La Jollans envision the fate of beloved post office

By MARIKO LAMB | Village News

Seldom has a community rallied around a single cause more passionately than La Jollans have to save their Wall Street post office.

“Let our post office occupy Wall Street,” was the clever maxim of the “Re-imagine our La Jolla post office” meeting on March 29.

Previous Save the La Jolla Post Office Task Force meetings have focused predominantly on preservation strategies, including designating the 1140 Wall St. building as historic, purchasing the building through an endowment and re-leasing space back to the U.S. Postal Service, and working with a buyer to preserve the building.

Participants at this month’s community forum were challenged to envision alternative options for how La Jolla’s post office could best be preserved and utilized to benefit the community should its postal services relocate, as proposed by the USPS in January.

A panel of community experts in architecture, historic preservation, community planning and the arts head-ed the discussion at the meeting. Each presented a variety of options for the post office’s adaptive reuse and preservation of the building.

Troubles not over for Invisible Children?

Local jeweler accuses nonprofit of lifting her design

By MARIKO LAMB | Village News

The far-reaching San Diego-based nonprofit Invisible Children has given rise to activists and critics alike. Although founders of the organization have been raising awareness for their cause since 2004, interest in Invisible Children’s advocacy efforts exploded with the release of its documentary film “Kony 2012,” which was launched online March 5 and went viral in a matter of days. The film, directed by Jason Russell, aims to raise awareness of atrocities allegedly carried out by international war criminal Joseph Kony and his Ugandan guerilla group, the Lord’s Resistance Army (LRA).

Along with an onslaught of popularity came criticism about the nonprofit’s handling of finances and its strategy to end the LRA threat in central Africa.
### LA JOLLA

- **$668,000**

- **$655,000**
  Timeless design in the heart of the Village Walk to world-class restaurants, sun-drenched beaches, award winning schools, and more! It is definitely a fabulous lifestyle! 2BR/2BA www.7537EadsAvenue.com or TEXT H25463 to 85377

- **$719,000**
  Great La Jolla Village location. Close to shopping, grocery stores, restaurants, and just a short walk to the beach. Granite counter tops. Laundry in unit. Balcony off L/R. Unit has 2 parking spaces.

- **$648,000**

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  Close to the Beach and Village. Enjoy the sunsets and ocean view from the large roof top deck. This 3BR/3BA home has 2 fireplaces, balconies, and a private backyard. ‘Toys La Jolla Living’ at its Best. For more info text M10930 to 85377.

- **$1,695,000**
  Beautiful 4BR/3.5BA Tuscan country home in Crown Point with panoramic bay, ocean, and city views from the rooftop deck.

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- **$1,235,000**
  Close to the Beach and Village. Enjoy the sunsets and ocean view from the large roof top deck. This 3BR/3BA home has 2 fireplaces, balconies, and a private backyard. ‘Toys La Jolla Living’ at its Best. For more info text M10930 to 85377.

- **$3,195,000**
  Enjoy location, quality, and perfection! One-level remodeled home on the 17th fairway of La Jolla Country Club. You will recognize impeccable detail both inside the home and out. 4+ BR/4.5BA Main House + 1BR/1BA Guest House

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  This showplace is absolutely gorgeous! Beautifully designed with impeccable attention to every detail, this condo is perfectly located in the hub of La Jolla Village! For more information www.7127FayAvenue or TEXT H25841 to 85377

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  Gorgeous Windansea beach house directly across the street from La Jolla’s best beach 4BR/4BA.

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  Great La Jolla village location. Close to shopping, grocery stores, restaurants, and just a short walk to the beach. Granite counter tops. Laundry in unit. Balcony off L/R. Unit has 2 parking spaces.

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- **$2,995,000**
  Gorgeous Windansea beach house directly across the street from La Jolla’s best beach 4BR/4BA.

- **$4,910,000**
  Uniquely private custom two acre estate, an entertainers indulgence with all of the amenities one would expect from a world class resort!

- **$5,485,000**
  Beautifully upgraded single-level home in La Jolla Shores with spectacular ocean views. 4BD/3.5BA.

- **$6,750,000**
  What an opportunity! This flat ocean front lot with permitted plans is ready for building the dream ocean view home! Plans reflect a beautiful 2 story 7,100 sq ft 6BR/5.5BA home. Included in the many amenities is an oceanfront pool and spa.
National Library Week an April Fool’s joke in San Diego?

National Library Week begins a week and a day after April Fool’s Day, on April 8. Are you being fooled by the latest move by the city to increase library hours by four—a kind of cosmetic change but not an essential one? Normally, La Jolla and University City libraries, along with all other branches, are closed on Mondays. With the improving economy and the strong-mayor form of government, Mayor Jerry Sanders has new found money. Beginning on June 4, the libraries will be open on Mondays from 9:30 a.m. until 5:30 p.m. That is the good news—but wait. On Fridays, the libraries will be closed in the morning, opening at 12:30 p.m. and closing at 5:30 p.m. That is the bad news. Confused? Many library advocates celebrating National Library Week would prefer an essential change in budgeting for libraries.

San Diego, under the guidance of former Mayor Dick Murphy, had an ambitious 21st-century plan for libraries, promising to build 13 new libraries and expand nine other branches. In 2004, the City Council passed an ordinance that took an incremental increase of the general fund to above the library budget with the eventual goal being 6 percent allotted to the libraries. That, however, never happened and the library budget flattened.

In 2002, the plans for library expansions were to be paid for by redevelopment money, grants, impact fees and bonds that would be paid back by hotel taxes and tobacco settlement money. The city’s 2004 demise of its credit rating and pension scandal ruined that plan. City leaders stopped using hotel tax money for library expansion in 2005 when the budget got tight and the library ordinance was left unfunded.

With the economic downturn in 2008, Sanders decided to shutter seven branches, including the University Community branch on Governor Drive, even though the U.C. library was still on the expansion list. Public protests at many branches delayed the mayor’s plan and the City Council listened to its angry constituents by voting against closing library branches. Libraries were considered critical core services during the shaky economic times and librarians reinvented them as community centers, as well as a place to check out books.

