Local marathon swimmer lauds the efforts of a fellow adventurer

A local marathon swimmer tipped her bathing cap in salute to the recent 110-mile historic swim from Cuba to Florida by 64-year-old Diana Nyad, noting she’s a role model for people of all ages.

“She’s an inspiration for graying baby boomers,” said La Jolla High School graduate Anne Cleveland, who has swam the English Channel several times and for many years was the oldest person, at age 48, to make a non-stop, two-way crossing of the notoriously cold and choppy 22-mile channel between France and Great Britain.

“It’s a wonderful thing for a 64-year-old woman to try something bold like that. Everybody’s really stoked about it,” Cleveland said.

Nyad stepped ashore in Key West on Monday, Sept. 2 just before 2 p.m. Eastern Daylight Time, about 53 hours after she began her swim from Havana on Aug. 31. As Nyad approached the shore, spectators surrounded her in the water, taking pictures and cheering her on. She walked on to the beach, Nyad was put on a stretcher and received medical treatment, including an IV.

“I have three messages,” said Nyad after her historic swim.

“One is, we should never, ever give up. Two is, you’re never too old to chase your dream. Three is, it looks like a solitary sport, but it is a team.”

Nyad became the first person to swim from Cuba to Florida without a protective shark cage. It was a long-awaited triumph for her, as it was her fifth attempt since 1978 and her fourth since turning 60.

Acknowledging the immensity of Nyad’s accomplishment, Cleveland nonetheless pointed out that, “There are questions to be answered for the marathon swimming community.”

Cleveland said international organizations supporting and promoting marathon open-water swimming have strict rules ensuring it’s just the swimmer alone, pitting their skills and endurance against the elements.

Long-distance swimmers, for example, aren’t allowed to wear wetsuits and, when making a long-distance swim, they aren’t ever allowed out of the water and into a boat. There are observers present at all times on support craft to hand out food and water and document the swimmer’s course, as well as time its duration.

Ambassadorial Roundtable brings a major Asian force to La Jolla

By KENDRA HARTMANN

The second installment of the Ambassadorial Roundtable, a revived effort to make San Diego a hub of cultural diplomacy, took place at a private home in La Jolla on Sept. 5.

Ina von Ber, founder of the Ambassadorial Roundtable and organizer of the semi-regular events, brought the ambassador of Singapore, Ashok Kumar Mirpuri, to our coastal community to discuss his country’s history and its relationship with the United States and California.

Singapore became independent in 1965. Mirpuri, who, at 53, is older than his country, was born a British subject before briefly becoming a Malaysian subject, and then finally a Singapore citizen. The youth of his country, he said, has played a major role in its development.

“The idea of nationhood is very important to Singapore,” he said. “If you think about the people [fighting for independence] in the late 1700s in the U.S., who had that idea of nationhood, for us, we’re in the very early stages of that nationhood and we’re trying to understand our place in the world.”

Singapore was thrust into independence by the retreat of the British, who had established a port to facilitate trade between Europe and East Asia in 1819. When they with-
The San Diego Foundation has named La Jollan Matt Fettig as its new chief investment officer. Fettig will oversee and manage the investment strategies and activities of the organization dedicated to effective and responsible charitable giving. Fettig worked at Canterbury Consulting, an Orange County investment consulting firm specializing in endowments, foundations, pensions and family offices. He is a graduate of the University of California, Berkeley, with a bachelor’s degree in economics, and a CFA charterholder.

Matt Fettig

People in the News

Chris Van Gorder

Scripps Health president and CEO Chris Van Gorder has been named among “130 Nonprofit Hospital and Health System CEOs to Know,” a list of notable industry senior executives compiled by Becker’s Hospital Review magazine. Van Gorder oversees more than 13,500 employees at five acute-care hospital campuses and 26 outpatient clinics. Since becoming president and CEO of Scripps in 2000, he has been instrumental in positioning the organization among the nation’s leading health care institutions.

Harold Joachim Simon

OBITUARY

Jan. 1, 1928 ~ Aug. 6, 2013

After a fulfilling life and career, Harold Joachim Simon, M.D., Ph.D., died peacefully, surrounded by his loving family on Aug. 6.

He was a founding member of the UCSD School of Medicine faculty and a leader in the field of international health and health policy; professor emeritus of internal medicine; and founding chief of the Division of Global Health. As one of the first faculty members recruited to UCSD School of Medicine in 1966, in advance of the 1968 charter class of students, Dr. Simon was integral in designing the school’s innovative curriculum and established many of its lasting programs.

Born in Karlsruhe, Germany in 1928, Simon emigrated to the U.S. in 1938, settling in San Francisco. After attending UC Berkeley, he was awarded the M.D. degree cum laude by Harvard Medical School. Subsequently, he was one of the first Jewish residents at Cornell/New York Hospital and was awarded the Ph.D. degree from Rockefeller University where he was a member of the charter class. He was on the faculty at Stanford University School of Medicine 1959–1966.

As UCSD School of Medicine’s first dean of admissions, education and student affairs, he established the procedures for recruitment and admission, student affairs, and curriculum development. His commitment to teaching students that understanding and respecting patients’ cultural backgrounds and belief systems are critically important aspects of providing effective healthcare was expressed through implementation of community-based and international programs for students. This included developing a medical Spanish and cross-cultural studies course that was the first of its kind in the country.

He was an early champion of affirmative-action programs. Dr. Simon established the Division of International Health for the Institute of Medicine/National Academy of Sciences. He travelled extensively, lecturing at medical schools throughout the world and as an advisor to many developing countries, helping them establish health education and healthcare systems. He was an 18-year member of Technion-Israel Institute of Technology Board of Governors.

Dr. Simon authored eight books and more than 130 articles in refereed journals on infectious diseases, particularly host-parasitic interactions, medical education, health policy and cross-cultural issues. He was a fellow of numerous societies, including the American Association for the Advancement of Science and the Royal Society of Medicine. He was a founding fellow of the Infectious Diseases Society of America. He received an honorary doctorate from Yokohama City University. The Harold Simon Chair in International Health and Cross-Cultural Medicine at UCSD was endowed in his honor. In addition to his professional activities, Dr. Simon was an avid reader, skier, spontaneous road-trip enthusiast, deep-sea fisherman, military-history expert, violinist, appreciator of nature, believer in Jewish values and competitive bridge player.

Dr. Simon is survived by his wife of 40 years Ruth Covell, M.D., son David Simon, M.D. (Audrey Kim, M.D.) of Seal Beach; step-son Stephen Covell, Ph.D. (Ying Covell, Ph.D.) of Michigan; daughters, Jeanette Grashoff, Leslie Simon of La Jolla and Lynne Simon of Marin County; and grandchildren Adrienne and Portia Simon Krichman, Xiaoyi and Yixiang Covell, and Jonah Simon. He is also survived by his brother, Ernest Simon, M.D. He was predeceased by his sister Edith Coliver.

Burial at El Camino Memorial Park took place on Aug. 7. Donations may be made to The American Technion Society of San Diego, The Covell Geriatric Innovation and Education Fund (UCSD) or the Program on Gender Inequities and Global Health (UCSD).

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Environmentalists, political leaders propose ban on plastic bags

By DAVE SCHWAB

A grassroots movement to protect marine wildlife by eliminating single-use plastic bags that can end up in oceans off San Diego and statewide gained traction recently with a news conference at SeaWorld.

The popular marine park, which stopped using plastic bags in spring 2011, was an appropriate venue. "That one change to our business operation resulted in a reduction of one million bags per year that would have ended up in a landfill or worse, in the ocean," said SeaWorld president John Reiley.

Elected officials, business and civic leaders and environmentalists gathered Aug. 29 to declare support for SB 405, a bill authored by state Sen. Alex Padilla (D-Los Angeles) to phase out single-use plastic bags in California, which is to be resubmitted in 2014.

Padilla said he was at the conference to deliver two messages. "The first is a thank you to SeaWorld for leadership in voluntarily phasing out plastic bags, and the other is to call attention to our bill in Sacramento," he said.

Padilla noted more than 80 California cities and counties have voted to discontinue using plastic bags. But only one San Diego community, Solana Beach, has followed suit thus far.

"We've actually had to remove trash is not going to amount to anything. But if you take and multiply all of this, it's very cumulative with a detrimental impact," Padilla said.

