Brewing culture continues to grow with Karl Strauss’ 25th anniversary and the opening of La Jolla’s newest microbrewery

By LORALEE OLEJNIK

Karl Strauss Brewing Company (KSBC) celebrates its silver anniversary of brewing liquid gold this month with a changing-of-the-barrels party and the kick-off to a series of brewmaster dinners.

A pioneer of San Diego’s craft beer revolution, KSBC opened the doors of its downtown Core-Columbia brewery on Feb. 2, 1989. The empire has since grown to include eight brewery restaurants throughout Southern California and a newly added tasting room at its main Pacific Beach Brewery on Santa Fe Street.

“We had a vision to bring craft beer to adventurous and free-spirited San Diegans, but our biggest fear was always, ‘Will they come?’” said Matt Rattner, president and co-founder of KSBC. “When we saw the line around the block on opening day, we knew we were on to something.”

The idea for KSBC started in the mid-1980s when Rattner and friend Chris Cramer, both recent college grads, were sharing an apartment in Mission Beach. Inspired by a brewery they came across on a trip to Australia, the two decided to reintroduce microbrewing to the San Diego scene.

Cramer’s cousin, master brewer Karl Strauss, was brought in as technical consultant and his image has ing to the San Diego scene.

Australia, the two decided to reintroduce microbrew-grads, were sharing an apartment in Mission Beach.

As the company expanded, brewery restaurants were added in La Jolla, Sorrento Mesa, Carlsbad, Costa Mesa, Universal City Walk and the newest locations in 4S Ranch and Temecula. The company recently began distributing in Northern California.

KSBC was instrumental in securing San Diego’s spot as a national craft-brewing mecca and has since been joined by dozens of local powerhouse craft brewers.

The names of the company’s beers and label designs highlight San Diego’s iconic landmarks like Windansea Wheat hefeweizen and Red Trolley Ale, one of its trademark beers.

Originally brewed as a holiday beer, Red Trolley Ale has won multiple awards, including gold medals at the World Beer Cup and Great American Beer Fests, competitions largely considered to be the “Olympics” of brewing.

Q: Describe in detail what sets you apart from your political opponent and how you will captain San Diego’s economic and political future to promote the city and compete with the interests of neighboring counties and cities fighting for the same piece of California’s funding pie.

A: I have been consistent in my desire to see all communities throughout San Diego be treated fairly and equitably by City Hall, while my opponent has prioritized taxpayer giveaways to developer special interests. In order to
increase funding for vital infrastructure projects in every community, it is critical the city get its fair share of state and federal funding. For far too long, the city has not had a strong presence in Washington, D.C. and Sacramento. As mayor, I will actively lobby state and federal agencies for everything from homeland security funding to grants for critical infrastructure projects in blighted communities.

Q: With the departure of former Mayor Bob Filner, much healing appears needed at City Hall and within San Diego’s respective neighborhoods. What is your plan to promote cohesiveness within the City Council and local town councils and planning groups?

A: City Hall is healing from a tumultuous year. To effectively govern, it’s critical that the mayor represent ALL San Diegans — not just special interests. As such, I will govern by treating all members of our communities with the dignity and respect they deserve. Unlike past administrations, I’ll work with our town councils and planning groups to help with neighborhood issues. I have and will continue to work cooperatively with each councilmember to ensure each community receives the resources and services it needs. Although the mayor and City Council may not always agree, by working together to do what’s best for the city we can get San Diego back on track and moving full steam ahead.

Q: What is your plan to promote cohesiveness within the City Council and local town councils and planning groups?

A: I was first elected to the City Council in the wake of the last mayoral resignation [Mayor Dick Murphy, who stepped aside in 2006 during a fiscal meltdown surrounding the city’s employee pension funds], I’ve been successful during my eight years on the City Council because I’ve always been willing to work with anyone with good ideas. I’ve led numerous bipartisan coalitions, including passing a measure to protect Mission Bay and finding housing solutions for homeless women, children and veterans. As mayor, I will continue that collaborative approach, I will also enact new transparency initiatives to increase openness, honesty and communication between City Hall and the neighborhoods it serves.

Q: The city’s tourism industry — particularly the Embarcadero-based cruise-line business and the Convention Center’s bookings — has struggled in recent years. What is your plan to put San Diego’s tourism industry back on the map and at the forefront of lure in the region?

A: San Diego’s tourism industry is vital to our economy and it’s critical we effectively market the city to ensure tourism revenues continue to grow. This was the reason I brokered a compromise to free up tourism fundings and solving a stalemate that had paralyzed City Hall and our ability to market San Diego for weeks on end. As mayor, I’ll continue to ensure the city is competitive, attracting more conventions and making sure our own events like the upcoming Balboa Park Centennial, San Diego Pride, golf tournaments and craft-brew festivals are strong.

Q: In terms of maintaining/growing the presence of law enforcement in our beach communities and maintaining/boosting budgetary support for the San Diego Fire/Rescue Department’s Lifeguard Services, what will you advocate as mayor?

A: I have consistently fought for increased funding for Fire Rescue and Lifeguard Services in the city budget. When I was elected to the City Council, my opponent and past city leaders had chosen to slash public-safety funding and resources. This was a reckless way to balance the budget. I proposed and successfully restored funding for broadband-out fire engines and lifeguard personnel. I found unnecessary expenses to cut without impacting public services. I’m proud to have the firefighters and lifeguards supporting my campaign and, as mayor, funding public safety services over nonessential budgetary expenses will be a top priority.

Q: In terms of maintaining/growing the presence of law enforcement in our beach communities and maintaining/boosting budgetary support for the San Diego Fire/Rescue Department’s Lifeguard Services, what will you advocate as mayor?

A: Every San Diegan deserves to feel safe. And as home to thousands of residents and tourists, the beach communities face additional public-safety needs. My three-point “Strong and Safe Neighborhoods Plan” will rebuild the shrinking San Diego Police Department by streamlining recruitment and hiring practices, closing the compensation gap that is luring officers to other agencies and increasing police salaries. My four-point “Neighborhood Fairness Plan” will improve emergency response times by building new fire stations and creating enhanced accountability measures for emergency first responders. Read more at www.KevinFaulconer.com.
Residents voice concerns over short-term vacation rentals

Divergent viewpoints were aired at a Feb. 3 meeting of the Ad Hoc Committee on Vacation Rentals, with a developing consensus that requiring longer-term rentals is one solution to the problem of short-term “transient” rentals adversely impacting neighborhoods.

