Local Israelis, Palestinians renew dialogue amid conflicts in war-torn Middle East

By DAVE SCHWAB

Renewed hostilities between Israelis and Palestinians have rekindled local dialogue between supporters of both sides and those advocating peace.

With the conflict in Gaza escalating and bloodshed on the rise, Students for Justice in Palestine held a protest July 25 at the Federal Building in downtown San Diego. Hundreds of people also gathered recently at Doyle Park in University City to show solidarity and pray for peace.

Lenna Odeh, an Arab-Israeli and a UCSD Ph.D. candidate, has been literally "Pinnacled of Pancakes" in the Palestinian resistance movement. Her name in Arabic means "for us returned." Her hometown, Nazareth, presently is under Israeli military occupation.

A geographic-based school "cluster" includes a high school and the middle and elementary schools feeding into them. The La Jolla cluster includes La Jolla High, Muirlands Middle and Bird Rock and La Jolla and Torrey Pines Elementary schools.

The partnership agreement was the culmination of three years' negotiation between La Jolla Elementary School principal Donna Tripti, Muirlands Middle School teachers Julie Latta and Rob Tindall and parent Fran Shimp with SDUSD superintendent Cindy Marten.

The final agreement hammered out between the La Jolla schools' governing boards and SDUSD includes a number of changes:

- La Jolla schools will be able to seek new teachers from among all qualified applicants rather than the traditional "post-and-bid" hiring policy, which limits job openings to the five most senior applicants. Teacher union approval will be required for anyone hired under the new system, which breaks fresh ground in union-based hiring practices.
- La Jolla schools are allowed more freedom in structuring their curriculums and choosing textbooks.
- The new agreement fits with SDUSD's neighborhood-centered educational approach embodied in its Vision 2030 plan.
- Children of teachers and staff at high-performing schools will be given priority to attend them. Any changes proposed by any of the five La Jolla schools in the partnership agreement must be put in writing to an SDUSD official to be approved or rejected within 10 business days.

"It was gratifying to hear our superintendent and school board members praise the inclusive process," said LPA in a press release. "What we have created can truly be called community-based education reform. We look forward to working alongside the district with a new level of mutual respect and transparency through our new partnership agreement."

La Jolla Cluster is held in high esteem at San Diego Unified, as its student test scores are historically among the highest in the district.

The cluster also has a tradition of independence. Previously, La Jolla High won some academic autonomy from SDUSD after threatening to become an independent charter school.

For more information, visit lajollcluster.com.

School district OKs pact for choice of curriculum, hiring practices at five La Jolla schools

By DAVE SCHWAB

A partnership agreement unanimously approved by San Diego Unified School District (SDUSD) trustees July 29 will give La Jolla Cluster Association’s (LICA) five schools greater flexibility and autonomy over their hiring practices, student selection and academics.

Ernest Rady, whose namesake hospital is the largest pediatric facility in the state and has a satellite location in La Jolla, has donated $120 million toward establishment of a genomics institute at the hospital, declaring tongue in cheek that he’d had more fun earning the money than earmarking it.

The Rady Pediatric Genomics and Systems Medicine Institute will assemble scientists, researchers and physicians to work on treatments for childhood diseases based on each patient’s genetic profile. The bulk of the clinical personnel will come from the UCSD Health System.

“This is the beginning,” Rady said in a statement, asking others to establish grants and endowments toward the goal.

The donation announcement was made by hospital board chairman David Hale at a news conference, with Rady attending.

In a related development, Rady’s board of trustees pledged $40 million to help fund the center.

“The commitment Ernest
VA access bill wins president’s signature; local system cites intended improvements for patients

The U.S. Senate overwhelmingly passed the $16.3 billion Veterans Access, Choice and Accountability Act of 2014 on July 31, signed Aug. 7 by President Obama and advancing repair of the embattled Department of Veterans Affairs, which maintains a medical center in La Jolla.

The Senate’s 91-3 approval mirrored nearly unanimous approval by the House of Representatives the previous day.

The bill addresses many problems that surfaced last spring regarding veterans’ access to medical care at VA facilities nationwide. It allows veterans to receive care outside the VA if they live more than 40 miles from a VA facility or if they need to wait longer than 30 days for an appointment.

In referring to the internal issues that sparked the VA controversies, Louis Celli, legislative director for the American Legion, said the reforms are overdue.

“We never in our wildest hallucinations suspected that the VA was cooking the books,” he said in a published report. “We just never thought that it got that deceitful. When the whistleblowers started to come forward in Phoenix, we took a step back, and we were like, ‘Oh, really?’”

Phoenix was the first locale at which the mismanagement appeared.

Samuel Foote, a retired Phoenix VA physician who was the first to expose wait-time manipulations and delays in care, said the bill addresses the most urgent needs for increased staffing and outpatient referrals for private care.

Paul Rieckhoff, CEO of the Iraq and Afghanistan Veterans Association, urged Obama to meet with veterans-association leaders and implement further reforms.

“When there are many good elements to the bill ... we are nonetheless outraged that it took the VA scandal to create this kind of urgency in Washington for our veterans,” he reportedly said in a written statement. He added that veterans should not be subject to the poor standards set by the VA and Congress.

