UCHS scores a TOUCHDOWN

Braving the rough waters for chance at glory

Swimmers take on the challenge of the La Jolla Rough Water Swim while spectators cheer them on. BY JOHNNY McDONALD | VILLAGE NEWS

I t began as a promotional event for the Panama-California Exposition in Balboa Park 96 years ago and it’s mushroomed into the country’s leading challenge for swimmers of all ages.

Though the first incarnation wasn’t a rousing success — only seven men showed up — interest kept building and now La Jolla Cove hosts a crowded event for some of the sport’s most competitive participants.

The La Jolla Rough Water Swim, to be held on Sept. 9, will test some 2,000 competitors over a one-mile triangular course or a three-mile Gatorman race to Scripps Pier. A triangular course offers arena-like viewing for the spectators at no charge. A junior course measuring 250 yards will accommodate the rest.

There have been some interruptions in the annual summertime classic. It was halted in 1935 because of attention given the second exposition in the park, then again in 1948 because of polio concerns and finally, in 1959 because of media warnings of sharks in the area. Swim organizers nervously heard about shark warnings again in 2010.

Although all the races are popular and well-attended, the Gatorman event is usually the most intriguing. It’s significantly longer and more challenging than the course for masters and amateur swimmers.

Mayoral candidates debate views at La Jolla Rotary

BY MARKO LAMB | VILLAGE NEWS

The La Jolla Rotary hosted mayoral candidates Bob Filner and Carl DeMaio at its weekly luncheon on Sept. 4 for a debate facilitated by program chair Pat Scofield. The candidates discussed key issues, including pension reform, quality-of-life programs, city finances and more.

Proposition B will be tied up in the courts for quite some time. What measures will you take in the meantime to resolve the city’s financial problems?

Bob Filner: I would put a cap on six-figure pensions. More importantly, we will negotiate a five-year pensionable pay freeze for the city of San Diego regardless of whether Proposition B has been validated by the courts.

Carl DeMaio: Prop. B is not tied up in courts. Proposition B was eventually has some discretionary funds, how will you determine funding for quality of life issues, such as the arts?

As we increase our hotel-tax revenues over the next eight years, we will also double discretionary funds, how will you determine funding for arts, culture and science programs… My position in support of these programs is clear, which is why I authored the Roadmap to Recovery, which balances our budget and puts money back into these important programs.

Carl DeMaio: There are special interests that govern city hall. Mr. DeMaio is a candidate of those special interests — the developers, the builders, the lobbyists. Those are the people who have pre-

By DAVE SCHWAB | VILLAGE NEWS

A special meeting called to resolve an internal squabble — in which La Jolla Town Council’s president and most of its executive board resigned — concluded with a group censure of its immediate past president and reinstatement of most of the resigned officers to their previous positions, including Cindy Greatrex as president.

Rick Wildman was overwhelmingly censured by the council for unbecoming conduct at an August executive board meeting during which board member John Weinstein asserted Wildman used “bullying tactics” aimed at forcing Greatrex to resign.

First vice president Ken King, however — whom some feared would replace Greatrex in a council “coup” — denied the allegation and voluntarily stepped down from his post at the special meeting.

King said he had neither the experience nor the inclination to lead the group.

“I am simply here to clear the air,” he said. “I never wanted to be president of this group. I think this council needs a clean slate — a new beginning.”

In the end, there were more questions than answers following the special meeting, which audience member Melinda Merryweather characterized as “the most disturbing thing that’s ever taken place at our Town Council.”

In existence since 1950, the dues-paying La Jolla Town Council’s mission statement states it is a volunteer organization serving residents and businesses as a “unifying voice on behalf of the entire La Jolla community.”

But dissension was clear following an early August executive board meeting during which Wildman challenged Greatrex’s leadership of the group, criticizing her on a number of issues, which Weinstein said “seemed trivial, manufactured.”

“I do not believe he [Wildman] conducted himself in a professional manner,” said council secretary Sonia Olivas.

“I felt Cindy [Greatrex] did not deserve that and La Jolla deserved better.”

King was castigated by the group at the Sept. 4 special
La Jolla real estate agent and private tennis coach Brett Buffington was recently invited to Stockholm, Sweden to coach a some up-and-coming 10-year-old junior tennis players.

Buffington, a La Jolla native since 1969, grew up playing tennis at the La Jolla Beach & Tennis Club. He played for the La Jolla High School Vikings from 1977-79, the UCLA NCAA championship tennis team from 1982-84 and then on the International Tennis Tour from 1985-1990.

Buffington is known in the tennis world for his volleys and blanketed footwork. He spent a week coaching in Värmdö, an island of the Stockholm archipelago. Swedish tennis players are famous for their solid forehand and backhand ground strokes, but not so much their volleys.

“It was so rewarding to see the excitement on the players faces when their volley technique and footwork kicked in.” Buffington said. “I had an awesome time, not only teaching tennis, but enjoying swimming in the Baltic, scrumptious Swedish food and spending good times with friends.”