Nathan Weaver of Environment California, a statewide citizen-based environmental advocacy organization, said his group is tracking the anti-plastic crusade to the streets of Old Town San Diego.
Coastal residents have been able to get up close and personal with local wildlife in Rose Canyon Open Space Park and Marian Bear Memorial Park through nature exploration programs sponsored by Friends of Rose Canyon.

A community organization dedicated to the protection, preservation and restoration of Rose Canyon and the Rose Creek watershed, the group leads nature walks, conducts outdoor classes for neighborhood schools and protects the canyon from destructive projects.

“Getting people out in the canyons plays an important role in protecting our waterways,” said Debby Knight, executive director of Friends of Rose Canyon and one of its founders. “Bringing people into the canyons to experience their beauty and encounter nature close up helps inspire them to want to save these protected natural areas.”

Knight and the other naturalists who lead these nature explorations teach participants about how these canyons form the Rose Creek Watershed, which carries water and urban runoff from University City and Clairemont to Mission Bay. They also identify local plants and animals, describe the threats from urban runoff and non-native plants and discuss how protecting the remaining undeveloped land helps preserve the watershed.

“Programs like this play a critical role in protecting Rose Canyon and offer a wonderful opportunity for students to get outdoors,” said District 1 Councilwoman Sherri Lightner, whose district includes the entirety of Rose Canyon Open Space Park in University City.

The program was made possible by a $25,000 grant to Friends of Rose Canyon and the Rose Creek Watershed Alliance from San Diego Gas & Electric’s Environmental Champions program.

“27 Tips to Drive Up The Sale Price of Your Home”

La Jolla—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’s a way to help you be as prepared as possible.

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

Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible.

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

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27 Tips to Drive Up The Sale Price of Your Home

The September Business After Five Mixer of the La Jolla and Golden Triangle Chamber of Commerce will be hosted by Roppongi Restaurant, Bar & Grill.

WHEN: Sept. 18th, 2013
WHERE: 875 Prospect Street
La Jolla, CA 92037
WHEN: Sept. 18th, 2013
5:30-7:30 p.m.
Members $10.00
Non-members $15.00

Mixing & mingling

Message from the COB

The La Jolla and Golden Triangle Chamber of Commerce held our last “Business After Five” mixer of the Summer at Harrry’s American Bar and Grill in University City. Attendees enjoyed great appetizers and networking out on Harry’s beautiful and spacious patio. Several new members were introduced. Many thanks to Harry’s General Manager, Carlos Charner, and his staff.

The September Business After Five Mixer will be hosted by Roppongi Restaurant, Bar & Grill.

Cordially, George Schmall
COB LJ&GTC.

Photos from the May Business After Five Mixer @ Harry’s

COURTESY PHOTO
An update on the state of the Mayor’s Office

By TODD GLORIA, INTERIM MAYOR OF SAN DIEGO

It’s been a distracting and difficult summer for San Diegans. It was my intention to spend the summer months focused on what I cared about: improving our neighborhoods, advocating for the opening of our new convention center expansion, and making sure contracts were signed so critical work for our neighborhoods can get done.

My second order of business is to vastly improve the communications coming from the Mayor’s Office. When people don’t have the information they need, they’re left to their own imaginations. I don’t intend to let folks imagine what’s happening in our city. I intend to tell them. I also need to hear from you. I also need to hear your ideas on how we can improve neighborhoods. To that end, I would encourage you to contact my office at (619) 236-6330 or toddgloria@sdcity.gov. You can also connect with me on Facebook and on Twitter.

I inherited a mess that I will fix. Please know, however, that during the summer’s news conferences, taped statements and rampant Twitter chatter about what was wrong with San Diego, our city employees were working hard to provide important and necessary services we rely on to live safely and comfortably.

Looking ahead, I would ask for your patience and partnership. I know this is a tall request, as the white noise of cynicism about our city’s government has become a deafening roar for these past three months. I would also ask you to stay engaged and return to the polls on Nov. 19 to vote for a new mayor. San Diegans didn’t deserve the former mayor and now isn’t the time to become a spectator of our democratic process. Don’t give up on San Diego. With your patience and participation, we will fix. Please know, how ever, that during the summer’s news conferences, taped statements and rampant Twitter chatter about what was wrong with San Diego, our city employees were working hard to provide important and necessary services we rely on to live safely and comfortably.

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SPECIAL PRICES GOOD WHILE SUPPLIES LAST
Residents get a distinguished speaker and crime-prevention advice in one

Eyes got big when electric sparks arced between the poles of the police communications officer’s Taser, and when he flicked his wrist to extend his self-defense baton to arm length.

It was all part of police Lt. Larry Hesselgesser’s free talk titled “Safety in your home, business and community,” given Wednesday, Aug. 28 as part of the ongoing Distinguished Speaker Series at La Jolla Community Center, 6811 La Jolla Blvd.

Hesselgesser addressed the subject of community crime discussing break-ins, traffic and car and identity theft, as well as answering guests’ questions.

“You’re our eyes and ears and we need to work together,” Hesselgesser told the crowd, noting Neighborhood Watch is a great tool residents can use to guard against crime. He added social-media sites, like nextdoor.com, as well as smart phones, are providing new technological avenues for residents to be in contact with one another and share information to make their neighborhoods safer.

The best way to guard against residential burglaries, common in La Jolla and more plentiful in summer with people away on vacations, is to lock down your residence.

“Burglars are out there casing, looking for things — door and windows open, gates unlocked — that make it easy for them to get in your house,” Hesselgesser said.

Suggestions given for making homes harder targets for crooks included getting a dog, adding more security lighting and using dowels, which don’t allow windows to open more than a couple of inches.

Hesselgesser said there are an

By DAVE SCHWAB

The next La Jolla Town Council SunSetter mixer on Sept. 19 will boast a unique feature: a fashion show modeling clothing from Goodwill Industries.

To be held Thursday, Sept. 19 from 7:30 p.m. at La Jolla Woman’s Club, 7791 Draper Ave, all participating models will be wearing Goodwill clothing and accessories.

Hors d’oeuvres and a no-host bar will be offered.

Goodwill Industries recently opened its first store in La Jolla at 7631 Girard Ave. The fashion show will feature some of the store’s high-quality fashions and accessories, including clothing from French and Italian designers.

Goodwill’s mission is to get people with disabilities and other barriers to employment by developing their skills and work habits through training and real work. Through its stores and business services, Goodwill of San Diego County provides jobs to hundreds of San Diego residents with disabilities.

— Dave Schwab

MEETING PEACEFULLY FOR PEACE
A public vigil against a possible U.S. military strike in Syria was held by MoveOn.org Civic Action group Sept. 9 in front of Euro Footwear at 7777 Girard Ave. in La Jolla. War protestors carried signs and banners and held lit candles peacefully showing support for avoiding military action.

Some cars driving by honked horns in support of the protestors.

PHOTOS BY DON BALCH

COMMUNITY BRIEF >>

The Syria conversation comes to La Jolla

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— Dave Schwab
La Jolla Community Planning Association civic report

La Jolla Community Planning Association (LJCPA) granted a time extension for the Cohen project in La Jolla Shores, as well as ruling that findings could be made to support two other residential redevelopments on Calle del Cielo and Bonair Street at its Sept. 5 monthly meeting.

The Cohen residence at 8130 La Jolla Shores Drive was seeking a three-year time extension for a permit to demolish and build a new 3,842-square-foot residence on a 0.13-acre property. An LJCPA subcommittee had previously voted that findings could not be made for granting a time extension for the project due to public safety concerns regarding the steepness of the home’s driveway and its impact on the adjacent sidewalk.

“I don’t see any basis for us to deny the extension of time. We’re not rearguing the project,” said trustee Jim Fitzgerald.

Trustee Phil Merten said public safety concerns are a viable reason for denying a time extension, adding that he felt the redevelopment project met all applicable municipal codes.

Trustee Gail Forbes pointed out the project’s location is of particular concern.

“There are no streets (other than La Jolla Shores Drive) with 60,000 cars a day,” Forbes said.

The motion to approve the time extension passed by a wide margin.

Regarding the Sudbury residence, planned demolition and replacement of an existing single-family home at 8053 Calle del Cielo, UC San Diego representative Ana Delouzi read a letter from the university, which owns its place on a 0.13-acre property.

“UCSD is confident revised plans will provide for minimum disruption and that a mutual agreement between the university and developers will be finalized in the future,” Delouzi said.

LJCPA vice president Joe LaCava stepped down from his role as trustee to reintroduce a downscaled project calling for three separate condo residences sharing two driveways to be built at 754-758 Bonair St. where the street dead-ends.

