Pre-ballot frenzy
LJVMA hopefuls schmooze as Oct. 8 board elections near

By DAVE SCHWAB

Candidates in the La Jolla Village Merchants Association’s (LJVMA) board election next week talked about why they’re running, and group president C.A. Marengo answered a question about the benefits of the organization at a public forum at We Olive on Sept. 30.

"Why are we paying this (business license tax) when we’re not getting any benefit out of it?" asked a local art gallery owner at the end of candidates’ presentations.

"We’re your voice, your advocacy to the city, the outside, the public," answered Marengo. "We need you to get involved. I will not let you now not be involved."

Marengo said he’d felt similarly a decade or more ago about business improvement districts (BID) like LJVMA but has since seen just what can be accomplished with merchants working together for common cause.

LJVMA is a nonprofit business improvement district that creates economic development policies and programs to enhance business in La Jolla.

The group will hold its board of directors elections Wednesday, Oct. 8, from 8:15 to 10 a.m., with 16 candidates vying for 10 positions. Voting is open to all merchants in the Village BID possessing a current business tax certificate. About 1,400 businesses are Association members.

The candidates’ statements are available online. For a look, please visit sdnews.com, click the La Jolla Village News link and scroll down to the News section.

See party >> PG. 16
Faulconer releases plan for green jobs, gas reduction

On Sept. 30, Mayor Kevin Faulconer, City Council President Todd Gloria and Council President Pro Tem Sherri Lightner released a plan that calls for eliminating half of all greenhouse-gas emissions in the city and aims for all electricity used in the city to be generated from renewable sources by 2035.

"By striking a balance between protecting our environment and growing our economy," Faulconer said, "San Diego can support clean technology, renewable energy and economic growth. I've brought together environmental and business groups to update this plan and move San Diego forward. Let's preserve our children's future and hand down a San Diego story that is cleaner than it was when we received it."

The plan is a package of policies designed to create new jobs in the renewable energy industry, improve public health and air quality, enhance water quality, efficiently use existing resources, increase local energy production, improve quality of life and save money. The list of steps toward these goals includes requiring developers to install conduits for solar and electric vehicle charging stations in new construction; creating a renewable energy program; developing a zero-waste plan; and changing policy to have a majority of the city's fleet be electric vehicles.

The Climate Action Plan helps achieve the greenhouse-gas reduction targets set forth in the 2005 executive order issued by Gov. Arnold Schwarzenegger. The City's first Climate Action Plan was approved in 2005 and a commitment to update the plan was included in the city's 2008 General Plan update. This new plan is in draft form until it is reviewed by the public and approved by the City Council.

-- Staff and contribution

Brown signs legislation banning plastic shopping bags

An effort to drastically reduce the number of plastic shopping bags used in San Diego was made moot today when Gov. Jerry Brown signed a statewide ban of the wispy sacks.

"With the passage of the state law, there's no longer a need for the city to take action on this," said Councilwoman Sherri Lightner, chief proponent of a local ban. She added the legislation signed into law by the governor was "almost identical" to what she wanted in San Diego. The city should continue with outreach to the public to educate residents on reusable shopping bags, she said.

Environmentalists who support the ban say the bags are among the top forms of litter they collect in clean-up events and are harmful to marine life. The new state law prohibits grocery stores and pharmacies from distributing the bags beginning July of 2015, with the ban extending to convenience and liquor stores the following July. The law also makes $2 million in loans available to plastic-bag businesses to help them transition to the manufacture of reusable bags.

"This bill is a step in the right direction — it reduces the torrent of plastic polluting our beaches, parks and even the vast ocean itself," Brown said. "We're the first to ban these bags, and we won't be the last."

Plastic bag manufacturers have blasted efforts to ban the product, saying it would lead to massive job losses in the industry. A co-author of the legislation, Democrat Pacoima Sen. Alex Padilla, said the inclusion of loan funds for businesses to convert to the manufacture of reusable bags would help address their concerns.

San Diego Mayor Kevin Faulconer recently came under criticism for moving slowly on an environmental study for Lightner's proposed local ordinance. He released a statement that said he deferred the study until the Legislature and governor took action because it would have been costly for the city in staff time and money.

The city will take steps to come into compliance with the state law, the mayor said.

-- City News Service
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4 bedrooms, 5.5 baths, approx. 4,846 esf.
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**La Jolla Shores Jewel**

4 bedrooms, 4 baths, approx. 3,184 esf.
Exquisite Mediterranean with Sunset & Ocean Views

Seller shall entertain offers between $1,988,000 to $2,288,000

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**California Contemporary**

5 bedrooms, 5.5 baths, approx. 4,050 esf.
Sophisticated single-level contemporary estate

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**Charming Village Bungalow**

2 bedrooms, 1 bath, approx. 816 esf.,
Remodeled w/ private yard and peak ocean views

$879,000

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1298 Prospect St.,
Suite 2L
Neighbors concerned about sidewalk overcrowding, street sand deposition, traffic congestion and parking problems associated with kayak rentals weighed in at the La Jolla Shores Association’s (LJSA) September meeting, saying they want to be part of the solution.

A new RFP (request for proposals) process is presently under way between five existing Shores kayak concessionaires and lifeguards and the city to establish terms for renewal of three-year contracts allowing the concessionaires to run beach kayak tours. Concessionaires have a maximum of 54 tour slots (up to 10 kayaks per tour) for a maximum of 540 kayak rentals divided among them per day. There are also other kayak businesses unregulated by the RFP that rent kayaks to customers who transport them on their own.

San Diego lifeguard Lt. Rich Stropky told Shores Association board members and a packed audience that the existing RFP agreement with kayak concessionaires terminates next spring on April 1. Stropky said the RFP process requires concessionaires to provide a package of information about their operations to the city for review.

“The city and lifeguards get feedback from the community,” Stropky said, “which makes the whole process better for concessionaires and the community, with safety at the top of our (priority) list.” Several Shores residents saw it differently. Some argued the water sport has grown exponentially over the years, diminishing the community’s quality of life as well as presenting an ongoing threat to the safety of ocean swimmers.

One resident who spoke out said “commercialization has gone bonkers” with kayak proliferation. Wayne Thomas complained about the duration of the seemingly too-long kayak RFP agreements, noting that “We, the residents, have to live with that.”

Attorney Jim Mittermiller, a swimmer, said he no longer feels safe in the ocean because of the preponderance of kayaks. “I like to swim from the Cove to the Beach Club,” Mittermiller said, “and I’ve been hit by kayaks 10 times — there’s too many of them. There’s an armada of these things out there.”