No alleged mismanagement has been reported at the La Jolla facility: a 336-bed center adjacent to UCSD.

In a related development, the VA San Diego Healthcare System issued a statement on its efforts to ensure the timeliness of patient appointments.

“Our priority, now more than ever,” the system’s website reads, “is to ensure veterans new to our healthcare system, or new to a specialty clinic, receive an appointment as soon as possible. When scheduling, veterans are offered an appointment with a date-specific time.”

The site reports that the system is opening a community clinic in Sorrento Valley, which will initially have capacity for 4,800 and eventually 7,200 patients; adding mental-health provider positions and hiring seven nurse practitioners to improve immediate access to primary care; expanding mental-health clinic space at its Mission Valley location; and adding linic hours in the evenings and weekends for primary care, specialty care and mental health services.

The local system is also reportedly working with a private firm at its Escondido location to add primary care providers, who can reportedly see new patients within a week.

The system also said it is contacting all veterans with an appointment beyond 90 days and offering an earlier appointment or arranging care with a provider in the community at VA expense.

The system recently received $1.1 million from the VA, to be used to further improve access to care.

— Staff and contribution

Former Jack’s La Jolla bookkeeper convicted of embezzlement

After 3½ days’ deliberations, a jury convicted a woman Aug. 4 of embezzling millions from the former owner of the now closed Jack’s La Jolla Restaurant, where she served as the firm’s bookkeeper.

Tara Virginia Moore, 42, of Point Loma, had been free on $400,000 bond but was remanded to jail immediately after the jury convicted her of six felony counts, including three counts of grand theft and fraudulent appropriation by a bookkeeper.

Moore did not testify in the seven-week trial before the eight-woman, four-man jury.

Moore’s attorney, Paul Pfingst, argued Moore should remain free on bond, but the judge ordered her jailed immediately.

Pfingst, a former district attorney, argued Moore had loaned Jack’s La Jolla money and was paying herself back for the loans.

Sentencing is set for Sept. 2.

Moore faces a sentence ranging from 10 to 20 years, said Deputy District Attorney William Mitchell. Mitchell said he was relieved by the verdict because he has been working on the case since Moore’s arrest in September of 2011.

Mitchell praised the jury, saying the panel was “a very intelligent jury that was able to understand complex evidence and exhibits and come to the right decision.”

“She will be ordered to pay restitution. But good luck on that,” said Mitchell, adding that Moore had declared bankruptcy.

Mitchell repeatedly told jurors in a closing argument to “follow the money [trail].” After Pfingst told jurors the prosecution’s analysis and methodology was too flawed to reach

SEE JACKS >> PG. 3
JACKS >> CONT. FROM PG. 2

any guilty verdict, Mitchell told jurors in his rebuttal argument to “follow the money and it will tell you the truth of the charges.”

Moore was also found guilty of theft from an elder — Dragica Markovich, Moore’s former mother-in-law — in 2005 in what Pfingst described as a loan. Markovich testified via a video-taped deposition made in 2012, when she was 78 years old. The loss was listed as $1.3 million.

She was also found guilty of defrauding $1.3 million from William Berkley, former owner of Jack’s La Jolla, which went out of business in 2009, leaving 120 people out of work. It opened in 2003.

Moore was also found guilty of grand theft from another ex-employer, Richard Anderson, whose loss was listed as $200,000. She was also convict-
ed of theft from the U.S. Department of Veterans Affairs involving $65,000 in benefits she collected from a deceased former husband after she remarried.

The jury also convicted Moore of forgery but deadlocked on a second forgery charge. It acquitted Moore of a second grand theft count involving the Veterans Administration.

Pfingst argued Moore had written receipts from the restaurant owner indicating she was loans the restaurant money because it developed a cash-flow problem. Mitchell told jurors that restoring money is not a defense. Pfingst said Jack’s La Jolla closed because it was not making a profit and that if a loss statements were continuously prepared for the owner during its operations. He told jurors not to consider the closure of the restaurant as relevant to the case.

The jury heard two days of closing arguments and convicted Moore on July 30.

— Neil Pfatzen

Grand Re-Opening Celebration
NEW LOCATION
7850 Fay Ave, Ste. 103
La Jolla

A Ribbon cutting by the 13CT Chamber and cocktail party was held Thursday evening July 31st to celebrate the Grand Re-opening of the La Jolla Wellness Studio at their new location at 7850 Fay Avenue.

Over 150 guests enjoyed fitness demonstrations, complementary acupuncture treatments, a tour of the facility and state-of-the-art exercise equipment. Food, drinks and Raffle Prizes added to the celebration.

Members include Sharp cardiologist Dr. Joel McGreevy, who also serves as the studio’s Chief Medical Officer. The studio has 9680 accessibility and has been chosen as the exclusive one-on-one training facility for all the doctors and nurses at Veteran’s Memorial Hospital.

“Our clients are busy people who want to get in and out,” says Michelle Racine, the studio’s new Managing Director. “They will be able to book an appointment with an app on their phone and if they get called into surgery they are not going to have to pay $80 for personal training with a 24-hour cancellation fee.” But it’s not just doctors that frequent the studio; there are just as many La Jolla active women coming and going carrying water jugs, as the studio provides alkaline water to all of its members for further health benefits. Young competitive athletes also benefit from reducing lactic acid, ridding themselves of sore muscles and getting an edge on their cardio levels.