Tennis legend Bjorn Borg, considered to be one of the greatest players of all time, enjoyed spending good times with friends. “Ten-years ago and fully embraces the La Jolla lifestyle. He is excited to bring her one-of-a-kind spirit and expertise to the team at Roppongi.”

With more than 14 years in the restaurant business, creating documented sushi rolls has become second nature to chef Yoshiyuki Shimooka, the new sushi chef to join Roppongi Restaurant and Sushi Bar.

Born and raised in Osaka, Japan, "Yoshi" has come a long way to bring his culinary repertoire to San Diego. From a young age, the self-taught chef always found himself at various restaurants in Osaka and the surrounding areas to stay up-to-date with new techniques and trends happening in the industry.

Although his hometown is a strong source of inspiration, he ultimately wanted to expand his horizons and bring his treasured findings and passion for Japanese and Asian cuisine to the states. In 1994, he did that by relocating to San Diego. Since then, he has made several moves throughout the U.S. to further develop his skills and work up the ranks. The budding chef is clever in his creations and is thrilled to bring his expertise to his guests at Roppongi.

Giovanni Garbella, an alumna of Bird Rock Elementary and Muriel’s Middle schools, is currently competing in the World Junior U18 Baseball Championship in Seoul, South Korea.

Garbella represents the Italian National Team for the tournament, which attracts elite baseball teams from countries all over the world. "It was so rewarding to see the excitement on the players faces when their volley technique and footwork kicked in." Buffington said. “I had an awesome time, not only teaching tennis, but enjoying swimming in the Baltic, scrumptious Swedish food and spending good times with friends.”

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La Jollan makes his mark on Italian baseball team

BUFFINGTON

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SAN DIEGO RESTAURANT WEEK
September 30 - 21, $40 per person.

The tradition of Restaurant Week returns to The Marine Room. Enjoy a three-course menu featuring Organic King Salmon, Maine Diver Scallop and Angas Center Cut Filet Mignon.

LIVE MUSIC IN THE LOUNGE
Friday and Saturday evenings from 7 to 10 p.m.
Extended through the end of the year! Enjoy a rotating lineup of soulful jazz performers and a selection of small plate appetizers including Lemon Thyme Scented Avocado Fritters and Maine Lobster Bisque.

MONDAY LIFTER NIGHT
Available Mondays, $50 per person, 70% with wines. Serves a three course menu featuring three Maine Lobster Tail preparations, including Panuchos Butter Basted Lobster Tail. Top your evening off with our signature Dessert Trolley.

“GAME ON!” COOKING CLASS
Wednesday, October 10, at 6 p.m. $75 per person.
Join Executive Chef Bernard Guillas and Chef de Cuisine Rae Oller for an exciting cooking class preparing game meats including quail and venison, followed by a three-course dinner with wine pairings.

HIGH TIDE BREAKFAST
Wednesday, November 14, from 7 to 11 a.m.
San Diego’s Best Dining with a View” only gets better during high tide. Enjoy an unforgettable breakfast buffet followed by a three-course dinner with wine pairings.

HOLIDAY PARTIES
Time colleagues, family and friends to fine dining at its finest. Let us tend to every detail, including custom menus, specialty cocktails and festive decor so you can enjoy the party.
Students help local business aim for highest LEED certification

By MARIKO LAMB | VILLAGE NEWS

College students from UC San Diego and San Diego State University have teamed up to revamp the Mission Bay Aquatic Center (MBAC) in an effort to reduce its carbon footprint, improve its energy efficiency and make the facility platinum LEED (Leadership Energy and Environmental Design) certified, a nationally accepted benchmark for design, construction and operation of high-performance green buildings.

The students, under the supervision of UCSD’s LEED team head and sustainability analyst Michelle Perez, started the project by measuring and documenting ways in which the building already met LEED platinum requirements. They took a systematic approach to understanding the building’s energy efficiency by conducing energy and water audits, modeling the building’s airflow, interviewing staff members and surveying its occupants. Based on their collected information, they then determined new goals within MBAC policies to ensure the facility is operated with optimal sustainability for many years to come.

“Fortunately, little retrofitting and change to the equipment was necessary,” said Perez. “The structure had already received a 100 percent energy rating, meaning that it rates in the highest percentile of similar buildings.”

New recommendations to policies and goals were adopted, including “green” cleaning, sustainable purchasing and waste diversion. Through the students’ knowledgeable leadership and experience, they were able to save the MBAC — the largest instructional waterfront facility in the world — thousands of dollars in the LEED certification process, while advancing their own knowledge and talents in the growing movement.

“One of the selling factors of this endeavor was that UCSD’s USGBC (U.S. Green Building Council) student group would teach SDSU’s student group, which is just getting started, how to help LEED certify a building,” said Cory Trusty, president of UCSD’s USGBC student group.