Noting there is a “hopscotch of development” in the surrounding area, LaCava said the project’s height has been reduced from 30 to 25 feet and that three separate condo units would be built on site rather than grouping them all in one building in

Avoid These Common Home Seller Mistakes

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

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

Whether you are about to buy your first home, or planning to make a move to your next home, it is critical that you inform yourself about the factors involved before you buy. In answer to this issue, industry insiders have prepared a free special report entitled, “6 Things You Must Know Before You Buy.”

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

To hear a brief recorded message about how to order your free copy of this report, call toll-free 1-900-276-0783 and enter I®®®®. You can call anytime, 24 hours a day, 7 days a week.

“We do thorough interviews, and these are not people that are coming out of the penal system,” Zemeckis said. “Because this is not the type of facility that [personal health] insurance typically covers, most of these guys are coming from middle-to-upper-class families, and they’ve experienced some kind of failure to launch. Many of them have simply grown up in a way that they didn’t have to be held responsible, so we kind of feel like their parents, teaching them simple things like cooking and how to do laundry.”

Members must go through a 30-day minimum primary treatment program before coming to The Grounds. For the duration of their stay — which generally runs three to six months — members must undergo therapy off site and must either attend school or work part time. During their time in the house, they learn basic life skills, like how to cook, clean and how to deal with social situations they might encounter with a roommate or coworker.

Zemeckis and Kristofferson keep members on a tight schedule. Morning meditation starts promptly at 7:30 a.m., and members must learn how to schedule chores, work, school and recreation into their day.

In addition to learning how to function in society, Zemeckis and Kristofferson hope to impart some sense of public service, as well. They are getting members involved in projects like helping neighbors with landscaping and offering to hang outside lights during the holiday season. The hope, Zemeckis said, is that The Grounds and its members will start to be seen as assets, rather than a neighborhood burden.

“We have gone door to door, taking the approach of being transparent from the start,” he said. “Unfortunately, there are those places that don’t do good work and aren’t transparent, but we’re trying to dispel the misconceptions those places have built. We want neighbors to be stoked we’re here. We can make a huge impact on the community.”

As for what happens when members make it through The Grounds’ program, Zemeckis and Kristofferson said they see their guys through to the end — and beyond. There is an exit plan for each member to integrate back into society, but more than that, Zemeckis and Kristofferson track their progress and hope that former members can come back and act as mentors to newer members.

“We’re not done with them when they leave,” Kristofferson said. “We’re trying to plant a seed that shows them they have a choice. All they’ve known is getting loaded. We’re showing them different avenues, and that there’s another way.”

For more information about The Grounds, visit thegroundscov.com.
In recounting stories of death and grief, local author shows it’s all about putting ‘one foot forward’

By KENDRA HARTMANN

Ken Fousel was his wife’s caregiver for more than a decade after she was diagnosed with Alzheimer’s. The experience prompted him to start a men’s only support group.

When Judith Fox was 50, her husband, Jerry Fox, was diagnosed with an aggressive form of cancer. Exactly one month after his diagnosis, he was dead.

The tragedy was a total shock to Fox, who wasn’t sure where to turn when she found herself a 50-year-old widow. She didn’t know anyone who had been widowed, let alone anyone her age.

“I was a major struggle, on top of the pain of his death,” she said. “I read to some books that were available at the time, but they were not at all written by the same person. They were helpful up to a point, but they were only from one perspective.”

Fox said she felt the process of mourning her husband’s death would have been made much easier if she could have had access to similar stories of struggle.

“We need stories to help frame our experiences,” she said. “It’s how we’ve always done it historically.”

Fox, a photographer and writer who published a book about her second husband, Edmund Ackell, and his struggle with Alzheimer’s in 2009, decided that, though she couldn’t help her 50-year-old self deal with widowhood, she could help those struggling now. On Sept. 3, Fox’s newest book, “One Foot Forward: Stories and Faces of Widows and Widowers” was released.

Though she essentially wrote a book that she said would have helped her when dealing with the loss of her first husband, the process of writing “One Foot Forward” was cathartic for other reasons, as well. Ackell, who was diagnosed with Alzheimer’s in 1998, is now under hospice care, and Fox is once again preparing for the inevitable.

“In great measure I wrote a book that would have helped back then, but Ed is at the end of his life now,” she said. “Since his diagnosis, I’ve been experiencing what’s known as anticipatory grief.”

Fox said she was in finding widows and widowers to interview, and for nearly a year she lived and breathed the project. She wanted to profile, “It’s a Mod, Mod World” with a public reception for the artist will take place Saturday, Sept. 14 from 5 to 8 p.m.

Renowned artist John August Swanson will have a rare exhibit and sale of his artwork at St. James by-the-Sea Episcopal Church, 743 Prospect St. from Sept. 13-15. The artist is known for his biblical imagery and his works are in permanent collections at the Vatican, the Smithsonian institution and more. A reception will be held Sept. 13 from 5:30 to 8:30 p.m. Tickets, which are $20, $25 at the door, include wine and hors d’oeuvres, and can be purchased at sjbts.org.

Wisteria Cottage circa 1920.

South Moulton Villa, was built in 1896 and was the residence of Ellen Browning Scripps until her death in 1932. Her half-sister, Eliza Virginia, purchased Wisteria Cottage shortly after it was built in 1904 and it remained in her name until her death in 1923. Private walkways linked both buildings together, remnants of which remain today. The exhibition runs through Jan. 5. A slightly revised version of the exhibition will be open from Feb. 8 through May 10 in the MCASD Jacobs Gallery. MCASD is located at 700 Prospect St. and is open 11 a.m. to 5 p.m. daily; closed Wednesday. The museum is free on the third Thursday of every month from 5 to 7 p.m.

Upcoming exhibits:

Wisteria Cottage

Adam Belt’s “Wish You Were Here”

Michele Linn was 27 when she lost her husband, whose helicopter crashed in Iraq. The day that he died, she was celebrating her daughter’s first birthday.

They are literally all around us.”

Fox’s book tells the story of a young mother who lost her husband suddenly and was left with three young children. It tells of octogenarians who watched their spouses slowly deteriorate before their death. It tells of a military wife whose husband died in Iraq and a young woman whose husband committed suicide. There is the story of a mid-life-aged gay man who lost his husband and the story of a woman who was con-
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Seacoast Hearing Care Relocates to 565 Pearl

To celebrate the Grand Opening, there will be activities all month long.

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- Special Offers on Hearing Solution Packages (includes home TV setup)

Carole Van Straten, owner of Seacoast Hearing Care was trained as a Hearing Instrument Specialist and has been practicing since 2000. Her focus is on individualized hearing care to personally suit the preferences of her clients.

“Better hearing starts with addressing specific situations where the hearing loss is causing difficulty. I use a rehabilitation-type method to move the client past the sensory deprivation phase into the healthy hearing phase. When we have reached our goal, my client is more engaged in communication. There’s a glow of confidence that I see every time. That glow comes from being able to understand speech better than before. They feel confident during social interaction. It really is a new beginning.”

The Grand Opening continues through September. Call (858) 922-8941 to set aside a time for your private consultation.

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

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

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- Your doctor ignores your ideas and questions. Physicians should be interested in what you are concerned about regarding your health.
- Your doctor misdiagnosed you. Doctors can make mistakes and that isn’t necessarily a reason to find a new doctor unless his disinterest in you causes a life-threatening or catastroph ic problem.
- Your doctor is offended with your request for a second opinion. A doctor should be happy that you are taking an interest in your healthcare and should even suggest other physicians.
- Your physician is not board certified. Board certification shows the doctor is interested in continuing to be assessed and certified in his specialty.

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

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INITIAL CONSULTATION AND ACUPUNCTURE TREATMENT (a $110 value)

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Call and make an appointment. We can also check your medical insurance and see if services might be covered.

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Acupuncture Center of La Jolla 8950 Villa La Jolla Drive Suite B-129 La Jolla, CA 92037
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Now may be the time to think about independent living in one of La Jolla’s preferred residential communities, Chateau La Jolla Inn.

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Starting at $2,595/month for a 1 bedroom
$3,495-$4,395 for a 2 bedroom/2 bath
$2,195-$2,295 for a studio

Ask about our two-part MOVE IN SPECIAL!