The workout begins with an optional warm-up, with a personal trainer, equivalent to 100 minutes of weight training, 60 minutes of cardio and 20 minutes of stretching in a single session. Clients receive guidance and friendship in a family-style atmosphere with a lifestyle coach, and are encouraged to participate in a customized meal program along with supplements based on blood type. Trainers track progress with precise, computer-generated measurements on a bi-weekly basis.

Next is 10 minutes of vertical vibration therapy. This is a vibratory modality that increases production of HGH, serotonin and endorphins while it lowers cortisol and lacto-tic acid. It decreases cellulite, tightens skin and relieves menstrual symptoms. It increases the metabolism, reduces body fat and relieves stress. It also stimulates the lymphatic system, which assists in the removal of toxins and supports the alleviation of joint, muscle and back pain.

Then it is onto the ROM, a machine that looks like something from a futuristic sci-fi — a high-intensity 4-minute interval training workout that boasts the same results as 45 minutes of cardio and weight training combined. It was used by NASA to keep the astronauts fit while orbiting the earth.

The workout concludes with a 10-15-minute horizontal vibration recovery, calibrating metabolism for optimal fat loss and lean muscle mass building. Headgear and the gentle sound of a stream provide massage, deep relaxation and vascular flow to leave refreshed and energetic! Sounds too good to be true?

La Jolla Wellness Studio offers massage and acupuncture as well as the first IV bar in La Jolla, offering customized vitamin IV therapy and vitamin shots for one-stop service with the best practitioners in La Jolla. The studio also offers stretch classes and meditation classes. The studio offers competitive prices and loyalty programs for a complete lifestyle of wellness and anti-aging where dynamic relationships can form into a lifetime of wellness for both families and corporations.

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1 on 1 With Personal Trainer
Whole Body Vibration Training
Bi-Weekly Check in With Lifestyle Coach

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--- City News Service

Victim, 3, is identified in La Jolla drowning

Authorities on Aug. 5 identified the 3-year-old girl who accidentally drowned in a backyard pool in La Jolla over the weekend.

Martina Alarcon and her family were attending a party at a Rutgers Road address shortly after 6 p.m. Aug. 2 at which she and other children had been in the pool, according to the county medical examiner’s office and San Diego police. Martina’s flotation device was removed as she and the other children were headed inside, authorities said. About 10 minutes later, the toddler was found floating in the pool, officials with the medical examiner’s office said. A neighbor spotted the girl in the water, then pulled her out and performed CPR until emergency personnel arrived.

Paramedics took Martina to Scripps Memorial Hospital La Jolla, where she was pronounced dead at 7:12 p.m. on Aug. 2, authorities said.

Local ‘Dancing with the Stars’ is postponed until fall of 2015

Scheduling conflicts have led to the postponement of the second annual La Jolla ‘Dancing with the Stars’ event, originally set for spring of 2015.

“The event has been postponed until fall of [2015],” most likely, said event spokeswoman Nancy Gardner. She noted the postponement was in order to accommodate the TV shooting schedule of event emcee Mary Murphy, of “So You Think You Can Dance” fame.

The event, hosted by the Police Historical Association, is a fundraiser for the downtown Family Crisis Center. Those wishing to get involved in planning for the next “Dancing with the Stars” event can contact Gardner at (858) 775-7575 or (858) 456-3000.

Work renewed as gull chick leaves Children's Pool tower

Construction on La Jolla’s Children’s Pool lifeguard tower is slated to resume as early as Aug. 12 once, which it did on or about July 28.

The city joins the county government and the cities of Carlsbad, Oceanside, Vista, El Cajon and La Mesa in regulating e-cigs. New York, Chicago, Seattle, Los Angeles and Long Beach have also regulated the devices.

Mesa in regulating e-cigs. New York, Chicago, Seattle, Los Angeles and Long Beach have also regulated the devices.

Man, 70, pleads guilty in sex-for-hire case

A 70-year-old man who was arrested in University City in 2013 pleaded guilty July 31 to three counts of interstate travel in aid of a racketeering practice that involved sex with a 13-year-old girl.

Michael Lustig entered a rare “conditional guilty plea,” in which his appeal of a judge’s ruling that allowed search of his cell phones remains active. If Lustig wins the appeal, he can withdraw his guilty pleas and face a trial without the cell phone evidence. However, Lustig faces up to 15 years in federal prison when he is sentenced later this month.
Ho-Hum Bandit” sentenced in series of La Jolla bank robberies

The man known as the “Ho Hum Bandit,” who held up three tellers at two La Jolla banks and another bank on Point Loma’s Rosecrans Street in 2010, was sentenced to 70 months in federal prison.

Adam Lynch, 36, who was portrayed as nonchalant and unassuming, appeared Monday before U.S. District Court Judge Roger Benitez, who determined the 56-month term will run consecutive to a 64-month term Lynch already was serving for bank robberies in Denver and Cheyenne, Wyoming.

