Riding monsters

Local surfer practices skill and bravery on beastly swells

In the world of extreme thrill seekers, surfers have been increasingly upping the ante. For more than 50 years, the modern era of surfers has always had a select group that chased after the major rush of paddling into and riding truly big, scary and dangerous waves. A number of the early 1950s- and ‘60s-era big-wave riders learned their basic skills riding the reef breaks of La Jolla before attempting to tackle spots like Waimea Bay and the Bank, (an underwater mountain peak 100 miles out to sea off Point Loma that can easily handle 75-foot monster-size waves) and Mavericks near Half Moon Bay. Lessons learned from a few years of tow-ins on these giant waves started motivating a select group of surfers to pursue a more purist form of surfing, using only their paddling strength to launch into these behemoth swells. Emboldened surfers have, of late, been successfully catching and riding monster waves, which, five years ago, were accessed strictly whipped by jet ski into waves once thought too big to paddle into. The last decade saw a quantum leap in paddleboard-performance from surfers who successfully paddled into and rode these waves. The latest crop of paddleboarders includes surfers like Hawaiian Mark Healey who drops vertically down a Mavericks swell.

I thought Mavericks was the scariest wave I had ever seen.

DEdR DUNFEE
SURFER

City Council President Todd Gloria and council members Lorie Zapf and Kevin Faulconer recently announced their resolve to reform the lengthy and expensive permitting process restaurant owners must endure to establish outdoor dining at restaurants. “We live in a beautiful city with fantastic weather, and you shouldn’t have to pay thousands of dollars for a permit to eat outside,” said Faulconer at a press conference at OB Noodle House on Jan. 31.

Under current regulations, even for a small restaurant hoping to add a few tables outside, permitting fees are upward of $12,000 before construction can even begin. In beach communities, the prohibitive fees nearly double due to additional coastal regulations, said Faulconer. The costly, time consuming and, at times, unpredictable permitting process was brought to the attention of the council by the San Diego Chapter of the California Restaurant Association (CRA) last year, leading to a City Council discussion about how to roll back regulations for business owners and ultimately boost the local economy.

According to a local economic analysis at OB Noodle House on Jan. 31, the lengthy and expensive permitting process for outdoor dining at restaurants.

“Lower rates would certainly make outdoor eating more accessible. Current permitting fees are quite onerous for small business owners, I certainly wish the law had been passed before we paid such high fees.”
— Diana Goodhuy, Girard Gourmet

“Any decrease in bureaucracy is always a benefit for small businesses like ours. Anything that can get permit prices down is a good thing. The permitting process is already pretty ridiculous. If they’re going to cut down that red tape, we’re all for it.”
— Doug Tomaz, The Spot

“Part of our business is our view of the water. Sitting outside is great.”
— Shannon Fuentes, Gelateria

“Council may streamline process for outdoor-dining permits

By MARiKO LAMB

The Bishop’s School weighs in on human rights with a week-long celebration.

Learn how to put some excitement back in date night.

A local author puts out her second book, a collection of short stories.

LJTODAY.COM | VOLUME 18, NUMBER 16

COMMUNITY VOICE >>

Preschoolers are learning valuable skills with an early-age athletic program.

Wheelchair-bound dancers are showing off their moves.

The Bishop’s School weighs in on human rights with a week-long celebration.

Learn how to put some excitement back in date night.

A local author puts out her second book, a collection of short stories.

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impact report released by CRA, San Diego’s 3,315 restaurants helped rake in a projected $2.9 billion in gross sales in 2012.

“Restaurants are the No. 1 contributor of taxable retail sales in San Diego,” said Faulconer. “That’s money that we can use to pave roads, clean beaches and keep police and firefighters out doing what they do best. When restaurants and small businesses win, San Diegans win.”

The sidewalk café proposal limits outdoor expansion of a restaurant to a single row of tables within 4 1/2 feet of the building, while still allowing a clear path of travel on the sidewalk without a barrier in between. The Planning Commission will look at the proposed changes in February and the Land Use & Housing Committee will make recommendations on the proposal in March.

With childhood obesity on the rise, residual cuts to grade-school physical education and health programs, and the advent of addictive entertainment technology, some children are straying away from physical exercise and relying more on video games or television to occupy their time.

Sports-based youth fitness provider Amazing Athletes hopes to counter that trend by getting kids off the couch and into an active classroom with year-round programs designed to get children moving through instructional sports activities. The program focuses on preschool-age students as young as 2 years old to help lay a strong foundation of healthy habits from an early age.

“A lot of other programs don’t focus on kids this young, and we’re really starting to get a high obesity rate in kids [aged] two to four,” said Sonja Brummer, owner of four Amazing Athletes franchises in San Diego. “We really want to focus on getting them active and show them that it can be fun to be active.”

Through what she calls “positive play,” Brummer explained the program is neither a classroom environment nor free-play recess. It utilizes the best of both — combining a fun outlet for energy release with educational development and discipline.

“We talk about eating healthy, getting your sleep and eating your fruits and vegetables,” she said. “We incorporate a lot of things from the classroom, too — letters, numbers, colors, animals, some math, sometimes Spanish — so it’s more than just a sports program.”

At Little Steps Christian Preschool on Mt. Soledad, preschoolers take weekly Amazing Athletes classes to develop mental, physical and cognitive skills like hand-eye coordination, following directions, and speed and agility.

“Here we’re not so much teaching them the rules of the game. We’re teaching them how to kick, how to throw,” said Little Steps Preschool owner Courtney Wiegard. “We talk about eating healthy, getting your sleep and eating your fruits and vegetables.”

“Restaurants are the No. 1 contributor of taxable retail sales in San Diego,” said Faulconer. “That’s money that we can use to pave roads, clean beaches and keep police and firefighters out doing what they do best. When restaurants and small businesses win, San Diegans win.”

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Neighbours say project near Pottery Canyon is a massive view impediment

When you look from that position, that is, with respect, a massive structure. It blocks out beautiful views, it’s overpowering ... it’s simply ginormous.

IRWIN BELCHER
CAMINITO BELLO RESIDENT

27 Tips to Drive up the Sale Price of 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 here is a way to help you to be prepared as possible.

In this report you’ll discover how to 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.

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THURSDAY · FEBRUARY 14, 2013

LA JOLLA TODAY

For wheelchair-bound dancers, mobility is a way of life

By MARSHA KAY SEFF

A wheelchair hasn’t kept 29-year-old Lindsey Shaw from learning to dance. Neither has it deterred the Bird Rock resident’s dance-class friends from enjoying the freedom, fun and exercise of gliding their wheels around a polished wooden floor to the sound of upbeat music.

Shaw and the others will showcase their skills in an exhibition by San Diego’s Wheelchair Dancers Organization on Saturday, Feb. 16 from 1 to 5 p.m. at the Balboa Park Club, 2150 Pan American Road West in Balboa Park. “A Perfect Circle — An Adventure on Wheels,” which is free to the public, will also attempt to set a world record for the number of wheelchair dancers and their partners in one event.

The group is expecting more than 40 couples, including “rollers” (wheelchair dancers) and “walkers” (standing partners). In addition to presentations of everything from the Spanish paso doble to interpretative dance, there will be open dancing for everyone that shows up with manual or motorized wheels, as well as those who want to partner with them.

The wheelchair-dance group is searching for sponsors and donations that will defray event costs, as well as help support classes and other activities. The group also needs volunteer walkers, as well as more venues for classes.