San Diego’s library hours have been erratic while the neighboring San Diego County Libraries stay open at least six days a week. Our library hours in the city have dropped from 54 hours in 2003 to 36, with the additional four hours bringing the weekly current total to 40. This small change—as opposed to an essential one that would see a committee resisting and reinstating the library ordinance—makes celebrating this National Library Week a bit anticlimactic.

The Library Organizing Project, an ad hoc group of volunteers, has presented a wish list for San Diego elected leaders to consider during this year’s National Library Week:
• Open all branches at least six days a week; open the Central Branch every day.
• Stay open until 5 p.m. at least three days a week at all branches.
• Restore Saturday and evening hours at the Central Branch.
• Close only on official holidays; stay open every week, including holiday weeks.
• Create minimum staff requirements that include a library manager, a youth services librarian and sufficient clerks and aides.
• Fill vacant positions in a timely manner.
• Fund budgets to adequately provide needed books, digital information, equipment, furnishings and delayed maintenance.

Bill Markey, a La Jolla resident for 64 years, passed away on Feb. 12. He was born April 4, 1913, in Brooklyn, N.Y. to Andrew Vincent and Maude Renaud Markey.

Bill attended Erasmus Hall High School in Brooklyn and finished his education at Webb Institute of Naval Architecture in the Bronx from 1931-1935. During World War II, he built ships for the Navy holding supervisory positions at San Ship, Bethesda-Sparrows Point, Baltimore, Md., and Consolidated Steel Corporation in Orange, Texas. After WWII, he purchased and ran Tech Steel Works, Inc. in New Iberia, La., where he built smaller naval vessels.

In 1948, Bill and his wife, Florence, moved to La Jolla, where he participated with the La Jolla Playhouse Community Theater, the patrons for which included Ms. Caroline, Mr. Edward, Ms. William S. Kellogg and Gregory Peck.

In 1951, Bill bought Acme Ornamental Iron Works, Inc. in National City, which he ran as president for 27 years before his retirement in 1978. He pur- lished his shipbuilding skills into steel fab- rication and participated as a subcontractor in the construction of many San Diego buildings, including the asuriary at the Wild An-imal Park, Scripps Memori- al Hospital, The Bishop’s School, Mr. As and the San Onofre Power Plant. His favorite construction always remained his home on Country Club Drive and the Two-head- ed Eagle at the Scottish Rite Center in Mission Val- ley. Bill donated the eagle in 1965 after being a member of the first Scot- tish Rite class to be held in that building.

Bill was a member of the La Jolla Masonic Lodge for 54 years. He served as Master of the Lodge in 1964, and received the Hiram Distinguished Ser- vice Award in 2000. He was an avid and excellent bridge player, joining the La Jolla Bridge Club in 1961 and playing every week. He was proud to receive the Eagle from the La Jolla Bridge Club in 1961, and was the highest ranking Bridge player in the United States. He was a member of the La Jolla Bridge Club for 54 years, and received the Hiram Distinguished Service Award in 2000.

27 Tips to Drive up the Sale Price of Your Home

In this report you will discover how to avoid financial disaster when sell- ing your home. Using a common-sense approach, we will break down what makes your home sell fast and for top dollar. 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 will need to know to make your home competitive in today’s tough, aggres- sive marketplace.

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Climbing to the ends of the earth

By KENDRA HARTMANN | [Village News]

When Ben Horne’s friend and climbing partner, Konstantin Stoletov, approached him with the idea of attempting a winter ascent of the Evolution Traverse, widely known as one of the most challenging — and most fun — climbs in the Sierra, Horne did what any experienced climber would do: he went out and familiarized himself with the route. His reaction upon his initial experience with the Traverse? “I was not convinced it was feasible,” he said.

Nevertheless, Horne was willing to make an attempt on the nine-peak route with Stoletov and fellow climbing partner Shay Harr-Noy — all three are part of the informal climbing crew, “Pullharder” — to traverse their own web-sites in addition to the Chamber’s “Business After Five” Mixer.

On March 14th The La Jolla and Golden Triangle Chamber of Commerce will be hosting its “Business After Five” Mixer at Paradise Grille & Bar in Flower Hill Mall in North County. We are very excited to have an event in North County because we have several members from that area and our members are looking for more customers from North County.

Come and sample the famous appetizers of the evening! paradisegrillebar.servepdx.com

So the group stayed on the ridge and ate lots of food for the last time for a while. We noticed that the rock rib to the left of the gully was clean from snow and might make a quicker way up the ridge in the morning. However, that was about to change.

Day Three: “Today saw better weather (a high of 25°F), which was essential as the routes cruised to Mendel (peak #2) and the descent from Darwin (peak #3) and subsequent ridge were the most technically challenging elements of the trip.”

Day Four: “We had more knife-edge traversing which included some scary simul-climbing false on our 6-8’ cord due to a broken hold and a pulled block. The entire group almost lost their frayed nerves entirely but psyche returned as we summited the rarely climbed, Peak 13,370 (Mt. Gould); Denali temps in non-plastic Sierra boots meant Shay had to put Ben’s toes in his armpits to restore circulation.”

“The morning was one of the windiest, and frozen boots didn’t help things. Breakfast was 1 Gu and 1 Vitamin-C packet between everyone. By the time we made it back to our food stash at the start of the route, our toes were almost numb again and no one had any energy, circulation, or blood sugar.”

ON THE MOUNTAIN . . .

The group kept a log of their challenges along the way. Here’s a sample of what they endured from pullharder.org:

Day One: “The approach across 12000’ Lamark Col took 12 hours and was windy due to the oncoming storm. Altitude was an issue for all . . . we bivied at the base of the route and ate lots of food for the last time for a while. We noticed that the rock rib to the left of the gully was clean from snow and might make a quicker way up the ridge in the morning. However, that was about to change.”

Day Two: “Sustained 70-90 mph winds that ended up crippling, though not destroying, our tent as we decided to remain tentbound. A few inches of snow also fell, which would make climbing more difficult tomorrow.”