UCSD’s USGBC student group has conducted more than 50 LEED certifications on campus, where the team has acquired sufficient knowledge and experience to not only self-certify buildings, but also to expand their knowledge to others in the community.

“I’m truly amazed when I see our members come together and work toward the common goal of improving the way we use resources,” said Trusty. “As students, we really do want to make positive change in the world.”

The USGBC is a network of students who are dedicated to helping raise environmental awareness and develop sustainable practices. For more information about USGBC’s sustainability efforts, visit sustainability.ucsd.edu. For more information about the Mission Bay Aquatic Center, visit www.mbaquatic-center.com.

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27 Tips to Drive up the Sale Price of your Home

San Diego because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you’ll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here is a way to help you to be prepared as possible.

In this report you’ll discover how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

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

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

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

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1023. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW.

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Garbella was selected to the alternate list of players for the U14 USA baseball team, pitching 5 perfect innings in the quarterfinals of the 2010 Junior Olympics in Peoria, Ariz., then the following year played for the Italian National Team when he won the European U15 Championship, securing the win in the final against the Czech Republic with an inside-the-park Grand Slam (final score 9-8). This year, at 16 years old, he was selected to the U18 Italian National Team and is representing his father’s home country in the XXV 18U 2012 Baseball World Championship.

So far in the championship, he is averaging .287 in batting and OBP of .416. His latest hit was against the highly regarded pitcher Yu Kambara of Japan.

Garbella plans to continue playing baseball at Cathedral, where he is also the starting soccer goalie and back-up football kicker. His interest in sports is coupled with serious academic pursuits, as he holds a 3.75 GPA and his leadership was recognized this year when he was selected to be a member of the ASB as Commissioner of Athletics.

He hopes to receive college offers after a good showing at the championship tournament, and is planning to study engineering or physics in college.

— Staff and contribution

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San Diego County – Arthritis sufferers can’t get it fast enough, and doctors offering it can’t keep up with the demand.

“Results are truly impressive and patients are thrilled” says Dr. D. Weinstein MD and Medical Director of the Osteo Relief Institute at OsteoRelief Institute For Spine, Joint, And Neuropathy Pain located at 1764 San Diego Ave Suite 100, San Diego, CA. Dr. Weinstein is referring to their innovative breakthrough arthritis treatment program featuring Hyalgan at The Osteo Relief Institute in San Diego, CA.

“The response has been a little overwhelming. Once patients found out there is an FDA cleared, Doctor administered arthritis treatment that actually works without the side effects of too much pain or risks of replacement surgery - and has enough scientific research that it is co-verified by multiple sources such as Kaiser Permanente Medicare – our office became flooded with arthritis sufferers wanting to find if they, too, could be helped. And, new research indicates it can also be helpful in arthritis of the hip and shoulders”.

Who Is The Treatment For

Who And How Does It Work?

If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or “arthritis” affects 21 million Americans and is usually treatable by weight bearing joints – like your knees. According to the American College of Rheumatology, nearly 70% of people over the age of 70 have x-ray evidence of the disease (and the percentage increases with age) which shows this progressive disorder continue to grow significantly.

The worst thing is: Arthritis can be devastating. The pain can keep you at night and make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life.

And up until now, treatment options have not been that good. The painkillers leave most patients. The basic protocol has been a steady diet of toxic pain pills until your joints completely wear out and then it’s time to surgically replace the knee joint.

Belly It Has Changed

Osteoarthritis is a joint disease that mostly affects the cartilage. Cartilage is the tissue that covers the ends on bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and acts as a shock absorber.

Your “normal” knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint – much like oil lubricates the engine of your car.

In osteoarthritis, the cartilage breaks down and wears away and the synovial fluid also is lost. This leaves your bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain. Your pain pills don’t lubricate the joint or fix the problem. They simply mask the pain so you do not feel the pain as your joints continue to deteriorate.

The eventual repercussions of this are obvious.

And here is why: It contains hyaluronate, one of the two natural lubricating agents in synovial fluid. Hyalgan is precisely introduced directly into your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some cases.

Read This If You Have Already Had Treatment Without Good Results

Even if you’ve failed Synvisc, Supartz, or other arthritis programs or had “blind” injection procedures, good results may still be possible when using Hyalgan and the computerized digital imaging system utilized at Osteo Relief Institute and our P.A.C.E. Rehab Program (we do not utilize Synvisc because it is crosslinked with formaldehyde and other chemicals...)

Hyalgan treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain.

Here’s something very important to consider: Even though Hyalgan IS a natural substance and is not considered a medicine or drug in any way, you can get at your local health food store. It is scientifically researched, developed by pharmaceutical companies, FD cleared and can ONLY administered by a qualified Doctor.

What’s Results Can You Expect?

According to Hyalgan manufacturer, Sanofi pharmaceuticals and their FDA clearance research, “A course of Hyalgan treatment will relieve pain in a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many people, the effect of Hyalgan is likely to last even longer than 6 months.”