The ad hoc group, a subcommittee of the La Jolla Community Planning Association (LJCPA), which makes land-use recommendations to the city, has been charged with vetting the increasingly troublesome issue of short-term vacation rentals that often disturb residents. The subcommittee will ultimately report back to the LJCPA with a list of recommendations for alleviating the situation.

Complaints by some neighbors of problems with mostly high-end, short-term vacation rentals have been increasing.

One high-profile example in 2011 was the “MTV House” in Bird Rock. Producers of the “The Real World” reality show rented an oceanfront single-family home there in the short term, unknown to local residents, setting off a groundswell of public opposition.

District 1 City Councilwoman Sherri Lightner stepped in to help broker concessions by MTV producers to compensate neighbors for traffic, noise, lighting, security and safety problems caused by the show.

Late parties, loud noise, traffic congestion and a general lack of politeness from vacationing tenants are among the laundry list of complaints frequently registered by permanent residents near short-term vacation renters.

Patrick Ahern, a La Jolla Realtor with Berkshire Hathaway Home Services, chairs the vacation rental subcommittee.

Subcommittee member Mike Costello challenged Ahern’s objectivity on Feb. 3, noting some of his colleagues sell vacation rentals.

The real focus should be on looking for what tools we have as citizens to curb the abuses.

**JIM FITZGERALD**

**COMMITTEE ON VACATION RENTALS**

Lost 4.5 lbs. of body fat and gained 3 lbs. of muscle mass.

“We all feel like a Family! I can now play tennis 3 days in a row without taking any anti-inflammatory which is huge for me.”

Jan Miller

Lost 4.5 lbs. of body fat and gained 3 lbs. of muscle mass.

“We all feel like a Family! I can now play tennis 3 days in a row without taking any anti-inflammatory which is huge for me.”

**‘REAL’ CONTROVERSY** MTV rented a house in Bird Rock in 2011 to film a season of “The Real World,” infuriating neighbors. The issue of vacation rentals in the community has been one of growing concern lately.

**RESIDENTS > PG. 17**

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School, under head coach Dave West-

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FRIDAY · FEBRUARY 7 , 2014

BRIEF >>

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UC in a rematch Feb. 4, then host

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Our Lady of Peace.

As for key Western League games

upcoming, the Lady Vikings will meet

UC in a rematch Feb. 4, then host

As for key Western League games

upcoming, the Lady Vikings will meet

UC in a rematch Feb. 4, then host
CIVIC REPORT >> Bird Rock Community Council, Feb. 4 By DAVE SCHWAB

The Bird Rock Community Council (BRCC) rang in the new year with a report on improvements to Chelsea Avenue and “Rock Park,” and heard a presentation on the need for having heart defibrillators strategically placed within the community.

The Feb. 4 meeting was the city advisory group’s first since November, and Bird Rockers packed Bella Roma restaurant to hear the latest neighborhood developments.

One of those developments was improvements planned for the La Jolla Hermosa Park, a small, gravel picnic area at Chelsea Avenue and Camino de la Costa that has a couple of picnic tables, benches, charcoal grills and a path down to the beach.

“There are sidewalk improvements planned for La Hermosa Rock Park to include replacing an existing curb ramp making it ADA compliant,” said city engineer Jong Choi, who added the project will also install new curb and gutter as well as a concrete pad “so that a wheelchair can slide in next to a bench.”

Choi said construction will take about four to six weeks, likely begin next winter and will involve “some construction noise from jackhammering.” He said the project will necessitate some use of street detours.

“We’ve been waiting for this a long time, so this is good news,” said BRCC president Jacquelyn Bell.

Christine Johnson and Mau- reen O’Reagan gave a presentation on Project Heartbeat, whose goal is to improve the survivability of sudden cardiac arrest victims by making automated external defibrillators (AEDs) as accessible as fire extinguishers in public areas.

Johnson said her husband sur- vived a sudden cardiac arrest, a condition different than a heart attack, in which the heart suddenly and unexpectedly stops beating.

“We were in Bird Rock and he suddenly collapsed at the height of an intense workout,” Johnson said, noting 911 was called and she and another woman, both of whom had received CPR training, kept him alive with CPR for 10 minutes until paramedics arrived.

A subsequent investigation following the medical emergency revealed there was not one AED available anywhere along Bird Rock’s commercial strip on La Jolla Boulevard.

“Every minute after that the rate of survival drops by 7-10 percent,” Johnson said, noting several businesses have or are willing to comply, and an AED has also been ordered for Bird Rock Elementary School.

Johnson said 358,000 people die annually in the nation from sudden cardiac arrest, involving many children. She said the availability or lack of AEDs figures prominently in the survivability rate.

“If someone gets shocked with in two minutes, the survivability rate is 70 percent,” she said. “Every minute after that the rate goes down 10 percent.”

The BRCC meets the first Tuesday of the month at 6 p.m. at rotating venues. The group’s next meeting will be March 4 at Bird Rock Elementary School.

Hillel EIR rejected by La Jolla Shores subcommittee By DAVE SCHWAB

A draft environmental impact report (EIR) for a downscaled Jewish student center proposed on a triangular parcel across from UCSD adjointing a single-family La Jolla neighborhood was deemed deficient by community planners.

La Jolla Shores Permit Review Committee (LJSRPC), a subcommittee of the La Jolla Community Planning Association (LJCPA), which makes land-use recommendations to the city, voted 5-0 Jan. 28 to recommend that the project EIR was insufficient and that the following environmental issues still need to be addressed:

• Use of an attendance limit of 50 persons for noise analysis, even though the building has occupancy limit far greater.

• Increased traffic in the area due to projected future building in the Scripps Upper Mesa site next to the Venter Institute.

• Siting of a student center in the single-family zone.

“Nothing has changed with respect to the design in quite some time,” said Madaffer.

Attorney Julie Hamilton, repre- senting neighbors opposed to the Hillel project, testified against it.

“The EIR has changed from almost being an objective document for the project to being a bla- tant advocacy document for the project and its neighbors,” she said. “They say the project would never be used by more than 50 people and we say its capacity exceeds 100, which should be considered. This project would have a visual and noise affect on neighborhood character.”

