBA GOLD at your own pace, Dance Fitness Class for a Healthy, Active Lifestyle. This particular class is designed for the senior set. All levels and beginners welcome.

BELLY DANCE TECHNIQUE, The ultimate in Physical Fitness. Natural Movements, regardless of age or fitness level, core bladder use, flexibility and body conditioning. Package Prices Available.

For more information call 858-459-8882 or 760-270-6954. Located at 4767 Cuvier Street La Jolla, CA 92037

Heather Olmstead will be heading up the Zumba classes. She has worked with L.A. Fitness in San Diego and North County.
The real-estate industry was delivered a bombshell Sept. 23 with the revelation that one of the biggest names in the business would be made even bigger as Prudential California officially became Berkshire Hathaway HomeServices California Properties (BHHS).

One of the top five brokerages nationwide — with the La Jolla location coming in as the No. 1 office in the U.S. — Prudential California has built a reputation on its name over several decades. What a heavyweight like Berkshire Hathaway can bring to such a trusted name is more exposure — and an exclusivity that can’t be rivaled. David Cabot, CEO of the former Prudential California explained that when Warren Buffet, chairman and CEO of Berkshire Hathaway, decided to dip into the real-estate industry, he took the opportunity to put a household name on a product for the first time.

“This last year and a half, Warren Buffet made a decision that might be an issue, but none of them have any concern about the change. Cabot said, are competitors.”

Prudential California’s high earning potential and the fact that La Jolla holds the No. 1 spot in the chain may have had something to do with Prudential California being honored as the first of seven Prudential franchises to make the switch to BHHS. Cabot said.

“A number of conversations, it came down to the thought that what better place than Southern California to roll out this new name,” he said. “And really, the real estate in Southern California is not about real estate — it’s about the agents. We have some of the most talented professionals in the business working in La Jolla, and we’re able to build up business and dominate the market, quite honestly, by virtue of the people working here.”

Nicki Marcellino, branch manager for the La Jolla office, said the change to the new name is an honor and a reflection of how she always does business.

“My mantra is always to go from great to extraordinary,” she said. “We’re the No. 1 in the country and San Diego, and I feel we’re a pretty great group of people. What this signifies is more of that challenge to go from great to extraordinary. We’re always looking for ways to elevate the client’s experience more.”

Marti Gellens, who, along with her mother, operates a satellite office on Prospect Street, said agents had been eagerly anticipating the roll out of the new name. Her store was the first to receive BHHS’ new signage.

“It’s been a long time coming. We’ve been planning and gearing up for it for a while,” she said. “It’s good for us and for our clients. Clients are finding [the changeover] truly interesting. If it was a name they didn’t recognize or trust, it might be an issue, but none of them have any concern about this change.”

In fact, the only ones who might take issue with the change, Cabot said, are competitors.

“We’ve been so anxious and excited for this change, and our competitors have also been anxious and excited,” he said. “It’s been interesting to see their reaction. Prudential has always been the target of aggressive recruiting [of agents to other companies], but how do you say something bad about Berkshire Hathaway? We’ll continue to see attempted recruiting, but it’s going to be more difficult [for competitors].”

Judging from the level of excitement from those now employed by BHHS, that just may prove to be true.

“It’s so exciting. I’m so proud to say [I’m] working for Berkshire Hathaway,” Marcellino said. “It truly gives me goose bumps.”


**BUSINESS BRIEFS >>**

**GREYSTONE HOTELS** has expanded its partnership with Stash Hotel Rewards by adding Empress Hotel La Jolla to the largest point-based rewards program in the U.S.

With this addition, Greystone Hotels grows its Stash Rewards footprint to seven hotels in California. Greystone’s success using points in group negotiations was a key driver in its decision to add Empress Hotel to the Stash program. For example, at The Bristol Hotel – a Greystone property in San Diego – sales managers were empowered to award bonus Stash points to meetings and event planners and attendees. In three months, The Bristol Hotel won six new accounts, creating more than $49,000 in total revenue at a point cost of only $609 for a return on investment of nearly 8,000 percent.

“Points drive business,” said Jeff Low, Founder and CEO of Stash Hotel Rewards. “For years, chains have used rewards programs to give them an edge in competing for valuable meetings and events. Greystone Hotels has figured out how to fight back while remaining independent by using Stash points.”

Guests can join Stash for free at www.stashrewards.com. Stash members earn five points for each dollar spent on eligible room rates and can redeem them at nearly 200 hotels across the U.S. Stash points never expire and have no blackout dates or category restrictions. Stash partner hotels also provide members with access to exclusive travel deals.