It’s not the best part is: Since Hyalgan is a natural substance; it can be used over and over without risk. If it works for you, you may be able to look forward to years with less pain.

Who Should Consider Hyalgan Therapy, Where Can You Get It And When Should You Start?

You should certainly consider Hyalgan therapy if you have been diagnosed with knee arthritis or told you need a knee replacement. If you have not been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or climbing stairs, or just lose your sense of security – you should have an examination to determine what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have - or are starting to get arthritis.

Very Important – Do Not Wait Here’s Why...

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments combined with the pain control provided by Hyalgan may actually help the knee heal thus help avoid joint replacement surgery. In other words, the sooner you start – the better.

Does the procedure hurt? A local anesthetic is given and the procedure is virtually painless. Most patients say it feels like nothing more than a slight "pinching" sensation... that’s it.

Why Treatments At Osteo Relief Institute Are So Extremely Precise

Our doctors are particularly welltrained in state-of-the-art digital motion imaging which allows them to see inside the joint and get the natural cushioning Hyalgan medicine exactly where it needs to go. This makes sure treatments have the best possibility for maximum success. This is very important because using the right fluid and not too much fluid is critical to the success of the treatments. This is why we use precisely the right fluid and not too much fluid - to miss the joint space up to 30% of the time.

How To Check Out This Breakthrough Treatment And See It Is Right For You - For FREE

All the doctors at Osteo Relief Institute are extremely excited about the response and results with this wonderful treatment and would like to show it with as many arthritis sufferers as possible.

But There Is A Problem...

Even though Hyalgan can help many patients, it is not a wonder cure. It does not help everyone.

For that reason, every potential patient should have a complete examination. You will only be accepted if we feel you are most likely to get the pain relief and outcome you are looking for.

And so be careful: Osteo Relief Institute would like to invite you to come in for a knee arthritis screening at no cost to see if you actually are a candidate for comprehensive evaluation and Hyalgan treatments.

All you have to do is call 619-722-3284 right now and when the scheduling specialist answers the phone, tell her you would like your free “Conquer Knee Pain And Arthritis Screening”. She will know exactly what you are talking about and schedule you for our first time examination.

During this time you can get all of your questions answered in a warm, friendly environment and begin to find out if Hyalgan therapy and our specialized rehab program is right for you.

But if you would like to do this, you should call right now. The demand for this procedure has been overwhelming. However, since our doctors cannot possibly screen everyone and we always make sure to give every single patient the personal attention they deserve, we have to limit the number of free screenings to just 20.

Imagine how it would feel to have much, if not all, of your knee pain finally gone. Imagine going to bed and being able to sleep through the entire night – and waking up refreshed and energized... ready to take on the brand new day... with- out the arthritis pain that’s been terrorizing you and ruining your life.

And imagine finally knowing you have a treat- ment for your knee arthritis. Well, you may not have to just “imagine” anymore... because Hyalgan treatments and our specialized therapy regimen could be the answer you’ve been looking for.

If you’d like to find out - no cost to you - if Hyalgan can help, simply give Crystal a call at 619-722-3284 right now. Why wait one more day in pain when you may not have to? Call now before some- one else get’s your free spot.

One More Thing It’s Important...

Ever since offering this innovative treatment, our office has been flooded with calls. For that reason, if you when you call, the lines are busy or you get voice mail... just keep calling back.

The possibility of living pain- free is worth the effort it may take to get through to Osteo Relief Institute and schedule your free screening.

And don’t forget: Hyalgan treatments are covered by most insurances and Medicare. To schedule your free screening call 619-722-3284 now.
Stop construction that blocks Shores’ views

A 30-year resident of La Jolla and I have been going up and down La Jolla Shores Drive to the hospital and the golf course at least weekly for most of those years.

One of the great viewpoints in this area is the one where you make the turn coming down La Jolla Shores Drive just south of La Jolla Lane. There you see a straight-shot view of the Scripps Pier, La Jolla Shores Beach and La Jolla Cove.

I’ve followed the construction of various Scripps Institution of Oceanography buildings, including the one downhill where they were going to put the awful vent stacks on the Oceanography buildings, including various Scripps Institution of Oceanography buildings.

I have been loath to stop for a second, but I cannot think of a reason why Shores’ views should be faulted forever for its lack of community citizenship.

John Beaver
La Jolla

LETTER TO THE EDITOR

The power of youth
John Jarvis
Principal, senior vice president
Hughes Marino

Our firm has experienced dramatic growth over the last year and almost all of our bright new hires have been 20-somethings. Bright, motivated, naive, college-educated, high-energy kids that we are willing to entrust with the future of our organization.

The secret is out; these kids are great. They need to be mentored and managed, but they are just great.

ENERGY CRISIS? The most striking element of a 20-something is their energy. No surprise here. We were all 20-somethings once, and we remember what it was like to be able to rally on little or no sleep, whether for a big presentation or for another party. But I am talking here about more than just the strength and endurance of young bodies and minds. Hire a young rising star and they will work late, arrive early and rally whenever necessary. Then hire a couple more of the same and you will start to experience a collective energy boost — the compound effect of these ambitious youngsters full of dreams and cooperation and belief.