“My quest is to inspire other challenged people and show how wheelchair dancing can make a positive impact on one’s body, mind and spirit,” said Beverly Weurding, a dancer before she was diagnosed with muscular dystrophy who founded the Wheelchair Dancers Organization. “There are no limitations, except the ones we place upon ourselves.”

Shaw, who was born with spina bifida and began taking dance classes about six months ago, agreed. She said she doesn’t let her physical challenges get in her way.

In fact, she’s been boxing from her chair for the last seven years and she said she doesn’t think of herself as disabled.

In 2009 with an assist from a ballroom-dance program at Sharp Grossmont Hospital. National grants for the hospital’s rehabilitation center helped expand its wheelchair ballroom-dance program throughout San Diego County and cover costs for 11 custom-built sports wheelchairs. The hospital continues to support local wheelchair-dance lessons.

Joe Torres, organization director and choreographer for this week’s showcase, has been teaching ballroom dance for two decades. He started teaching wheelchair dance almost three years ago after attending an expo and seeing the enthusiasm of the participants.

“I was hooked. I never got that enthusiasm from my other classes,” he said. “It is a really good feeling — and I like feeling good.”

He points out that wheelchair dancing offers such physical benefits as increased strength, endurance and range of motion, as well as greater emotional well being.

Torres, who thinks of himself as the “dance whisperer,” teaches wheelchair dance Mondays from 5 to 6 p.m. at Better Life Mobility, 8130 Parkway Drive; Thursdays from 11 a.m. to noon at the War Memorial Building, 3325 Zoo Drive, at the north end of the Zoo parking lot; and Saturdays from 11 a.m. to noon at Dance for 2, 7528
Who is establishing official positions and opinions for the LJCPA?

The city of San Diego has determined that since the La Jolla Community Planning Association is an advisory body created by an action of the City Council, the LJCPA is subject to (1) California’s Open Meeting Law, the Ralph M. Brown Act (“Brown Act”); (ii) San Diego City Council Policy 600-20; and (iii) the city-approved bylaws of the LJCPA. Each of the above documents gives our community group trustees a clear direction how to precisely, openly and fairly conduct the business of our community.

Despite being subject to the above regulations, LJCPA trustees continue to perform the business of our community using unauthorized policies and procedures. They do this even though the City Attorney’s Office and the San Diego Development Services Department have strongly recommended the trustees to memorialize their policies and procedures into their city-approved bylaws, thereby assuring compliance with all of the above-mentioned regulations.

The most recent infraction of our community group occurred on Feb. 4 with the filing of an environmental determination appeal of a project at 128 Virginia Way. The appeal was filed by the group’s president, Tony Cristafi, three days prior to the LJCPA’s publicly noticed Feb. 7 meeting.

The appeal was filed in violation of the Brown Act, City Council Policy 600-24, Information Bulletin 620 and the LJCPA’s city-approved bylaws, each of which clearly states there must be open discussions and voting by the LJCPA prior to taking an action.

To further compound the infraction, the trustees voted to ratify the appeal without public comment or discussion regarding the reasons listed on the environmental determination appeal application filed by Mr. Cristafi.

There was also a second appeal filed on Feb. 4 of the environmental determination of the same project. This appeal was filed by attorney Julie Hamilton. Her clients include No Three Determination of the same project. This appeal was filed by Ms. Hamilton.

Mr. Cristafi, who is actually establishing the official positions and opinions for the LJCPA trustees?

Bob Whitney
La Jolla Association

Appreciation for mayor’s moves to protect the seals

Mike Pickert
Thank you so much for approving the installation of the seal camera at Children’s Pool Beach! What an incredible educational opportunity for people from all over the world to see harbor seals in a natural, yet urban environment.

Although I am grateful that you have lengthened the rope line to 1.52 feet, correcting the error from last season, some people, often encouraged by the professional harassers and their friends, do not adhere to the guideline viewing requirements and cross the rope, disturbing many of the pregnant female seals from critical resting.

In past years of the pupping season, the first births took place at the end of January. If people occupy the beach close to the waterline, the seals will not be able to haul out. As a result, there will not be a place to deliver and nurse their pups which can cause infant mortality rates to rise. If the distance requirements are enforced, we will have a pupping season that will amaze viewers far and wide.

Thank you for caring and taking action to protect the seals. Your noble actions are appreciated by so many of us who love the seals!

Deborah Saracini
Del Mar

I have just been hired to replace someone who seemed to have had no faults and was well liked and respected in the company. It may look like an impossible act to follow. But there are strategies for handling succession issues.

You do have a challenge ahead of you, but by understanding the dynamics, you can plan an entry strategy that will make it easier. When a well-loved manager leaves, employees may feel abandoned. They are suffering the loss of a leader, perhaps a friend, someone whose management style is familiar and whose expectations, standards and values are known.

Such employees will find it hard to accept the replacement. If the newcomer arrives soon after the predecessor’s departure, if no separation procedure took place and if the emotional costs are not well understood, everyone will have a hard time with the change. In a way, as the new person, you can never take the place of the favorite who came before.

Intuitively, you wish that person never existed. However, you should honor that person while making your own dna and carving out your own niche.

Never disparage your predecessor’s accomplishments. Your new coworkers will be more loyal to the person who left than to you, and any undue criticism may brand you as the enemy. If, as a new manager, you are in a position to make changes and wish to do so, invoke the spirit of the respected predecessor. You might suggest that your program “builds on” the work done before and is probably what would have been done if he or she had continued.

On occasion, you can check the changes with the person who left and thereby receive his or her blessings. The changes you recommend can then bring credit to both of you, preparing your group for transition to your ways of thinking. Use accomplishments of the past as a standard, such as:

“The short time it took you to change production line last summer under Smith set a new standard for all of us to meet.”

You also can ask, “How would Smith have done it?”

When a well-loved manager leaves, employees may feel abandoned. They are suffering the loss of a leader, perhaps a friend, someone whose management style is familiar and whose expectations, standards and values are known.

Asking for information does not oblige you to do the job in the same way, but it does show that you respect Smith’s competence, as well as the group’s, and that you want to take full advantage of it. You can continue to invent, so that you are not controlled by the past and destined to repeat it, by asking: “Now what can we do to improve? Do we have different circumstances now that we must take into consideration?”

Most people you meet in the company will put their best foot forward. Tension and difficulties often are concealed or minimized. You will have to be alert to subtle cues of strained relationships, territorialism, cliques, power centers and the feelings people have about the person you are replacing.

How do you find out what you want to know? Ask questions. Pay attention to the way in which people talk about themselves and others. If you have the opportunity to see people interacting, watch how they treat each other. Here are some questions you may want to ask:

Tell me about the person I am replacing.

What was he best known for?

What were some of the problems?

How did she deal with them?

Engaging employees keeps them not only involved, but also committed to the team. Only then can they become real partners with you.
The Bishop’s School explores a world without borders

By KENDRA HARTMANN

The week of Feb. 4-8 brought new “borders” to The Bishop’s School.

Students celebrated Human Rights Week with exhibits exploring the borders that inhibit self-expression, dignity and basic human rights in various groups: in the school, the community, nationally and globally. The week highlighted the debates and controversies that underpin the importance of such borders.

Each day, students examined new issues of human rights. On Feb. 6, the theme was gender and sexuality borders, with a panel discussion led by faculty from UCSD, as well as an interfaith dialogue on issues of gender and sexuality.

Racial and religious borders were explored on Feb. 7 with “GlobeFest,” during which 11 pavilions were set up on school grounds to showcase regions of the world representing the heritage of Bishop’s community, complete with food, border-crossing stories and cultural items.