Amenities Include:
- Fine dining
- Weekly housekeeping
- 24 hr. concierge
- Great social programs
- Free parking
- Home health services available
- Courtesy transportation

NO “BUY-IN” OR “ENTRANCE” FEES!
- Annual, Seasonal or Monthly Leases Available
- Active Seniors
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- Medical/Dentistry Care Offered
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Call for Tour. Private rooms w/bath
Lease 1/2 block from the beach in La Jolla.

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Over 14 Years Serving the Hearing Impaired
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Should You Hire A New Doctor?  
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A unique patented process

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Learn the Ultimate Physical Fitness

ZUMBA: move to the beat at your own speed. Its an invigorating oriented dance-fitness class that feels fresh and most of all, exhilarating. Zumba provides modified, low-impact moves for a healthy, active lifestyle. All levels and beginners Welcome.

BELLY DANCE TECHNIQUE:the ultimate in Physical Fitness. Allows your personalty to shine through. Natural movements lend to making a suitable dance regardless of age or fitness level. Focus is on proper posture and muscle use from head to toe. This is a low-impact, aerobic workout which enhances over all body conditioning, thus building strong core muscles, flexibility and confidence.

Women With Hair Loss Can Have Thick and Healthy Hair

Volume is the most requested service of all clients. Thick, healthy hair is never out of style! Even with all the excellent professional volumizing products available, nothing compares with the real thing: thick, healthy human hair!

The unique patented process used at Judy’s salon attaches a protein bond of real human hair to a small section of your own hair. The bonds are so discreet you can style your hair anyway you choose. This unique application process makes it the only system that does not further damage your hair.

Most women who want this service suffer from thin,weak and damaged natural hair, but once this application process has been applied, you will be amazed at the transformation that occurs, not only in your hair, but also in your outlook!

• How Do You Match Extensions? If you are blending colors choose extensions that are the same level of color as the clients own hair. If you are changing the level of the client’s hair choose a shade that works well with the skin tone. A coloring process can be done to the natural hair 48 hours prior to application and extensions can be matched to that.

• How Do You Customize Extensions for a Client With Thinning Hair? Use an extension with a smaller attachment bond and a single strand application process so the hair is not damaged and can hold the weight of the extension. This will give natural looking volume and length to thinning hair.

• How Do You Match Hair Extensions for Clients With Curly Hair? If a client with curly hair wants to wear their hair straight they need to be done to the extensions. If the hair is worn curly most of the time the extensions can be permmed prior to attachment to the natural hair.

• What Type of Hair Extensions Do You Use? Judy uses Great Lengths all natural hair extensions and prefers these extensions because they are created from 100% human hair and use a unique, application process that attaches a bond of protein the same molecular structure as your hair. This application process does not harm your own hair. While others use techniques such as welding, weaving, gluing or knotting, which strain your hair to a high degree Judy uses a much more gentle principle called modulating. An extremely high tech method of bonding the hair strand to your own hair. Extensions can be used for volumising, lengthening, colouring or simply adding texture; Judy will offer a free consultation guiding you through your new style. Whether creating a new look, following fashion or with a special occasion on the horizon. Judy has over 55 colors to choose from and blend with your own hair for perfect colour matches. Most importantly your own hair will not be damaged and the extensions can be easily removed by an expert.

• Can Hair Extensions Damage My Hair? No, they will not. Actually, even very fine and damaged hair can become healthier if you’re wearing hair extensions because they will protect your hair from things that could damage it like curling irons, blow dryers, styling heat and environmental damage. Because of the unique application bonding system, the extensions can be easily removed. This is different than many hair extension methods that bond too tightly to your hair. Those old methods can lead to hair breakage when being removed. Judy’s hair extensions are joined to your natural hair by using a safe, all-natural, keratin protein bond application system. We can match your existing color too!

• Are hair extensions uncomfortable? Judy’s extensions are applied to your hair with a very small bond of natural keratin protein. Most people don’t notice a difference between the hair extensions and their own natural hair.

• How do I maintain my extensions at home and between visits to the salon? Judy is fully trained on how to educate her clients to professionally take care of their hair extensions at home. Judy will recommend hair care products, brushes, combs and such. She is your personal hair extension advocate.

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Apollonia

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

Bistro Pazzo

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

Froglanders

Froglander’s has been satisfying yogurt lovers cravings for over 26 years. In addition to the best yogurt in town, they also serve acai bowls, banana splits and yogurt pie. You’ll find four flavors everyday including peanut butter and original tart. Plus they offer over 50 different yogurt toppings including fresh fruit. La Jolla students receive a 20% DISCOUNT. Open late. Friday-Saturday 11 AM -10:30 PM. and Sunday-Thursday 11AM-10PM.
HIATUS LOUNGE at Hotel La Jolla is channeling its Latin side with its inaugural Tequila Fest on Thursday, Sept. 26 from 6 to 9 p.m. Tequila Fest will feature premium and unique brands that lovers of the agave spirit will enjoy, as well as bites from top-floor dining spot Cusp's chef, Donald Lockhart. In addition to the tastes, guests can enjoy music, prizes and cocktails from bartender manager Nate Howell.

Tickets are $10 at the door, which will get guests a passport to taste all of the fine agave present. A completed passport will enter guests into the Tequila Fest drawing, where prizes include unique bottles of booze, swag and more.

AGAVE LIST FOR TEQUILA FEST 2014:
• Olmeca Altos
• Clase Azul
• Corralejo
• Casa Noble
• Espolon
• Partida
• Fortaleza

Hiatus Lounge is located at Hotel La Jolla at 7955 La Jolla Shores Drive. For more information, visit CuspRestaurant.com or call (858) 551-3620.

TEQUILA TOAST
Hiatus’ Worth the Wait cocktail, made with Espolon tequila, features a mix of Espolon tequila, Delirio Mezcal, Framboise, ginger syrup, lemon oil, tabasco, egg white, rosemary, and bourbon bitters.

Shores Drive. For more information, visit CuspRestaurant.com or call (858) 551-3620.

Also, don’t forget Cusp and Hiatus are celebrating their first anniversary on Sept. 14 with a two-part soirée starting at 5 p.m.

CAFÉ JAPENGO, award-ed a Gold Medallion for Best Sushi in San Diego 2013, has introduced a bento box-lunch special available weekdays from 11 a.m. to 2 p.m. The box incorporates items like:
• 4-piece California roll
• 3-piece sashimi (tuna, salmon, yellowtail)
• Mixed greens salad with a palm-sugar vinaigrette
• 4-piece tempura (3 vegetable, 1 shrimp)
• 2-piece skewered beef yakitori (marinated with sweet soy and grilled with garlic black bean sauce)
• Vegetable udon noodle stir-fry with teriyaki sauce
• Miso soup

Café Japengo is located at 8960 University Center Lane. For more information, call (858) 450-3355 or visit cafejapengo.com.

Café Japengo’s bento box
**Friday, Sept. 13**
- Tomcat Courtney, blues legend, 5 p.m., Café-Bar Europa
- Lisa Campbell, 6 p.m., Prospect Bar & Grill
- James Speer, piano jazz, 7 p.m., Eddie V’s
- Breezin’, R&B and jazz, 7 p.m., Amaya
- Tad Sisler, vocals, piano, keyboards, 8 p.m., Manhattan of La Jolla

**Saturday, Sept. 14**
- Scratch, acoustic soul trio, 9 p.m., Amaya
- FUNdamental Fridays, DJ night, 8 p.m., Barfly
- AfroJazziacs, Latin and Afro Cuban rhythms, 9 p.m., Café-Bar Europa
- Scratch, acoustic soul trio, 9 p.m., Beaumont’s

**Sunday, Sept. 15**
- Kayla Hope, 11:30 a.m., Beaumont’s
- Brent Curtis & Mike Myradl, noon, Prospect Bar & Grill
- Sounds Like Four, 4 p.m., Café-Bar Europa
- Jimmy Lewis, 4 p.m., Prospect Bar & Grill
- John Cain, 5 p.m., Eddie V’s
- Shelle Blue, blues and rock, 6 p.m., The Shores
- Big Boss Buble, rock and Euro jazz, 7 p.m., Café-Bar Europa
- Focused Minds, indie rock, 7 p.m., Che Café
- Normandie Wilson, swing pop and jazz, 7 p.m., Amaya

**Monday, Sept. 16**
- Sean Murphy, 4 p.m., Café-Bar Europa
- John Cain, 5 p.m., Eddie V’s
- Pan Am, bossa nova and jazz, 7 p.m., Café-Bar Europa
- JoJo Hahn, 7 p.m., Amaya
- Whiskey Ks, indie rock, 7 p.m., Che Café