In response to Mittermiller’s comments, LJSA board member Ray Higgins said that “individuals in the water have rights” that he pointed out supersede the rights of vessels. “There are a lot of people (kayakers) who aren’t qualified to be out there,” Higgins said.

Not everyone at the meeting was negative about kayak operations. Norm Blumenthal, who likes to run on the Shores beach, said “I couldn’t believe how hard” kayak concessionaires work, noting he didn’t mind sharing space with them because they have their place in the recreational mix.

Blumenthal said he felt that unregulated users, like paddleboarders, accused of much of the problem with congestion caused by water recreationists, especially during busy summer weekends. Operating conditions, Stropky said, have gradually improved with every succeeding kayak RFP, which is now in its third go-round.

LJSA chairman Tim Lucas noted that they have improved with kayaks at the Shores over time.

“Ten years ago, we had more than 15 unregulated kayak vendors,” he noted. The kayak RFP money currently goes to the city’s general fund. Some at the meeting said the desire to have at least some of that money returned and used for improvements at Kellogg Park remains a sore point.

LJSA will revisit the issue at a later date once the concessionaires have had an opportunity to submit their applications to the city and lifeguards.

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The former executive director for Congregation Beth El Synagogue in La Jolla was sentenced Sept. 19 to 18 months in federal prison for embezzling almost $400,000 for lavish personal expenses during the six years he worked there.

Members of the synagogue watched as Eric Levine, 37, was sentenced by U.S. District Court Judge Dana Sabraw in San Diego. A restitution hearing was set for Oct. 31.

The federal probation department recommended a 30-month sentence. Levine has surrendered his passport as part of his bond.

Levine was allowed to remain free on $25,000 bond and will not surrender to prison authorities until Nov. 14. He may be ordered to pay nearly $395,000 that he acknowledged stealing, but the judge said there were allegations he took more than $500,000.

Sabra noted Levine had no prior record but that the breach of trust was unusual in that he defrauded not just his employer but the people of the congregation. Meanwhile, Levine pleaded guilty to mail fraud in a scheme in which he paid his personal credit card balances with the synagogue’s funds.

"Thief — a scarlet letter you will carry the rest of your days,” the judge said. “It’s a violation that cuts to the core.”

Sonia Israel, the former congregation president, told the judge that Levine kept cutting back on the synagogue’s expenses, including heat in the children’s Hebrew school classrooms during winter. She said he stole from more than 600 people who attend the synagogue, located at 8660 Girman Drive.

“He made our money his own,” Israel said. “For six years, he did not think of our families that he stole from.”

“Eric,” Israel told the defendant, "you betrayed us all.”

Levine used temple funds to pay for restaurant meals, new smartphones for himself and his wife, trips to Mexico, Hawaii, Las Vegas and Canada, expensive leather furniture for his home, barbecue equipment, jewelry, Disney vacations and $1,400 for a personal trainer at a fitness club, according to U.S. Attorney Laura Duffy.

“He is a con man,” synagogue executive director Judith Persky said. “He bullied staff persons. He created a tense workplace.”

In a letter, the synagogue’s rabbi told the judge that Levine’s breach of trust meant that “he lied to me every day, every time our paths crossed.” The letter further stated that the “diminished staff spends much more time on accounting than on our mission of creating a lively Jewish community in San Diego.”

“I am a victim of Eric Levine’s deceit,” said Emily Bartell, the synagogue’s former programming and communications director, who said she was left out due to lack of funds. “I am collateral damage. I am incredibly hurt and betrayed.”

Earl Pott, Levine’s lawyer, told the judge his client works now as a waiter and holds a second job in a catering business. Pott said Levine intended to contact everyone he has hurt to apologize as part of a 12-step program.

“(Saying) I’m sorry is never good enough,” Levine said. “What I’ve done to the community I love won’t be fixed for a very long time.” I am extremely sorry to the San Diego Jewish community. I am sorry I am here.”

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The San Diego County Office of Education has reported that more than 20,000 school-age children in the county identified their family as being homeless during the 2012-2013 school year, up from 17,457 the previous school year and 15,826 in 2010-11 school year. The number of homeless students in the region has continued to climb. The Office of Education points to the lingering effects of the recession and housing costs as a contributing factor.

Meanwhile, each of the county’s 42 school districts has in place a homelessness liaison who works to identify families who may need assistance with getting their student to school. The San Diego Unified School District said about 3,000 students classified as homeless attended school last year: This year, that number has grown to 5,448.

Vanessa Peters, director of the district’s Children and Youth in Transition Department, said that 2014 has been its busiest year ever with requests for support. And I think we’re seeing homeless throughout the district, not like Scripps Ranch, where we didn’t think about it, where families that were living in a normal situation — or what you would call normal — being able to pay their rent and meet expectations each month are no longer able to do that.”
California Closets is celebrating the one-year anniversary of its 1,375-square-foot showroom and design center, at 7603 Girard Ave. The retailer opened in September of 2013.

A leader in custom home storage solutions, California Closets features the latest designs for closets, pantries, media centers and home offices. The showroom showcases innovative designs and new materials, including Italian Tesoro finishes inspired by fashion and high-gloss acrylic panels.

California Closets has joined REBA (Real Estate Brokers Association) in linking up with the La Jolla real estate community.

“Relationship with us assists brokers and agents in preparing a home to sell more quickly by adding additional value and, for buyers, expanding their vision of their new home, seeing firsthand how the new space can work most effectively for them,” said Jeanne Ferrettoni, design consultant and business development director for the company.

With locations in the United States, Canada, the Caribbean, Mexico and the Dominican Republic, California Closets is the largest custom storage company in the world, known for intuitive organization, innovative design and a commitment to creating an exemplary customer experience.

Showroom hours are Mondays through Saturdays from 10 a.m. to 6 p.m. and Sundays by appointment only. Complimentary design consultations are available by calling (858) 458-9539 or by visiting california-closets.com.

Meanwhile, Cos Bar luxury cosmetics is celebrating its second year doing business in La Jolla’s downtown Village at 7912 Girard Ave.

Based in Aspen, Colo., Cos Bar started as a single-store run by owner-president Lily Garfield more than 25 years ago. Since then, it has spread to 13 stores in eight states.

Cos Bar chooses performance-based products, including make-up and skin care, as one of the most important decisions you will make in your life.

And once you have made that decision, you’ll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here is a way to help you to be prepared as possible.

Cos Bar chooses performance-based products, including make-up and skin care, as one of the most important decisions you will make in your life.

San Diego. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life.

And once you have made that decision, you’ll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here is a way to help you to be prepared as possible.

Assistant, performing a professional photo shoot of your house, is a logical choice for same. A few extra hours and photos, and you’re on your way.