Kip Fulbeck, artist, spoken-word performer, author and filmmaker, provided the keynote speech on Feb. 8, exploring multiracial identity. Fulbeck, who has been featured on CNN, MTV, The Today Show and PBS, is a professor of art at UC Santa Barbara.

The entire Human Rights Week event, whose purpose was to identify and break down discriminatory boundaries, was organized by a committee of students: seniors Kaleb Crawford, Eamon Johnston, Hope Sailer, Melissa Zucker; and juniors Alex Kilman, Kamran Jamil, Lily Mojdehi; as well as faculty advisor David Moseley.

Above left, students were encouraged to wear clothing to school on Feb. 7 that represented their heritage for “GlobeFest.” Cultural pavilions featured artifacts like musical instruments. Above, Carol Barry, right, tries her hand at making rice cakes in the school’s Japan/Korea pavilion. Courtesy photos.
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With the recent developments at San Diego Hospice (SDH) — starting with a Medicare audit questioning how the organization qualifies patients for reimbursement and ending with SDH applying for Chapter 11 bankruptcy on Feb. 4 — San Diego has been left to wonder what will become of the hospice care that was once so readily available.

Swooping in to answer that question is one of the region’s largest health-care providers, Scripps Health. With SDH’s ongoing investigation and resultant downsizing, Scripps — the largest referral source for SDH — has stepped in to become a new hospice care source for SDH’s patients — Horizon’s existing patients — Horizon’s existing patients — almost immediately, as opposed to the delay that could have taken up the patients being cared for in hospice and we wanted to make sure together that their care would not be disrupted in any way.”

CHRIS VAN GORDER, CEO, SCRIPPS HEALTH

to a year.

“We were concerned that San Diego Hospice’s challenges might not permit a long ramp up and licensing process, so that’s why we purchased a hospice instead,” Van Gorder said. “Now we have the licensure in place already.”

As to the question of how SDH, the state’s largest hospice, found itself in this situation in the first place — and how other providers can assure they don’t suffer a similar fate — Van Gorder admitted “there are individuals concerned about the rigid rules Medicare has set up around patients that qualify for hospice care.”

“But the way I look at it is that rules are rules,” he said. “There are a lot of hospice organizations around the country that are following the rules, and it requires a lot of administrative and clinical oversight. And who knows — maybe the rules will change over time. But our responsibility — and we’re a heavily regulated industry, and that’s the reason we have a significant compliance department — is to make sure we do everything we can to follow the guidelines set up by the government.”

In the meantime, Horizon, which was operating as a for-profit hospice, will eventually be converted to a not-for-profit organization over the next few months. Presently, Scripps has only Horizon’s existing patients in its care, but the relative quick nature of the purchase means it now has the ability to begin accepting new patients — including those who may otherwise have been turned away from SDH.

“Obviously, this is not something we were planning on doing,” Van Gorder said. “But we try to do everything we do well, and we will do that in this case, as well. And, of course, we will be monitoring the developments at San Diego Hospice closely, just as rest of community will.”

For more information, visit www.scripps.org.
Love is in the air

Valentine’s Day comes around once a year to remind us that romance is still alive. So we mark the day, buy some roses or chocolate and take our significant other — or our fellow single friends — out to dinner. But do we — or should we — really need this annual reminder? Some might even argue that these days Valentine’s Day merely serves as a way for greeting-card companies to make money and spouses in the doghouse to make up for a year’s worth of relationship faux pas.

So what keeps us from celebrating romance every day — or at least several days — of the year? Could it be that perhaps couples, especially those who have shared many years together, have run out of ways to show their commitment? Have we for-at least several days — of the year? Could it be that perhaps couples make up for a year’s worth of relationship faux pas.

For those who feel like they’re tapped out of ideas for showing their other half a good time, here’s a one-stop resource for putting together the perfect date, categorized by relationship personality.

Are you and your mate adventurous? Do you crave speed — in the form of extreme sports or off-the-beaten-path experiences — in your relationship? Or are you the arty types, who like to wander through museums and galleries, in search of that inspiring work of art or that perfect complement to your collection? Perhaps you are a casual couple, who prefers an easy night out with a good movie and some grub from one of the neighborhood’s newest eateries, or maybe you two came together because of your love of all things gourmet, and a perfect date includes exploring some avant-garde menu creations or even an experience where you can learn some new tricks in the kitchen for yourselves. Whatever your shared predilections, you’ll find below an entire day’s date devoted to each relationship personality. Mix and match them if you find activities from more than one category fit you and your mate’s disposition. Or, if you don’t have an entire day, take one or two activities and save the rest for later. Whatever you do, set aside some time to take out your significant other — and it doesn’t have to be on Valentine’s Day. After all, we don’t need a holiday to appreciate each other — just finding each other in a world of 7 billion people ought to be enough.

The ARTSY couple

Perhaps you and your partner enjoy nothing so much as browsing art galleries or taking in the latest exhibit at any of the city’s great museums. Here’s a possible itinerary to satisfy your need for culture:

NOON — Have a leisurely lunch at La Jolla’s Museum of Contemporary Art. This art-proximate café will give you needed sustenance for your day of walking through exhibits.

1:30 p.m. — After lunch, head into the museum to see the latest installments. *Note: If your date happens to fall on the first Thursday of the month, save this until the evening, when the museum is free from 5 to 7 p.m.

4 p.m. — If you haven’t gotten your fill of art (and when do we ever?), head on over to the concentration of art galleries in the Village. Be sure to check out Madison Gallery, Contemporary Fine Arts, Legends Gallery, Quint Contemporary Art, R.B. Stevenson, Martin Lawrence and countless other art havens. Check individual galleries for when opening exhibits might be happening. You could score some face time with some of the featured artists.

6 p.m. — Head on over to Taco Surf for some drinks, tapas and live music at Café-Bar Europa. Jazz always goes with a day of art.

7:30 p.m. — If you’re still up for some artistic action, head over to La Jolla Playhouse for some staged art. (Tickets recommended in advance)

The ADVENTUROUS couple

Craving some high-flying adventure with your date? La Jolla offers all kinds of extreme experiences to get your blood flowing. Check this date for the never-boring couple:

NOON — Arrive at the Torrey Pines Glider Port with a packed picnic lunch. Enjoy the awesome scenery while you wait for the ideal winds to pick up for the hang-gliding adventure of your life (winds are usually best between 1 and 3 p.m.).

2:30 p.m. — Head down the beach to La Jolla Shores, where you have your pick of dozens of kayaking companies. See the caves or enjoy the open water in a quintessential La Jolla experience.

5 p.m. — As you might be a bit peckish by now, head to The Promiscuous Fork at 6984 La Jolla Blvd. It’s sure to satisfy your adventurous cravings.

10:30 p.m. — If you’re still awake after your high-octane day, check out Birch Aquarium’s grunion run on the beach for some educational adventure. (Check times of year)

The GOURMAND couple

If you and your significant other love to make food, talk about food, consume food or learn about food, here’s the ideal romantic outing:

NOON to 4 p.m. — Take a culinary tour of La Jolla. The area has cuisine from every culture and price range imaginable. Hit up a variety of places, like Brookton Villa (perfect for the start of the day, with its world-famous Toast Coasti, Herringbone, The Marine Room, George’s, Kitima Extraordinary Thai, Finch’s, Trulucks, and so on. Be sure to opt for small plates so you don’t fill up too fast!