Hughes Marino recently moved into a new headquarters building, and the nicely appointed brick retention wall at the corner of Front and Beech streets has been widely praised as a remarkable workplace setting. Many of our clients have remarked about the feeling of good energy as you walk through our doors. But not as many people notice that in conjunction with our recent move we have been steadily growing, and as average age of our team members has now been knocked almost in half. Yes, you can feel it when you enter the doors, and it feels great. It is a wonderful building, to be sure, and the increasing youthful energy of our firm is a secret ingredient. This is the power of youth.

EXCELLENCE IS A HABIT One of the challenges in hiring an established professional is that they are an established professional — which means they have found a professional formula that works for them. And this formula might be adaptable to another environment. But I am talking about more than just the right way of doing things. And for all of their hard work in school and college comes quick studies. If you map it out for them, they will get it right away.

Got an ethical dilemma? Do the right thing, every time. Facing a challenge? Ask for help. Have something to share? Share it with the team. If you start from scratch and train these young professionals as part of a winning team, you will find a wonderful formula for excellence and success.

FEEDING THE BEAST By the way, that established professional probably has three kids, a hefty mortgage and college tuition stress. I’m just guessing here. And the point is that they need to feed the beast, and keep the income-expense ratio balanced. They really can’t afford to take a break from their production to learn a new or different approach to the business.

Those young kids? They’ve got none of that either. Overhead? They might be living at home, meaning their parents’ home. Expenses? In a scale that can’t be managed.

And because they are young and unencumbered, they don’t have the same need to ramp up income production immediately.

We can all take the time to learn and teach the right way to do the business, and to trust it that it will be worth it in the end. Worth it for the young people who will find themselves as a key member of a high-performance team with a bright future, and worth it for the organization that will secure its future and train the next generation in a perpetual succession model. It is a win/win/win/win/win/win.

Today’s kids are tomorrow’s visionary leaders. The earlier we recognize this and tap into it, the better we can leverage their strengths for the benefit of our organizations. Now if I could just get my last kid off the Xbox.

— John Jarvis is the principal and senior vice president at Hughes Marino. He lives in La Jolla.
meeting for repeatedly missing meet-

ings and for failing to answer emails

King replied he had accepted the position as first vice president on the “understanding” that a number of temporary personal commitments—a long-planned vacation, his daughter’s wedding and the demands of a business retrenchment—would pre-
clude his being involved much with council business his first 90 days in office.

Weinstein said King had discussed his commitment “limitations” only with Wildman and not with the rest of the council leadership.

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With CARD
59¢

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Soup Mix
4.3 oz
With CARD
2 for $4

Osem Bissli
Snacks
Select Varieties.
2.5 oz
With CARD
79¢

Streit's
Matzo Ball
or Soup Mix
Select Varieties.
4.5 oz
With CARD
4 for $5

Kedem
Grape Juice
Select Varieties.
22 oz
Plus CVR
With CARD
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Gefen
Honey
12 oz
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Select Varieties.
4.5 oz
With CARD
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Egg Noodles
Select Varieties.
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With CARD
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Hydrangea
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Van Nuys
12921 Magnolia Blvd.

La Jolla
9052 Villa La Jolla Drive

Los Angeles
906 E. Pico Blvd.

Canoga Park
22333 Sherman Way


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Starry, starry nights

Parter should always be fun, but for many people, a party on a boat has a special attraction. When that boat is a giant aircraft carrier — the USS Midway Museum — the attraction is proportionally greater. But unlike a private yacht, the Midway isn’t exactly an “exclusive” venue — in fact, in the span of a year, the ship receives 1 million visitors and is in the scene for 250 private events and 400 other events. Fortunately, it’s not the U.S. Navy. The great ship is about 1,000 feet long (bigger than three football fields), so there’s plenty of room for all this activity and more. The 10th annual Midway American Patriot Award Gala was held aboard ship last Thursday. The weather was perfect for an event under the stars, amid the restored legacy aircraft on the spacious flight deck. Connie Conard chaired the gala, with Malin and Roberta Burnham as honorary chairs. With a vision to become “America’s Living Symbol of Freedom,” the museum hosts an education program that brings 40,000 students to the ship annually. On-board programs for second- through eighth-grade students teach science, math, social studies and history in a stimulating, exciting environment. Educators think they should call it the “Wow” program, because that’s what the kids say when they get off the bus and see the ship — and what they continue to say throughout their visit. There are expenses involved, and the annual gala’s purpose is to support the “No Child Left Behind” program.