Cos Bar Luxe beauty bar, which opened in Bellini’s La Jolla location this past summer, is a logical choice for same. A few extra hours and photos, and you’re on your way.

Bellini beauty bar is located at 6974 La Jolla Blvd. For more, see bellinibeautybar.com or call (858) 454-4700.

27 fast and easy tips to get the best price for your home

SAN DIEGO. Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life.

And once you have made that decision, you’ll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here is a way to help you to be prepared as possible.

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

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

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

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-5076 and enter 1023. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW.

Cos raises the Bar, California Closets comes out...
63 K-12 teachers get real-world project grants

The San Diego Foundation Teachers' Fund recently awarded 63 teachers across 16 San Diego County School Districts a total of $50,748 in grants to help strengthen more than 4,000 students’ ties to the community and to provide opportunities for learning.

The grants benefit teachers of kindergarten through 12th grade who focus on various areas of curricula, including visual and performing arts, science, technology and language arts.

“Students who become engaged in the community learn more effectively, feel more empowered and become better citizens,” said Kara Quinlan, ninth-grade physics teacher at High Tech High Chula Vista. “As teachers, we can only bring so much into the classroom and taste gives a valuable perspective that stimulates the students and problem solving skills. The students' work greatly accelerated the students' recognition of the program and interest in expanding it districtwide, resulting in even greater impact. Ruth Maas, a teacher at Cajon Valley Middle School, received a $1,000 grant to teach students information technology, communications, leadership and teamwork, leading to school district leadership and finding solutions to technical problems. Community members were also invited to the school on a monthly basis for technical assistance. The students' work greatly accelerated technology advancements at the school, leading to school district leaders' recognition of the program and interest in expanding it districtwide and the school receiving a Classroom of the Future Foundation grant award of $5,000.

The San Diego Foundation will accept Teachers’ Fund applications for the 2014-15 school year through Wednesday, Oct. 22. Public school teachers interested in applying and individuals interested in donating should visit www.sdfoundation.org/TeachersFund.

— Staff and contribution
Festivals

FRIDAY · OCTOBER 3, 2014
LA JOLLA VILLAGE NEWS

Polish Festival - Traditional food & fun for the whole family
The Annual Polish Festival in San Diego will take place on Oct. 10-12 on the premises of St. Maximilian Kolbe Roman Catholic Church located at 1735 Grand Avenue in Pacific Beach. This annual fundraising event is one of the most popular ethnic festivals in the Pacific Beach area, attracting people from all around San Diego as well as international visitors who want to get a taste of what Poland is all about! Delicious Polish food is definitely a must at the festival – Pierogis (dumplings stuffed with sauerkraut or potato & cheese), Golabki (meat stuffed cabbage rolls), Bigos (Hunter’s stew), potato pancakes and famous grilled Kielbasa (Polish sausage). Polish pastries, soft drinks, coffee and tea will also be available. Adults over 21 years of age will have an opportunity to try authentic Polish beer.

Entertainment will include Polish folk dance groups – POLONEZ from San Diego, PIAST from Las Vegas and KRAKUSY from Los Angeles, Polka band featuring Grammy Nominated Vocalist and Musician John Gora, and local artists from San Diego.

For those who want to learn more about the church and also join in prayer, daily Mass and tours of the church will be offered. Veneration of the relics of St. John Paul II, St. Sister Faustina, Mother Teresa of Calcutta, St. Padre Pio and other Saints will also be offered.

All proceeds from the fundraiser will go towards supporting the St. Maximilian Kolbe Mission.

For more information and details please visit: www.polishmission.org/festival/index.php

Festivals

CONT. FROM PG. 1

because that one special shot has been captured thousands of times before, he’s relied on not just his instincts but his method of capture.

“I’m a fan of digital, for sure,” the 33-year-old lifeguard explained. “The way that I shoot, I’m in the water, and my images are unique, and I offer a perspective that people wouldn’t get a chance to see otherwise. If I have a roll of film and I don’t have control of my settings, the chance of scoring a timeless image is minute compared to the ability that I have when I shoot in digital.”

So that’s what everybody can expect at Maher’s stall, even as he speculates on the crowd generation he’s witnessed over the last six years.

“It’s interesting,” he said. “The different neighborhoods in San Diego are doing similar events, like the Art-Walk and [FESTA!] in Little Italy. I think the same clientele go to each of them. I think you get a large part of the city that’s moving around and following these artists and looking for them. In that way, I think the Wine & Art Festival ties San Diego together. A lot of the artists are from different parts of San Diego, so I think it brings San Diego together.”

It works in reverse, too.

“They call La Jolla ‘the Bubble,’” he explained. “A lot of people won’t leave La Jolla to go see other ones, but they will go to the La Jolla Art & Wine Festival. I think it’s great that way too for both the city and our growing town.”

In its six years, the festival has generated nearly $340,000 toward underfunded programs such as art, music, science, physical education, technology and on-site medical care at local public elementary and middle schools. More than 150 artists from Southern California, Baja and beyond will exhibit their paintings, photos and street performance techniques – meanwhile, the weekend includes two silent auctions, a gourmet marketplace, the family art center and a wine and beer garden that will feature fare from premiere area wineries and San Diego’s top breweries.

And of course, there’s always the prospective sale of that one ocean shot unique in all the world. Maher knows the feeling, and he’s set his sights on just the right event at which to showcase it.

Festival hours are 10 a.m. to 6 p.m. both days. For more, see ljawf.com.
Create a campaign to stop violence where it starts, NFL director is urged

The following is an open letter to Roger Goodell, commissioner of the National Football League. It follows several recent news reports on players’ alleged physical abuse of their wives and children, criticism leveled at Goodell following the incidences and the author’s observations on the cycle of reported violence. The author is a former San Diego resident.

Mr. Goodell,

Many are asking you to step down. I am asking you to step up.

As a registered nurse and nurse educator, I observe that we teach our nurses how to spot abuse in our children, in our women and in our elderly. We have screening tools to document such incidences. As nurses, we report this to social services and put a Band-aid on our patients and send them back to the environment where they were abused — but things never change. They only escalate.

It is important to know how violence and neglect begins. Take a few minutes from your hectic schedule and review the eye-opening “The Jetty Kid Surf Contest” memo

Fostering the love of surfing for youngsters is goal of Jetty Kid Surf Contest

Help keep a youth surfing tradition alive by supporting the annual Jetty Kid Surf Contest, set this year for Saturday, Oct. 11 at the South Mission Beach Jetty.

The event was sponsored by the South Mission Crew Foundation (SMCF), a nonprofit group created solely for putting on the youth surf contest and will now be sponsored by a new entity that is being formed.