Neighbor Ross Starr, who lives on Cliffridge Avenue, read a letter to the LJSRPC asserting the proposed student-center project violates the La Jolla Shores Planned District Ordinance for the local community development.

“Hillel of San Diego is not a reli- gious institution but a university student social organization with a religious/ethnic affiliation,” Starr said. “Peak attendance levels are grossly understated, with the center becoming the site of weekly Shabbat dinners hosting over 100. Parking space is grossly inadequate for regularly occurring peak usage.”

Starr characterized Hillel’s asser- tion that its project wouldn’t be precedent-setting as “grossly inac- curate.”

Starr added, “All of the findings must be fulfilled for a valid right-of- way vacation” in order for Hillel to accommodate its new proposed Jewish student center.

Hernandez, 23, of National City is believed to have been the getaway driver for the trio of robbers, according to police investigators. The other two suspects are still being tracked, said police.

The crime scene, which targeted at least 10 victims, unfolded shortly
Legal Loophole Costs Local Homeseller $3,742 in the Sale of Their Home

SAN DIEGO — When you buying or selling a home their are many small but important legal issues that you may be unaware of that are, nevertheless, critical to understand. Residential real estate is not an uncomplicated process. When such a major investment is transferred from one party to another, there are subtle details to take care of that can turn into major problems if not handled correctly.

It is essential to understand the legal ins and outs that will properly protect you when buy or sell a home. There are several issues that will certainly cost you if you are not properly informed. In a recent situation right here in the area, misinformation cost one local homeseller over three thousand dollars in the sale of their home. Don’t let this happen to you.

In answer to this issue, Industry Insiders have prepared a FREE special report entitled “Legal Mistakes to Avoid When Buying or Selling a Home” hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1011. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to protect your investment when you buy or sell your home.

Tesfa convicted in rape trial, acquitted of kidnapping

A jury convicted Michael Tesfa on Feb. 4 of rape, robbery and false imprisonment of a La Jolla woman who was sexually assaulted behind a closed restaurant near Rosecrans Street on March 18. Tesfa was acquitted of kidnapping for rape.

The eight-woman, four-man jury began deliberations Feb. 3 and continued for about five hours over two days. Jurors asked to rehear the testimony of the victim, now 11, who identified Tesfa as the man who punched her in the face repeatedly and dragged her to an alcove behind Perry’s Café.

Deputy District Attorney Elizabeth McClutcher exhibited photos of the victim’s face and arms that showed her bruised and beaten. She said there was overwhelming evidence that Tesfa was guilty and his fleeing the scene with her belongings showed consciousness of guilt.

“You have seen this dark side of Mr. Tesfa,” said the victim. “He made up a lot of things.”

Tesfa, who acted as his own attorney, accused the victim of lying, saying “she wanted to hang out” with him because “she’s scared to go home and face a lecture” from her parents. Tesfa said, “There’s no witnesses” as to what occurred that night.

Tesfa did not deny having sex with the victim, as DNA evidence showed. When he testified, Tesfa claimed, “I came on to me first” on Pacific Highway in front of cars going past.

Tesfa claimed the victim was “a clumsy person” and someone else must have beaten her up after he left. Police officer Ryan Schultz testified he arrested Tesfa 12 minutes after the victim’s 911 call from a Rosecrans liquor store and Tesfa was in possession of her clothes, backpack and cell phone.

BRIEFS CONT. FROM PG. 5

before 7 p.m. on Cape May near Cable Street in Ocean Beach, when the suspects produced a handgun and a crowbar to demand cellphones and wallets, among other items, from victims, according to investigators.

The robbers then shifted locations over the next few hours, hitting more unsuspecting victims in Midtown, Hillcrest, Golden Hill and Mission Beach before turning their sights on the campus at UC San Diego. Here, the trio robbed two students, one of whom managed to catch the getaway vehicle's license plate.

The subsequent investigation led to the arrest of Hernandez at his National City home on Feb. 4. He is being held on $100,000 bail.

— Neal Putnam
La Jolla’s options for a well-rounded workout

La Jolla is home to a wide range of cutting-edge fitness concepts, each with its own unique approach and each able to get you looking and feeling your best. La Jolla Today has been featuring a different fitness-related business for several weeks, and we’re finishing up our series with a look at the all-purpose gym La Jolla has to offer. Hopefully our series has made those New Year’s resolutions easier to keep.

If your tastes in fitness run more toward the standard or traditional, La Jolla offers several options you should explore. Two are the La Jolla Athletic Club and the La Jolla Sports Club.

Open since the 1970s, La Jolla Athletic Club (LJAC), with an entrance at 1165 Coast Blvd, just steps down a private walkway to the Cove, is by reputation “the hidden jewel of La Jolla.”

“It’s the good old boys’ club with lots of members who’ve been here for years and years,” said Pamela Eaton, the club’s trainer and manager, who is also a swim coach. Among other things, LJAC is a haven for open-water swimmers, runners and triathletes who find the Cove, and environs a perfect setting for training. “It’s beautiful to run along the Cove here, swim and bike,” said Eaton.

LJAC offers numerous amenities, including racquetball and basketball courts, a full workout room with cardio, free weights and other equipment, as well as a sauna, Jacuzzi, and locker room and showers.

What makes LJAC special? “We’ve got that private, hidden feel,” said Eaton. “Everyone who works out here is here for the good of their body. It’s part of their life, like those training for events. It’s a niche group of people here.”

A membership club with monthly/annual dues, LJAC is small enough and personal enough to devote individual attention to those members. “We address what members’ special needs are, such as core strength for swimmers,” said Eaton. “I do a lot of work with free weights, machines and medicine balls.” Eaton said patrons like the neighborhood gym’s old-school approach and feel. “It’s quiet, not overcrowded,” she said. “People don’t feel like they’re fighting for space. It’s more like a home gym. They feel a sense of family and community among the members here.”

Eaton has a personal workout philosophy: “I believe you have to work hard for your body if you want your body to work for you. It’s a lifestyle. In order to live the best quality of life, you have to be active.”

For more information about LJAC, visit www.lajollaathleticclub.com. If you want more workout options, especially of the indoor variety in your workout, then La Jolla Sports Club at 7825 Fay Ave. might be more to your liking. General

VERSATILE WORKOUT

La Jolla Athletic Club and La Jolla Sports Club are two options if you’re looking for variety in your workout. Both offer indoor weights and machines, along with classes and cardio opportunities.