To celebrate the new partnership, Empress Hotel is offering double points to Stash members through Dec. 31. Visit www.stashrewards.com/deals/la-jolla/empresshotelaug for more information.

**BRING YOUR DREAMS AND YOUR TOOLBOX**

Incredible opportunity to own a home in Crown Point

**OFFERED AT $695,000**

All Offers to be presented on Monday, September 30th

3423 Bayonne Drive  92109 4 bedroom 3 bath 2,100 SF

TRUST SALE - SOLD “AS IS”

Unfinished basement, large outdoor courtyard, garage and large carport

For more information.

Suzanne Giannella 858-249-8358  Suzanne.Giannella@Sothebysrealty.com  CA BRE #01776605

Ryan Farhood 619-997-4112  Farhoodrealestate@gmail.com  CA BRE #01818253

Pacific
Sotheby’s International Realty

Local Expertise. International Reach.

Returning Sotheby’s International Realty Affiliates LLC. A Sotheby’s Company. All Rights Reserved. Sotheby’s International Realty is a registered trademark licensed to Sotheby’s International Realty Affiliates LLC. An Equal Opportunity Company. Equal Housing Opportunity. Each Office is Independently Owned and Operated.
Real-estate contracts are not romance novels

Although not fact, it seems that buyers and sellers have a disregard, or perhaps a misunderstanding about the real-estate contract. This article is not intended to discuss the legal aspects of contracts, but rather to provide some common-sense advice to avoid legal complications, and at the same time to ensure that you get what you want.

It may not be the experience of every real-estate agent, but ours has been that most buyers and sellers do not want to read or have read to them the real-estate contract. Yes, a real-estate contract can be intimidating.

Just understand that entering into a contract is a serious consideration. However, all too often it is mistaken by many people as a frivolous formality.

Buyers often think their deposit is used to hold or reserve the property for them and that the contract is used to hold or reserve the property. Sellers often think that they are entitled to the buyer’s deposit as compensation for removing their property from the market in the event the buyer chooses to back out of the deal.

The time for negotiating price, terms and conditions is the period prior to signing the contract — not afterward. “Uh-ohs,” “I didn’t really mean that,” and “geesh, I wish I had asked for this” are not justifications that warrant unilateral (one-sided) changes to the contract. Subsequent changes or modifications to the contract are possible, but beware that you may have to offer some benefit to the other party to motivate them to accept your changes.

It is very normal to be overwhelmed by the excitement of making or accepting a contract. However, this is a time to curb that excitement and clearly understand the obligations for which you will be responsible. Too often a client will simply say to the real-estate agent something like, “Just tell me what I need to know” or “Just point to the most important points in the contract.” Truth is, a contract is not a romance novel — every single word in the contract is critically important for your attention and understanding. Otherwise, it would not be there.

Simply stated, a contract is a promise in exchange for another promise — such as the seller promises to convey property along with clear title of ownership to the buyer, and the buyer promises to pay a certain sum of money in exchange, and then both parties promise to abide by any other terms and conditions upon which they have mutually agreed.

All goes well from this point, provided the parties (and their service providers like real-estate agents, escrow, title, homeowner associations and lenders) perform all of their respective obligations, and do so within the timeframe specified within the contract. However, as you might expect, this rarely happens.

Whenever one party begins to show signs of default on their promises, the other party begins to lose confidence that the contract will be successfully completed. This loss of confidence is what then leads to uncertainty, insecurity and adversity, and this is sometimes the point where the deal begins to unwind. When there are obvious or subtle hints that a contract may be in jeopardy, the parties begin to strategize their next steps and that often leads to looking for ways to exit the contract, influence the other party to perform under the terms of the contract or to seek remedy via a legal forum.

There may be as many differing opinions on this subject as there are real-estate agents. We suggest that clear, timely and frequent communication is essential to keeping the contract alive. If a situation occurs, whether within or not in the direct control of one of the parties, and if it has the potential for causing a non-performance issue, communicate that to the other party via their real-estate agent. This allows all parties, if they choose, to join together to seek a solution satisfactory to all and to assist in avoiding adversarial positioning.

If you have any questions about real estate in San Diego, send your inquiries to Charles Schevker or Natasha Alexander at Cschevk-er@san.rr.com. They 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.
the most lovable dog one could own.

Peter Burch was an English transplant to University City who loved his wife, children and little grandchildren, but he shared Colette’s view on dogs: “Our perfect companions never have fewer than four feet.”

A rare form of cancer attacked Peter when he was 65 in 2011 and he passed away on Sept. 13, 2012. He will be remembered for his keen sense of humor and devotion to his family.