**Tuesday, Sept. 17**
- Gabriela Aparicio, 4 p.m., Café-Bar Europa
- Freddie A Dream Trio, 5 p.m., Eddie V’s
- Jon Sandoval, jazz and pops, 7 p.m., Amaya
- AfroJazziacs, 7:30 p.m., Café-Bar Europa

**Wednesday, Sept. 18**
- Carlos Velasco, 4 p.m., Café-Bar Europa
- Tomcat Courtney, 6 p.m., Café-Bar Europa

**Thursday, Sept. 19**
- Gabriela Aparicio, 4 p.m., Café-Bar Europa
- Rob Bondurant, 6 p.m., Prospect Bar & Grill
- Chris Cerna Trio, 6 p.m., Eddie V’s
- Tad Sisler, 7 p.m., Manhattan of La Jolla
- Pan Am, Latin jazz, 6 p.m., Café-Bar Europa
- The Mark Fulton Band, Top 40 and classic rock, 7 p.m., Amaya
- Ham’s Way, indie rock, 7 p.m., Che Café
- Lotus, DJ night, 8 p.m., Barfly

**Friday, Sept. 20**
- Lisa Campbell, 6 p.m., Prospect Bar & Grill
- Tomcat Courtney, 5 p.m., Café-Bar Europa
- AJ Degrasse trio, 7 p.m., Eddie V’s
- Brian Warren, frontman of Weatherbox, 7 p.m., Che Café
- Que Bondel, gypsy folk, 7 p.m., Amaya
- Tad Sisler, 8 p.m., Manhattan of La Jolla
- Fly Fridays, DJ night, 8 p.m., Barfly
- AfroJazziacs, 9 p.m., Café-Bar Europa
- John Stanley King, blues and rock, 9 p.m., Beaumont’s

**Saturday, Sept. 21**
- Ryan Hiller, noon, Prospect Bar & Grill
- Jimmy Lewis, 3:15 p.m., Prospect Bar & Grill
- 40, 7 p.m., Amaya

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**EVENTS CALENDAR >>**

**SEPT. 28: PEERS GALA**

**WHAT:** The fifth annual PEERS Gala to Benefit Challenged Athletes Foundation will take place Sept. 28 at the private La Jolla Farms residence of Steve and Lisa Allman. Guests will experience gourmet cuisine, entertainment, a silent and live auction, and inspirational stories of perseverance from the challenged athletes served by CAF.

**Funds raised at this year’s event will be used to fund adaptive sports equipment, running prosthetics, coaching, mentoring and competition expenses for challenged athletes of all ages and abilities. Each year, the PEERS Network selects an outstanding local nonprofit to benefit from its annual PEERS Gala. This year’s VIP reception will be hosted by Bill Walton at 5:30 p.m., followed by the general admission event at 6:30 p.m. The special honoree this year will be Dr. David Sotmich. For more information on PEERS Network, visit www.peersnetwork.org. For more info on the Challenged Athletes Foundation, visit www.challengedathletes.org.

**SEPT. 28: SOLAR SEMINAR**

**WHAT:** Solar seminar at the La Jolla Library, 7555 Draper Ave. The seminar is free and lunch is provided. The presentation will cover solar technology, rebates and incentives, and guests can have questions answered. The goal of the presentation is to educate the local community about how to get paid to go solar by receiving up to $1,500 cash back on installations. It will also discuss how residents can take advantage of the significant federal tax credit and hedge against future utility rate hikes.

**SEPT. 28: OKTOBERFEST**

**WHAT:** The Congregational Church of La Jolla’s ninth annual Oktoberfest takes place Saturday, Sept. 28 from 5 to 9 p.m. Join the community for some accordion playing, dancing and entertainment. Guests will enjoy a hearty German repast of roasted sausages, kraut, red cabbage, German potato salad and apple crisp. Tickets are $12, with beer and wine selling for $4. Call (858) 459-5045 for tickets. The church is located at 1216 Cave St.
Fundraising à la Français

ATHENAEUM: above: Alice Brana (event co-chair), Ann Craig (event chair), Max Gurney, Ginny Black (event co-chair) and Bob Black, Erika Torri (Athenaeum executive director)

MCASD: above: Iris and Matthew Strauss (he’s MCASD board president), Hugh Davies (MCASD executive director), Sonia and Gavin Mandelbaum (event chairs)

ATHENAEUM: above: Sally Fuller, Lewis and Connie Branscomb (as King and Queen of Hearts; they led the parade), Joy and Jim Furby

MCASD: above: Harry and Valerie Cooper, Jeremy and Jan Westlund, Lynda and Rich Kerr

MCASD: above: Dr. Jerry Picolysky and Lee Clark, Hélène and George Gould, Patsy and David Marino

ATHENAEUM: above: Dan and Cynthia Kronemyer, Effie and Ralph Lundberg, Joyce and Martin Nash

ATHENAEUM: above: John Armstrong, Myrna Naegele, Marilyn Miles, Ingrid Hibben, Victor LaMagna

MCASD: above: Hal and Debbie Jacobs, Pam and Gregg Marks, Abby Freeman, Ben Strauss-Malcolm

MCASD: above: Alexander Wallin, Amanda Mitts, Ron and Cathy Busick, Alyce and Tom Vessey

Being the repository of a fabulous collection devoted to music and art, the Athenaeum attracts many creative, artistic devotees. For 24 years, its annual galas have celebrated the art and culture of exotic destinations. This year’s theme was “New Orleans and All That Jazz” — domestic, nationally speaking, but exotic nonetheless.

Ann Craig chaired, with Ginny Black and Alice Brana as co-chairwomen. A committee of gifted (and dedicated) volunteers labored heroically (while the air conditioning was temporarily disabled), transforming the Athenaeum’s rooms into the settings of The Big Easy. One room celebrated Mardi Gras, with Paula McColl’s mural depicting jazz musicians joining the colorful glitz of that famed festival. The patio morphed into the “Café du Monde.” Another gallery became the Magnolia Room, where drawings of the fragrant bloomer decorated the walls (which the artists painted orange to emphasize the greenery) and table centerpieces incorporated live cuttings. Most of the 290 guests arrived in inventive costumes, complementing the theme and decor.

Music, of course, was everywhere. Euphoria Brass Band played energetically on the sidewalk (and for the traditional parade along nearby streets), later moving into the lobby. Cool a capella group Augie’s Side Effect cruised from room to room, entertaining everyone.

Drinks, appetizers and dinner itself evoked the celebrated N’awlins cuisine. The entrée of catfish meunière pecan was particularly enjoyable, and many more tickets could have been sold if the venue had more capacity. Get your tickets early for next year’s 25th anniversary event! ***

A very different French theme was featured the next day for the Museum of Contemporary Art San Diego’s 37th annual Monte Carlo gala, held at MCASD’s La Jolla facility. Consistently one of the biggest over-the-top bashes in town, it was chaired this year by Sonia and Gavin Mandelbaum. Having honeymooned in the south of France 10 years ago, they themed the party as an evening of alfresco dining in St. Tropez, followed by a night at the fabulous Les Caves du Roy night-club. Delicious decadence, indeed! Tickets for this spectacular event ranged from $650 to $2,500 per person (or just $100 for the late-night after party, chaired by Blink 182’s Tom DeLonge and wife Jen). More than 350 attended the entire event; many more came late. Chambagne, cocktails and a cornucopia of canapés were consumed during the reception. Dinner was in a parking lot totally transformed by tall trees, black Astroturf, and finely-decorated tables. Guests enjoyed a sumptuous four-course dinner featuring seared scallops, braised lamb shoulder and other tasty treats prepared by Giuseppe Ciuffa and Ryan Johnson in a “view” kitchen adjacent to the diners. Michele Coulon created the decadent dessert assortment. “Hired gun” professional dancers pulled event principals onto the dance floor, where they were quickly joined by other partygoers. Soon afterward, they joined the after party, where new delights awaited. A DJ spun tunes, and a lovely trapeze artist swung from the Salon de Musique (Axline Court) heights. In the VIP Club Les Caves, a high-decibel band performed; elsewhere, casino tables offered roulette, blackjack, craps and roulette. Winners later traded their chips for drawing tickets. Activity was everywhere, continuing long after the 1:20 p.m. prize drawing. Eventually, of course, everyone went home — taking with them memories of a spectacular evening. Proceeds will benefit MCASD’s exhibitions and education programs.
I met Rose Mary Taylor on a Tuesday afternoon in August. I knocked on the door and she slowly made her way to let me in. Her face was sad and she shared that her faithful feline friend, Tiger, had died on Monday. She was having a very hard time with the whole year. In January, she had an aortic valve replacement, triple bypass, then a major lung infection. But as we talked and she began sharing her story, her liveliness and her true nature surfaced.