4:30 p.m. — If you’re looking for some new gear to outfit your state-of-the-art kitchen (or if you just enjoy window shopping), take some time to browse the offerings at places like Sur La Table and Williams Sonoma.

6 p.m. — Okay, you’ve tasted the gourmet food, now learn to cook it. Take a cooking class at any of La Jolla’s many venues: Cups La Jolla, Harvard Cooking Girl or LaJollaCooks4U are just some.

COMMUNITY VOICE >> What’s your ideal date?

“I love the beach, so it should be something outside. I imagine my guy having a table with two glasses of wine, chocolates, candies and maybe a card. Hopefully this will turn into a reality one day.”

— Mary Mangione

“My husband and I just love getting away by ourselves. It just kicks it up a notch.”

— Sue Hardman

“Simply a Wednesday night consisting of pizza and beer.” (Though if she were shooting for the stars, “a hot air balloon ride in Thailand.”)

— Hailey (Clippinger)

“A picnic in the park.”

— Rafa Mwais

“My husband and I just love getting away by ourselves. It just kicks it up a notch.”

— Sue Hardman

“If you haven’t gotten your fill of art (and when do we ever?), head on over to the concentration of art galleries in the Village. Be sure to check out Madison Gallery, Contemporary Fine Arts, Legends Gallery, Quint Contemporary Art, R.B. Stevenson, Martin Lawrence and countless other art havens. Check individual galleries for when opening exhibits might be happening. You could score some face time with some of the featured artists.”

— Rafa Mwais
Heart disease, while historical- ly thought of as a men’s prob- lem, is in fact the No. 1 killer of women, more deadly than all forms of cancer combined. Accordingly, the American Heart Association (AHA) instituted its “Go Red for Women” movement 10 years ago to raise awareness of the problem, help fund medical research and educate women about what they can do to help themselves. As a result, large numbers of women have made healthy behavior changes, more than 627,000 women have been served from heart disease and 330 fewer women are dying per day.

To celebrate the movement’s 10th anniversary, about 650 people—mostly women dressed in red—gathered at the Hilton La Jolla Torrey Pines last week for “An Affair of the Heart.” Chaired by Lori DeMaria and Reena Horowitz, the event began with a two-hour “expo” offering heart-health information and screenings so women could have their glucose, cholesterol and blood pressure measured, because “knowing one’s numbers” facilitates making the right lifestyle choices. Guests also enjoyed a big silent auction and champagne served with raspberries. A tasty, but healthy, lunch was served, and models took the runway for an energetic and colorful Zandra Rhodes fashion show featuring fabulous designs and great music. Five of the enthusiastic models were heart attack and stroke survivors, now quite healthy and carrying red helium balloons. Near the show’s conclusion, models stroked thousands of festive red poppies along the runway before designer Rhodes joined all the models for a final parade.

Emcee Barbara-Lee Edwards and the event co-chairs continued the program. They called attention to the red business-card cases each participant had received, with a special card listing heart attack and stroke warning signs for easy reference.

Five amazing, talented, generous honorees were introduced. Each of these legendary women of the heart—Betty Beyster, Marye Anne Fox, Joan Jacobs, Jeanne Jones and Darlene Shiley—stood and received a bouquet of flowers and hearty applause. In a video, they each gave encouraging advice about staying heart-healthy.

Melissa Mitchell gave the keynote address. She told her personal story, relating the discovery of her own dangerous congenital heart condi- tion, and subsequently those of her young son and daughter. Her touching and emotional account of their complex and difficult treatments illustrated the importance of the medical research funded largely by AHA. Fortunately, there’s a happy ending—all are doing quite well today, and her children joined her on stage, much to the audience’s delight.

Melissa encouraged listeners to pledge donations to AHA to fund research and prevention programs, and said that her own family had collected $2,50 to donate. Overall, AHA hopes to raise $400,000 to $500,000 through this event to fund research in San Diego. Their next fundraiser is the annual Heart Beach Ball, happening June 8 at the Hotel Del Coronado.

Porter’s Pub is one of La Jolla’s best hidden secrets

While it’s known for its exceptional musical acts and microbrews, what people may not know is this: when you visit this pub, you will be getting not only a great drink and some fabulous musical entertainment—but, as the owner Stefan says, “You come here, you’re gonna get love!” This bar cares about people, cares about musi- cians, and cares if you’re having a bad day. Established in 1993 in the heart of UCSD, Porter’s Pub has become a local landmark. Committed to staying with the current trends, they have a beer list of over 400 and some fabulous musical entertainment—but, as the owner Stefan says, “You come here, you’re gonna get love!” This bar cares about people, cares about music, and cares if you’re having a bad day.
Local author takes readers on international journey with short story collection

By BART MENDOZA

Longtime La Jolla resident Anne Ring is offering up a slice of life. Several slices, in fact, with the release of her second book, “A Summer in the Hills, and Other Stories.”

A collection of short stories all taking place between 1940 and 1980 and set in India, England, Ireland and the U.S., the book depicts vignettes of different women of different ages — though it’s not a coincidence that all the featured locales figure big in the author’s life. The stories themselves are not autobiographical, but moments in Ring’s life are not autobiographical, but moments in Ring’s life —
dramatized them if you like,” she said. “The stories in the book really came from my imagination rather than real life — although I did, of course, use certain circumstances, places and people as props.”

A native of London, England, who spent part of her childhood in India, Ring arrived here in the early 1960s. “I left London in the dim and distant past. I remember it was raining when I left so the contrast when I first saw La Jolla was incredible, as you can imagine,” Ring said. “But it was also a shock because I was used to the hustle and bustle of everyday life in London and by comparison La Jolla was like a little village in the heart of the English countryside.”

Her time spent in India as a child — her father’s regiment was stationed there — is indelibly etched in her mind. It was also the place where she was first bitten by the writing bug.

“When we left India I was 9 years old, so you see the memories I have of living in India are still very vivid,” she said. “I remember writing little poems when I was at school in India and certainly by the age of 14 I was writing little stories.”

Until fairly recently, Ring has never bothered to save much of her work — “I just chucked them out,” she said. “I left London in the dim and distant past. I remember it was raining when I left so the contrast when I first saw La Jolla was incredible, as you can imagine,” Ring said. “But it was also a shock because I was used to the hustle and bustle of everyday life in London and by comparison La Jolla was like a little village in the heart of the English countryside.”

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Until fairly recently, Ring has never bothered to save much of her work — “I just chucked them out,” she said. She did, however, hold on to the stories that comprise “A Summer in the Hills,” and seeing them in print, she said, provided a much-needed sense of relief, “because I’d been carrying them around in my head for years and they got in the way when I was trying to write other things. So now they are out of my head and into a book and I can go on to other things.”

Ring will discuss and sign her book at Warwick’s, 7812 Girard Ave., during the bookstore’s “Weekend with Locals” event on Sunday, Feb. 24 from noon to 2 p.m. For more information or to find other “Weekend with Locals” events, visit www.warwicks.com.

ARTS TODAY

YOUNG ARTISTS RECOGNIZED — The La Jolla Symphony & Chorus announced the winners of its 53rd annual Young Artists Competition, which was held Jan. 26 at UCSD. Twenty-six contestants, ages 14 to 28, from San Diego County and Baja California competed for cash prizes in vocal and instrumental categories. For a list of winners, visit www.lajollasymphony.com/education/young_artist_competition.php.