SEE FITNESS >> PG. 18
Torrey Pines Rotary Club heard about the latest developments with Scripps Institution of Oceanography (SIO) from a university official at the service club’s Jan. 29 meeting.

Founded in 1903, SIO, affiliated with UC San Diego, is one of the world’s oldest, largest and most important centers for global science research. Scripps’ mission is to seek, teach and communicate scientific understanding of the oceans, atmosphere and Earth sciences for the benefit of society and the environment.

Stuart J. Krantz, SIO’s executive director of development, told Rotarians the institution was initially housed in the Del Coronado boathouse and was started by zoologist William Ritter of UC Berkeley.

“Ritter wanted to better understand the marine environment,” said Krantz, noting the patronage of E.W. Scripps and Ellen Browning Scripps, which at that time was Pueblo land, which had no buildings on it that nobody wanted in La Jolla Shores,” said Krantz. “The Scripps gave it to Ritter for his marine biology station at that time.”

Krantz said SIO has “a very large education program” with 250 Ph.D. students and extensive outreach to regional K-12 schools, including Birch Aquarium at Scripps.

“The leading oceanographers around the world, many of them study at Scripps,” said Krantz, noting SIO has numerous research laboratories, as well as two research vessels that traverse the globe.

Krantz said a new SIO vessel, The Sally Ride, is under construction and will be ready in 2015. He added some two million items are contained in Scripps’ marine and geological samples collection that goes back “almost 100 years.”

Dr. Margaret Leinen, SIO’s new director, is taking a progressive stance in moving the institution forward, Krantz said.

“She’s told us we need to have a much more outward focus, as historically we’ve been more inwardly focused.” he said, adding SIO plans to be more forthright about the mission of Oceanography, give Torrey Pines Rotary Club members a history lesson.

RECALLING OCEAN HISTORY Stuart J. Krantz, executive director of development at Scripps Institution of Oceanography, give Torrey Pines Rotary Club members a history lesson.

An organization with a conscience, KSBC has supported many causes over the years, including throwing “Beach to Brewery” beer and music festivals benefitting the Surfrider Foundation.

More than $100,000 was raised at these events to advance the mission of the clean-water advocacy group.

In addition to hosting a series of Brewmaster dinners to be held in the coming months, KSBC is commemorating its birthday milestone with a 25th Anniversary Doppelbock, a lager aged in oak bourbon barrels that will be previewed at the Feb. 8 celebration at the Pacific Beach brewery.

Guests will enjoy beer, music and food, and will be given a bottle of the anniversary beer as a take-home souvenir. Proceeds from the event benefit the Karl Strauss Brewers Education Fund, granting scholarships to aspiring brewers to attend the UCSD extension brewery program. More information and tickets are available at www.karlstrauss.com.
For local couple, lasting love comes from give-and-take attitude

By DAVE SCHWAB

Daniel and Jill Rigoli are in their 50th wedding anniversary this Valentine’s Day season with husband Daniel at a celebration brunch at Bali Hai Restaurant. The pair will be joined by more than 30 family and friends on Feb. 16.

“We depended on each other for everything, traveling around the world from base to base,” said Jill.

She and Daniel were married Feb. 6, 1964 in San Antonio, Texas while Daniel was attending Air Force Officer Training School.

“I hate to use a cliché, but love conquers all,” said Jill. “There really has to be a strong bond. Hopefully, our children have seen that.”

Jill and Daniel’s relationship, the union of “two complete opposites,” in Jill’s words, also wasn’t love at first sight.

“It just progressed. We wanted to be together,” Jill said. “I look back and think I love him so much more than we did when we got married.”

Daniel is of a like mind. When Jill asked him what he thought the most important thing was in their 50-year marriage, he replied, “Lots of love.”

That sums up Jill’s feelings, too. “It’s love and respect,” she said. “There are always going to be rough times,” which Jill said couples get through and pass beyond, becoming stronger because of it.

Jill’s third “key” for love longevity was something a little more offbeat. She said it’s important for married couples to love each other enough to respect and give one another their own private space.

“He didn’t step into my little realm and I didn’t step into his,” she said. “He never once said, ‘You can’t have this, or you shouldn’t do that, or don’t go somewhere without me.’

The couple also respected one another’s space in their longtime business partnership, Danji Designs, a wholesale needlepoint design company now owned and operated by their daughter.

“I handled the design part, the trade shows,” she said. “He did the financial part. We set our own little parameters.

“Even today he pays all the bills and I spend the money,” joked Jill, noting Daniel always trusted her with not spending frivolously.

The couple have also done things apart at times, which contributed to their enjoying — and appreciating — each other’s company more when they’ve been together, Jill, for example, went to Antarctica alone for her 60th birthday.

Neither Jill nor Daniel are overly demonstrative of their affection for each other on Valentine’s Day. Jill said the couple “always give each other cards but don’t usually go out to dinner.”

When they do dine out, it’s often at La Jolla’s oceanfront Marine Room, which Jill referred to as “their place.”

Daniel doesn’t usually buy Jill stuff. He’s not a “shopper,” Jill allowed, while confiding that he’ll give her money, telling her to “buy something that you wouldn’t ordinarily.”

But Daniel can be romantic — and surprising — on occasion, like those times when he’s bought Jill a new car of her choosing. Though even then, their personal styles diverge. Jill’s willingness to haggle with customization of the new car contrasts with Daniel, who, said, is “not a bargainer.”

The Weinberger and Rigoli families both have deep roots in the local Pacific Beach and La Jolla communities.

Jill is the granddaughter of Jacob Weinberger, the first resident federal district judge for San Diego for whom the restored San Diego Court House is named.

Daniel, who graduated from La Jolla High School, is the son of Henry R. Rigoli, a prominent real estate broker in the 1940s and ’50s who built approximately 300 homes citywide, including several duplexes and tripleplexes in Pacific Beach.

Of Henry, who died in 1939 at the age of 50, Dan wrote in a 2009 Pacific Beach Historical Society Newsletter: “He was a self-made man. He drove his 1936 Ford across country during the winter of 1941 and purchased a home in the 1700 block of Thomas near Pacific Beach Elementary School. He worked 12 or more hours daily for nine straight years.”

Jill, who graduated from Mission Bay High School, is equally proud of her judge grandfather, whom she described as a “soft-spoken” attorney.