“For the last 19 years, there was no entry charge, and all the participants won prizes (surfboards, wetsuits, boardbags, fins, T-shirts and hats) in addition to food,” said event spokesman Gary Katz, with Wave of Change Public Relations/Marketing.

“The foundation used up the money that supported the contest 19 years ago. The Mission Beach Women’s Club, city lifeguards, FCS, O’Neill and various others have contributed throughout the years.”

Katz said the intent in continuing the surf contest is to “get a new board and get nonprofit status next year so the Jetty Kids Contest can continue forever. In order to continue this year, we need help.”

Katz said the past event budget was about $10,000 for food, six surfboards, 12 wetsuits, prizes and insurance. “We can do it for less, in the $4,000 range,” Katz said.

The Jetty Kid Surf Contest memorializes noted surfer and Mission Beach native Keith Noel, who owned a vintage Hawaiian shirt shop in the beach community for 17 years and grew up surfing at his home break at the jetty in South Mission Beach.

Noel became known to the local surfers up and down the coast as “The Jetty Kid.”

When he died in 1995, Noel wanted to be remembered by providing funding for a yearly surf contest for kids — completely free of charge — which led to the establishment of the SMCF.

The contest, which is open to girls ages 8 to 16 and boys ages 8 to 15, will feature prizes like surfboards, wetsuits, boardbags and trophies for each of the six division winners, according to organizers.

Sponsored surfers are not allowed to enter because the event is designed to encourage newer surfers. There is no entry fee. The event runs from 7 a.m. to 3 p.m., and participating surfers will gather at San Diego Place Beach.

“Please help support this truly local event for kids to just enjoy the love of surfing,” said Katz.

For more information or to contribute, email garykatz@gmail.com.

Himalayan Cuisine

Namaste - Welcome to Himalayan Cuisine

Himalayan Cuisine is all about serving only the freshest and most authentic Nepalese dishes to each and every guest that come through their doors. Located in La Mesa, California, ample parking and easy access to the freeway. Himalayan Cuisine is the only Nepalese Restaurant in East San Diego.

You are guaranteed to experience a true taste of home with each and every dish prepared to order with only the freshest, healthiest, finest ingredients and spices from India prepared and served by Nepalese natives.

As you walk in the restaurant the owner and his staff will greet you with a warm NAMASTE, Welcome to Himalayan Cuisine. Notice the ambience and the whole 6800 sq. ft. space filled with decor and hanging lamps from Nepal that you can purchase next door at the bazaar. The ceiling is covered with exquisite Nepalese art work like something you have never seen before. You will be served some deliciously spicy Daal soup (mixed lentil cooked with Himalayan spices & herb) and Naan (Tandoor oven baked traditional bread) for starters. They have a huge selection of traditional dishes from Bharyan (Jittea Basmati rice cooked with spices and meat or vegetables), vegetable or meat Momo (Steamed dumplings), vegetable or meat Tarkari (Typical Nepalese dish), Lamb, Seafood, Chicken dishes and Tandoori dishes. You can order any dish from mild, hot, something in between to super hot (they call the 911 Sauce). Make sure you save room for some out of this world authentic Himalayan dessert like the Galab Jamun (Sweet milk balls) or the Kheer (Rice pudding)? This restaurant is paradise for the vegetarians as well with their extensive selection of scrumptious vegetarian dishes. Everything at the Himalayan Restaurant is made to order and never reheated. The owners are committed to giving you only the best and alternate dining experience at reasonable and affordable prices at the Himalayan Cuisine.

Himalayan Cuisine is a perfect place for that romantic dinner for two or to celebrate any occasion with family and friends for up to 200 people.

Don’t forget to stop by the Himalayan bazaar next door to check out the hand made ornaments and wind chimes from Nepal, scented candles, wide selection of spices from India, variety incense, gift items, sarees & kurthas (traditional Nepalese clothing).

Himalayan Cuisine
7918 El Cajon Blvd., #9, La Mesa, CA, 91941
(619) 461-2503
www.himalayancuisineone.com

Sports

The 19th annual Jetty Kid Surf Contest is ready to showcase the skills of young surfers on Saturday, Oct. 11.
Don't look now, but this unseparably violent planet — its two world conflicts, its wholesale modern genocide, its bloody political revolutions and the emergence of the deadly ISIL aside — has never had it so peaceful. In his book "The Better Angels of Our Nature," Harvard researcher Steven Pinker says that prior to the concept of nationhood, battlefield deaths totaled 500 for every 100,000 persons; that toll is down to .3. The rate of genocidal deaths was 1,400 times higher in 1942 (a World War II year) than in 2008. At the end of World War II, there were fewer than 20 democracies around the world; today, that number is up fivefold.

In a very real way, our home is in sanity's relentless grip.

Pinker's book lists several causes for the rapid decline in global violence — and he will talk about them at the UCSD/Salk Center for Academic Research & Training in Anthropogeny (CARTA) symposium set for Friday, Oct. 10, you (along with some of the rest)

perspective

The seminar runs from 1 to 5:30 p.m. at the Salk Institute's Conrad T. Prebys Auditorium, 10010 Torrey Pines Road. Admission is free, but registration at carta.anthropogeny.org is required.

The author took a trip into the Detroit Tigers' dugout in 1962, flanked by greats Norm Cash (left) and Vic Wertz, for a quickie course in the science and art of modern warfare.
Up close and personal behind TV's Project Runway

Have you ever wondered what happens behind the scenes on The Lifetime Channel's Project Runway? Bradon McDonald, season 12 finalist, gave an insightful presentation from the perspective of a participant.

The American Sewing Guild's San Diego chapter and Mesa College Fashion Design Program presented the Project Runway event at Mesa College on Sept. 20. McDonald delighted the audience with the inside scoop on the show. "Yes," he said; "the contestants really sew the garments in eight hours, and they really shop in an hour at Mood Fabrics." Everyone wanted to know about Tim Gunn, Bravo and Lifetime Channel fashion and design consultant. "Tim Gunn," McDonald said, "is an amazing mentor who has a built-in GPS for helping others."

In explaining the project's procedure, McDonald went on to say that the designers usually had eight cameras on them 20 hours a day with no access to the outside world. They had to start from scratch for each project and were allowed to bring only a few sewing tools.

McDonald had a prior career in dance and toured from city to city, collecting fabric and making tote bags. His bags became popular, and for 10 years he would sell them on holidays. As a self-taught seamstress, he decided to attend the Fashion Institute of Design & Marketing after he retired from dancing. The opportunity to be on Project Runway taught him to believe in himself and pursue what he really wanted to do — "If you aren't happy," he said, "change it."