DON JUAN ON STAGE AND CANVAS — As part of San Diego Ballet’s new concept, “arts supporting arts,” artist Anila Lewis will exhibit “Dance Moments of Don Juan” — a collection of contemporary abstract paintings inspired by the story — premiering alongside the opening night of San Diego Ballet’s “Don Juan” on Feb. 14 at 7:30 p.m. at the Lyceum Theatre, 79 Horton Plaza, and runs through Feb. 17. For tickets call (619) 544-1000.

LA JOLLA YOUTH INTERPRET JUDY BLUME — La Jolla’s Anna Kate Skillman, Luke Garbacz and Zoe Trudeau are among the students performing in San Diego Junior Theatre’s “Tales of a Fourth Grade Nothing,” based on Judy Blume’s book of the same name and running March 1-17 at Balboa Park’s Casa del Prado Theater on Fridays at 7 p.m. and weekends at 2 p.m. For tickets, visit juniorthetre.com or call (619) 239-8355.

PLAYHOUSE POP TOUR — The La Jolla Playhouse announced the cast and creative team for the theater’s 2013 Performance Outreach Program (POP) Tour production, “A Lonely Boy’s Guide to Survival (And Werewolves).” The play will be performed at 53 schools across the county, as well as during performances at the Playhouse on April 6 and 7. For tickets or more information, visit www.lajollaplayhouse.org/sexpop-tour-2013.

ART GOES ELECTRONIC — Quint Contemporary Art, located at 7457 Girard Ave., announced its online store is now open, making it easier for art lovers to browse and buy from the comfort of their own home. Visit quintgallery.com.
Fifteen adventurous foodies set off on a guided gastronomic tour through La Jolla on Jan. 29, getting a taste of the sumptuous flavors Village restaurants have to offer. The journey set forth as the San Diego debut of Dishcrawl, a San Jose-based walking food tour business that has expanded its tour offerings to the great food capitals of the nation.

Participants were at the beck and call of hostess Marciana Flores as she guided her hungry guests through the streets of La Jolla, stopping at four of the Village’s tastiest restaurants along the way. The restaurants and food offerings were kept under wraps until the group reached each destination, allowing guests to enjoy a mini surprise at each turn. From sips of local craft brew to sips of local wine, the culinary tour offered a taste of the sumptuous flavors Village restaurants have to offer. Each restaurant offered a mini surprise at each turn, kept under wraps until the group reached each destination, allowing guests to enjoy a mini surprise at each turn. From sips of local craft brew to sips of local wine, the culinary tour offered a taste of the sumptuous flavors Village restaurants have to offer. Each restaurant offered a mini surprise at each turn, kept under wraps until the group reached each destination, allowing guests to enjoy a mini surprise at each turn. From sips of local craft brew to sips of local wine, the culinary tour offered a taste of the sumptuous flavors Village restaurants have to offer. Each restaurant offered a mini surprise at each turn, kept under wraps until the group reached each destination, allowing guests to enjoy a mini surprise at each turn. From sips of local craft brew to sips of local wine, the culinary tour offered a taste of the sumptuous flavors Village restaurants have to offer. Each restaurant offered a mini surprise at each turn, kept under wraps until the group reached each destination, allowing guests to enjoy a mini surprise at each turn. From sips of local craft brew to sips of local wine, the culinary tour offered a taste of the sumptuous flavors Village restaurants have to offer. Each restaurant offered a mini surprise at each turn, kept under wraps until the group reached each destination, allowing guests to enjoy a mini surprise at each turn. From sips of local craft brew to sips of local wine, the culinary tour offered a taste of the sumptuous flavors Village restaurants have to offer. Each restaurant offered a mini surprise at each turn, kept under wraps until the group reached each destination, allowing guests to enjoy a mini surprise at each turn. From sips of local craft brew to sips of local wine, the culinary tour offered a taste of the sumptuous flavors Village restaurants have to offer. Each restaurant offered a mini surprise at each turn, kept under wraps until the group reached each destination, allowing guests to enjoy a mini surprise at each turn. From sips of local craft brew to sips of local wine, the culinary tour offered a taste of the sumptuous flavors Village restaurants have to offer. Each restaurant offered a mini surprise at each turn, kept under wraps until the group reached each destination, allowing guests to enjoy a mini surprise at each turn.

In case you missed it, Dishcrawl San Diego’s next escapade will take guests on a venture through Hillcrest on Feb. 20 at 7 p.m. Tickets to the event are $45. For more information or to purchase tickets, visit www.dishcrawl.com/sandiego or call (418) 506-9660.

**Dishcrawl sends foodies on gastronomic adventure**

Photos and text by MARIKO LAMB

**Kaiserhof Restaurant**

Kaiserhof is a great family owned and operated German restaurant. Be sure to join us in February for viension, oxtail or duck. A German restaurant would not be complete without wiener schnitzel or jager schnitzel. It doesn’t get much better than the “wurstplatte” which includes: bratwurst, knackwurst and bavrmwurst with sauerkraut and red potatoes and a good German beer. American style entrees include broiled lobster tail, grilled halibut steak, poached salmon filet with hollandaise, filet mignon Madagascar with pepper corn/brandy sauce, or a New York strip steak. Dine in or enjoy the beer garden, a lovely outdoor heated area where you can sip a German brew and enjoy a traditional German and American meal. Pull bar available.

(619) 224-0606

www.kaiserhofrestaurant.com

**Froglanders**

Froglander’s has been satisfying yogurt lovers’ cravings for over 26 years. In addition to the best yogurt in town, they also serve acia bowls, banana splits and yogurt pie. You’ll find eight flavors everyday. Plus they offer over 50 different yogurt toppings including fresh fruit. La Jolla students receive a 20% DISCOUNT. Open late. Friday - Saturday 11 AM - 10:30 PM and Sunday–Thursday 11 AM-9:30 PM.

**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 eatery’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 entrée.

**The Broken Yolk Café**

The Broken Yolk Café offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are over 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 ½ pound burgers or one of our large sandwiches.

**French Gourmet**

Our award-winning restaurant offers California-influenced French cuisine in a quaint countryside environment. We are a favorite of locals who appreciate the value of our menu and extensive wine list. Stop by our bakery for a sandwich or pastry to-go! It’s always a delicious day at The French Gourmet! (858) 488-1725, 960 Turquoise St, La Jolla, CA.

www.thefrenchgourmet.com
Live music calendar

By BART MENDOZA

Thursday, Feb. 14

Jazz Mikan, 6 p.m., Eddie V’s
Jonathan Karrnt, 6 p.m., La Valencia
Tad Sisler, 7 p.m., Manhattan of La Jolla
Latin Jazz Crew, 7:30 p.m., Café-Bar Europa
Lotus, DJ night, 8 p.m., Barfly
János Négyesy, violin concert, 8 p.m., CPMC
Concert Hall, UCSD

Friday, Feb. 15

Tomcat Courtney, 6 p.m., Café-Bar Europa
David Patrone, 6 p.m., La Valencia
AJ DeGrasse Trio, 7 p.m., Eddie V’s
Real Things Are Good, 7 p.m., Che Café
Mercedes Moore, 6 p.m., The Marine Room
Tad Sisler, 8 p.m., Manhattan of La Jolla
FUnksamental Fridays, 8 p.m., Barfly
AfroJazziacs, 9 p.m., Café-Bar Europa
Boondock Brothers, indie rock, 9:30 p.m., Porter’s Pub, UCSD

Saturday, Feb. 16

Tomcat Courtney, 6 p.m., Café-Bar Europa
Kova, standards, 6 p.m., La Valencia
Freddie A Dream Trio, 7 p.m., Eddie V’s
Sweet Dreams, 7 p.m., Marine Room
Tad Sisler, 8 p.m., Manhattan of La Jolla
Superstar Saturdays, DJ night, 8 p.m., Barfly
Peligroso Caramels, Latin jazz, 9 p.m., Café-Bar Europa