Benitez ordered a 70-month term, with 56 months to run consecutive and the other 14 to run concurrent.

Lynch pled guilty on Jan. 28 to seven robberies and left San Diego in 2010 to commit the robberies elsewhere. None of the robberies involved display of a weapon.

Benitez ordered Lynch to pay $26,000 to the banks. They include the Citibank branch at 7900 Hershel Ave., which he robbed twice, and the Wells Fargo Bank, at 7714 Girard Ave., both in La Jolla. He also ordered Lynch to repay a U.S. Bank branch at 1075 Rosecrans St. held up on Feb. 27, 2010, as well as other banks in Hillcrest and downtown San Diego. He also ordered him to pay $700 in penalty assessment fees.

Lynch’s attorney, Ronald Gainor, said that after Lynch is paroled, he will be deported to his native Ireland to live with family.

Gainor said Lynch’s next court appearance will be in Orange County, where he is charged with other bank robberies in the “Ho Hum Bandit” series.

The FBI cited Lynch’s nonchalant appearance and monotone voice as the reason for the moniker. Benitez said Lynch’s total net sentence so far is 120 months but that he could receive consecutive terms in Orange County. Gainor said Lynch has committed 22 bank robberies in four states but that no one was ever physically injured.

U.S. report calculates 58 percent of California suffering from the most severe level of drought

A national study says that more than half of California is now under the most severe level of drought for the first time since the federal government began issuing regular drought reports in the late 1990s.

According to the July 31 U.S. Drought Monitor Report, roughly 58 percent of California was considered to be experiencing an “exceptional” drought—the worst level of five. This is the first time any part of California has seen that level of drought.

The state has been in severe drought since May, but more of it has since fallen into more severe categories—“extreme” and “exceptional.” Nearly 22 percent more of California was added into the exceptional drought category in the last week alone.

California is also more than a year’s worth of water short in its reservoirs, and moisture in the state’s topsoil and subsoil has nearly been depleted, according to the report.

In January, Governor Brown declared a state of emergency, calling on Californians to conserve water whenever possible. Earlier this year, the National Oceanic and Atmospheric Administration warned that the drought in California could intensify. The U.S. Department of Agriculture has said that the drought and these moisture deficits could seriously impact the prices of fruits, vegetables and dairy products for years to come, because California is a big producer of these items.

The city of San Diego has issued a Level 1 drought alert calling for citizens to voluntarily participate in water conservation measures, including not watering lawns more than three days a week and watering lawns or washing vehicles only before 10 a.m. or after 6 p.m. during summer months.

“The cheapest gallon of water is the one you don’t use,” said council president pro tem Sherri Lightner, of District 1, who added she’s “proud to see San Diegans stepping up their water-saving practices to help address our drought conditions and long-term supply needs head-on.”

“We need to do everything necessary to deal with drought and water supply conditions,” said Lightner, adding, “Mandatory conservation could become the new standard in our efforts to secure an adequate water supply.”

Noting San Diego’s annual rainfall average at Lindbergh Field is 10.34 inches, National Weather Service forecaster Jimmy Tauger said the rainfall amount for 2011-14, which ended June 30, was 5.06 inches. Tauger said rainfall levels the previous year was 6.51 inches and 8.03 inches the year before that. Tauger said you have to go back to 2010-11 to find the last year when rainfall was at or above normal, 12.62 inches fell that year.

So far, San Diego water restrictions meet those imposed by the state in 2009.

Correction

An online article of the July 25 print edition of La Jolla Village News should have stated that if a committee making recommendations to the La Jolla Community Planning Association (LJCPA) discussed, but voted down, a proposal to institute a minimum seven-day term for vacation rentals, which would have made other short-term properties to be rented a maximum of 1.2 times per year. The committee’s recommendations, which include beefing up police response to rental complaints from neighbors, will now be passed along to the LJCPA for action, likely in September, said advisory group chair Joe LaCava.

 Judges rule convention center expansion tax unconstitutional

A panel of judges ruled on Aug. 1 that the hotel tax to finance the $5.2 million San Diego Convention Center expansion project is unconstitutional, concluding that they must uphold the provisions of the California Constitution and the city charter that require that the city’s registered voters approve the tax.

At issue was the legality of a hotel room surcharge OK’d by the city’s hotel owners in 2012 to generate much of the revenues to pay for a larger convention center.

A Superior Court judge ruled last year that the tax is legal, but opponents said the levy should have been put to a public vote. The tax would have added 1 to 3 percent to room rates, depending on how close the hotels were to the convention center. Guests already pay a 10.5 percent room tax and a 2 percent promotion surcharge.

The U.S. report calculates 58 percent of California suffering from the most severe level of drought. California is also more than a year’s worth of water short in its reservoirs, and moisture in the state’s topsoil and subsoil has nearly been depleted, according to the report.
Report says Scripps Health invested $355 million in 2013 benefit plans

La Jolla-based Scripps Health invested $355 million into community benefit programs that served some of the neediest populations in San Diego County during fiscal year 2013, with community benefit programs accounting for nearly 15 percent of the system’s operating expenses.