At Project Runway, McDonald exhibited many of his time-consuming, skillfully executed designs. The techniques McDonald used — including ruching, screenprinting, fagotted rouleau and Bouillonne ("bubbled boiled") — are not seen very much anymore because they are so labor-intensive.

I asked McDonald what was next for him, and he said, "Look for women's dancewear at Capezio."

For more information about the American Sewing Guild and Mesa College, visit sandiegosewg.org and sdmesa.edu.

UPCOMING EVENTS

WINE & ART FESTIVAL STEIN-HOLDING CONTEST

October joins the sixth annual La Jolla Wine & Art Festival (LJWAF) this year as a Masskrug-stemmen (a beer Stein-holding contest) will be held from 8 to 11 p.m. Saturday, Oct. 11, topping off the day’s events in the wine and beer garden.

Benefiting local pediatric brain cancer research, the contest is being held in memory of longtime La Jolla Andrea Dahlberg’s 8-year-old son, Cort, who succumbed to the disease.

“My husband and I wanted to do something to support the pediatric cancer research community,” said Dahlberg of her motivation for approaching art fest promoter Sherry Ahern about making the contest a festival event. Dahlberg said Ahern was receptive to her fundraiser request, as “she has always wanted to do something with the festival at night.”

“It’s our heart — and our passion,” said Dahlberg of the cancer research fundraiser, adding: “We want to make sure the money goes to research as opposed to overhead.

Much research still needs to be done on medications to treat pediatric cancer victims. “Most of the drugs out there are for adults, not kids,” Dahlberg said.

The Stein-holding concept’s German name is a combination of the word “masskrug,” a one-liter beer Stein, and “stemmen,” meaning lift, which pretty much describes it.

At the recent 56th annual German-American Steuben beer Stein-holding national championship in New York, contest judge Lenny Coyne described the experience of extended Stein-holding.

“After a while it’s like holding a whole keg of beer,” Coyne said.

Dahlberg said the contest is likely to bring “a different photographic” to the art and wine fest.

“It will bring people interested in beer as well as people who are part of the cancer community,” she said, adding, "It’s a win-win on both sides.

LJWAF’s wine and beer garden has grown this year.

“We have a great wine selection and 15 breweries, about 30 different types of beer, who will be pouring during the daytime event and then again at night for the Stein-holding,” Dahlberg said. It is hoped that up to 200 people will sign up for the Stein-holding contest.

Dahlberg said the format will likely involve groups of between 15 and 20 competitors, each going in heats, with winners of each heat then competing against one another.

Entry to the Brew Fest and Stein-holding includes unlimited tastings at the 15-plus breweries, each of which will bring two different types of brew to sample, as well as tastings from a variety of wineries.

An array of food will be available for purchase, including gourmet Mexican hot dogs, oven-baked pizza, Wicked Maine lobster, kettlekorn, beef and chicken sliders, cookies from The Cravory and, of course, pretzels.

Tickets are $35 in advance and $45 at the door. The cost to enter the Stein-holding contest is $100, which includes admission, unlimited beer and wine tastings, a T-shirt and a Stein.

A VIP table, including admission for six and unlimited beer and wine tastings, is $600.

It’s hard work, but the Stein-holding part of the La Jolla Art & Wine Festival is all for a good cause.

BY DAVE SCHWAB
Two cool plays centering on the Salem witch trials top the list(s)

BY CHARLENE BALDRIDGE

The Witches’ Brews

The world premiere of “Kingdom City” continues through Sunday, Oct. 5 at La Jolla Playhouse (lajollaplayhouse.org or (858) 590-1010). Playwright Sheri Wilner superimposes Arthur Miller’s “The Crucible,” which ostensibly concerns the Salem witch trials, on a small town in Missouri, where a New York director selects “The Crucible” in order to accommodate a large drama class of 16-year-olds. Things go awry when John Proctor must kiss his wife before going to his execution. The two kids playing those parts are about to take the cellibacy pledge at their church. Like so many school productions of plays and musicals these days, the production runs afoul of local educators and clergy, who ban the performance.

Moxie Theatre (6663 El Cajon Blvd., moxietheatre.com or (858) 598-7620) opened its tenth anniversary season with Liz Duffy Adams’ “A Discourse on the Wonders of the Invisible World.” Playing through Sunday, Oct. 12, the Adams play also concerns the Salem witch trials, but it comes at its story in direct and excruciatingly funny fashion. Abigail, who started the entire Salem trials, on a small town in Missouri, where a New York director selects “The Crucible” in order to accommodate a large drama class of 16-year-olds. Things go awry when John Proctor must kiss his wife before going to his execution. The two kids playing those parts are about to take the cellibacy pledge at their church. Like so many school productions of plays and musicals these days, the production runs afoul of local educators and clergy, who ban the performance.

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Instead, she finds herself on trial with the Devil. See one or see both, but do not miss either one.

From SD to Memphis and back

The Old Globe Theatre has announced that Montego Glover, who set the stage aflame at the Playhouse and on Broadway as Felicia in “Memphis,” will take on the role of Nina in “The Royale.” Marco Ramirez’s new play that opens in previews at The Old Globe Saturday, Oct. 4. The work, which concerns an ambitious African-American prizefighter, continues through Nov. 2.

The only one of those names. You can whet your curiosity Sunday, Oct. 5, at 4 p.m. as the St. James by the Sea Music Series opens with the London-based cappella group, formed in 1962 among a group of background vocalists for big names like Charles Aznavour and Edith Piaf. Today, the Swingle Singers produce covers ranging from pop songs (Björk, Annie Lennox and The Beatles) to classical music (Bach, Moneta) to contemporary music (Luciano Berio, Paschal Zavaro and Auto Corgi). Their arrangements are often infused with jazz harmonies and stylings. They are also curators of the London A Cappella Festival. The group has released 50 recordings and won five Grammys.

Surprise! Mozart lives!

The closely held secret surrounding Michael Francis’ appointment as music director of the acclaimed Mainly Mozart festival isn’t a secret any more. On Sept. 27, Francis was named to succeed founding music director David Atherton, who retired last year. Francis is a conductor of temporary music (Luciano Berio, Paschal Zavaro and Auto Corgi). Their arrangements are often infused with jazz harmonies and stylings. They are also curators of the London A Cappella Festival. The group has released 50 recordings and won five Grammys.

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Fall crafts and children's activities a la San Diego in the 1870s will be held from noon to 4 p.m. in the central plaza at Old Town San Diego State Historic Park at this year's Fall Festival. Sponsored by Fiesta de Reyes, guests will enjoy hay rides and pumpkin painting at this annual event. Carved jack-o-lanterns will also be on display at many of the merchants in the park. Free to the public. For more information, call (619) 220-5422.