Sunday, Feb. 17

Chris Cerna, 3:30 p.m., La Valencia
Sounds Like Four, 4 p.m., Café-Bar Europa
John Cain, 5 p.m., Eddie V’s
Big Boss Bubale, rock and Euro jazz, 7 p.m., Café-Bar Europa
Reivers, indie rock, 7 p.m., Che Café

Monday, Feb. 18

Chris Cerna, 3:30 p.m., La Valencia
Ibrahim Senegal, traditional African music, 4:30 p.m., Café-Bar Europa
John Cain, piano jazz, 5 p.m., Eddie V’s
Trio Neo, jazz, 7 p.m., Café-Bar Europa

Tuesday, Feb. 19

Chris Cerna, 3:30 p.m., La Valencia
Ibrahim Senegal, 4:30 p.m., Café-Bar Europa
Freddie A Dream Trio, 5 p.m., Eddie V’s
AfroJazziacs, Latin and Brazilian jazz, 7:30 p.m., Café-Bar Europa

Wednesday, Feb. 20

Freddie A Dream Trio, piano jazz, 6 p.m., Eddie V’s
Tomcat Courtney, 6:30 p.m., Café-Bar Europa

There are lots of really good pianists in San Diego, but few are as entertaining as Sue Palmer, who performs at the La Jolla Beach & Tennis Club on Valentine’s Day at 6 p.m., She’s best known for accompanying brassy blues diva Candy Kane or playing with her Motel Swing Orchestra, but for this gig she’ll be in trio mode. With 10 albums to her credit, Palmer has no shortage of material, but even beyond that she’s practically a human jukebox, with knowledge of everything from torch songs to boogie woogie. This intimate gig will provide a top-notch soundtrack to your romantic Valentine’s outing.

Thursday, Feb. 14 — Sue Palmer
Trio, La Jolla Beach and Tennis Club, 2000 Spindrift Drive, 6 to 9 p.m.

MUST HEAR >>

Please join us for the annual Sea.Sky.Sun Celebrations
Sunday, March 3rd • 4-7 p.m.

You are invited to attend the annual “Sea. Sky. Sun. Celebrations” at The Inn at Sunset Cliffs. This event caters to friends, families, and brides and grooms to come view this beautiful location with a few personally suggested vendors displaying their services on-site. You will have the opportunity to view our property fully setup for your wedding. Complete ceremony packages will be displayed with decorations from our suggested designers. Grab a few samples and tour our property for your wedding or future stay. There will be a Golf Giveaway for the grooms – a Hole-in-One contest. RSVP now for your chance to win a GRAND GIVEAWAY! We will also be giving away free nights throughout the evening. All attendees will be entered to win!

RSVP to: weddings@innatsunsetcliffs.com or call (619) 222-7901
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HEALTH BRIEFS >>

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February Specials

Couples Pilates: Wondering if you can rekindle that fire in your relationship? Create a lasting, health-conscious and energy-shifting commitment to your partner with a White Light Pilates Couples Package!

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White Light Pilates

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Offers good until 02/28/13 and for new clients only.
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Nicole Zetouna enjoying ‘Step 3’ of her 15 minute workout.

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Aesthetic Plastic Surgery
Face
Face Lift Surgery
Neck Lift Surgery
Brow Lift Surgery
Nose Surgery
Eye Lid Surgery
Chin Surgery
Cheek Surgery
Lip Enhancement Surgery
Earlobe Repair
Facial Implants
Skin Cancer Surgery
Facial Liposuction
Women’s Surgery
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Breast Lift
Breast Reduction
Braziillian Butt Lift
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Meet La Jolla TODAY’s newest columnists: Charles Schevker and Natasha Alexander.

Charles and Natasha have been a vital part of the local real estate community, and are active in the La Jolla Town Council.

Charles is also a non-practicing certified public accountant who, prior to his involvement in real estate, worked as a CFO for a Fortune 100 company. Natasha is a former high school teacher with a bachelor’s degree in physics and mathematics. For the past 14 years, Alexander has also been an options trader with stock market derivatives.

If you are considering purchasing a condominium, a club dominium, a townhouse or even a single-family detached home within a private community, you may come face-to-face with the HOA — homeowner’s association. In certain areas of San Diego, and particularly in La Jolla, HOAs are dominant. In fact, San Diego County claims more than 6,500 HOAs operate for the benefit of their respective housing communities.

A homeowner’s association is a legal entity, originally created by the builder. The intent is somewhat self-governing, giving the powers to the condominium owners to collect fees, maintain common areas, enforce maintenance and design standards, hire property managers and enforce CC&Rs (covenants, conditions and restrictions).

Some owners love the HOA because it enforces consistency and uniformity regarding exterior appearances, while others protest that the rules restrict personal expression. Regardless, most owners living with an HOA do enjoy paying someone else to manage, maintain and upkeep the exterior and common areas.

Sometime before the close of escrow, you will receive a set of HOA documents, which will likely be 100 pages or more, and may at first appear to be intimidating. As with all real estate-related documents, it is critical to review and understand these documents. These are not to be placed in a sealed moving box, not to be read for months or years to come. The HOA documents will typically include (1) bylaws and original charter; (2) history of changes or modifications and the respective voting status; (3) recent months’ financial statements; and (4) CC&Rs.

HOA rules and regulations apply equally to each owner, and they are not negotiable, nor can they be modified to suit the whims of each owner. One way to change the HOAs in the future is to actively participate on the board of directors and petition for change and to present the changes for a majority vote. Probably the three most important sections of the full set of HOA documents are the financial statements, CC&Rs and any current or pending legal actions.

The financial statements generally are not difficult to understand. If in doubt, however, seek out an accountant or someone you trust to interpret them for you. You want to understand the sources of funds (i.e., where the money is coming from — monthly fees, increases, decreases and owner defaults or delinquencies) and the application of funds — who gets them and how much is spent.

It is important to note sufficient funds to pay for operating expenses, and that there is sufficient excess to contribute to the reserve account. The reserve account is where many HOAs have difficulty. The reserve is nothing more than the equivalent of a savings account where funds are being accumulated to adequately pay for large, lesser-recurring events like elevator and roof replacement, pool and spa resurfacing, lobby upgrades, etc. If at some point in the future, the reserve account is inadequate or if a significant and unexpected expense arises, the HOA may levy a special assessment against each owner. This may take the form of a one-time lump-sum cash assessment or a pro-rated increase added to future monthly fees, until such time as the deficit is eliminated.

The CC&Rs are a set of governing rules that apply to the use or restricted use and access of common areas, with regard to parking spaces, pool and spa regulations, use of social or meeting rooms, rental terms (should owners choose to rent their units), window and door designs, exterior paint colors, interior construction or remodeling, etc.

These rules generally apply to owners, visitors and renters.

Lastly, you want to search the documents for any notification of legal action (past, present or pending) and any complaints, especially those related to defects voiced by owners. Each of these may suggest a future liability — and any liability represents the likelihood of additional costs to the owners.

Love them or hate them: HOAs

Charles Schevker & Natasha Alexander

Meet La Jolla TODAY’s newest columnists: Charles Schevker and Natasha Alexander.

Charles and Natasha have been a vital part of the local real estate community, and are active in the La Jolla Town Council.