Day Three: “There were still strong winds and extremely cold temps (3°F) but we started up the couloir at the beginning of the ridge in hopes it would subside. Though in the summer it is 4th class to the first peak, the snow on the route meant difficult climbing in crampons on the cold snow-covered rock on our descent. The cold wind also meant Shay was an extension of that. “We’re out there having fun, and don’t take ourselves too seriously,” Horne said. “We’re out there having fun, and Ducky was an extension of that.”

Day Four: “Our final day on the ridge saw increased wind and impending weather in addition to extremely slow climbing due to cumulative effects of the altitude and the previous five days of high exertion and low caloric intake . . .”

For a fourth straight day, morale hit low and we began our quest to complete the traverse. On the traverse to Huey, the final peak, a car-engine sized block came off under Konstantin’s feet . . . We topped out at 1:15 p.m. on March 10, after 35 hours cumulative climbing time on the ridge, Ben whooped. Shay hollered. Konstantin belloved.

Day Seven: “We had more knife-edge traversing which included some scary simul-climbing false on our 6-8’ cord due to a broken hold and a pulled block. The entire group almost lost their frayed nerves entirely but psyche returned as we summited the rarely climbed, Peak 13,332 (#4), and perused the original 1964 summit register. A full 22 hours of climbing and two bivies had only gotten us through four peaks, but things began to speed up now as the terrain eased.”

By KENDRA HARTMANN | [Village News]

When Ben Horne’s friend and climbing partner, Konstantin Stoletov, approached him with the idea of attempting a winter ascent of the Evolution Traverse, widely known as one of the most challenging — and most fun — climbs in the Sierra, Horne did what any experienced climber would do: he went out and familiarized himself with the route. His reaction upon his initial experience with the Traverse? “I was not convinced it was feasible,” he said.

Nevertheless, Horne was willing to make an attempt on the nine-peak route with Stoletov and fellow climbing partner Shay Harr-Noy — all three are part of the informal climbing crew, “Pullharder” — in the Traverse.

On the last trip the glory that comes with a winter ascent, the second most highly regarded accomplishment when it comes to scaling the world’s challenging ranges, Horne said. Climber Peter Croft completed the first-ever ascent — “what matters most,” when it comes to climbing. Horne said — of Evolution Traverse in the late 1990s, and since Croft is one of Horne’s “biggest role models,” the challenge took on special meaning for him. It wasn’t just bragging rights, however, that pushed the team through eight miles and nine 13,000-foot peaks.

“We really like climbing in winter because a lot of the routes in summer are high in elevation, but the conditions are not like mountain conditions,” Horne said. “There aren’t many glaciers in California, so in winter it feels a lot more like the great ranges in other parts of the world, as opposed to just rock climbing. The routes in winter give you more of a sense of . . . Challenges — evolutionary theory.

The group kept a log of their challenges along the way. Here’s a sample of what they endured:

Day One: “The approach across 12000’ Lamark Col took 12 hours and was windy due to the oncoming storm. Altitude was an issue for all . . . We bivied at the base of the route and ate lots of food for the last time for a while. We noticed that the rock rib to the left of the gully was clean from snow and might make a quicker way up the ridge in the morning. However, that was about to change.”

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Question: How long does a body have to be dead before it can be moved out or disposed of? Do I need to see an attorney?

Answer: The answer is always yes, because there are no assets to be transferred. If there is only a vehicle then you can use the DMV form called Affidavit for Transfer Without Probate. If there are no assets and there is a Will, the will should be deposited with the Court. When a real property owner dies, there is paper- work that needs to be completed within a certain time frame. Before the home can be sold or transferred to the heirs, the person's name that died must be recorded. How this is accomplished depends on many factors, including whether there was a trust or if there was a surviving co-owner. This year, if the real estate or other personal property is valued at under $150,000, you can do a short form probate that does not cost as much as a full probate. You can use the DMV for bank and brokerage accounts also.

Another concern when transferring real estate is the real estate taxes. If the property is not sold or mortgaged, the property taxes will stay the same. This is so important when tax bills can go up from $500 per year to $5,000 per year (or more). This amount will pay for the attorney's fees quickly.

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Phone: 619-222-5500
owners were immediately contacted by the organization, however, and they are now working to resolve the issue.

Invisible Children's Kony 2012 bracelet is a popular item among consumers, with many charitable organizations and individuals supporting the nonprofit in hopes of bringing Joseph Kony to justice. However, the legitimacy of the bracelet's success is being questioned by those who claim it is just a marketing scheme.

Grant said she is raising awareness about the issue and will continue to help her own charities as well. She encourages others to give back in any way they can, whether it's through volunteer work or by purchasing merchandise.

At the time of publication, a spokesperson on behalf of Invisible Children said the organization has not heard from Grant's attorney.

“The design process for the Kony 2012 bracelet started in November 2011. The bracelet is a small part of a larger advocacy and awareness campaign to bring Joseph Kony to justice once and for all. Invisible Children does not believe any valid claims exist, and has yet to hear from Ms. Grant’s attorney. We will respond accordingly if and when we are contacted,” the spokesperson said in a statement.

What might be a “small part” of the nonprofit’s campaign is a big deal for the viability of her livelihood, Grant said. “These bracelets started out as a small side job, but over the years they’ve been a full-time job. This is how I earn a living and pay my bills,” she said. “What was once a growing business has taken a dive since this video has come out.”

Grant said she has only received one online account since this video came out, “The group behind Kony 2012 has mass produced something that was unique enough to catch the attention of many stores across the country. Now there are knockoffs all over the Internet and my sales have gone down the drain.”

She said she is raising awareness about the issue and working to resolve the issue. She is also working to continue to help her own charities as well.

Gripping back isn't a gimmick. Working with nonprofits and volunteering is not just another ordinary exchange. It wasn't just another ordinary exchange. It was a way to give to the community. It was a way to give back to the community.

“Giving back isn’t a gimmick. Working with nonprofits and volunteering is not just another ordinary exchange. It wasn't just another ordinary exchange. It was a way to give to the community. It was a way to give back to the community.”

Grant, too, raises funds for nonprofit advocacy through her merchandise sales and donations to nonprofits. She said she is raising awareness about the issue and will continue to help her own charities as well.