“My husband died in 1972 and left me with six children ages 10-20,” Pause. “And I’m still angry about that!” Fortunately he left her with a good enough income to take care of the family, and she continued to work in jobs at the church, becoming the music department manager and bookkeeper.

A few highlights of Rose Mary: She was the first female student at the University of St. Louis in 1947, studying music.

She won a Westinghouse Scholarship and transferred to Washington University to earn a degree in chemical engineering.

She met and married George Taylor at the University of St. Louis in 1947, studying music.

She obtained an FBI Q clearance and worked separating U235 from U238 and tested radiation going into the Mississippi River.

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In 1951, she and George moved to San Diego and worked at Convair. Although they were not hiring women, they hired Rose Mary and she worked in the test lab.

After their children were born, Rose Mary stayed home to raise them, as well as her 11-year-old half sister. She volunteered in just about everything she could:

PTA, League of Women Voters, YWCA, San Diego Church Women United, La Jolla Open Housing Committee, Salvation Army [founder of Haven Project for unwed mothers], San Diego Opera Board, La Jolla Chair San Diego Symphony, President of California Ballet, Starlight Society Board, La Jolla Stage Company Board, San Diego Metropolitan Opera Auditions Committee, San Diego Master Chorale.

She became fascinated with Parliamentary Procedures and wrote by-laws for many nonprofits. She persuaded the League of Women Voters to get the first Selective typewriter in town and learned how to use it well. Soon she saw a community need for printing and decided to go into business for herself.

In 1978, Rose Mary opened Impriprinters printing invitations, followed by a wedding shop. She bought an embossing machine and the first typesetting comput.

Spotlight on Locals

Rose Mary Taylor: a history of making history

By SHARON ANN HAMILTON, special to La Jolla Today

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SEE ROSE MARY >> PG. 19

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REAL ESTATE 800
NEW ON THE MARKET North Park residence building at 4030 Osler St in La Jolla. 858-994-3030. FRA, owner will sell or exchange for R1W car if the offer is reasonable. Other offers considered. Contact: Geo. Jiridia Rtn 911 454-4515

TRADE OFFERS 325
GOT OLD COMIC BOOKS Local collector seeks vintage comic books and graphic novels. Contact: ademaandassociates.com

HELP WANTED
FOR WIND & ROOFING INSTALLERS CALL FOR FREE QUOTES

ANNOUNCEMENTS 100

REWASH LOST 1ST HEART PENDANT on Christmas day at La Jolla city. Very sentimental. 619-455-4555

REWASH: LOST WHITE PERUVIAN CAT On 8-13-13, at 9:30 am making its way through Villa La Jolla Drive and Nolte Drive. 1000 lb cat can see well but does not walk very well. No way back home. If you get any information on him, please call Raminos (866) 455-4555

BRIEFS CONT. FROM PG. 3
The trio is charged with conspiracy with an unnatural juvenile to rob the Smasherburger restaur-

LA JOLLA TODAY
FRIDAY · SEPTEMBER 13, 2013
SUPERIOR COURT OF THE STATE OF CALIFORNIA COUNTY OF SAN DIEGO NOTICE OF HEARING ON MOTION FOR ORDER MODIFYING JUDGEMENT OF NEWSPAPER’S STANDING AS A NEWSPAPER OF GENERAL CIRCULATION FOLLOWING NAME CHANGE IN THE MATTER OF THE PUBLICATION OF MANUS COMMUNICATIONS INC., F/K/A L.A. JOLLA TODAY

NOTE: IS HEREBY GIVEN that the publisher of the newspaper formerly known as LA JOLLA VILLAGE NEWS, currently known as LA JOLLA TODAY, has filed in the Superior Court a Motion for Order Modifying Judgment of Newspaper’s Standing as a Newspaper of General Circulation Following Name Change.

In substance, Moving Party alleges in its Motion that the newspaper previously known as LA JOLLA VILLAGE NEWS, which obtained its Judgment Ascertaining and Establishing Newspaper of General Circulation on August 22, 2002, changed its name to LA JOLLA TODAY on August 13, 2012, and began publishing under the name LA JOLLA TODAY on February 1, 2013.

The name change to LA JOLLA TODAY did not substantially change the newspaper’s character, and that the Motion and Memorandum of Motion submitted today continues to be a newspaper of general circulation, published for the dissemination of local and geographic news and intelligence of a general character in the community of La Jolla, City of San Diego, County of San Diego, State of California.

WHEREFORE, Moving Party prays for a modification of the judgment attaching the previous title of LA JOLLA VILLAGE NEWS, obtained on August 22, 2002, to the new title of LA JOLLA TODAY, as a newspaper of general circulation, as defined in Section 6000 of the Government Code, for the County of San Diego, California.

Notice is hereby further given that on October 4, 2013, at 1:30pm in Department 46 of the San Diego Superior Court, the Court, located at 1188 Sixth Avenue, San Diego, CA 92101, will conduct a hearing to consider the Motion. Any person may appear at said hearing and present evidence in opposition to the Motion.

DATED: September 6, 2013
NANNIE COMMUNICATIONS, INC.
ATTORNEY FOR MANUS COMMUNICATIONS, INC.
(619) 234-3220
www.LaJollaToday.com

WHAT’S AVAILABLE:
BRIDES CONT. FROM PG. 3
For a story that will be “a very special addition to the neighborhood.”

“The combo box from Smasherburger and other items were found in the case.

Churchill is charged with committing eight other robberies in June and July by himself. The prosecutor declined to say where those other robberies took place and added it will all come out at the preliminary hear-

— Neal Putnam

7-ELEVEN ROBBER PLEADS GUilty

A second man charged in a 7-Eleven robbery on Midway Drive, Torrey Pines and elsewhere has pleaded guilty to 15 counts of robbery and being a felon in possession of a firearm.

Luis Alonso Cruz, 25, faces a prison term rang-

ing from 30 to 70 years, said Deputy District Attorney Marton Doyle on Aug. 27. Cruz will be sen-

tenced Nov. 22.

Meanwhile, Alex Sanchez, 24, will be sen-

tenced Sept. 10. He pleaded guilty to robbing the same stores, along with 11 other heists, and faces a prison term rang-

ing from 22-28 years, said Doyle. Cruz has a separate robbery in El Cajon Superior Court which is expected to be resolved, said Doyle. Cruz con-

victed of burglary in 2010, according to court records.

The 7-Eleven stores were located at 2387 and 3185 Midway Drive, and 13835 Mango Drive when they were held up in August 2012. The other stores held up were located on North Park, Chula Vista, Carlsbad, Linda Vista, Mira Mesa and Mission Valley. Both men remain in custody.

— Neal Putnam

GUILTY PLEA IN ATTEMPTED CAR THEFT AT A LA JOLLA SCHOOL

A young woman pleaded guilty Sept. 3 to attempted car theft in a June 26 inci-

dent in which she tried to steal a car outside the La Jolla Country Day School after someone dropped off a child there.

Jennifer Anza Gomez, 21, will be sentenced up to one year in jail, according to court records.

San Diego Superior Court Judge Eugenia Eyheraba dismissed a charge of attempted carjacking after she pleaded guilty to the reduced charge. She pleaded guilty just before her case was to be assigned to a courtroom for trial.

No one was hurt in the incident as Gomez could not put the car in gear and could only rev the engine. Gomez was pulled out of the car by someone she knew and ran off to be caught by the head of the school’s security.

The car’s driver was a relative of a 9-year-old child who was dropped off at 8:35 a.m., and Gomez pulled the driver inside.

She remains in the La Coli-

nias Del Mar’s Detention Facility on $50,000 bail.

— Neal Putnam

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Charles Schevker & Natasha Alexander

Here’s a short story to help get to a point. Very recently, Natasha and I decided to move from a former residence into the Village of La Jolla. We now live not far from Ferrari car dealership. For any readers who do not know — or maybe who do not care — a Ferrari is considered a super sports car, and, well, it also has a super price tag.

Now, it just strangely happens that no matter which direction I need to walk, I always seem to find myself walking past that Ferrari dealership. Not sure how that happens — must just be poor planning on my part. I stand outside on the sidewalk with my face pressed against the glass just fantasizing what it would be like to own one of those amazing cars. Occasionally catch a glimpse of my reflection in the showroom glass and can see the stupid-looking expression on my face. Although I should be embarrassed, I’m not.