Charles is also a non-practicing certified public accountant who, prior to his involvement in real estate, worked as a CFO for a Fortune 100 company. Natasha is a former high school teacher with a bachelor’s degree in physics and mathematics. For the past 14 years, Alexander has also been an options trader with stock market derivatives.
CIVIC REPORT

Bird Rock Community Council, Feb. 5

By DAVE SCHWAB

The county’s tax assessor told Bird Rock residents real-estate values have begun to rise again, but extremely slowly because of the lack of inventory on the market. "I was elected in 2010 and I reorganized to be more efficient, reopening two offices that had been closed putting all our forms online so there are no lines in our offices," Ennie Dronenburg told the Bird Rock Community Council (BRCC) on Jan. 5 at the advisory group’s monthly meeting at Voci Del Mare Restaurant.

Dronenburg discussed the status of real estate values and what to look forward to.

Head of the San Diego County Tax Assessor’s Office, Dronenburg oversees a department with five offices and scores of employees in charge of valuation assessments for 987,000 real estate parcels countywide recording 939,000 legal documents totaling more than 3.5 million pages.

Dronenburg said homeowners can fill out forms online to appeal their properties’ value having it reappraised these days.

"There’s no obligation, no cost, you just fill the form in and use three comparables (similar properties)," he said. "It used to take two years for people to find out whether or not their (valuation) appeal was granted," a time interval which has since been halved, he said.

"This year our appeals are down almost 30 percent from last year," he said. "We get people answers and we get them quickly.

"The real-estate market has reached a valuation turnaround, Dronenburg said, but he offered this caveat: "It’s going to go up real slow, really slow," adding the ‘drug on the market is the lack of supply — not a lack of demand.

Dronenberg said there’s a preponderance of “phantom inventory” — homes in financial limbo in between when they go into default and are foreclosed on and resubmitted by banks — continuing to be a drag on the market.

Another problem, he noted, is people whose homes are “under water” (valued at less than what’s owed on them).

"Historically when you come out of a recession, there’s a big raise in housing prices through inflation," he said, adding that scenario is yet to happen since the 2008 real estate downturn.

"The bottom line is those elements have caused a drop in the inventory, that’s why you’re hearing about the market going up, but real slowly," Dronenrodb said projected property values will rise a total of 1 to 2 percent next year.

IN OTHER ACTION:

- Michelle Fuiks of Neighborhood Watch warned residents that solicitors have returned to the neighborhood, cautioning neighbors against opening their doors to strangers, no matter the time of day.

- BRCC board member Barbara Dunbar gave a report on the community’s Maintenance Assessment District, noting there are ongoing problems with plantings and sprinkler heads damaged in landscaped medians due to vehicular incursions. She said landscaping may be patchy in some spots while plants are being replaced, adding it’s more difficult in wintertime to get many plant species to grow. She encouraged residents to report landscaping-related problems to info@bird-rock.org.

- Dunbar noted four of nine median lights installed during a Jan. 13 dedication ceremony honoring the late George Sutton have developed electrical problems and are out.

- "We are in the process of dealing with it," she said.

- "Teacher Lorene LaCava gave an update on Bird Rock Elementary School, noting a recent electronic waste recycling event netted $3,500, which will be used for capital improvements at the school.

- "Every property that is deemed a security concern is being inconsistent with adjacent structures to meet height limit."

- "Every property that is deemed a security concern is being inconsistent with adjacent structures to meet height limit."

- All properties in the neighborhood and the view from neighbors on Caminito Bello and La Jolla Scenic Drive North are private views, not dedicatable.

- "To add additional mass, to block additional views from folks that have been here for a long, long time … is tragic to us. People have property rights. This is America, that’s fine, but I really hope that they would take into consideration that what they’ve got, they’ve got, and that’s more than enough to be adequate and compatible with the neighborhood," said La Jolla Scenic Drive North resident Jim Kelly. "Please don’t block our views anymore."

LJCPA QUICK HITS

ELECTION TIME — Nine candidates — Janie Emerson, Myrna Naegle, Helen Boyden, Bob Steck, Ray Weiss, Fran Zimmerman, Patrick Ahearn, Matt Bothwell and Gail Forbes — will vie for eight vacant trustee seats on the LJCPA at next month’s election. Trustee elections will take place on March 7 from 3 to 7 p.m. at the La Jolla Recreation Center, 615 Prospect St.

HILLEL DEVELOPMENTS — The LJCPA formed a subcommittee to prepare a response to the draft environmental impact report for a requested site development permit and public row vacation for the USCD Hillel Center for Jewish Life project. The deadline for comment submission is March 11.
Renowned scientist and La Jolla chair of the board, Duane Roth, was recently named vice CEO of internationally recognized as a trustee on the Sanford-Burnham Medical Research Institute to take the helm as head of Roche Pharma Research and Early Development and serve as a member of the Corporate Executive Committee.

La Jolla resident and Joseph Clayes, a White House ceremony from President Barack Obama on Feb. 1.

La Jolla resident and Joseph Clayes III Charitable Trust co-trustee LEROY HOOD was awarded the National Medal of Science after serving more than a decade as CEO of San Diego's board of directors.

La Jolla resident and Design Line book Collecting Context for his collection on the subject of Mormon fundamentalism and polygamy. His collection includes limited edition and rare self-printed materials.

Union Bank and KPBS teamed up to more male volunteers for the program.

The La Jolla-based Clearity Foundation honored two life-science professionals, JOHN CRAWFORD and WENDY JOHNSON, as co-chairs of the 15th annual Cultural Diversity Part-nership awards celebration on Feb. 5.

After serving more than a decade as Big Brothers Big Sisters of San Diego County’s (BBBS of SDC) CEO, 41-year-old executive officer and director for more than a dozen life sciences firms over the past 30 years and Johnson currently serves as president and CEO of Aires Pharmaceuticals and venture partner at Samedix, Inc.

Lee & Associates. Malley designed the home, with a 12-year veteran of commercial real estate in San Diego, as president of the UTC office of Lee & Associates. Malley joined the firm as a partner in 2008, specializing in the sale and leasing of office, industrial and retail properties.

Union Bank and KPBS teamed up to honor Polish-born La Jolla resident Gussie Zaks, University City-based production engineer IKUNOSUKE “MIKE” KAWAMURA and founder of San Diego Hospice Dr. DORIS A. HOWELL among its 16 honorees at the 15th annual Cultural Diversity Partnership awards celebration on Feb. 5.

The local heroes were honored for Jew-ish American Heritage Month, Asian Pacific American Heritage Month and Women’s History Month, respectively.

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La Jolla resident and Phd candidate in anthropology JORDAN HAUG was recently awarded a $2,500 first place prize in the National Collegiate Book Collecting Contest for his collection on the subject of Mormon fundamentalism and polygamy.
by tow-ins. Derek Dunfee is one of these big wave-riding purists. The 30-year-old professional surfer grew up at Windansea Beach and still lives there today. He developed a taste for thick, powerful waves riding the reefs of La Jolla and then tackling the giant surf off the Isla de Todos Santos near Ensenada. He first surfed at Half Moon Bay’s Mavericks in November 2004.

A winter break off Pillar Point near the village of Princeton-by-the-Sea, Mavericks was named in 1961 after a surfer’s German shepherd that routinely followed his master into the break. A quarter-mile offshore, the wave doesn’t even begin to break unless the swells are solidly over 10 feet and the location can easily hold waves with 40-foot-plus faces.