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 4th year, located just slightly off of 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, 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 4th year, located just slightly off of 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. Seto Marselian has lived and worked in San Diego since 1976. He graduated from La Jolla Country Day School and went to UC San Diego. After graduating from college, Seto started working in restaurants and clubs in La Jolla, managing top restaurants like Le Ste Maximus, French Gourmet, Avanti Ristorante, just to name a few. Seto has owned restaurants such as Siquajo, Greek Cuisine, Aurora Trattoria, and now back in La Jolla from his short stay outside the village of La Jolla, to open Bistro Pazzo (crazy bistro). 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! For more information call 858-456-4005 or go to our website at www.bistropazzo.com.

Enjoy the beauty of Old Town - Bistro Pazzo comes to Old Town Sept. 9

The annual Spirits of Mexico Festival, North America’s largest celebration of agave-based and other Mexican spirits kicks off this year in San Diego with Tequila Trail on Sunday, Sept. 9 from 3 to 6 p.m. For the price of a $35 ticket, Mexican cuisine connoisseurs and tequila lovers will have access through the streets of Old Town San Diego sampling selections of agave and other Mexican spirits paired with culinary specialties from the participating restaurants.

Sponsored by Contrain, attendees will sample the finest tequilas, mezcals, sotolos, hacavises and other Mexican spirits as well as a variety of culinary specialties from 12 of Old Town’s celebrated eateries: Barra Barra Saloon, Café Coyote, Casa de Reyes, Casa Guadalajara, El Llano El Ranchito, Tres Mexican Café, La Pitahaya, Miguel’s Cocina, Old Town Mexican Café, Rockin’ Baja Coastal Cantina and The Cosmopolitan Restaurant.

“After the great success of last year’s inaugural event, even more restaurants and tequila brands were excited to sign on and be part of the event,” said Chuck Ross of Fiesta de Reyes. “This event offers attendees a taste of Old Town and some of the best tequilas from the Spirits of Mexico Festival.”

These restaurants will offer up tastes of their signature dishes accompanied with assorted tequila brands. Some of the tastings that will be featured are mango sea bass ceviche from Barra Barra Saloon, tequila lime shrimp from Rockin’ Baja, Chile Colorado and cilantro rice from Casa de Reyes and a variety of street tacos with a fresh salsa bar at Casa Guadalajara. The 2012 Tequila Trail is a fundraiser for the Old Town Town Council of Commerce and is made possible by Contrain, Fiesta de Reyes, and International Wine and Spirits Group, producers of Spirits of Mexico. Following the end of Tequila Trail, there after parties will ensure at Fiesta de Reyes, Casa Guadalajara and Café Coyote. These after parties require an additional $10 admission.

The 2012 Spirits of Mexico Festival is set to showcase hundreds of the world’s top agave and other Mexican spirits Sept. 9 through 16 in the historic heart of San Diego — Old Town San Diego. The Spirits of Mexico Festival is arguably the largest and most prestigious event for agave spirits in North America. This year’s San Diego festival will be packed with tasting receptions, educational seminars, a comprehensive tasting competition and resultant awards ceremony, as well as plenty of authentic Mexican cuisine. For more information about the San Diego Spirits of Mexico Festival, visit the website at www.spiritsofthemexico.com. To purchase tickets for Tequila Trail, go to http://www.oldtowsandiegoguide.com.
Ashore®” scholarship fund, enabling attendance by students lacking the financial means to participate.

About 500 guests attended the sell-out event, enjoying cocktails and canapés upon arrival. In an impressive patriotic aerial performance, five skydivers jumped from a plane flying high above and landed, one by one, on the carrier’s flight deck. The last carried a carrier’s flight deck. The last carried a patriotic aerial performance, five skydivers jumped from a plane flying high above and landed, one by one, on the carrier’s flight deck. The last carried a carrier’s flight deck. The last carried a

In the most solemn part of the post-dinner program, Midway Museum Board chairman Dennis Burks and honorary gala chairman Malin Burnham presented the American Patriot Awards to this year’s honorees. The first, Jerry Coleman, was a stellar baseball player, and the only major leaguer in history to see combat in two wars. These gentlemen define what “American Patriot” means. Their lifelong commitments to public service displayed character, integrity and selfless dedication in service to their fellow citizens. Accepting their awards, each recipient spoke briefly, and each received a well-deserved standing ovation.

The evening concluded with dancing to the music of the Navy Southwest Showband West — a very entertaining group with a long name and plenty of talent.
UCHS’ new football field is open for business.

By KENDRA HARTMANN | Village News

Despite budget woes and a district teetering on financial crisis with no foreseeable end in sight, there is some relief for public school students, whose memories of their time in the San Diego Unified School District thankfully won’t consist entirely of cutbacks, layoffs and other measure of austerity.

Like several other schools in the district, University High School is reaping the benefits of Proposition S, a $2.1 billion general obligation bond measure passed in 2008. Approved by voters as a way to help repair, renovate and revitalize neighborhood schools, these funds cannot — to the dismay of some — be used for teacher and administrative salaries. What they can be used for is to make the experiences of students at least slightly more enjoyable with things like, in the case of UCHS, a brand new football field and track.