Scripps’ 2013 Community Benefit Report also says that, while the largest portion of its community benefit efforts went toward uncompensated care ($301 million), the system also invested in training for new physicians, health screenings for underserved populations, wellness services for seniors, care for the homeless and other community needs.

“Scripps is proud to continue its legacy of making a vital and measurable difference in our community,” said Chris Van Gorder, president and CEO of Scripps Health. “We commend our physicians, employees and volunteers for going well beyond the call of duty in providing charity care, educational programs, health screenings and other much-needed services.”

Uncompensated care for 2013 included $239 million in underpayment from Medi-Cal, Medicare and other government programs, $116 million in charitable care for uninsured people who did not qualify for government assistance and $13.5 million in failure to pay by patients whose health care was not classified as charity care.

In 2013, Scripps provided hospital services to one-quarter of the county’s uninsured patient population. Scripps Mercy Hospital campuses in San Diego and Chula Vista accounted for more than two-thirds of the $48.6 million Scripps Health earmarked for charity care.

Scripps also invested $37.6 million in professional education and health research, including $15.3 million for graduate medical education programs. Scripps devoted more than $1 million into community health services, including community building activities and prevention and wellness programs such as cardiac screenings, diabetes education and cancer-support groups.

Scripps Health employees and affiliated physicians volunteered 10,803 hours in support of Scripps-sponsored community benefit programs, the equivalent of $475,000 in volunteer labor.

The 2013 Community Benefit Report is the system’s annual response to a 1994 state law that requires private nonprofit hospitals to document the full range of community benefits they provide on a yearly basis. Scripps runs five acute-care hospital campuses, home health services, wellness centers and clinics.

Staff and contribution
Horse injuries, deaths lead to Del Mar turf course closure

The Del Mar Thoroughbred Club suspended horse racing on its new turf course until Aug. 9, holding the competition instead on a synthetic surface after a thoroughbred was badly injured and 10 other horses died in the last two weeks.

This closure marks the second suspension at the 7/8-mile turf course competition, which attracted more than 42,000 people for the July 17 opening day of the Del Mar summer season.

Three-year-old Chattering Gambler, in only his fourth race, was declared dead at the track Aug. 2, with a “cardiovascular collapse” called the cause of death. This was the third heat-related death during the meet. Four deaths have been caused by injuries on the turf course, one fatality has been caused amid many years’ studies for and against various surfaces. In March, The Jockey Club, the breed registry club for North American thoroughbreds, released a report that found synthetic racing surfaces continued to be associated with “significantly fewer fatal injuries” than dirt and turf.

One Del Mar trainer said some of the horses had little preparation for this level of competition and that placed them at greater risk for injury.

The horses are reportedly assessed not only by track veterinarians but also by team veterinarians, but forces like weather and pre-existing conditions may contribute to injuries severe enough to result in euthanasia. Necropsies of the euthanized horses will be conducted at the University of California, Davis.

— Staff and contribution

SD gymnastics in Liberty Station

Kids do not spend as much time playing outside anymore and fewer teens are consistently playing multiple sports. They are spending too much time on the couch or in front of a computer, or one sport requires too much time between multiple events throughout the week, with an emphasis on safety and technique, can create a healthy and happy body.

Repetitive stress injuries (RSIs) are injuries that happen when too much stress is placed on a part of the body, resulting in inflammation, muscle strain, or tissue damage. This stress generally occurs from repeating the same movements over and over again. In teens, overuse injuries most often occur at growth plates (ends of bones where bone cells multiply rapidly, making bones longer as someone grows). Areas most affected by RSIs are elbows, shoulders, knees, and heels. If you child is complaining of pain, tingling, weakness or popping sounds when doing a certain activity, it may be time to take a closer look. Putting limits on repetitive activities, encouraging multiple sports and varying daily activities can greatly reduce RSIs.

Participating in a structured gymnastics program is a great way to help ensure well-rounded strength, flexibility and conditioning. Dividing your time between multiple events throughout the week, with an emphasis on safety and technique, can create a healthy and happy body.

Christina Grady
San Diego Gymnastics

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SDGymnastics.com

COURTESY PHOTO Ten horses have died at the Del Mar Thoroughbred Club race track since opening day July 17. On average, three horses die each season at the nation’s 97 tracks.
Overcommitted and in a hurry

By Natasha Josefowitz, Ph.D.

Time is marching inexorably on. 6 a.m. I wish the clock would stop for an hour so that I can stay in bed. It doesn’t, and I get up reluctantly. In the waiting room of the doctor’s office, I wish time would speed up. I wish it would slow down when I am on deadline.

Time: perhaps our most treasured yet most-wasted possession! For some there is too much of it — people in hospital beds, in jails or old and alone — long, lonely days stretching seemingly forever. For most, there is not enough of it. Like cramming stuff in an overflowing drawer, we are cramming what we need to do, plan to do, hope to do — into every available slot in the day.

Just about everyone I know is either in a rush, hurrying to get some task done, or is feeling guilty about not accomplishing said task. I can’t remember when I am free for lunch or dinner unless I look at my iPhone’s calendar: nothing available this week. Mae West said, “So many books, so little time.” I say, “So many books, so little time.” Friends write books or give me favorite books and ask what I thought of them. I guiltily must admit that I did not have time to read them.