Invisible Children is profiting from her jewelry design with its $10 wax string bracelet, which holds a silver medallion stamped with “Kony 2012” on its face. The bracelet, which holds a silver medallion stamped with “Kony 2012” on its face, is profiting from her jewelry design with its $10 wax string bracelet, which holds a silver medallion stamped with “Kony 2012” on its face.

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The attorney for Harvey Henry Duson, 45, requested more time to present evidence in the preliminary hearing. Duson pleaded not guilty to charges of murdering a Fulani for the profit of Invisible Children, attempted arson and felon in possession of a firearm.

Duson has pleaded not guilty to charges of kidnapping for robbery, residential burglary, robbery, three counts of false imprisonment, attempted arson and felon in possession of a firearm. Mathis was beaten to the Jan. 11

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incident in which three men threatened a spike strip. He was injured in the crash.

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BRIEFS

What's happening

April on the coast

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APRIL

5

Patrons Open Day selling, Sneak Joint, 3844 Mission Blvd., 1 p.m. to 1:30 p.m. pre-party: beach buffet, game ticket and party bus to and from Peaches. www.snakejointed.com, $20

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6

Spay Day, Liberty, NTC Promenade, 9 a.m. to 9 p.m., open artist studios, galleries, performances, www.ntcstreetart.com, free

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7

ATM righthand walk for action, Mission Bay Park, 9 a.m. to 11 a.m., www.act4dofamilies.org, $15

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Spring egg hunt, PB Rec Center, 1405 Diamond St., 10 a.m. to 1 p.m., (861) 581-9927, free

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Easter breakfast with Shamu, SeaWorld, 9:30 a.m. and noon, www.seaworld.com/seaworld-sandiego, $27-$55, all park admission

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Easter breakfast at the Marina Room, 10 a.m. to 4 p.m., 2000 spindle Drive, www.marinacrope.com, $5

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9


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9

Kris Grautzer’s, Porter’s Pub at UCSD, 9200 Gilman Dr., 8 p.m., (958) 534-8497, www.porterspub.com, $15

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10

We Man, part of Chamber Music Series, Neurosciences Institute, 10640 John Jay Hopkins Drive, 9 p.m., (619) 626-2000, www.sandiegopysphonyc.com, $30

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10

Dive-In Series: “Pulp Fiction,” Pearl Hotel, 1410 Rosecrans St., screening of the movie at the hotel’s poolside, free

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11

Turns at Tower Two, Tower Two Cafe, 5O83 Santa Monica Ave., 9 a.m. to 9 p.m., www.sportsfishing.org, free

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11

Elvis Costello and the Imposters, Humphreys by the Bay, 8 p.m., www.humphreysconcerts.com, $80

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12

Quasar Monologues, Neurosciences Institute, 10640 John Jay Hopkins Drive, 8 p.m., www.sdms.org, $30-$35

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12

Great Museums of the United States, The Athenaeum, 1008 Wall St., 7:30 p.m., www.athenaeum.org/lectures, $12, members, $17, nonmembers

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13

Great Museums of the United States, The Athenaeum, 1008 Wall St., 8 p.m., www.athenaeum.org/lectures, $12 members, $17 nonmembers

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14

The Concrete Project with Artificial and Allen & The Spice, The Beach Club, 710 Garnet Ave., 8 p.m., (958) 483-7644, www.710bcs.com

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14

Hutchins Concert, Neurosciences Institute, 10640 John Jay Hopkins Drive, 7:30 p.m., (760) 632-0554, www.hutchinsconcert.org, $25

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15

Day at the Docks, San Diego’s Sportfishing Landings, Point Loma, 9 a.m. to 5 p.m., www.sportsfishing.org, free

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15

Emeraude String Quartet, Friends Concert Hall at UCSD, 9200 Gilman Dr., 8 p.m., Grammy award winners www.sandiegopysphonyc.com, $60

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16

Tunes at Tower Two, Tower Two Cafe, 5083 Santa Monica Ave., 5 p.m., (91) 229-4595

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16

Pikes In Vegas,” Pearl Hotel, 1410 Rosecrans St., 8 p.m., (619) 239-1816, www.pearthed.com, $30

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17

Healthy eating at a small budget lecture, Point Loma, 3701 Voltaire St., 6 p.m., www.pblibraryfriends.org, free

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17

Great Museums of the United States, The Athenaeum, 1008 Wall St., 7:30 p.m., www.athenaeum.org/lectures, $12 members, $17 nonmembers

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18

Sustainable Feast, NTC Promenade at Liberty Station, 11:30 a.m. to 3 p.m., food, music and kids activities, www.ocefoundation.org, free

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18

Craig Ferguson, Humphrey’s by the Bay, 2241 Shelter Island Dr., 8 p.m., www.humphreysconcerts.com, $55

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19

Great Museums of the United States, Athenaeum Music & Arts Library, 7:30 p.m., concentration on museums with unique private collections, www.jathenaeum.org, $12 members, $17 nonmembers

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20

Ting Ting Zhang mini concert, noon, The Athenaeum, 1008 Wall St., classical piano, www.jathenaeum.org, free

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20

PB Town Council Dinner Dance, location TBA, 6-7:30 p.m., (958) 483-6666

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21

La Jolla Town Council Arts Festival, Happy Hour, location TBA, 5 to 7 p.m., (958) 454-1444, www.jalajollatowncouncil.org, $5 members, $10 nonmembers

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21

Dive-In Series: “What Happens In Vegas,” Pearl Hotel, 1410 Rosecrans St., 8 p.m., (619) 226-6100, www.thepearl.com, free

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22

Hands on Hardbody, La Jolla Playhouse, 2910 La Jolla Village Drive, 8 p.m., opening night, www.lajollaplayhouse.org, $48-$100

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22

Opus One, Neurosciences Institute, 10640 John Jay Hopkins Drive, 8 p.m., www.humphreysconcerts.com, $55

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23

Beach Summer Jam, Fiesta Island, all day, all ages beach soccer tournament with Brazilian dance entertainment, www.beachsoccerjam.com