This year, athletes and performers will have the chance to make use of a state-of-the-art synthetic turf field and all-weather track, making events at the stadium true crowd pleasers. The game changer for the project, meanwhile, comes in the form of illumination — specifically, new energy-efficient lighting for night games and events, as well as a new scoreboard.

The lighting, said Marie Byrd, parent support liaison for the school, will go a long way toward bringing the school and the community closer together.

New field give students something to look forward to in new school year

From the La Jolla & Golden Triangle Chamber of Commerce strengthens businesses and the community through leadership, prosperity, information, communication, and community involvement.

Dear Members and Future Members

I hope everyone had a fantastic summer and great 3 day weekend. In I hope everyone had a fantastic summer and great 3 day weekend. In

The Chamber’s Mission:
The La Jolla & Golden Triangle Chamber of Commerce strengthens businesses and the community through leadership, prosperity, information, communication, and community involvement.

Best Always,
George Schmall
COB LTGCC

The August Mixer was hosted by Cozymel's inside their Westfield Mall Location.

WHAT: La Jolla & Golden Triangle Chamber of Commerce’s “Business After Five” Mixer
WHERE: 4370 La Jolla Village Drive
WHEN: September 12th
5:30-7:30 p.m.
Members $10.00
Non-members $15.00

“Most of all the games were played in the afternoon. It’s difficult to have most parents come to see an afternoon game, so we didn’t get big crowds,” Byrd said. “[The lighting] allows the school to have evening games, which will draw more parents and people from the community. It helps both the school and the community. It’s a great benefit.”

The permanent lighting will also save the school money, since the need to rent lights and generators for the occasional night event is no longer there. Plus, said Byrd, it brings a sense of nostalgia to the school.

“It will really give us that Friday night football game feeling that a lot of us had growing up,” she said.

To commemorate the revived field, the school will hold a dedication ceremony on Sept. 14 at 5:30 p.m., to be followed by what will still be a relatively new experience — a night-time football game against Southwest High School. “We’re really excited,” said principal Jeff Olivero. “The field was out of commission all last year, through the seniors got to graduate on it. We have some upper athletic fields that are not in great shape — the golfers have dug them up and the irrigation isn’t great. But now, the nice thing is that we’ll be able to have a lot more athletics take advantage of [the new field].”

The look of the new field — vibrant with the contrast between the green turf, red track and the school’s colors of navy, white and columbia blue — has quite literally put UCHS on the map. The home of the Centurions can now be seen from 30,000 feet, as airline passengers can vividly see the field from the air as they fly over University City. (Byrd confirmed this on a recent flight.)

The project, the construction phase of which lasted about a year, was completed last June in time for graduation. But the new school year brings with it an untold number of experiences — both day and night — for future Centurions.

For more information on UCHS, visit www.sandi.net/universitycity.
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Sat & Sun 1-4pm  . . .5559 Chelsea  . . .3BR/2BA  . . .$1,130,000  . . .Greg Phillips 858.999.6000
Sat 1-4pm  . . .2386 Tommy Pies Rd.  . . .3BR/3BA  . . .$768,000  . . .Joe Well 818-497-7141
Sat 1-4pm  . . .5202 Daper #1  . . .3BR/2BA  . . .$990K  . . .Kathy Evans 858-488-7305
Sat 2-4pm  . . .7505 Pepeya Way  . . .3BR/3BA  . . .$2,400,000  . . .Nancy Michel 858-405-5283
Sat 1-4pm  . . .1897 Viking Way  . . .3BR/2BA  . . .$3,296,000  . . .Rick Davis 844-428-1263
Sun 7am-4pm  . . .970 Via Estrada  . . .2brd  . . .$1,500,000  . . .David Schroedl 858-459-0800
Sun 1-6pm  . . .7401 Lookout Dr  . . .2brd  . . .$795,000  . . .Kathy Evans 858-488-7305

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Sat & Sun 10-11am  . . .1265 Olive Ave  . . .4BR/3.5BA  . . .$879,000  . . .Cindy Wing 619.223.9464
Sat 10-1pm  . . .3718 Narragansett Ave  . . .4Br/3Ba  . . .$879,000  . . .Leslie Devlin Reynolds 619 987 4156

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Home Decorating Ideas for Fall

Now is the time to plan and decorate your home for fall. This autumn, consider trying your hand at do-it-yourself home projects that add seasonal warmth and color to the home – while creating fun for your whole family.

“A great way to add excitement to seasonal décor for fall is with timely crafting projects with matching ‘matchy-matchy’ color schemes,” said Nicole Long, manager of inspiration at Jo-Ann Fabric and Craft Stores. This year, accenting traditional autumn colors like orange and brown with trims and purples can visually transform your home and will also liven up any seasonal party.