Neighbors would see him in the early morning, walking in his car and gold slippers to pick up his newspaper (he got his MBA at USC and joined the Trojan family for life). During his difficult battle with cancer and while dealing with some horrific side effects from medications, Peter still managed to travel to six different countries to visit his family and friends abroad during the last part of his life.

UCCA decided to take on a project that would improve Marcy Park, a pocket park in the west end of U.C., where dog lovers gather in the evenings around 5 o’clock to walk their dogs and let them socialize with other canines.

Thirsty dogs had a challenge before the installation of this new fountain. The big dogs did a balancing act on their back legs to get water from the old fountain and the smaller ones were lifted awkwardly to the weak stream of water coming from an aged fountain.

For the past 11 months, a UCCA committee journeyed on a road with twists and turns, involving city approval and the challenge of finding funding until it all came to fruition in the park when UCCAs president Barry Bernstein welcomed a crowd of some 20 canines and around 70 humans who listened to some speeches, ate some brownies and cookies shaped like dog bones, and drank lemonade.

Dog treats were also available. Artist Julie Ditlzer had painted dog paw prints that went from the new fountain across the sidewalk to a plaque with donor names — both humans and canines — to be embedded in the ground.

Councilwoman Sherri Lightner joined Peter’s widow, Hallie Burch, in cutting the bright yellow ribbon wrapped round the green fountain. Barclay couldn’t have been prouder to get the first drink.

Border collies, mixed mutts, goats and pugs all behaved well. Some barked. One lifted his leg on a golden tablecloth covering a table with both American and British flags, flowers and doggie treats, and a beautiful bronze plaque. Peter Burch would have gotten a good laugh out of that pup’s irreverent performance!

The group debated at length that would improve Marcy Park.

"The San Diego Film Festival in La Jolla has been expanded out of our parade entrants as a keepsake," said Astrid Cybele of San Diego Film Festival, produced by the not-for-profit San Diego Film Foundation. The Foundation’s mission is to support and promote the best and most significant artists both domestic and international filmmakers.

“The San Diego Film Festival in La Jolla has been expanded out of the Museum of Contemporary Art (MOCA),” Cybele said, adding this year’s festival at MOCA will feature an Oct. 2 tribute to filmmaker Judd Apatow, an American film producer, director and screenwriter best known for his involvement with comedy films such as “40 Year Old Virgin” and “Knocked Up.”

Cybele said the film fest will feature more than 100 film screenings, filmmaker & QA sessions, panels, events and parties. For more information, visit www.sdfilmfest.com.

The group unanimously decided that any proposal for an educational plaque on surfing etiquette be directed toward the water and away from nearby residences.

Colette’s view on dogs: “Our perfect companions never have fewer than four feet.”

“The puppets come out of the water onto the shore and interact with kids and passersby,” said Dugdale said, adding the performance is done to amplified musical accompaniment.

The group voted unanimously in favor of the show with the provision, suggested by chair Tim Lucas, that sound be directed to amplified musical accompaniment.

"If we do this for surfers, we’ll have to do this for other groups," boardmember Janie Emerson said, noting the sample sign shown "looks like a cartoon. There’s a difference between making it attractive and making it effective."
entertainment, often by local musicians. Saad said she feels the program helps slow the inevitable progression of a debilitating disease.

“I’m sure that, because of these activities — when they’re engaged and active — the disease doesn’t progress as quickly,” she said. “And I think they understand that, and it makes them happy.”

The program doesn’t help only those who are suffering from dementia. Caregivers, too, benefit from having their load lightened for a few hours a day. Some come with participants — the program doesn’t accept those whose disease has advanced enough that they may wander without a caretaker present — and get the same rewards: exercise, lunch, entertainment. Others, mostly spouses who serve as caregivers, can drop off their loved one and take an afternoon to run errands or relax.

“It’s a win-win,” Saad said. Though the program is managed through JFS, Saad said roughly 50 percent of participants aren’t Jewish. In fact, several languages and cultures are represented in the group.

Despite their different backgrounds and various stages of health, all the participants can appreciate the program’s activities. On a recent Tuesday, musical group MusicStation kept the group moving with entertainment. Several participants didn’t stop dancing for an entire hour.

“You know it’s good music when people can’t help but move,” said one member.

For Saad, this is a sign her program is working.

“I’ve seen clients that have been coming here for years,” she said. “At first, they’re terrified because it’s scary when you start to decline mentally. Eventually, we make them feel as normal as possible. The beauty is these activities are designed for them, and they start to love coming here.”

For more information on the University City Older Adult Center, visit www.jfssd.org and find the name under the “Services” tab. For those who don’t have transportation, JFS offers rides through its On The Go service for a small fee. Call (858) 617-7220 or visit www.jfssd.org for service areas and eligibility.