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23

La Jolla Half Marathon, Finish at the La Jolla Cove, 7:30 a.m., www.runlaajolla.com

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24

PB Town Council Board of Directors Dinner, location TBA, 6-7:30 p.m., (858) 1811-1816, www.theathenaeum.com, $30

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24

Dive-In Series: “Cocktail,” Pearl Hotel, 1410 Rosecrans St., 8 p.m., (619) 226-6100, www.thepearl.com, free

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25

La Jolla Town Council Arts Festival, Happy Hour, location TBA, 5 to 7 p.m., (958) 454-1444, www.jalajollatowncouncil.org, free

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25

Great Museums of the United States, The Athenaeum, 1008 Wall St., 7:30 p.m., www.athenaeum.org/lectures, $12 members, $17 nonmembers

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26

La Jolla Half marathon finishes at the La Jolla Cove, 7:30 a.m., www.runlaajolla.com

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26

Dive-In Series: “Cocktail,” Pearl Hotel, 1410 Rosecrans St., 8 p.m., (619) 226-6100, www.thepearl.com, free

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27

Open mic Night, The Comedy Cine, 916 Pearl St., 8 p.m., (958) 454-9176, lajolla.humorcons.com, two drink minimum

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30

Brahms Horn Trio with Jan Linas, Redding and Catherine Lin, Neurosciences Institute, 10640 John Jay Hopkins Drive, 7:30 p.m., (858) 626-2000, www.sandiegophony.org, $30

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30

Brasilia Down to Love, the unique speed dating event scheduled to be held at Barfly on April 5, was canceled due to low enrollment.

“The response from the ladies was not enough to warrant having this event,” wrote organizer Maryann Roberts in an email. “In speaking with many ladies about it, there are other ways that women feel more comfortable dating and this perhaps was not as popular a choice as we thought it would be.”
Kedem Grape Juice
Selected Varieties
22 oz, Plus CRV
With CARD

2 for $4

Lipton Matzo Ball Mix
Select Varieties, 4.3-4.5 oz
With CARD

2 for $3

Manhattan Jelly Rings Gift Box
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With CARD

4.99

Ceres Juice
Selected Varieties
33.8 oz
With CARD

2 for $5

Osem or Yehuda Matzos
Product of Israel
5 lb
With CARD

3.99

Gefen Macaroons
Selected Varieties
10 oz
With CARD

2 for $7

Yehuda Gefilte Fish
Original or Sweet
4 oz
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4 for $5

Manischewitz Matzo Meal Canister
or Whole Grain, 16 oz
With CARD

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Bartenura Moscato
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Card Price

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Selected Varieties
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Wishing You a Joyous PASSOVER

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Van Nuys
12921 Magnolia Blvd.
La Jolla
8657 Villa La Jolla Drive
Los Angeles
9616 W. Pico Blvd.
Canoga Park
22333 Sherman Way

Science events

Tsunami safety

On Tuesday, April 17, Scripps Institution of Oceanography will present the 13th annual Revelle Lecture as part of the Scripps Distinguished Lecture Series. Titled “Tsunami: Are we underestimating the risk?” the lecture will feature Eddie Bernard, scientist emeritus for the National Oceanic and Atmospheric Administration’s Pacific Marine Environmental Laboratory (PMEL) and former director of NOAA’s Pacific Tsunami Warning Center. Presented by the Ocean Studies Board, the lecture will take guests through past devastation and future preparedness for such disasters.

In recent years, tsunamis have wreaked broad devastation, from the 2004 Indian Ocean tsunami, in which hundreds of thousands of people lost their lives, to Japan’s disaster in just one year after. As a result, countries around the world are addressing the devastating effects of tsunamis. Bernard will describe threats to the United States and how coastal communities can best prepare for a devastating tsunami.

The free lecture starts at 4 p.m. at the Robert Paine Scripps Forum for Science, Society and the Environment (Scripps Seaside Forum), 8610 Kennel Way.

Get your grunion run on

Birch Aquarium is once again inviting the public along for a must-see ocean adventure. From April to early June, locals can observe the mysterious grunion spawn on the beaches of La Jolla.

On certain spring nights following high tides, hundreds of the small, silvery fish ride the waves onto shore for a remarkable mating ritual, which only happens in Southern California. While on the beach, female grunion bury themselves in the sand to lay eggs, while males wrap themselves protectively around the females to fertilize the eggs. Both catch a wave to return to sea.

Birch Aquarium naturalists will guide participants through an unforgettable night, starting with a presentation on grunion, followed by a rare opportunity to witness grunion eggs hatch. The experience continues with a moonlight beach exploration to witness the grunion run, nature willing.

Bring a flashlight and a warm jacket. This month, events will take place on April 8 from 10:45 p.m. to 12:45 a.m. a and on April 23 from 10:30 p.m. to 12:30 a.m. The program is $8 per person, ages 6 and up. Ages 6-13 must attend with a paid adult.

For more information or to sign up, call the UC San Diego Center for Human Development (www.chd.ucsd.edu) at (858) 922-2148 or email cmcobbe@ucsd.edu.

La Jolla Village News

La Jolla Living

Chocolate: a waistline’s best friend?

The added calories (thus rendering frequent, through modest, chocolate consumption neutral with regard to weight). To assess this hypothesis, the researchers examined approximately 1,000 adult men and women in San Diego. The findings were even more favorable than the researchers conjectured. They found that adults who ate chocolate more often had a lower body mass index than those who ate chocolate less often. This was despite the fact that those who ate chocolate more often did not eat fewer calories (they ate more), nor did they exercise more. Indeed, no differences in behaviors were identified that might explain the finding as a difference in calories taken in versus calories expended.

“Our findings appear to add to a body of information suggesting that the composition of calories, not just the number of calories matters for determining their ultimate impact on weight,” said Golomb.

“In the case of chocolate, this is good news — both for those who have a regular chocolate habit, and those who may wish to start one.”

— Kendra Hartmann

High fives all around

Need a hug? Better yet, how about a high five? On April 19, the Neurosciences Institute, UCSD’s Center for Human Development and the San Diego Youth Symphony will be one of the four beneficiaries of this year’s National High Five Day and its program, the High-Five-a-Thon for Cancer Research.