Jill recalled getting a speeding ticket once on Riviera Drive in PB on a stretch where the limit had just been changed and going to her grandpa to complain.

“He asked, ‘Was there a sign there?’” said Jill. “I answered, ‘Yes,’ He said, ‘Well, ignorance of the law is no excuse.’ He shot me down right there.”

The Rigolis said they are looking forward to their 50th wedding anniversary just after Valentine’s Day.

“Our three children and most of my nine grandchildren are coming, some from as far away as Montana and North Carolina,” Jill said, adding just all being together for the special occasion is what’s really important to her and Daniel.

“The little things are what mean a lot to us,” she said.
The blues? In La Jolla? Doesn’t LA JOLLA artistic bent.

Mike Glancy is proud of his family’s long history in the plumbing business in La Jolla.

“It’s neat to have roots,” he said of Earl Rohde Plumbing which Glancy claims is La Jolla’s oldest surviving business tracing its origin in the community all the way back to 1910. “I don’t know of any other company in La Jolla that’s older than mine. La Valencia (hotel) and Dewhurst (building contractors) started in the 1920s. Willis Allen (Realtor), believe, started in 1913.”

Erling Rohde Plumbing_consts.

THE ART OF PLUMBING
Mike Glance has created a truly one-of-a-kind business in Bird Rock with Moonlight Design and Erling Rohde Plumbing. Etched glass, sculpture and paintings line the interior and exterior walls of his gallery, a business supplemented by his family’s century-old plumbing business.

Mike Glancy can tell Glancy puts a lot into — and gets a lot out of — the effort.

“One time I had an elf riding a wave holding a toilet plunger,” he said, noting he plays off whatever the parade theme is each year. “This last year, [the theme involved] sand and surf, so in the middle of my float I had Santa on an island in a beach chair with the plumber’s friend [plunger] and a pipe wrench.”

But Glancy’s best effort was his Dr. Seuss-inspired float from a number of years ago. “I made this giant pelican and the mouth had a really long beak hanging out with two pipes in it,” he said. “I had a platform inside a bubble machine and when I opened the pelican’s mouth, bubbles came out. The pelican’s head was a toilet and the toilet lid was the mouth and I had big, bulbous eyes and behind that was a picture of the Cat in the Hat riding a giant wave. The float took first place that year.”

The business’ exhibits of wood sculpture and art took on a life of their own after Glancy built an outdoor patio fronting La Jolla Boulevard. That’s when Moonlight, as a gallery in its own right, became a neighborhood fixture. These days, the center piece of Moonlight’s deck exhibit is a huge auto-detailed fiberglass bust of “Big Loie” Fuller, a burlesque queen and pioneer of modern dance. Big Loie in all her magnificence is being offered for $10,000.

“It’s unique on the boulevard,” Glancy said, joking it’s his own form of “traffic calming” in the roundabout in front of his business, as the evocative sculpture “stops traffic for people wanting to take pictures.”

Unsure of how quickly Big Loie will sell, Glancy said, “If nothing else, it’s a talking piece. What better way to enjoy art then to have it where you can just enjoy it every day. If it sells, it sells. If not, it doesn’t.”

Meanwhile, Erling Rohde Plumbing Company/Moonlight Design keeps chugging along.

“One of my daughters is taking care of the books for me. She’s the fourth generation working in the business,” he said. “She has two sons. Maybe in 2110 somebody will be interviewing my great-grandson about the family business. It could happen. Who knows?”

La Jollan shares her views on love and peace through art and dance

When you first meet La Jollan Kay Rose, you are struck by how alive and vital this woman in her mid-70s is.

Kay earned her master’s degree in dance, drama, music and art history at Texas Woman’s University. She has always been passionate about dance, even eschewing social constraints at the time to pursue her studies. She studied with the legendary Alvin Ailey, one of the foremost black choreographers and founder of the Alvin Ailey American School of Dance. She studied with other legends, as well, including Jose Limon, Ruth Saint Denis and Martha Graham, all pioneers of modern dance.

In 1961, she met David Rose. The two were married — by Trumpet monks in a ceremony that included an Air Force F-100 — in 1965 after David served in Vietnam as an Air Force pilot.

Kay and David relocated to San Diego, and Kay eventually served as the first president of the Interfaith Peace-makers. Her efforts resulted in 400 priests, rabbis, pastors and leaders of all faiths sitting down to breakfast praying for peace. She was active in many community groups, including Amistad, Coldwell-Baggs at St. Madelines, La Jolla Women’s Book Club, Club Altura and the Docent Council for the San Diego Museum of Art. She presented more than 5,000 art-appreciation slide shows for K-12 students.

Kay Glancy Holm served for peace through art. For her master’s thesis, she created a dance called “Through a Glass Darkly.” The performance involved four groups of dancers: one in pink dancing around chairs, representing security; the next dressed as cones representing a lack of empathy; the third all in green representing greed; and the fourth in black and white representing power. In the final scene, all groups came together and intertwined ribbons around a tall pole, representing harmony.

What is most striking about the dance is the way it pulls viewers together through shared feelings, in a tapestry of faith, family, civic work, art and friendships — a perfect representation of Kay herself.

RIGOLI & WEINBERGER CELEBRATE 50 YEARS OF MARRIAGE!

Daniel Rigoli and Jill Weinberger Rigoli will hold a 50th Anniversary Wedding Celebration Brunch at the Bali Hai Restaurant on February 16, 2014. More than 30 family members and close friends will join them in their celebration.

The couple were married in San Antonio, Texas on February 6, 1964 while Daniel was attending Air Force Officer Training School.

While completing a career in the Air Force, the couple raised three children and lived in different parts of the world. Assignments included West Berlin, Germany, The Pentagon, Vietnam, Los Angeles AFB, CA and different Air Force units in Texas.

The couple also established Danji Designs, a wholesale needlepoint design company, currently owned and operated by their daughter. Later the couple moved back to San Diego and opened the Needlecraft Cottage in Pacific Beach which they operated for more than 20 years.

Daniel is a graduate of La Jolla High School and Jill of Mission Bay High. Daniel is the son of the prominent Real Estate Broker in San Diego during the 1940 & 1950s, Henry R. Rigoli. Jill is the granddaughter of Jacob Weinberger, the first resident Federal District Judge for San Diego, for whom the restored San Diego Court House is named.

The couple are retired and reside in La Jolla, California.