Trick-Or-Treat in Old Town this Halloween

T rick-or-treaters are invited to come out in their best costumes on Fri., Oct. 31, from 4 to 6:30 p.m. to collect candy and goodies from participating shops and museums throughout Old Town San Diego State Historic Park. Free to the public. For more information, call (619) 220-5422.

ENJOY THE BEAUTY OF OLD TOWN

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Get your ticket to France at Bijou French Bistro

BY FRANK SABATINI JR.

When acclaimed chef William Bradley and his culinary team began rebranding Amaya La Jolla on Prospect Street, everyone agreed unanimously to a menu of classic French meals presented in their truest form.

The 10,000-square-foot restaurant reopened to a partial remodel on June 27 as Bijou French Bistro, which falls under the ownership of The Grand Del Mar.

“We’re paying homage to French bistro fare with no deconstructed or confused versions of it,” said Bradley, who also serves as executive chef to Addison at The Grand Del Mar. He added that the opportunity to transform Amaya into Bijou came about after its former chef and management team had departed.

With the support of chef de cuisine Shaun Gethin, the duo has rolled out some of France’s most prized dishes such as steak tartare with tarragon and aioli; French onion soup capped with Gruyere and Comte cheeses; wine-rich coq au vin and quiche Lorraine that is par-baked three times to achieve even marbling.

“Otherwise, the spinach falls to the bottom of the quiche,” said Bradley, adding that he tapped into old French cookbooks and his own recipe archives when developing the menu.

Steak frites has been a top seller. The flank cuts are finished with beurre maitre d’e (butter infused with parsley and lemon), and the thin, accompanying fries are cooked in peanut oil.

The desserts stay on point as well, with classics such as pot de creme, Parisian-style macarons, brown-butter clafoutis and crème brûlée with vanilla and orange.

As Gethin executes the meals and oversees the bistro’s day-to-day operations, Bradley will remain involved in menu development while maintaining his position at Addison.

Wine director Elizabeth Huettinger, also from Addison, has created a succinct list that “echoes what is going on in Bijou’s kitchen.” Her bottle inventory features 50 labels, with about 75 percent of them hailing from French regions.

The wine program is complemented further by a newly constructed bar lounge fronting the restaurant. It’s where guests can imbibe on daily specials ranging from $6 to $8 per glass.

For reservations and more information, call (858) 750-3695 or see BijouFrenchBistro.com.
Enjoy Daily Discounts at The Patio

Anyone who is a foodie and loves dining out knows it can get expensive. The Patio on Lamont Street offers several daily discounts that many guests can take advantage of. Everyday, military and first responders receive 10% off their food bill. Seniors can also ask for our “mature guest” discount, valid at breakfast and lunch daily. The Patio features weekly specials on specific nights as well. "Industry Monday" extends happy hour pricing all day to employees of the hospitality, restaurant and salon industries. Tuesdays are corkage fee at The Patio, so bring your own bottle of wine and the standard $15 corkage fee is waived. All of the specials, as well as upcoming events, can be found in the drink menu at the restaurant, or visit our website at thepatiorestaurants.com.

Donovan’s

Donovan’s sets the standard of fine dining excellence. A classic steakhouse. A stylish, lively atmosphere. Cordially friendly. We like to think of Donovan’s as your own special place. A place where you can celebrate with friends, family and associates. www.donovanssteakhouse.com. In La Jolla at 4340 La Jolla Village Drive in the Golden Triangle area, (858) 450-6666. In the Gaslamp Quarter at 570 K Street on the corner of 6th and K, (619) 237-9700

The Broken Yolk Café

The Broken Yolk Café offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are more than 20 different omelets to choose from, as well as a wide variety of other breakfast favorites which include pancakes, waffles and french toast. Feel more like lunch? Try one of our juicy half-pound burgers or one of our large sandwiches.

Lodge at Torrey Pines sets 12th annual food fête

If The La Jolla Art and Wine Festival weren't enough, one nearby venue is readying its own fete for part of the same weekend, they way it's been doing for the last 11 years. The 12th annual Celebrate the Craft, a showcase for the region’s chefs, produce, wine and beer, is set for Sunday, Oct. 12, from 11:30 a.m. to 3 p.m. on the Arroyo Terrace at The Lodge at Torrey Pines, 11480 N. Torrey Pines Road in La Jolla. Executive chef Jeff Jackson will prepare a farm-to-table menu with an all-star lineup of chefs from around San Diego, including Pete Balistreri of Tender Greens, Matt Gordon of Urban Solace, Christian Graves of Six, Jason Knibb of Nine-Ten, Carl Schroeder of Market Restaurant and Monica Szepesy of Q’ero. Produce will be provided by more than a dozen farms and ranches, including Coleman Farms of Carpinteria, Crows Pass Farms of Temecula, El Campito Farm of Descanso, McGrath Family Farms of Camarillo and Suzie’s Farm of San Diego.

Lodge sommelier Paul Krikorian will feature several vintners, including Palmina and Brewer-Clifton of Santa Barbara, Falkner of Temecula and Nickel & Nickel of Oakville. A select number of breweries, including AleSmith Brewing Company, will also be on hand.

The Lodge at Torrey Pines, a AAA Five Diamond resort, is owned and operated by Evans Hotels, San Diego. For reservations, call (858) 453-4420 or visit lodgetorreypines.com.

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Shock and numbness

Give me a sign
blow out the candle
rustle the curtain
make a sound in the wind
touch my cheek
with a breath of air
give me a sign
so I will know
you are here
somewhere with me
please let me feel you
in the room
in the air
in the energy

pulsating in the universe
my love
where are you?

The first state right after the wife
or husband dies is “Shock.” Even if
the death has been anticipated, the
end of a life is jarring. During shock,
you fluctuate between unbearable
emotional pain and the need to be
rational and logical in order to deal
with a loss.

The poems are excerpted from The Seven States of Loss, a series by Natasha Josefowitz. This is part two of a five-part series, The Seven States of Loss and Healing. The poems are excerpted from The Seven States of Loss: Shock and numbness. The poems are part of a larger collection of works by Natasha Josefowitz. The collection explores themes of loss and healing, and the poems are written in a style that invites the reader to feel and understand the emotions associated with these experiences.

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Excellent treatment for upper lip lines, wrinkles, photo damage, scarring (acne/chicken pox), and stretch marks.

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**Depression vs. Sadness**

*Learning to Know the Differences*

With Dr. Christina Zampitella, FT, Psy.D.