Organized by the National High Five Project founded in 2010, the event channels the organization’s goal of using the high five in a fun way to raise money for worthy causes. Jacob Feala, Ph.D., formerly a postdoctoral researcher at Sanford-Burnham, sits on the board of the National High Five Project, and invited the Institute — home to one of seven National Cancer Institute-designated basic research cancer centers in the country — to apply as a beneficiary for the fundraiser, knowing the money raised would be used well.

“Working there as a postdoc, this was a naturally focused cancer research all around me,” Feala said. “Cancer is an incredibly complex disease, and to cure it we have to understand it at several levels, from mutated DNA, to the rewiring of circuits within the cell, to the cancer’s interactions with surrounding tissue. For that, we need interdisciplinary, collaborative institutes like Sanford-Burnham."

Anyone can participate in the National High-Five-a-Thon by creating a profile page at www.chd.ucsd.edu. Participants agree to give 55 (or more) high fives on National High Five Day. They are then encouraged to reach out to friends and family through email and social media to gain support. Individuals or teams can participate. They will earn prizes for reaching certain fundraising goals along the way.

For more information or to sign up, call the UC San Diego Center for Human Development (www.chd.ucsd.edu) at (858) 922-2148 or email cmcobbe@ucsd.edu.

The Neurosciences Institute, UCSD’s Center for Human Development and the San Diego Youth Symphony are partnering to recruit children between ages 5 and 10 for the study. Participants must have begun study soon after the control group. Over five years, the study will observe how the students’ brains are affected by their respective activity through once-per-year assessments that involve a brain scan and a series of cognitive tests.

“The end of the five years,” Smith said, “ideally we’ll be able to differentiate the factors that have been influenced by music or martial arts.”

Though the idea that the brain is influenced by music is not a new hypothesis, researchers are hoping to cover all their bases by introducing the martial arts angle. That way, Smith said, results should be more conclusive as to which activity affects the brain and in what ways.

“We didn’t want to suppose that long-term participation in music was having all of these effects, while not knowing if similar long-term participation in another physical activity that requires a continuous path-way of improvement would have a similar outcome,” he said. “Here, we can determine if those effects are from any activity, and what seems to be the result of long-term activity in general, as compared to music, as compared to martial arts.”

The effects of music and other activities on the brain are intriguing to be sure, but that’s not the only reason Smith and the SDYS were eager to jump on board. What with cuts to music education in recent years, this study, Smith hopes, will show policy makers just what we’re missing by reducing such programs.

“[SDYS has] a long history of seeing high achievement in all areas with our students. It’s 52-30 a.m. The program is $2 per child, and we have a strong interest in better understanding of what’s underpinning that. We’ll be able to potentially use evidence like this to talk about the benefits of music education for a child’s development and build community support for music education.”

San Diego Youth Symphony members perform in the Community Opus Program. Gayle Japa

BY KENDRA HARTMANN | VILLAGE NEWS

A new research partnership is bringing three unlikely worlds together for a common cause. The collaboration will pull together effects, science and policy to illuminate the development of cognitive skills like language, attention, and spatial reasoning.

“There’s been longstanding anecdotal evidence of the influence of musical instruments on cognitive development, but there’s only a limited amount of rigorous exploration of these questions,” said Dalene Smith, president and CEO of SDYS. “This will be an attempt to see if what has been anecdotally observed can be identified through testing and research models.”

The study will recruit about 120 children, split into three groups: one consisting of music students, another of martial arts students and a third control group. Over five years, the study will observe how the students’ brains are affected by their respective activity through once-per-year assessments that involve a brain scan and a series of cognitive tests.

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Bring a flashlight and a warm jacket. This month, events will take place on April 8 from 10:45 p.m. to 12:45 a.m. and on April 23 from 10:30 p.m. to 12:30 a.m. The program is $8 per person, ages 6 and up. Ages 6-13 must attend with a paid adult.

For more information or to make a reservation, call (858) 534-7336 or visit aquarium.ucsd.edu.

— Staff and contributors

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Chime in and let us know what you’re thinking!
Trust and mistrust: who can you turn to?

I’m afraid to make eye contact with other drivers on the road lest they decide to shoot me. I hold my purse in front of me in crowded places to avoid pickpockets.

Everyone I know has security systems in their homes, and we had a dog that barked at strangers and would attack if provoked. Our home was burglarized while we were in China some years ago, and my husband was the victim of identity theft.

So who or what do we still trust? Can we trust our bosses will evaluate their jobs competently and in a timely manner? When a worker or a child bungles a job or an assignment, it may be lack of training, lack of knowledge or incompetence. If I give him a letter to mail, it might have stayed in his pocket for days.

I can trust my colleagues to set up a meeting, call the interested parties, have coffee ready and welcome everyone with name tags, but I can’t trust her to give me honest feedback about the way I ran the meeting.

To be too trusting can lead to gullibility and hurt. To not be trusting enough can lead to paranoia and isolation.

I don’t know what is best for you but I trust you to tell me what is best for me.

I know what is best for me and I trust you to trust me.

— Natasha Josefowitz, taught the first course in the U.S. on women in management and is the author of 19 books. She lives at White Sands La Jolla.
Easter Worship Services 2012

St. Andrew’s by-the-Sea
EPISTOLIC CHURCH

Holy Week Services and Events

April 9th Maundy Thursday, 7:30pm
April 6th Good Friday Children’s Stations of Cross, 6:00pm
April 6th Good Friday Worship, 7:00pm
April 7th Easter Eve Worship, 7:30pm
April 8th Easter Day Worship, 7:00am
Easter Egg Hunt after Easter Worship, 10:30am
1889 Thomas Avenue, Pacific Beach
(across from PB Library)
858.273.3022 www.mosaicaph.org

La Jolla Lutheran Church
April 5: Maundy Thursday 7:15pm
April 6: Good Friday 7:15pm
April 8: Easter Sunday 9:30am
Easter Egg Hunt following worship
La Jolla Lutheran Church
858.454.6459
7111 La Jolla Blvd. • LaJollaLutheran.com

Even if Your Sins are Great... My Mercy is Greater

Join Us on Holy Week!