MUSTHEAR >>

The blues? In La Jolla? Doesn’t seem likely, but music aficionados know one of the best spots to catch a blues set is ironically in one of the ritziest venues, Amaya. With live music Thursdays and Fridays, music fans have a range of options. Lafayette Blues (Feb. 14), harmonica master Lance Diekmann (Feb. 21) and Chicken Bone Slim (Feb. 28) are among the upcoming offerings. Music takes place in the side bar and it’s a warm inviting spot to listen to tunes while enjoying a drink or two. Whether you’re a fan of the blues or any of Amaya’s other musical selections, there is no doubt this is one of the finest rooms in town to enjoy live tunes.

BLUES IN LA JOLLA: Fridays in February at AMAYA, 1205 Prospect St.

7 p.m., 21 and up. www.AmayaLaJolla.com — Bart Mendoza

See the full live music calendar at ljtoday.com.
A blooming tradition at The Patio

By Samantha Robinson, Asst. Marketing Director

When one thinks of Valentine’s Day, the next sequential thought is usually red roses, from or to that special someone. The Patio on Lamont Street, however, will be celebrating by incorporating the hibiscus flower into a special libation available from February 14-16.

This “love potion” features hibiscus syrup-infused sparkling wine with an actual hibiscus flower at the bottom.

Director of Operations, Lucas Reeve, is excited to be offering this unique item on the menu for lovebirds. “The flower opens on its own with the aid of the bubbles to create a cool effect. The flower itself is an interesting flavor and texture and the syrup adds both a scent and a touch of sweetness,” said Reeve.

Not stopping there, Executive Chef John Medall decided to start using this versatile flower in the kitchen. He has already created an amuse-bouche where he opens the flower and pits it, stuffs it with a blend of whipped chèvre and mascarpone cheeses, and tops it off with a garnish of fresh chives. The flavors and presentation have guests raving!

For more information or to make reservations at The Patio on Lamont Street, call 858-270-9900 or visit www.thepatiosd.com.

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FRIDAY - FEBRUARY 7, 2014
LA JOLLA TODAY

The joy of funding – and the healthy gourmet

Fifty extraordinary La Jolla ladies toil all year to host the Jewel Ball, one of the grandest annual social events in the entire region. Known as Las Patronas, they’ve been doing this for 67 years (though not, of course, with the same membership). LP members are active for six or seven years, and then become advisors, making room for another class of new recruits. Producing events of this magnitude demands a great deal from every member, but these are exceptional women and their hard work always results in great success.

So, after 12 months of planning, design and construction of elaborate event décor, you’d think their happiest time would be at the ball itself, when everything has come together and they can enjoy the fabulous black-tie party that is the fruit of their labors. But according to LP president Jena Joyce, they really most enjoy their January luncheon event, where they award large grant checks to major beneficiaries.

That luncheon took place recently at the La Jolla Beach and Tennis Club. That’s also the site of every Jewel Ball — as LP’s major partner, the club provides the ball venue each year without charge. Jewel Ball 2013, titled “Lucky 13!” and chaired by Erin Wyer, raised $843,000. That
Apollonia
Apollonia now features live Greek music on Thursdays and Saturdays. 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. 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 7910 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 prices, 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

Donovan’s

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.
District 1 infrastructure concerns addressed with Kersey in UC

Steps from the beach. Steps from the village. As the only beachfront senior living community of its kind in the area, White Sands La Jolla is a unique residential opportunity for older adults interested in a rich, purposeful lifestyle that offers care and support if ever needed.

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White Sands of La Jolla

While your lifestyle is definitely your choice, with as much privacy as you desire, there are many activities for you to enjoy at White Sands of La Jolla. Enjoy concerts, water aerobic classes or trips to nearby musical and stage performances. You can browse through the well-stocked library, indulge your creativity in our hobby rooms or take a walk on the beach. Jacuzzis, gardens, exercise rooms, even travel arrangements, White Sands is here for your comfort.

Historically, the city never had a multi-year plan for infrastructure, never looked at it as a strategic investment. Now, Kersey’s committee will present policies, price tag and projects in the spring for the City Council to vote on. He said he is dedicated to solving regional issues like this one, streamlining the process and cutting the bureaucracy.

In 2011, a streets assessment project assigned people to drive all the streets in San Diego and grade them with scores from 0-100, checking out potholes, bumps and other hazards to our tires and feet.

This year, 24 engineering interns at SDSU and UCSD will be paid to

District 5 City Councilman Mark Kersey, chairman of the Committee on Infrastructure, visited Nobel Recreation Center in University City on Jan. 22 to pitch his concerns about the city’s long-time neglect of its infrastructure. (Think cracked and broken sidewalks and potholed, bumpy roads, for example.) Kersey solicited input from District 1 residents and weighed in on the types of projects the locals would like to see in their neighborhoods. He has visited each council district in San Diego, seeking ideas and handing out a list of 20 infrastructure suggestions.

Like any good professor, Kersey engages his “class” by asking students to prioritize the list. Then he goes over the list to find the top five subjects. Streets and roads are high on the list of many people in this Infrastructure 101 class. Stadiums seem to be very low. Finally, he collects the list that will be used to help decide what folks really want in their communities.

District 1 City Councilwoman Sherri Lightner introduced Kersey, sharing her admiration for his work on this issue. His main goal is to put in place a five-year plan that will be released this summer.

Former Mayor Jerry Sanders sought feedback in July 2012 from community planning groups and appointed La Jolla community activist Joe LaCava to spearhead that effort. LaCava polled the planning groups and came up with some projects that are priorities in communities.

Kersey, who was appointed infrastructure chairman by interim Mayor Todd Gloria several months ago, is in need of superhero skills to overcome a billion dollar backlog. San Diego neighborhood’s infrastructure involves many challenges, including streets and roads, libraries and rec centers, streetlights and bike paths.

Infrastructure is the hard stuff in the city, the assets the city owns. The city is at a critical juncture with that $1 billion backlog, so prioritizing is critical.

Last year the City Council was committed 100 percent to using $120 million infrastructure investment surge after decades of neglect that has plagued neighborhoods. It is a down payment, with $1 million for sidewalks, $43 million for streets and roads, $20 million for new fire stations, $21 million for storm drains, and $4.5 million for ADA upgrades. With need for a bond measure to fuel some of the proposed and prioritized projects, Wall Street will be looking for a three-year turnaround with shovel ready projects.