The water is cold, and the wave rises up and pitches out with incredible power delivering major punishment to the surfer who doesn’t successfully make the elevator drop-in. Brutal underwater holds-downs are guaranteed after a wipe-out and giant rocks await if one is swept inside. Two well class big wave riders — Mark Foo and Sion Milosky — have died after wiping out and drowning at Mavericks.

“Toward Mavericks, the scariest wave I had ever seen,” recalls Dunfee about his first time paddling out. He paid some heavy dues there and in other big wave locations culminating in a Billabong XXL Monster Paddle Award in 2009 for a beast of a wave he caught and rode at Mavericks.

On Jan. 20, the Mavericks Invitational big wave-riding competition was held for the first time since 2010, during which a rogue wave unexpectedly rolled far onshore, knocking down and injuring dozens of spectators who were swept along the steep cliff beach by a flood of water.

Dunfee was selected as an alternate to compete in this year’s event. It’s a prestigious honor to be invited, and though a spot didn’t open up for him during the contest, he was on hand to tackle the waves before and after the event.

“I rode a 10-foot Stu Kenson-shaped board and the conditions were perfect, although very inconsistent,” he said.

The waves were in the 12- to 15-foot range, with sunny skies and a light wind. The beach was closed for spectators after the wave carnage of 2010, but a nearby festival was held in Princeton with a live, big-screen feed being aired for the thousands who showed up to watch the spectacle, and to watch 4-3-year-old Mavericks veteran Peter Mel win this year’s event.

“Peter Mel is one of the best Mavericks surfers ever,” Dunfee said afterward. “He still catches huge waves every swell and he deserved the win.”

Dunfee is now waiting for the last few big swells of the winter at home in La Jolla, and he hopes to score some size at Isla de Todos Santos, as well. He is an alternate at Waimana Bay’s annual The Quiksilver In Memory of Eddie Aikau big-wave competition on Oahu’s North Shore. Known as “The Eddie,” the prestigious event is held only when the waves are consistently in the 20- to 25-foot range.

In the meantime, Dunfee watches the weather charts, studies the swell forecasts and takes out a Pat Curren-shaped big wave board for some rides at the local La Jolla reefs when the surf gets big enough. Curren — father of surfing icon Tom Curren and a big wave-riding pioneer in the 1950s — cut his teeth on the punchy waves off La Jolla, much like Dunfee, who is proud to be part of the new generation of committed big wave surfers, pushing the edge of skill to new limits and loving every minute of it.

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HEALTH BRIEFS >> cont’d from page 14

Are your elderly parents resistant to what you suggest
Has this happened to you before? You are pretty sure that your Mom and Dad aren’t eating right, aren’t getting out for shopping or doctor’s appointments and just seem to be having more problems than usual. You want to help but they always say, “I’ll think about it” or “maybe later.” Sometimes approaching them in a different manner makes all the difference. Success may happen when you suggest change by taking into account their value system or needs.

1) They worry about the cost. Pay for the caregiver as a gift to them. Ask all the siblings to chip in a little each month.
2) Negotiate with them and avoid putting them down or being sarcastic.
3) Ask them why they don’t want help and answer their fears with factual answers.
4) Tell them how worried you are. Say “You’ll be helping my peace of mind not ‘You should’.”
5) If they need a caregiver in the home, start small, address their concerns about losing control and let them choose the days and hours to come.

Hiring a geriatric care manager to assess your parent’s will help recognize whether their resistance is coming from a cognitive deficit, she can talk things over with their doctor. You love and respect your parents, and trying to help them keep a good quality of life can be frustrating with guidance and support.
Ups and downs in real estate, community

According to Lawrence Yun, National Association of Realtors chief economist, the market share of distressed sales will continue to fall from its 2012 level of about 25 percent to a lower 8 percent level by 2014. Foreclosures and short sales are working their way through our fiscal landscape. Locally, we have seen an increase in home-sale activity with prices going up, causing many of the clients I am helping with mortgages to offer above asking prices. Golly, could we be heading to a seller’s market?

You’ll be happy to know that we can all count on Capt. Brian Ahorn and his teams of men and women in blue to keep you and that new home safe. Several of us in the community are trying to do the same for them. Their storefront on Olney Street where officers go to write reports, take necessary breaks, eat a meal or interview perpetrators is in deplorable condition.

The city has no funds to make the necessary repairs, but you can help with a donation or skill. Dewhurst and Associates have graciously donated their time to manage the job.

Things are looking up for the police and the real-estate market. Sell now while buyers are bidding prices up. Buy now before your dream home gets away from you. As always, contact a Realtor for the professional help you need, and remember the men and women who keep us safe when we are in trouble.

Contact Michelle Falks at mfalks@san.rr.com or Nancy Gardner at nancy@cmcfinance.com to donate talent or send a check to POA at: Store Front, at 5666 La Jolla Blvd. Box 168 La Jolla, 92037.

Nancy K. Gardner CMC Finance (858) 456-3000 7575 Eads, Ste.102 La Jolla, 92037

QuickHits

Jim Holland launches residential brokerage

Jim Holland is pleased to announce the founding of La Jolla Home Finder, a new residential real estate brokerage. As the broker of record and owner, Holland will be leveraging his experience in real estate and educational background to continue assisting his clients in La Jolla and the surrounding communities.

Holland says the launch of La Jolla Home Finder will facilitate a more efficient and positive experience for buyers and sellers of San Diego real estate. “Technology has revolutionized our business. It’s no longer a requirement for an agent to have a large brick and mortar establishment; however, it is critical that clients seek an agent who is proficient with the latest technology,” comments Holland.

With an extensive professional background in electronic engineering, Holland has a unique understanding of how to evaluate and select the most effective technologies for serving his clients. He explained that, “Using advanced technology has not only allowed me to quickly research property information for my buyers, it has also helped me maximize the exposure my sellers’ homes receive.” Though his feet are firmly planted in the digital age, Holland believes that there will always be a need for agents to hold open houses, show properties and network with their colleagues. “I love working directly with people and I’m passionate about the real estate business,” said Holland, who holds an MBA in Marketing and Management. Holland added that he developed an interest in real estate from his experiences with numerous home remodeling projects over the years. He cited the experience for giving him a complex knowledge of building materials and practices, as well as a talent for visualizing the potential of specific properties.

Guided by a sense of responsibility to his clients, Holland earned the Senior Real Estate Specialist designation, Accredited Buyer’s Representative designation, Short Sales and Foreclosure Resource certification, Accredited Staging Professional, and Broker Price Opinion Resource certification. Holland has been named one of San Diego Magazine’s “Five Star Real Estate Agents” for the years 2010 and 2011.

Testimonials from previous clients may be read on Yelp, Zillow and Trulia. Jim Holland may be reached at 858-405-6442, or via email at jim@lajollahomefinder.com. Visit his website at www.LaJollaHomeFinder.com.

Billionaires Row

www.BillionairesRowLaJolla.com

This majestic 4 br/ 3.5 ba, 3,709 sq ft French provincial residence built in 2006 is impressive in every detail. The beautiful curb appeal sets the stage to experience a home the likes of which are not found in La Jolla. Enter and be swept away by the exquisite volume entry, Scalamandre fabric walls, Romeo-and-Juliet balconies, and the 15 ft retracting wall of glass that leads to the fantastic outdoor spaces, double black bottom pool & spa, and beautiful panoramic ocean and tree lined views. All rooms are wonderfully large and include 3 bedrooms, and a separate guest suite. The kitchen is, as one would expect, a dream with intricate archways, detailed cabinetry, leaded windows, and 8 burner Wolf range.

Seller will entertain offers between $2,950,000 and $3,298,000

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