Now, I ask myself, do I really really need a Ferrari? I hate rhetorical questions. Of course I really need a Ferrari. I currently own a Porsche, the fourth in the last 25 years. I never drive it. I’m always afraid something bad will happen to it. The Porsche is 6 years old and has only 8,000 miles. So, if I owned a Ferrari, what makes me think I would drive it more than I do the Porsche? The answer is it would be no different, if not worse. So why do I want a Ferrari (oh, but not just any one — I already know the style, color and everything)? The answer is because I just have to have it. It is one of my (many) dreams. This idea, as ridiculous as it sounds, caused me to think deeper about why people purchase homes, and not just any home, but bigger and better homes. Why do you need an ocean view? Why do you need a house in La Jolla? Here is what we all need to know, although having this knowledge will not change a single event in our lives. Just like there are laws of physics, there are laws of commerce, and this is law No. 1: We buy on emotion and then justify our decision with logic. No? Think about a recent purchase, and how did you justify it? Was it a two-for-one shoe sale? Was it that new black dress to add to the existing collection of 30 black dresses, or was it spending $100,000 to upgrade your kitchen because it was going to save you time cooking (yeah right)?

I began to reflect back to all our past clients we have helped to buy or sell a house, and I remembered how happy and delighted they were to move on with their lives and dreams. Then, I had an “ah-ha” moment — and it was a scary one. My thought was that nobody really cares whether real-estate agents have college degrees, can speak in full sentences, know how to operate a smart phone, can complete all of the required contracts and documentation, can provide information to better prepare the client to make more informed decisions or whether we are faster than a speeding bullet. The No. 1 consideration us to whether an agent provided excellent client service is making sure you experience the reality of your dreams. Your dreams are all that matter.

As you press your face up against the glass window at the real-estate showroom displaying your dream homes, just remember a good real-estate agent will help you to live those dreams. Whether you are buying or selling, you are moving on to the next great step in your life and that of your family’s.

If you have any questions about real estate in San Diego, send your inquiries to Charles Schevker or Natasha Alexander at Cschevker@san.rr.com. They will respond directly to you, and those questions that have a broader public appeal will be published along with our next column in La Jolla Today.

9736 La Jolla Farms Road

REAL ESTATE BRIEF >>

SECOND-HIGHEST SALE OF A PROPERTY IN LA JOLLA — Ed Mracek and Marty Vusich of Willis Allen Real Estate recently sold the former residence of the late Reinhold Weege at 9736 La Jolla Farms Road for $18.5 million, setting the record as the second-highest sale of a home in La Jolla history.

The home was designed by architect Frederick Weir on the site of the former Salk Institute residence. Weege, who bought the home with wife Shelley in 1995 for nearly $4.4 million, was the producer and creator of NBC’s “Night Court.” The Weege’s built their dream home a near 15,000-square-foot, four-structure compound on 2.58 ocean-front acres. Interior design was finished by Arthur Porras.

The property was formerly the residence of Salk CEO Frédéric de Hoffmann. His widow donated the house to Salk in the early 1990s and it was renovated to recruit a new CEO. Eventually the Salk Trustees elected to sell the property and use the proceeds to further their scientific research.

The sale of the property is second only to Bill Lerach’s purchase of 9776 La Jolla Farms Road for $23.5 million in 2005.

A True Business Gem; Access Custom Door & Gate

Celebrating over 20 years of support from San Diego County, Access Custom Door & Gate is the family owned and operated business of Braden Wasserman and his father Leonard. The owners, father & son team, Leonard & Braden Wasserman, stand proud with the support of their staff comprising of a residential division, commercial division, gate department and rustic hardware.

Access started as a 2-man team working out of Leonard’s garage. Over 20 years later, they have expanded their network, reaching all of San Diego County boasting a 1,000 square-ft plus showroom including the offices in Miramar off Dowdy Drive.

“We are the one-stop-shop” dubbed Braden, in reference to all this company handles. Access designs, manufactures, installs and services garage doors, front entrance doors, pedestrian gates, front entrance gates, driveway gates, automation and related hardware. You can see their work in all neighborhoods of San Diego. Access stands behind its promise that “the hardest thing you (the homeowner/the architect/the contractor) will have to do with us is sign the check.”

Thank you Access Custom Door & Gate for your committed business excellence to our community.

9340 Dowdy Drive SD CA 92126

For Advertising Information call (858) 270-3103
1621 Grand Ave., 2nd Floor, San Diego, CA 92109 sdnews.com
The La Jolla-based premium coffee company now has a pour-over bar, as well as offering drip coffee and selected espresso options, serving Padres fans on the field level at the left-field grandstand deck.

“We are beyond excited about launching the pour-over coffee bar experience at Petco Park,” said BRCR owner Chuck Patton. “Not only are we thrilled to have front-row seats to support our home team, but we are excited to be a part of the Padres family that is dedicated to the gourmet and wholesome fan experience. We thank them for their support of local San Diego-owned and -operated businesses like us and look forward to serving coffee lovers and Padres fans alike to enhance their ballpark experience.”

The ballpark welcomed the addition.

“Bird Rock Coffee takes great pride in roasting and brewing the highest quality coffee, and we’re happy to be able to offer it to our fans,” said Scott Marshall, Padres vice president of concessions and retail.

Since 2002, BRCR, a grassroots company, began selling its organic and fair-trade coffee at farmer’s markets and through home-delivery service. In 2006, Patton opened the coffee shop at 5627 La Jolla Blvd.

— Dave Schwab

TIHANYI SISTER’S AND SURF SCHOOL

DRAW ACCOLADES — Izzy and Coco Tihanyi (right), co-owners of Surf Diva Surf School at 2160 Avenida de la Playa, were thrilled to be featured on Yahoo! Shine for an episode of “Secrets to your Success.”

The Tihanyi sisters, avid lifelong surfers, discussed in the interview their successful business approach to women’s surf instruction.

“I realized that women want to be taught in a different way,” said Izzy. “We have a lesson plan that’s geared toward women where they understand everything — the safety, the rip currents, the tides — before they go out in the water.”

Izzy operated the surf school while Coco handled marketing and clothing designs.

“We are so excited to share our story of Surf Diva,” said Coca. “For me it was really important to design clothing that would fit different body types and know that you don’t have to be 14 years old and a size 2. You can be 45 and a size 14 and still have a wetsuit you can buy and wear and feel good in.”

The sisters’ motto is: “The best surfer in the water is the one having the most fun.”

— Dave Schwab

ROSE MARY

CONT. FROM PG. 1

er in La Jolla. She was the first and only solo woman printer in the Printing Industries Association. The business grew and expanded before she sold it and retired in 1990.

The Welcome Wagon, who she had done some printing for, had an opening for South La Jolla and asked her to step in temporarily in 1990. She enjoyed it so much that 15 years later, she was still doing it. When that company closed in 1999, she and her daughter, Julie Taylor, founded San Diego Newcomers to carry on the torch of welcoming newcomers.

The Village Vaudeville, created by the Soroptomist Club in the 1980s to raise money for widows or divorcees getting back into the workforce, featured Rose Mary dancing in a chorus line called the Hot Flashettes. The show was popular and ran for 11 years.

In 1989, the Salvation Army honored her as a Woman of Dedication and she has twice received the Star Award from the San Diego Performing Arts League.

Throughout her San Diego life she has sung in the La Jolla Presbyterian Church Choir and the San Diego Master Chorale, retiring last summer after 54 years.

She was even registered as a vocal instrument with the San Diego Symphony.

At 83, she is active in a club she helped found, Club Altura. She is also taking classes in law and music appreciation.

Rose Mary is a woman of power. When she set her mind to something, she did it — even if no one else ever had. She does not think of herself as extraordinary, but those who meet her do.

— SharonAnn Hamilton is the founder of The Retirement Concierge, a service designed to help those facing retirement navigate the ins and outs of life transitions.

www.theretirementconcierge.com
**EVENTS CALENDAR**

**SATURDAY, Sept. 14**
- **Keats La Jolla Nights,** 6 to 9 p.m., celebratory downtown La Jolla’s night life with more than 20 bands and performers, a beer and wine garden, art gallery receptions, shopping and dining, www.lajollabaythesesa.com, (858) 454-5718, free

**SUNDAY, Sept. 15**
- **Muttropolis animal adoption,** 11 a.m. to 1 p.m., 7755 Girard Ave., volunteers from the Helen Woodward Animal Center and many of the adoptable dogs will be present, no appointment necessary, www.muttropolis.com, (858) 459-9663.