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SOCIETY >>
CONT. FROM PG. 11
huge amount is about normal for this gala, which draws about 900 guests annually. About 100 LP members and guests attended the luncheon, enjoying fresh, hearty Cobb salads while representatives of 10 major beneficiaries were introduced, and the grants were disbursed.

LP’s thoroughly and laboriously vet grant requests, ensuring that funding goes where it will best benefit the community. Grant requests must be for specific tangible assets — never for salaries, labor or operating expenses. Major beneficiaries are those receiving grants of more than $20,000. This year, their checks averaged about $40,000. (A large number of minor beneficiaries would receive under $20,000 each, but they do not attend the luncheon.)

SUSIE PIEGAZ will chair Jewel Ball 2014, “Moonlit Mambo.” This celebration of the color, music and romance of 1950s Havana happened Aug. 2, and will fund 10 more already-selected major beneficiaries and many minors.

La Jolla’s Salk Institute drew a large and enthusiastic audience for an innovative new event recently. Salk scientists have long recognized the importance proper nutrition plays in fueling the human body — similarly, great chefs know that quality food ingredients are essential to good health. The institute’s inaugural wellness event, “The Art and Science of Cuisine,” paired the skills of some of our area’s most innovative chefs with the latest research from several of Salk’s brightest scientists.

Rancho La Puerta and Golden Door founder Deborah Sackley was the honorary chairwoman. The gathering began with a short reception, including food tastes and “mocktails” before participants took seats in the auditorium. Following introductions, the panel of eight chefs and scientists engaged in a lively, interesting discussion about food and health. Revealing statements were made about the importance of a variety of fresh, in-season foods, preferably from local sources, and recent discoveries that confirm the attendant benefits. Numerous audience questions were answered in detail.

Afterward, the 260 guests enjoyed sampling very healthy — yet truly delicious — foods from six tasting stations and a dessert lounge. Experiencing the wonderful flavors and textures demonstrated that really healthy food can also be attractive and quite delicious.

The event was exceptionally successful and popular. Guests expressed hopes that Salk will host more such events in the future. It’s quite likely that will happen.

Health BRIEFs >>
JACK-OF-ALL-TRADES
The Geriatric Care Manager
You enjoy caring for your parents and want to continue playing a major role in their life but you admit it is time consuming and takes a lot of energy and patience. That’s where the geriatric care manager comes in. The geriatric care manager is the jack-of-all-trades in providing quality care for the elderly. He or she can manage medical care and services, coordinate between various doctors and be available for emergencies that arise.

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Assess needs – Determining how well your parent manages their activities of daily living is essential.

Find resources – They are experts in dealing with medical issues and can advise you on the resources available in services, housing and long-term care.

Coordinate care – In this day and age where the elder may have many different specialists, they are trained to deal with specialists, doctors and hospital staff.

Oversee caregivers – The care manager will make sure your parent is being well cared for.

Help families discuss options – They are expert in helping the family come up with viable options for their parents.

Innovative Healthcare Consultants has been providing Geriatric Care Managers to the San Diego Community since 1997. They are locally owned and all care managers are RNs and certified in geriatrics. Call them at (760) 731-1334 or visit their website at www.innovativhec.com

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The real-estate market is driven by house listings. It is for this reason that most of our articles are targeted toward home sellers. We want to provide as much beneficial information to help home sellers make more informed decisions.

Here are 16 extraordinary ideas for anyone considering selling their homes. These could save you much time, money or stress:

1. **DO NOT REVEAL YOU REASONS FOR SELLLING.** “Loose lips sink ships” was a mantra during World War II. To explain why you are selling may alter leverage toward the buyer.

2. **DEFINE YOUR MOTIVATION TO SELL.** This will help to set your expectations as to whether you prefer a quick sale or will be satisfied to sit back and fish for awhile.

3. **SELECT THE RIGHT REAL-STATE AGENT.** We can’t repeat this enough: “95 percent of the people who drive by a for-sale house will elect not to go inside because of the negative reaction.”

4. **USE SMART MARKETING.** Smart marketing involves knowing how much your home is most likely to sell for and creating the energy that compels buyers to compete against each other with a sense of urgency.

5. **UNDERSTAND THE INFLUENCE OF A POWERFUL MARKETING STRATEGY.** Houses rarely sell themselves. It is essential to deliver the right message — using the right medium — and launch the marketing campaign in tandem with other high-impact selling activities.

6. **USE AN AGGRESSIVE SELLING PLAN.** The goal is to sell your house within the first 30 days on the active market. The selling plan must appeal to, attract and influence potential buyers to physically visit your home for preview.

7. **DETERMINE THE MARKET VALUE OF YOUR HOME.** Home shopping in La Jolla is more like shopping in an art gallery where each piece differs from another and has a unique value. It is important to understand what benefits a buyer will perceive by purchasing your home.

8. **SET YOUR PRICING STRATEGY.** The pricing strategy can make the difference between a quick sale or having your home sit endlessly on the market. Too high a list price will likely not yield any offers. Too low a list price gives the option to negotiate with multiple buyers.

9. **KEEP A REALISTIC OPINION OF YOUR HOUSE.** We all fall prey to having an inflated opinion of our home, so let’s be honest. A few new flowers in the yard do not qualify as a “WOW” landscaping. Installing a new toilet-paper holder does not qualify as a “WOW” upgrade. Be careful not to overprice your home based on your opinion.

10. **STAGE YOUR HOME.** Staging or furnishing your home is like “curb appeal” for the inside, and it can make a huge impact. Whether the buyer chooses to look longer or leave more quickly. You need to help the buyers visualize how their lives will be if they choose to buy your house.

11. **INCREASE YOUR HOME’S CURB APPEAL.** Let’s face it — you do not want your house to be a “drive-by.” A recent real-estate article appearing in a trade publication suggested that 6.3 percent of people who drive by a for-sale house will not elect to go inside because of the negative curb appeal.

12. **BRING YOUR HOUSE UP TO SELLING STANDARDS.** Don’t be confused — repairs and maintenance items like replacing a malfunctioning heater/air conditioner or a worn-out roof is not an example of upgrading your house, it merely maintains its integrity. Sellers often come out on top because most buyers do not think to justify a lower offer price on the basis of aging systems and structures.