The digital age was supposed to make things easier and faster, with access to everything and everyone all the time. Instead, it increased the number of commitments, responsibilities and need-to-know information. I am barely able to keep abreast of world, national and local news while neglecting to call on a friend or congratulate the recent graduate.

What do I need to know to survive and not sound too stupid at the next dinner party? I read the latest studies on Alzheimer’s and brain research. I read the New York Times and the whole science section on Tuesdays besides a half-dozen medical journals. I don’t have time to read a novel, because I write a column for this paper, blog on the Huffington Post and write for the San Diego Jewish World website. I work out every day and read while on the treadmill. Charlie Rose and PBS news are accumulating on my DVR.

I am running out of time to do all the things I want to finish before I die. I don’t want to leave all the mess from my daughter to deal with. One is supposed to stop and smell the roses … what roses? I don’t have time to look for roses!

I know, I know: What are my priorities? I can’t always figure out the difference between “need to do” and “want to do,” because what I need to do I also enjoy. And so, time spent working and being responsible is also time spent that makes me happy. It would be OK except there is no time left for anything else. It is a myth, told to working parents, that one can balance home and career. It is not possible to do both well, so the question is: What do you give short shrift to — the kids or the work? The good news is that both survive quite well, but the price paid is guilt and exhaustion.

We are overly committed, and our tired bodies tell us that by being overweight and underexercised, unless that exercise also becomes part of the already overextended daily routine.

So what is the solution? Obviously, give up something! But what if everything seems equally important or fun?

We overscheduled ourselves by responding not only to our own needs but also to the needs of others who are requesting our time. If we are unwilling to prioritize and give up any of our activities or commitments, then we should shift our mindsets toward celebrating our interesting lives. If everything we do is that important or fun and everyone needs us, we are indeed blessed to be among those who don’t have enough time.

— Natasha Josefowitz taught the first course in the U.S. on women in management and is the author of — the kids or the work? The good news is that both survive quite well, but the price paid is guilt and exhaustion.

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Overextended daily routine.

POWERING AHEAD When it was over, the Ocean Beach Shredsocks team from San Diego Fire Rescue Department Lifeguards came out on top, but it wasn’t for lack of trying by the La Jolla group, which came in second. The city’s four lifeguard divisions competed in the 61st annual Ron Trenton Memorial Lifeguard Relays July 29 in a display of lifeguarding skills, with La Jolla lifeguard Dustin Fiero taking off during the paddleboard relay event (above) amid his teammates’ encouragement. Below, the La Jolla-area team celebrates at the conclusion of the event. Trenton, 51, a San Diego lifeguard, died in 1997 when his rented Piper Cherokee failed to return to Montgomery Field from Catalina Island. This year’s event helped nine City Councilmembers raise more than $10,000 for local charities.

Photos by Don Balch

Mixing & mingling

Upcoming Chamber Mixer August 20

On July 30th Phenix Salon Suites hosted a Business after Five Mixer for the La Jolla and Golden Triangle Chamber of Commerce. The mixer filled the venue with over 70 attendees enjoying networking and enjoying delicious catered Mexican cuisine. Several new members were introduced. Phenix offers the services of over thirty different independent beauty and personal care professionals all at one location. Their beautiful facility is located at 7655 Girard Ave #201 in downtown La Jolla.

The very next evening Gene and Ted Barduson hosted a re-grand opening of The La Jolla Wellness Studio. Approximately 110 guests enjoyed a tour of the facility as well as fitness demonstrations and complimentary acupuncture treatments. The event was generously catered by Rus Eminar of Nosh Restaurant. The La Jolla Wellness Studio offers a variety of state-of-the-art exercise and wellness programs and the new address is located just down the street from the old one at 7580 Fay Ave #103 in the Village of La Jolla.

The next event will be an open house and ribbon cutting at Wonderworks Healing Arts located at 7742 Herschel Ave Suite G in San Diego, CA 92037.

WHERE: 7742 Herschel Avenue Suite G San Diego, CA 92037

WHAT: Ribbon Cutting & BAF Mixer at Wonderworks Healing Arts

COST: $10 Members $15 Non-Members Groups of 3 or more non-members $10/ea.

WHAT: Mixing & mingling

WHERE: 7742 Herschel Ave Suite G San Diego CA 92037

WHAT: Chamber Vice President Ted Barduson presenting Durante Vanum of Value Strategies, Inc his new membership certificate.

COST: $10 Members $15 Non-Members Groups of 3 or more non-members $10/ea.

COST: $10 Members $15 Non-Members Groups of 3 or more non-members $10/ea.

Photos by Don Balch

Photos from the Mixer at Phenix Salon Suites

Photos by Don Balch

The fabulous staff of Phenix Salon Suites poses with the Chairman of the Board George Schmall.

Chamber Vice President Ted Barduson presenting Scott Patrons of Village Gifts & Engravings.

George Schmall presenting the membership certificate to Erik Tello of the Mauds San Diego.
Cannes-do attitude at La Jolla International Fashion Film Fest

The La Jolla International Fashion Film Festival, called the Cannes of the fashion film industry, was packed with the same events as its French counterpart when it ran July 24 through 26 for its fifth film festival. The screenings, director/producer panels, and artistic screenings, most of which took place at the Sherwood Auditorium.