If you’re having trouble getting inspired, here’s an ideal project for teens and adults from the experts at Jo-Ann:

Paisley Floor Pillows

(Aproximate crafting time: 2 1/2 hours)

Supplies and Tools (for one pillow):

- 2 yards corduroy
- 1 1/2 yard corduroy in contrasting color
- 9 1/2” felt squares, 2 each in coordinating colors
- One package glitter buttons
- 3/4” white glue
- Basic sewing supplies
- Sewing machine
- 9”x12” felt squares, 2 each in coordinating colors
- White glue
- Directions:

1. Cut one strip main color corduroy 6”x72”.
2. Cut two large paisley shapes of same color paisley.
3. Cut one small paisley shape of contrasting color paisley.
4. Glue or sew small paisley on one main color paisley for top.
5. Embellish top with felt shapes of choice and buttons. Sew or glue in place.
6. Sew the 6” edge of the long strip to make a large circle, leaving 1/2” open at top and bottom.
7. Place seam of the top at the point of the paisley top and sew all around.
8. Repeat with bottom, leaving a 6” opening for turning.
9. Turn and stuff
10. Slip stitch opening closed.

And there’s no better way to celebrate a new season than with a party that not only brings friends together, but inspires with something beautiful that you and your family created to decorate your home.

In addition to seasonal thematic decorations, now’s the time to break out some fall fac, like corn bread, pumpkins and apple cider, and play music at home that evokes autumn. Try different project ideas, such as embroidered cup sleeves and a paisley punch card, available online at www.joann.com/holidays-autumn.

Letting your home’s décor change with the seasons doesn’t need to stress you out. Make it fun by doing it yourself!”

For more info, visit www.KlattRealty.com

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Is now a Good Time To Sell Your La Jolla Home?

La Jolla, California

Interesting times near all time lows. Buyers are back, taking advantage of low interest rates and low monthly payments.

With more buyers, today, could be a great time to sell your property if you mean you should be able to get a better price and sell in a shorter amount of time.

Something else to consider is the yearly real estate cycle. November & December are typically the slowest months of the year. Sales usually increase monthly, peaking around July and August.

How might the Baby Boomers (born 1946-1964) change the real estate market? The first Boomers turned 65 years old in 2011. Many have fewer assets then they expected they would have 5 years ago. Many of these Boomers are choosing to stay on track with their retirement date by down sizing their homes. For the next 17 years as Boomers retire and many downsizers, there may be more Sellers then Buyers. With a smaller debt burdened population behind the Boomers, there is a strong argument for prices falling in the future.

Is now a Good Time for you to sell your La Jolla Home? Order a FREE HOME SELLERS KIT that tells you everything you need to know. It’s FREE! Order a full service home sold fast for top dollar. To get your FREE HOME SELLERS KIT call 619-611-1015 ext. 37 for a free 24 hour recorded message. Or order online at www.JoAnnaLaJollaRealEstate.com

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New Rentals

1. $3,900** RPM! Just Listed! This 4 bedroom, 3 bath home with canyon views is available September 15! Call Klatt Realty for an appointment to see this home today!

2. $2,175** RPM Beautiful one bedroom apartment on Prospect Street! Coastal living at its best! Walk 300 yards to the beach, watch the waves break at La Jolla rocks and listen to the sound of the sea! Feel the gentle ocean breezes from this 840 square foot apartment with a 138 square foot enclosed deck! Within a short walk to cafes, shops, restaurants and recreation areas. This apartment is on the first floor of a 5 unit apartment building with a common entryway. Quiet neighborhood! This is not a party pad. No off street parking for this unit. One year lease, please.

** = An acceptable credit check, security deposit, first and last months rent is required. Sorry no pets or smokers, please.

REAL ESTATE DIRECTORY · LA JOLLA VILLAGE NEWS

Thursday, September 06, 2012

15
Just Listed! North Shore ocean view 6,800 square foot lot situated in a serene & lovely neighborhood. A Coastal Development Permit (CDP) for plans associated with a new home on this lot are vested (never to expire) because of the recordation of an approved parcel map. A portion of the elevated (but mostly flat) lot enjoys unobstructed North Shore views. Other portions enjoy filtered ocean (& North Shore views). Street frontage is in excess of 100 feet. Excellent soil bearing capacity (no special footings required). Schematic plans for a 4900+ sf home including a three car garage by noted La Jolla architect Jim Alcorn.

Open This Sunday 1-4

Next Door to 7847 Lookout Drive

Sitting at the top of the hill in the coveted West Muirlands with sweeping Ocean & Canyon views, this 5BR/4BA spacious home is perfect for entertaining. It’s design beckons you outdoors. Situated on .45 acres with a 3-Car Garage. The private sun-bleached south-west facing backyard boasts endless hillside and ocean views, a pool, spa, and grassy yard. Call David or Marc for a tour.

Open This Sunday 1-4

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La Jolla

Just Reduced • Seller will entertain offers between $1,700,000 & $2,100,000

www.7020ViaEstrada.com

Seller will entertain offers between $795,000 and $995,000

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