13. **BE WARY OF UPGRADES BEFORE SELLLING.** What assurance do you have that, if you were to upgrade, the buyer would appreciate it and furthermore, they would be willing to pay you at least your investment cost? Not likely!

14. **KNOW YOUR COMPETITION AND PRICE CONCESSIONS.** Your house will be judged against your competition. If your house is not well-maintained, is outdated or has functional issues, it is better to deal with these issues up front and adjust your expectations about selling price.

15. **CONSIDER TIMING.** Listing your house for sale is not unlike a major product launch by a corporation. It has to be done right the first time. retracting your home from the market then returning with price adjustments or improvements does not make it “new and improved.”

16. **KEEP EMOTIONS IN CHECK DURING NEGOTIATIONS.** Understand that during the negotiation process, everyone is trying to use some leverage to their advantage. Recognize it for what it is and avoid jeopardizing the deal because of your reaction.

17. **LEARN YOUR BUYER’S MOTIVATION.** Try to find out about the buyer’s needs. Do they need the location of your house or are they on a tight timetable? The right questions will help to unveil secrets that may help you in negotiating.

18. **LIVE UP TO YOUR COMMITMENT AND THEN FOLLOW THROUGH.** This may not seem to be a valuable tip. It is, however, perhaps the most important. Maintain a high degree of ethical and moral conduct and present yourself with the utmost of integrity. In a world where it seems as though profits trump virtues, we believe just the opposite. We urge you to disclose all truths, to act with reliability, to honor your word and to deliver on your commitments. To do otherwise could result in costly consequences.

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

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**RENTALS CONT. FROM PG. 3**

“Might not that influence your decisions one way or another?” asked Costello.

“We’re (Realtors) independent contractors,” said Ahern, adding he “didn’t stand to gain financial-ly” from the outcome of the sub-committee’s deliberations, what ever the result.

A robust discussion followed with several residents telling their own stories of how they’ve felt vic timized by short-term renters and their property managers, who they argued have been largely unre sponsive to their pleas to curb noise, late-night partying or other excesses by short-term vacationers.

Lynn Reineman of Sea Ridge in Bird Rock said residents have a tool they can use to curb short-term renter excess — the Community Assisted Party Program (CAPP), offered by the San Diego Police Department, which fines owners of such rental properties for repeat ed violators of the city’s laws or other laws necessitating police response.

Jonah Mechanic, who works for a company that handles short-term vacation rentals, defended the industry. He argued that only a handful of the approximately 450 rental properties in the La Jolla market are troublesome.

“Our goal here is to first come together as a community; and then adopt common-sense regulations that we can enforce so the community gets a sense of what expecta tions they want from their neigh bors,” Mechanic said. “We need to come up with enforceable regu lations that solve the big picture. Those opposed to just a small slice of the picture.”

Architect Mark Bacon suggested one recommendation by the ad hoc group should be that short term rentals be required to be owner-occupied and rented for a duration of at least 30 days.

Others liked his suggested but felt a 30-day minimum should be longer.

“The purpose of this group is to come up with solutions that really focus on what we’d like to see done differently with short-term rentals,” said subcommittee member Jim Fitzgerald. “The real focus should be on looking for what tools we have as citizens to curb the abuses.”

Ahern asked subcommittee members to return with a list of recommendations for the group to vote on prior to submittal to the LJCPA at the group’s next meeting on Feb. 26.
assess 5,000 miles of sidewalks, taking about a year to complete. Kersey’s committee, including Myrtle Cole, Scott Sherman and Marti Emerald, hopes to make San Diego a more walkable community.

The last updated sidewalk policy was in 1975. Many of our sidewalks were installed from the start of World War II through the 1970s, with some dating back to the early part of the last century. And only 6 cents out of each dollar of the general fund goes to infrastructure.

When the five-year plan is unveiled in the spring, the infrastructure committee will prioritize projects, set service levels and find funding. La Jolla residents brought up Torrey Pines Road as a concern, and U.C. locals resurrected the Regents Road bridge that remains unbuilt.

Using more money from the general fund is a hope. Longtime residents have heard this song before from politicians, but Kersey brings a new energy and some concrete solutions. He can be reached at markkersey@sandiego.gov.

C réseau >> CONT. FROM PG. 13

Marti Emerald, hopes to complete. Kersey’s com-

A “ONE of a KIND FIND” in La Jolla Colony’s Gated Community of Valencia. A “STEM TO STERN” REMODEL that glistens and sparkles. Elegant use of rare stones and exotic woods. Situated on over 20-acres of Equestrian property with parks, par-course stations for jogging, and dedicated equestrian stables. La Jolla Sports Club offers lots of variety without being “gimmicky.”

“We do things that are scientifically proven to work,” agreed Bullas. “When somebody comes in we put them in the best place to be successful.”

Powell said patrons of all ages come in to work out for a variety of reasons. “Most people come in for fat loss,” he said. “But we also have pre- and post-natal patrons, people coming back from injuries or people who want to focus more on sports-specific areas.”

Housewives, school-age children, elderly people, those rehabbing from injuries or those, said Bullas, “…whose doctors have prescribed exercise, telling them to get into a gym,” are among the sports club’s diverse clientele.

Bullas and Powell conducted a tour of the facility. The upper level has a lot of cardio equipment with patrons of every imaginable age on the age spectrum. Downstairs is the state-of-the-art body building equipment with people tugging, pulling and flexing in every direction on every imaginable type of fitness machine. The fitness facility also has separate rooms surrounding a central courtyard of group classes, including spinning, yoga and meditation.

But there’s more than just working out, as La Jolla Sports Club is a social place, too. Powell calls it the “Cheers” of La Jolla fitness. “You come here because everyone knows your name,” he said. “We all hang out together. There are a few of the clubs that together to get out of the gym, to have great socials with all the members getting together, go out to one of those restaurants that we have a relationship with.”

Bullas said sports club members are tight-knit. “A lot of our clients who come in see us as an extension of their family,” she said. “We have really good relationships. That’s why they keep coming back.”

For more information about La Jolla Sports Club, visit www.lajollasportsclub.com.

La Jolla residents will prioritize projects, set service levels and find funding. U.C. locals resurrected the Regents Road bridge that remains unbuilt.

Continuing from page 13...


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Klatt Realty is offering this 2,137 square foot 3 bedroom, 2 bath La Jolla home on a large lot with ocean views. For Sale at the reduced price of $1,299,000!!

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