One of the standout events was a Bruno Aveillan retrospective, after which the director was given the festival's Lifetime Achievement Award for his awe-inspiring work. The France-born Aveillan is one of the most distinguished and internationally sought-after across the globe in the communication art industry. He has directed award-winning short experimental movies and international commercials for clients like Orange, Lanvin, Peirrier, Louis Vuitton, Audi and Nike.

In an interview with Aveillan, I asked him what was next. He said, “I will have exhibitions starting in Moscow; I will be coming out with a new book, and then a big project that I will be able to reveal soon.”

Kara Birkenstock and Wes Hall were emcees for the run between July 24 through 26.

Kimberly Truhler gave an informative lecture on the history of fashion films, and Simone Cipriani talked about the United Nations Ethical Fashion Initiative. Cipriani was given the Best Message Award for “Around the World with Stella McCartney.”

Vanilla V von Bismark was awarded Best Music from the film “Snake.” Von Bismark thrilled the audience when she performed the award-winning title song on our second night.

The hilariously funny “The Purification of Monotony” took two awards: Sonja Kinski won Best Actress and Ace Norton took Best Creative Concept. David Oyelowo was awarded Best Actor for his turn in “206.”

‘Honor Spring 2014’” ran home two awards, Giovanna Randall for Best Fashion and Tim Regan and Fred Kim for Best Visual Effects. Manuel Portillo won Best Cinematography for “The Old Road,” Billy Mead Best Editing for “Today, Tonight” and Hunter and Gatti Best Art Direction for “K Woman.”

Gracie Cant won Best Hairstyling for a really fun film with twin models, called “Crystals and the Postman are a Girl’s Best Friend.”

Tony Herebia, Magdalena Sandoval and Alejandra Catalina Garcia won Best Makeup for the campy film “Mercado De Lagrimas,” and Bruno Miotto won Best Director for “We Are All Mad Here.” The evening culminated in the much-anticipated Best Picture award, given to Viktorija Pashuta and Miguel Gauthier for “Kiss of a Siren.”

Tiffany Canel, Eric Cuchat, Calty Johnson, Suehiro Kamin and Erin Brown took home Best Costume Design, also for “Kiss Of A Siren.”

Chairman and founder of International Perfume Foundation Creezy Courtoy and CEO Paul Holmes presented Fred Sweet with The New Luxury Event Award. Sweet, festival producer, said the award shows that La Jolla follows the New Luxury Code, dedicated to enhancing the lives of all humanity through ethical and kind business behavior.

For information on next year’s festival, visit ljfff.com.

UPCOMING EVENTS

“FASHION ON POINTE,” THE 37TH HAUTE WITH HEART FASHION SHOW presented by St. Madeleine Sophie’s Center at 11 a.m. The event will be at Hilton San Diego Bayfront Downtown, 1 Park Blvd. For reservations, call Neil Fullerton at (619) 442-5129.

LA JOLLA INTERNATIONAL FASHION FESTS

Honored Those connected with the film “Mercado de Lagrimas” are obviously pumped about the awards they won.

Photo by Diana Cavagnaro

So far, August is marked by big shows in small venues

By CHARLENE BALDRIDGE

Over the weekend of July 25, three really big shows (“Much Ado About Nothing,” “The Full Monty” and “Les Misérables”) opened in really small venues — Intrepid Shakespeare Company’s Clayton Liggett Theatre, New Village Arts and Lamb’s Players Theatre’s lone and Paul Harter Stage, respectively. All are excellent; one is a big wow.

Lamb’s Players’ “Les Misérables” is, quite simply, the best thing Lamb’s has ever dared to do (and the company’s dared a lot). Many of the 19-member, all-San Diego troupe have been seen in smaller and larger roles at Lamb’s and in theaters around the county, but each of them, stretched or not, does his or her best-ever work.

The primary focus of the work, based on Victor Hugo’s sprawling novel and directed by Lamb’s producing artistic director Robert Smyth, is the confrontation between the truly good man, Jean Valjean, and his evil pursuer, an overealous inspector named Javert. As Valjean, Brandon Joel Maier delivers the performance of his life. Both his voice and dramatic force have fully matured. The audience was absolutely rapt during Maier’s “Bring Him Home,” a challenging high pianissimo aria sung at the barricades in the midst of Parisian unrest. Equally well cast, the supremely talented baritone, Randall Dodge, presented a Javert of tremendous theatrical range. No mustache twirling here: Dodge is a misguided human being, which makes his downfall all the more poigniant.

The women in Valjean’s life are sung with voice and power by Kelsey Venter as Fantine (“I Dreamed a Dream”) and Charlene Koepf as Cosette. Fantine’s daughter (“A Heart Full of Love”), whom Valjean raises as his own. She fails in love with a student revolutionary named Marius (the amazing Jess Abeel, who earns romantic lead chops with this role). Marius is secretly loved by Eponine (rich-voiced Allie Trimm), daughter of the avaricious Thenardiers (Neil Dale and Deborah Gilmour Smyth), who play these lowlifes with relish.