SEALS » CONT. FROM PG. 7

yet be docketed on a City Council agenda.

In 1931, La Jolla philanthropist Ellen Browning Scripps at her own expense built a sea wall turning Ellen Browning Scripps at her own expense built a sea wall turning Children’s Pool into a safe wading area for children to swim. The harbor seal population in the area continued to rise during the 1990s, eventually causing the pool to be closed to human contact in September 1997 due to high bacteria counts from accumulated seal waste.

Then-councilman Scott Peters, now a congressman, fulfilled a campaign pledge after being elected in 2000 to support a shared-use policy allowing access by both swimmers and divers. In some cases, citations have been issued or people were taken into custody. A La Jolla man was once indicted for sending email death threats to a seal advocate who was videotaping interactions between divers and seals.

“Eventually, we make them feel as normal as possible. The beauty is these activities are designed for them, and they start to love coming here.”

For more information on the University City Older Adult Center, visit www.jfssd.org and find the name under the “Services” tab. For those who don’t have transportation, JFS offers rides through its On The Go service for a small fee. Call (858) 617-7220 or visit www.jfssd.org for service areas and eligibility.

UOCAC » CONT. FROM PG. 6

September 1997 due to high bacteria counts from accumulated seal waste. The San Diego Police Department has responded to numerous calls for service at the site involving alleged incidents of threatened assault and intimidation over the years between seal advocates, swimmers and divers. In some cases, citations have been issued or people were taken into custody. A La Jolla man was once indicted for sending email death threats to a seal advocate who was videotaping interactions between divers and seals.

“You know it’s good music when people can’t help but move,” said one member.

For Saad, this is a sign her program is working.

“I’ve seen clients that have been coming here for years,” she said. “At first, they’re terrified because it’s scary when you start to decline mentally. Eventually, we make them feel as normal as possible. The beauty is these activities are designed for them, and they start to love coming here.”

For more information on the University City Older Adult Center, visit www.jfssd.org and find the name under the “Services” tab. For those who don’t have transportation, JFS offers rides through its On The Go service for a small fee. Call (858) 617-7220 or visit www.jfssd.org for service areas and eligibility.
John Tolmerico... your go-to Realtor in San Diego.
John has been selling real estate in La Jolla and coastal San Diego for over 17 years. No one works harder for you.
- Buy, Sell, or 1031 Exchange
- World wide exposure on multiple websites
- Superior marketing that gets results
- Voted Best Realtor 3 straight years
A Top 100 Prudential Realtor

October 5th from 4-7 PM Please stop by to meet Tim Tusa and his team to talk about listing your PB/La Jolla home!

$2,698,000

553 Taft Ave, Birdrock, La Jolla
Nearly 4,000 sq ft with a 3rd story bonus penthouse room and private terrace. Amazing ocean views and

5535 Taft Ave, Birdrock, La Jolla
IN ESCROW!

IN ESCROW!

GIVE ME A CALL TO SELL YOUR HOME!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!

IN ESCROW!
Just Listed! Open This Sunday 1-4PM
Best Views in La Jolla • Private Muirlands Cul-de-sac location

821 Havenhurst Point • La Jolla
Just Listed! • Open Sun. 1-4

The most unbelievably spectacular views in all of La Jolla from this remodeled 5BR/5BA Muirlands home. This property is an entertainers Paradise boasting a Pool, BBQ and entertainment area with views forever. Situated on almost one half acre.

Seller will entertain offers between $3,900,000 & $4,600,000

David Schroedl
858•459•0202
DavidKnowsLaJolla@gmail.com
BRE #00682592
DavidKnowsLaJolla.com

Just Listed! • Wonderfully Remodeled in Mt. La Jolla • Open This Sunday 1-4

5538 Caminito Consuelo • La Jolla
Just Listed! • Open Sun. 1-4

This Fabulous highly remodeled 3BR/3BA La Jolla Home is situated in one of the communities best locations. Quiet and Private set amongst the trees with wonderful canyon & mountain views.

Seller will entertain offers between $725,000 and $825,000

David Schroedl
858•459•0202
DavidKnowsLaJolla@gmail.com
BRE #00682592
DavidKnowsLaJolla.com

©2017 Sotheby’s International Realty Affiliates LLC. A Realogy Company. All Rights Reserved. Sotheby’s International Realty is a registered trademark licensed to Sotheby’s International Realty Affiliates LLC. An Equal Opportunity Company. Equal Housing Opportunity. Each Office is Independently Owned and Operated. CA BRE#01767484