Easter Sunday, April 8th “A VISION FULFILLED” WITH PASTOR STEVE MURRAY
7:30, 9:00, & 10:30 AM
Enjoy music by the LJCC Worship Band, Choir and a Brass Quartet

Maundy Thursday / Good Friday
April 5-6, 7:30-8:30 PM
4377 Eastgate Mall, San Diego, CA 92121
One Block East of Genesee Avenue
LJCommunityChurch.org • (858) 558-9020

Come to My Divine Mercy

Celebrate God’s love for you!

April 5: Maundy Thursday 7-15pm
April 6: Good Friday 7-15pm
April 8: Easter Sunday 9:30am
Easter Egg Hunt following worship
La Jolla Lutheran Church
858.454.6459
7111 La Jolla Blvd. • LaJollaLutheran.com

CHURCH Invites YOU to experience the JOY of the GIFT of SALVATION!

Easter Services at 8:30 a.m. and 10:00 a.m.
Open Hearts, Open Minds, Open Doors

Come give thanks this Sunday for the miracle of Easter in beautiful surroundings with glorious anthems and triumphant hymns accompanied by organ and brass.

La Jolla United Methodist Church
Invites YOU to experience the JOY of the GIFT of SALVATION!

Easter Services at 8:30 a.m. and 10:00 a.m.
Open Hearts, Open Minds, Open Doors

Come give thanks this Sunday for the miracle of Easter in beautiful surroundings with glorious anthems and triumphant hymns accompanied by organ and brass.

St. James by-the-Sea
EPISTOLIC CHURCH

Celebrate Holy Week & Easter
at St. James by-the-Sea
April 1—April 8
Palm Sunday—April 1, Services at 7:30 & 10 am
Holy Wednesday—Noon Service
Maundy Thursday—6:30 pm Service, Supper at 7:30 pm
Good Friday—April 5, Services at Noon & 7 pm;
Stations of the Cross at 4 pm
Easter Sunday—April 8, Services at 7, 9, 11 & 11 am
Enjoy our beautiful Choral Eucharist at 9 & 11 am;
Easter Egg Hunt at 10:30
encouraging scientists; and a cabaret flashback
The Grammy for Most Sophisticated Gala of the Week goes to the La Jolla Music Society (LJMS) for its March 30 Winterfest Gala, “Cabaret.” Taking over the fabulous Anthology venue downtown, they reconfigured it comfortably for 150 guests and brought in sultry chanteuse Ute Lemper to sing while the Vogler Quartet played. Guests socialized with champagne, cocktails and superb tray-passed treats. Some added theme-inspired props to their “cabinet-festive” black-tie attire and provoked in Black Label’s complimentary photo booth. LJMS’ “Big Cheese” Christoper Beach welcomed everyone, and after downing a particularly fine filet mignon dinner they found themselves making donation pledges of $250 to $5,000 and bidding generously on four live auction packages. One item, a gourmet cheese and wine pairing for 12 with Mrs. Beach, was sold twice at $9,000 each. More than $70,000 was raised for education and outreach programs.

The evening’s highlight was the Berlin Nights/Paris Days cabaret performance, with the lovely Lemper comfortably crooning in flawless French and German, channeling Edith Piaf and taking Kurt Weil’s “Mac the Knife” back to its 1928 Threepenny Opera origins. Her contentious relationship with her German homeland didn’t dampen her interpretations of Weimar Republic-era music. LJMS’ motto is “We bring the world to San Diego,” and they certainly did so for this gala.

Donovan’s Steak House

They may look good enough to eat, but the paintings and sculptures at Donovan’s of La Jolla are strictly off limits — so you’ll have to content yourself with the USDA prime beef, the oyster’s star attraction. If steak isn’t in the plan, pork and veal chops and succulent seafood will satisfy the most discriminating of palates. And at Donovan’s, fresh seasonal vegetables and your choice of potato are always included with each entree.

Cafe Milano

Owner/Chef Pasquale Cianni, brought Northern Italian cuisine to La Jolla 12 years ago and he has successfully pleasuring both local residents & out of towners, even out of the country guests, with his home made pappardelle pasta, veal ossobuco, lobster ravioli and other many authentic Italian dishes. Cafe Milano offers your palate an exciting & incredible experience for the whole family at affordable prices. Early Bird Special: 4:30 p.m. and 6:30 p.m. and choose a select soup or salad, menu entree, and dessert for $18.95.

Station Sushi

Station Sushi can handle your late night private party for 20 - 40 people (10 persons minimum) 10:30 pm to 1:00 am. And the best part is for only $40, per person it’s All-you-can-eat AND drink (some restrictions apply). Join us for Happy Hour Sunday - Thursday 5:30 to 7:00 pm. We are now open for lunch Monday-Friday 12:2-5 pm. Dinner Monday-Sunday 5:30-close. Full Bar. www.stationssushi-birddock.com

Jersey Mike’s

Jersey Mike’s is a sub shop that embodies the Jersey Shore, serves up classic sub sandwiches, wraps, and salads for dine in or take out. Menu items include the popular original Italian sub, a meat lover’s dream, with provolone, ham, prosciutti-no, capaccucino, salami and pepperoni, guaranteed to be always freshly sliced. Jersey Mike’s also offers hot subs like the famous Philly cheese steak, grilled. East coast transplants will be happy to hear that they can get their fill of Tastykakes – a rare treat on the West Coast – at Jersey Mike’s.

The Broken Yolk Café

The Broken Yolk Café offers a selection of home cooked meals in a comfortable and casual atmosphere. There are over 20 different omelettes to choose from as well as a wide variety of other breakfast favorites which include pancakes, waffles and French toast. Feel more like lunch? Try one of our juicy ½ pound burgers or one of our large sandwiches.
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The second installment of La Jolla Historical Society’s spring lecture series “The La Jolla Homefront During World War II” will take place on Saturday, April 7.