We all experience times in our lives when we are sad, but at what point is sadness considered depression? Recognizing the differences, as well as learning to identify when you may need professional intervention, is important wisdom to have. But before you decide to take that step, you can learn some pragmatic, integrative ways to take care of yourself, feel better, and increase hope. Hope is a key feeling in managing sadness and/or depression. You will learn these skills, and how to determine when you are improving.

In this presentation, attendees will:

- Be able to distinguish sadness from depression
- Identify when professional help is needed
- Learn pragmatic, integrative skills to improve hope while decreasing sadness or depression
- Determine when sadness or depression is improving

**Save the date:**

**When:**

October 14, 2014

**Where:**

The McMillin Center, Liberty Station (Bldg 117)
2875 Dewey Rd., San Diego, CA 92106

**Time:**

5:00–6:00pm – Registration and hors d’oevres (cash bar)
6:00–7:30pm – Program begins

**Register NOW for free:**

Online: www.howellfoundation.org
By Phone: 858-412-5250 **Registration IS REQUIRED**
Bee decline threatens a multi-billion-dollar industry  
BY LINDA MARRONE

While working in my garden, I am always surrounded by honeybees that visit the flowers. The bees and I work together, respecting each other's distance, and in all our years together, they have never acted aggressively toward me. In the winter months, when the camellias are the only flowers in bloom in my garden, hordes of bees used to fill the flowering bushes with their busy buzzing sounds that could be heard throughout the garden. In recent years, I have noticed that my garden does not have the same bee activity it used to have.

Colony collapse disorder is a mysterious worldwide problem in which entire colonies of honeybees abruptly disappear. The Agricultural Research Service says that the honeybee population has declined by 50 percent in the last 50 years. Honeybees are responsible for pollinating more than 90 different crops throughout the U.S. The work the honeybees accomplish is worth 10 times the value of the honey they produce. A study by Cornell University estimates the value of the honeybee to U.S. agriculture to be about $14.6 billion annually.

There are many theories as to why the bees are disappearing. Some reports attribute their demise to genetically modified crops, the use of powerful pesticides such as Bacillus thuringiensis and even cell phone towers. I've also read that many beekeepers supplement the bee's natural diet with high-fructose syrup as well as antibiotics and other medications to ward off diseases. Some are theorizing that the use of medications and mammified food substances maybe altering the bee's natural immune system.

On an interesting note, most organic beekeepers are not experiencing as many problems with their bee colonies as the beekeepers that use fructose and medications.

An average honeybee colony numbers between 30,000 to 50,000. Social insects, worker bees make up most of the colony and are female, living about six weeks. The workers do all the chores, collecting nectar and building the hive. Drones are the male bees that live inside the hive and mate with the queen. There is only one queen in the colony, and she will live about three to five years. To produce a pound of honey, the colony must visit about two million flowers. A single worker bee produces about one tenth of a teaspoon of honey in her short lifetime.

That was the scenario in my garden about five years ago, when I noticed a very large population of bees building a hive. Noting they were so close to my home and neighboring homes, I contacted Brian’s Bee Removal, and a specialist took the queen and about 300 bees to Brian’s orchard in Redlands, where he maintains about 30 hives. A few years later, another colony decided that my chimney top would make a great home, and again, a Brian’s representative came back and gave the bees a new home.

The overuse of pesticides and chemicals upssets the balance of nature and kills not only pests but also beneficial insects and birds.

In the quest to develop our planet, we seem to lose sight of the importance of leaving open undisturbed land and room for home gardens to help foster insects. Sometimes, it is hard to realize that the loss of these creatures will directly affect the food supply we depend on to exist.

If you have a bee problem, consider a live removal service. Brian’s Bee Removal can be reached at (888) 659-8733.

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

La Jolla Woman's Club set to mark a century of memories  
BY MARTIN JONES WESTLIN

"If we, the architects of the West, wish to do great and lasting work, we must dare to be simple, must break through convention and get down to fundamental truths." So wrote San Diego architect Irving Gill as he designed The Bishop's School boarding house in 1909. He would go on to draft and consider plans for buildings like the La Jolla Recreation Center and the home of newspaper mogul Ellen Browning Scripps, his sponsor. By 1914, he would top off the La Jolla Woman’s Club facility, one of the last venues among the so-called Scripps enclave. Maintaining the building and its private gardens has been marked by considerable time and effort amid its availability today for things like dinners, lectures and weddings — and the woman's club, whose philanthropy and activism has opened many a door to women, has set aside Friday, Oct. 17, to mark the facility's first 100 years of existence and the trust that it will last at least 100 more.

The La Jolla Woman’s Club was founded in 1894 as a reading group called the Women’s Literacy Club of La Jolla, wherein a group of women met to talk about literature and the news of the day. It took its present name in 1901, with Scripps as its president from 1901 to 1904 and 1909 to 1910, as Gill commenced planning his first East Coast design, the Olmsted House in Newport, Rhode Island. Olmsted House’s glut of windows, severe lines and formidable ledges would mark Gill’s local work, seen today in the Woman’s Club’s starkness and almost antisepic foundations and grottos.

The building’s vine-covered pergola (to the left in the picture) extends to the street at its 7791 Draper Avenue address, little more than a block from the ocean. The walls were built on site, with very little infill and molding; mahogany doors swung open and closed on hidden hinges as Gill devoted considerable time to the design of the gardens, arguably the centerpiece of the facility’s ambience. The building was placed on the National Register of Historical Places on Nov. 5, 1974. From there, the building’s place in the community has spoken for itself.

The Oct. 17 event will begin at 5:30 p.m., with music, wine and hors d’oeuvres. From there, University of San Diego Prof. Molly McClain, author of a book on Ellen Browning Scripps, will address the gathering as 100 years of La Jolla in pictures pepper the surroundings. Dinner will be served by Girard Gourmet. For more, please see lajollawomansclub.org: then prepare to experience 100 years of crucial local history, amid Gill’s legacy of “fundamental truths,” in a single evening.
“If we can establish a vibrant community in La Jolla, in the Village, it will be good for all merchants,” said board candidate Elsie Arredondo, of Monarch Fine Art. “That’s why I’m running, because I was looking for a place to serve the community.”

“I love serving on the board, the directors; everybody works hard to be creative,” said incumbent board member Claudette Berwin of Gallery Properties, a full-service real-estate firm. “I want to continue the work that we’ve done, and I hope you’ll consider re-electing me.”

“My whole purpose as a merchant in the Association is to bring people to this community, keep it beautiful, keep it growing,” said incumbent candidate Trent Bonner of Bonner Coastal Real Estate. “I’ve enjoyed it. It’s really a great group of people.”

Candidate Paul Burke said, “I’m here to offer my services.”