**MONDAY, Sept. 16**
- **Support group for adults with Type 2 diabetes,** 6 to 7 p.m., Scripps Whittier Diabetes Institute, 9894 Genesee Ave., 2nd floor BMS classroom, meet other adults with Type 2 diabetes to exchange ideas, family is welcome to attend, (858) 944-8843, free

**TUESDAY, Sept. 17**
- **Young Women’s Breast Cancer Support Group,** 6:30 to 8 p.m., Scripps Point Loma Breast Care Center, 9850 Genesee Ave. Suite 170, provides a safe environment where cancer patients can talk about living with cancer, www.scripps.org/events/young-women's-breast-cancer-support-

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**WEDNESDAY, Sept. 18**
- **Birch Aquarium Green Flash Concert Series,** 6:45 to 9 p.m., 2300 Expedition Way, music by Steve Poltz in partnership with 102.3 KPRi FM, aquarium.ucsd.edu, public $29, members $26, $34 door

**THURSDAY, Sept. 19**
- **Hospital orientation for expectant parents,** 7:30 to 8:30 p.m., Scripps Memorial Hospital La Jolla Women’s Center Lobby, 9988 Genesee Ave., www.scripps.org/events/hospital-orientation-for-expectant-parents-la-jolla-september-19-2013, free

**FRIDAY, Sept. 20**
- **Mandeville Auditorium jazz composers orchestra reading,** 7:30 to 9:30 p.m., Mandeville Auditorium at UCSD, 9500 Gilman Drive, performance reading of five new works by jazz composers Miya Masaoka, Michael Dessin, Daniel Francis Marschak, Alan Chan and Tobin Chodos, (858) 534-4637, free

**SATURDAY, Sept. 21**
- **Spike and Mike’s Sick and Twisted Festival of Animation,** 7 p.m., Museum of Contemporary Art San Diego, 700 Prospect St., more than 25 classic and new risqué animated films, www.spikeandmike.com, $15

**SUNDAY, Sept. 22**
- **Larry M. Edward’s “Dare I Call It Murder,”** noon, Warren’s 7812 Girard Ave., author book signing, (858) 454-0347, warwicks.com, free

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**MONDAY, Sept. 23**
- **La Jolla Parks and Beaches monthly meeting,** 4 to 5:30 p.m., La Jolla Rec Center, 615 Prospect St., lajollaparksandbeaches.org/meetings/2, (858) 552-1658

**TUESDAY, Sept. 24**
- **Laurie King book signing,** noon, Warren’s, 7812 Girard Ave., King will discuss and sign her new book “The Bones of Paris,” (book must be purchased from Warwick’s to be signed), (858) 454-0347, warwicks.com

**WEDNESDAY, Sept. 25**
- **NOAA Southern California Science Center Building Tour,** 5:30 to 8 p.m., 8604 La Jolla Shores Drive, presentation by Gould Evans, self-guided tours and light refreshments and hors d’oeuvres, aiasandiego.org/event/noaa-tour/, $10 to $20

**THURSDAY, Sept. 26**
- **La Jolla Republican Women general meeting and luncheon,** 11:30 a.m. to 1:30 p.m., La Jolla Country Club, 7301 High Ave., features guest speakers Keith Slotter from the FBI and Lynn Stuart from “San Diego’s Most Wanted Crime,” (619) 447-0846 or marteenymcdowell.net, $30 members and guests

**FRIDAY, Sept. 27**
- **La Jolla Community Center concert,** 7:30 to 9:30 p.m., 5200 La Jolla Cove, performance for expectant parents, lajollaparksandbeaches.org/meetings-2/, (858) 454-0347, warwicks.com, free

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**SATURDAY, Sept. 28**
- **Noaa Southern California Science Center Building Tour,** 5:30 to 8 p.m., 8604 La Jolla Shores Drive, presentation by Gould Evans, self-guided tours and light refreshments and hors d’oeuvres, aiasandiego.org/event/noaa-tour/, $10 to $20

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Cleveland noted the “litmus test” for the sanctity of an open-water, long-distance swim like Nyad’s is an observer’s report, which Cleveland said documents and validates the authenticity of the swim, what, if any, assistance Nyad received, whether she ever got out of the water and into a boat, etc. Cleveland, who didn’t start marathon swimming until she grew up in the tiny island at the tip of Asia, the British left behind an “important maritime harbor.” Mirpuri said, through which “more than 30 million containers pass every year.” Long Beach, the largest U.S. port, he pointed out, sees 6 million passages through every year.

The sudden independence lingered with British heritage. Mirpuri said, has resulted, 48 years later, in a country that has established itself as a hub for communications, transportation and finance. The road to success, however, came in the form of trial by fire, as the British took with them a large chunk of Singapore’s economy.

“It was a very uncertain future that we faced,” he said. “In 1965, Singapore faced 20 percent unemployment. Not only that, we were faced with a large chunk of Singaporean economy.”

One major target the country set its sights on was a major overhaul of its educational system. When Mirpuri started school in 1966, he said, only 5 percent of those who started with him would go on to higher education at age 18. “Today,” he said, “70 percent of the children that start school will make it to higher education. Some schools in the U.S. have even started using our math and science systems.”

Looking ahead, Mirpuri said he hopes to continue to grow the relationships between Asian countries and the U.S., through trade agreements and partnerships. He even proposed a reorientation of the way we look at physical maps of the world.

“Normally, when you look at a map, you have the Atlantic Ocean in the middle, Europe on the right and the Western Hemisphere on the left,” he said. “We need to reorientate that to put the Pacific Ocean in the middle, the U.S. on the right and Asia on the left because that’s where, particularly for a city like San Diego, your partnerships are going to be.”

SINGAPORE» CONT. FROM PG. 1

invested in Singapore because of the intellectual property protection and the rule of law,” he said. “In 1965, when we became independent, a decision was made to open up to foreign investments and to make it a safe haven for investors in the region.”

Singapore has also established itself as a major petrochemical and energy hub, though it has no natural energy resources of its own. Investments from companies like Shell and Exxon/Mobile have made it a nerve center for energy in East Asia.

Mirpuri said Singapore has managed to build itself up by focusing on its shortcomings. Water, for instance, is very scarce in the country, which has to purchase water every day from Malaysia.

“We have now developed new technologies that I’m going to be discussing with the City Council here — for recycled water, which is potable and available to all citizens and we’ve worked on desalination,” he said. “We have developed all these technologies because of what we lacked. We looked not at our strengths, because we had no strengths, but instead we’re looking at where we lack things and how to develop based on that.”

Another major target of the country was to set its sights on was a major overhaul of its educational system. When Mirpuri started school in 1966, he said, only 5 percent of those who started with him would go on to higher education at age 18. “Today,” he said, “70 percent of the children that start school will make it to higher education. Some schools in the U.S. have even started using our math and science systems.”

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ALL THOSE WHO ARE LOOKING FOR IDEAS FOR UPGRADING THE HOME AND GARDEN — or those just like to peruse — will want to check out the 24th annual Fall Home/Garden Show at the Del Mar Fairgrounds Sept. 13-15.

During its three-day extravaganza the annual show will feature interior design and garden displays, remodeling inspiration, hands-on demonstrations, educational seminars and one-stop shopping for everything pertaining to the home and garden.

In addition to being an extensive home and garden product marketplace, the Fall Home/Garden Show offers several unique features this year, including an interior-design walk-through exhibit of rooms, featuring the work of San Diego American Society of Interior Designers members; and an “Ask The Experts” seminar area where visitors can meet one-on-one with talented members of various professional design and construction organizations.

Garden lovers will enjoy the Entry Garden area with its variety of container gardens created by members of the Association of Professional Landscape Designers, 30-minute design consultations for only $30 at the show.

The show runs Friday, Sept. 13, 11 a.m. to 6 p.m.; Saturday, Sept. 14, 10 a.m. to 6 p.m.; and Sunday, Sept. 15, 10 a.m. to 5 p.m. Admission $8; children under 12 are free. Seniors 55 and over are $1 on Friday. After 3 p.m. daily, all tickets are $6. Discount tickets on the website are $6.

For more information, visit www.fallhomegardenshow.com.

Real Estate Today
FRIDAY · SEPTEMBER 13, 2013
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