The lecture, “Science & Technology on the Homefront” will look at how the war effort sparked scientific innovations. Specifically, the lecture will discuss how innovations in marine sciences and aeronautics set the stage for San Diego’s economic growth during the latter half of the 20th century.

Noted oceanographer, Walter Munk will speak at the lecture. He is a U.S. Army veteran and was a Scripps Institution of Oceanography scientist during World War II. The lecture on April 7 will begin at 5 p.m. at Wisteria Cottage, 780 Prospect St. and will cost $15 for Society members and $20 for the general public. For more information call (858) 458-5935, or visit www.lajollahistory.org.

On Sunday, April 7, join Walk-SanDiego for the La Jolla Community Walk II. Starting at Prospect Street and La Jolla Boulevard at 9 a.m., the walk will take participants through the heart of the village, discussing the history of the area and highlighting some of the historic buildings (both existing and others that have been lost over the years). Plan for about a three-mile walk on mostly flat terrain.

The event is free to WalkSanDiego members, with a suggested $5 donation for non-members. No reservations needed. For further information, contact Dave Schumacher at dsc@san-diego.org (619) 544-9255, or www.walksandiego.org.

Every Thursday throughout the month of April, the Athenaeum Music and Arts Library will host “Great Museums of the United States” with art historian James W. Grebl, Ph.D. Grebl will lead a virtual tour of some of the most visually stunning, historically significant and artistically rich art museums in America in the series.

Grebl will discuss American museums from large public institutions to intimate private collections, and will focus on a wide array of architectural styles and collections, including everything from Egyptian and Pre-Columbian antiquities to the latest contemporary art. The series will start on April 5, exploring museums specializing in American Art, including the oldest art museum in the United States — the Pennsylvania Academy of the Fine Arts — and one of the newest museums in the country, Crystal Bridges Museum of American Art. The collections of the Smithsonian’s National Museum of American Art and the Whitney Museum in New York will be included.

Point Loma Arts Academy 2012—“Handspun Dreams” Pt. Loma Arts Academy has been engaging children ages 7-13 in a unique hands-on immersion of visual arts, including clay, printmaking, music, guest artists, stories, and delicious homemade snacks...for 12 years! Classes are small with creative teachers, teen assistants, and a soothing atmosphere which keeps our children coming back year after year. The afternoon theater program is designed for drama-loving kids ages 7-15 and will be performing Peter Pan, directed by the talented Billy Stevens. This program is limited to 10 children. Each program is 3 weeks long running from July 9-27 and includes all supplies, daily snacks, and an original t-shirt. The fee for each program is $400. Space is limited. Pre-registration is required. For more info call 619-804-6648 or visit our website: PLARTS.ORG and register today!!!

Join Junior Theatre this summer to experience the wonderful world of Performing Arts. Campers will take classes in acting, dance, & singing. Traditional, Performance & Advanced camps are available in Balboa Park. Junior Theatre also provides K-3rd camps in La Jolla. Camps run June 13-Aug 31. For a list of camp-dates, descriptions & pricing visit JuniorTheatre.com. Register early as our camps fill quickly. San Diego Junior Theatre. For more information contact JuniorTheatre.com or call 619-239-1311.

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For more information contact JuniorTheatre.com or call 619-239-1311.

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Pray that we don’t fall prey

Most of us are working so hard at what we do. Little seems easy right now. Let’s take the National scene. Last time Nancy Gardner around, Obama won the election by taking mostly urban areas in the country. Students and others with free time were based to polling places. It was a very effective campaign run by Acorn. That entity has morphed into a new one with the same plan for 2012. Strangely, has morphed into a new one with that few men are left standing. Will the last man be elected after such public flogging? Pray that we don’t fall prey to the whims of others and we all avail ourselves of the opportunity to voice our choice through our vote. While we are at it, how about electing someone who can go to Washington and not put their hand out? Do you think it could be possible to outlaw Lobbying? How about allowing the House and the Senate to pass any legislation that members can opt out of? How about requiring anyone on public assistance of any kind to be drug tested monthly in order to collect a check and why not cap the number of dependent children custodians can receive monthly $1500 aid checks for at one time? Many collect for 8 or more making $12,000 or more per household monthly. They are being brought not to work. We do a disservice by promulgating that behavior. What if the US ran out of money to pay their taxes? In fact America is on the down side of the Democracy Curve. We now have more people we pay for, than pay into the pot that pays out. According to James Cooper of the Fiscal Times, “For the first time since the Great Depression, households are receiving more income from the government than they are paying the government in taxes”.

Did you know the 3.8% sales tax buried in the Obama Care Health Bill takes effect for any homes sold starting January 2011? Did you know that “Cap and Trade” is a plan to allow businesses and citizens only so many carbon units in a life time? Did you know these will be sold on a new commodity market like stocks? California’s Air Resource Board will distribute our allowances, tradable permits which will be marketable, beginning January 2013? Did you know the 3.8% sales tax is being added to energy, water and gas bills, 12 Sept 2011. Did you know the 3.8% sales tax will be added to everything, from parking to gas, from food to fuel and what happens in 2050 to reduce another 20%. How can that be done while fossil fuels are still so widely relied upon? If Cap and Trade will even apply to light bulbs, who’s to say it will stop there? Taken to the extreme, if a person is no longer allowed carbon units, they will no longer be allowed to breathe out. That would also kill the foliage. Through photosynthesis plants and trees take in carbon and give off the oxygen we breathe. Pray we don’t fall prey.

Want some good news! Whenever you want to know if our economy will be improving, check out construction permits and starts. I have it on good authority they are up in San Diego County. I also can see that there has been ample enough visible and desirable inventory of homes to meet the growing need in our coastal area. Interest rates bobble up and down daily, but remain at all time lows. What does all this mean to you? If you want to sell your home, now is the time. If you want to buy a new residence or investment, now is the time. If you need a loan, put your paperwork together and call a professional. We are funding regularly.

When November comes around, be sure to take the time to vote your preference and pray we don’t fall prey to Shakespeare said in Hamlet, “the sly and arrows... that flesh is heir to.”

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THURSDAY, APRIL 05, 2012
19
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