Christophe Cevasco, managing partner of Eddie V’s restaurant, said, “I want to have a voice within the Village, and I think we can help beautify this Village, bring some revenue and a lot of good things, and I want to be part of this Village.”

Incumbent James Niebling of Estaban Interiors, head of LJVMA’s design division, lauded group accomplishments in improving Village landscaping and holiday décor, adding, “I want to keep the ball rolling.”

In her written statements, Heron Baroudi said, “We have made progress in building a stronger business community, but I feel that the work has only just begun. I look forward to retaining my seat with the association through re-election for another two-year term, and I thank you for your support.”

In his statement, Ravden said, “I am strongly aligned with the association’s mission to promote and enhance the business environment in our community. As a semi-retired surgeon, I bring over 40 years of experience working in the medical field as well as being an active partner in our small business.”

“We need boots on the ground everywhere,” said Marengo, adding it was good to see a mix of candidates representing a broad cross-section of La Jolla small businesses.

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Patrick Norris has seen the worst that Afghanistan has to offer — excruciating heat, bitter cold and death waiting behind every rock. He returns home exhilarated amid his new freedom, but he is shocked to learn that a massive wildfire has destroyed the San Diego-area avocado ranch his family has owned for generations and that the parents he loves are facing ruin.

San Diego, avocados and fires are part of the local public mind — but if you go to Warwick’s Books on Tuesday, Oct. 7, or the La Jolla Brewing Company on Sunday, Oct. 12, you’ll see the storyline is actually taken from “Full Measure,” Fallbrook native T. Jefferson Parker’s latest novel from St. Martin’s Press. It’s a fictionalization of Parker’s talks with returning servicemen and the present dangers they face, and there’s plenty of Fallbrook thrown in to keep things local.

Meanwhile, Parker said, “I use the battered economy and crashed real estate market as manmade insults to injury.”

And Fallbrook?

“When writing a novel,” he added, “it’s always so tempting to throw in some of the things you love. Come to think of it, I guess that’s what any novel is really about.”

Parker is the author of 20 crime novels.

The Warwick’s event will take place at 7:30 p.m. at the bookstore, 7812 Girard Ave. The number is (858) 454-0347.

The La Jolla Brewing Company fete is at 7536 Fay Ave. and starts at 7 p.m.

The number is (858) 246-6759.

— Staff and contribution

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Windansea Gem | 642 Westbourne La Jolla

A wonderful home by the beautiful Windansea area of La Jolla brings a feeling of the Mediterranean with hanging vines & custom trellis accents. Lush landscaping in both front & back patios makes a perfect setting for outdoor living including enjoying the lava fire pit. Gourmet kitchen with stainless steel appliances. Living room area with lava rock gas fire place, lovely family room & dining area. Master suite with spa tub, walk in shower & balcony with mini ocean views. A stroll to the beach & village.

Reduced $1,350,000 - $1,450,000

Amazing Village Location! | 7625 Draper Ave. #A La Jolla

Located across the street from The La Jolla Tennis Club and Bishops School and walking distance to the beaches of La Jolla Cove. Conveniently located next to all of your favorite restaurants and shops, and La Jolla’s Farmers Market. This 2 BDRM/ 3 BA condo with an additional loft area off the 2nd BDRM, remodeled in 2009. Front unit with patio, garage, fireplace, wine cooler, washer & dryer, etc.

Reduced $1,100,000 - $1,300,000

Steps to Beach | 5363 La Jolla Blvd #49 La Jolla

Beautiful 1 bedroom 1 bath Bird Rock condo. Walk to the beach, walk to restaurants. One of San Diego’s best neighborhoods. Unit is in very good condition, pride of ownership shows. Original kitchen & bathroom with original Thermador appliances in excellent condition give it the charm of midcentury beachside California. Includes detached 1 car garage, which is not shared with any other unit to store your bikes, boards, & boats. Top floor unit gives added privacy and security.

Offered at $395,000

Marc Lipschitz  
619•857•2882  
mlipschitz@canterbrokerage.com  
CABRE #01049668
Jewel of La Jolla

Situated behind security gates and private garden with pool is this Jewel of a four unit building. It overlooks the Cove with views of the North Coast and marine activity. 2 Beds + Den / 2 Baths.

Asking $3,900,000

To view call:
Bill Thompson
858-337-9970
CBE# 0093221
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Resort-type Living in Pacific Beach!

This one bedroom condo in The Plaza offers a spacious floor-plan. The Plaza features 4 pools & spas, 5 tennis courts and gorgeous grounds. Walk to restaurants and shopping or the beach!

Asking price $253,000

Beth Zedaker
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Real Estate Today
with practical concerns, like funeral arrangements. Facing the reality of what needs to be taken care of pulls you away from the flow of tears and acts as a respite until a hug or display of sympathy causes you to break down again.

I strongly suggest you have everything in place before there is even an illness. My husband and I had picked our garments, written out each other’s obituaries and made lists of the newspapers, schools and organizations to be notified. We had even chosen the music to be played and the meal after the service. Everything was paid for; all I had to do was show up.

**Numbness**

Tired!

Ever since he died I have felt tired

I wake up tired.

I may have a bit of energy during the day but then I’m exhausted afterward.

I have become a person who drags her feet, pushes herself out of an armchair with a sigh.

I walk slower, think slower, and everything matters less — the way I look, what I wear, whether I need a haircut. I am also more forgetful. I have to keep checking my calendar

lest I forget to go somewhere or do something I’ve promised to do. I forget who just asked me a question or what that question was.

I walk into a room and wonder why I’m there.

I mix up names and faces and worry whether I’m losing my mind.

I wonder whether I have MCI “mild cognitive impairment” but maybe it’s not even “mild” anymore.

Yes, I’m more tired and forgetful than I was a year ago.

**After shock comes the second state:** “Numbness.” People say, “I feel nothing,” “I feel like a ghost.” “I walk around like a zombie.” I suspect this lack of affect is the brain’s way of protecting against intense and disabling pain, waiting for things to get settled a bit.

What often makes this such a difficult time is it is also the period when there are papers to fill out and sign, decisions to be made, transfers of titles, financial questions, etc. Etcera. Friends and relatives who were there for the funeral are still around. For some, the company is a solace; for others, a burden. This is a time when you need a trusted lawyer, accountant and someone to deal with the paperwork.

There is a reason common wisdom dictates that we should not make major decisions too quickly after a loss. In this state, judgment can be impaired, and we may even be making choices by refusing to choose. Behavioral symptoms can include lethargy and exhaustion but also anxiety and agitation, not crying at all or sobbing uncontrollably. The immune system may be weakened after loss — so taking care of yourself by getting enough sleep and eating regularly becomes even more important.
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