Jordan Miller sings “(Do You Hear the People Sing?)” and performs the stirring role of Eponine. His student cohorts, played by Kurt Norby, Brandon Sherman and Jacob Caltrider, are among San Diego’s best young singers.

Set during the 1832 Paris uprising following Napoleon Bonaparte’s downfall, this colorful show with costumes by Jeanne Barnes Reith and a stunning set by Mike Buckley, are not to be missed at Lamb’s Players, 1142 Orange Ave., Coronado, lambsplayers.org or (619) 437-6000.

BEAUTIFUL and talented people Alíyn Pérez and Stephen Costello are gearing up for a San Diego Opera benefit on Friday, Sept. 5.

Other Acts

For three days only, La Jolla entrepreneur Dori Salosi’s Vantage Theatre presents Lynne Kaufmann’s, “Be A New PATH: The Ram’s Daze,” starring Warren David Keith. It plays at 2 p.m. Aug. 15, 2 and 8 p.m. Saturday, Aug. 16 and 2 p.m. Sunday, Aug. 17 at the Ocean Beach Playhouse, 4844 Newport Ave, in Ocean Beach. Tickets are available at vantagetheatre.com or (858) 859-ACT.

Alex Nee, 22, grandson of the late La Jolla Symphony artistic director Thomas Nee, passes through San Diego Tuesday, Aug. 12, through Sunday, Aug. 17, with the Broadway San Diego tour of “Once,” in which he sings Andre), a young Czech immigrant. Granda, whom Alex calls “fiery, fun, brilliant and always supportive,” would be proud in the show. Alex, a Northwestern University grad, plays ukulele, bass, guitar, mandolin and capon. Now a bona fide pro, Alex wishes he could share with Tom what he’s been doing over the last couple years. broadways.com.

Tickets are on sale for the San Diego Opera recital by soprano Alíyn Pérez and tenor Stephen Costello, opera’s most beautiful and gifted married couple. You experienced the blend and chemistry in SDD’s “Romeo and Juliet.” The intimate benefit recital takes place at 7 p.m. Friday, Sept. 5, in the Balboa Theatre, 868 4th Ave, Downtown. sdopera.com or (619) 533-7000.
Whisknladle Hospitality bringing Catania to La Plaza’s top floor

By FRANK SABATINI JR.

After sitting vacant for several years, the third-level space that Jack’s La Jolla partly occupied in the La Plana building, at Girard Avenue and Wall Street, will make way for Catania, a restaurant inspired by the founders’ 1,400-mile road trip through Italy.

Arturo Kassel and Ryan Johnston of Whisknladle Hospitality plan to launch the venture in January, with a menu focusing on the various styles of Italian coastal cuisine they encountered during their two-week journey, which included time spent along the Amalfi coast.

The company operates Whisknladle restaurant in La Jolla as well as PreKitchen in La Jolla and Little Italy.

“The first thing that stood out to us on the trip,” Kassel said, “was the misconception of what Italian food is in the U.S. Everything isn’t in tomato sauce and garlic. It’s rather about using fresh, seasonal ingredients and Old World cooking techniques, which we’ll bring to Catania.”

Johnston, a partner and culinary director for Whisknladle Hospitality, subsequently returned to Italy with his girlfriend and visited Sicily’s eastern seaboard city of Catania, which Kassel says became the favored name for the new restaurant.

“It’s perfect,” he added, “because Sicily had been controlled throughout history by the Greeks, Turks, Romans and other cultures. There are a lot of narratives in the cuisine there.”

To finalize their culinary research, Johnston is returning to Catania late this month with the restaurant’s appointed executive chef, Vince Schofield, who previously spent a couple years cooking in Siena, Italy. They’ll be joined by sous chef Tai Ho. “They are going with the sole purpose of eating and drinking so that they come back fully inspired and ready to work,” Kassel said.

Though specific dishes have yet to be determined, Catania will source quality proteins and organ- ics and make certain cuts of pasta in-house. “We want to take people one foot out of their comfort zones and introduce them to a totally different way of looking at Italian food,” Kassel said.

Wines will hail exclusively from Italy — or from Italian varietals grown in the U.S. — while the beer list taps into Italy’s latest craft brews.

Bluenotion Architecture in Little Italy is designing the 3,750-square-foot space, which boasts views of urban La Jolla with the ocean as a backdrop.

“We’re still fine-tuning the mater- rials and look,” Kassel said, “but we’ve decided on the things that we won’t use. Reclaimed wood and Edison light bulbs are off limits.”

He added that the design will be “sleek, modern and elegant.”

Kassel said Catania will be the only full-service restaurant in La Plaza, but he couldn’t divulge which other potential tenants are vying for the remaining parts of the building because of a nondisclos- ure agreement he has with the landlord.

“Ever since Jack’s closed some years ago,” Kassel said, “I would constantly look up at the space and think it would be great to do some- thing there. We explored a lot of dif- ferent locations, some even outside of San Diego, but we kept coming back to La Jolla.”

• Catania will be located at 7683 Girard Ave. For more information, visit whisknladle.com.
Spirited La Jollans trot the globe

You’re looking at only part of the 13-member dance band Midnight Special, which rocked Copley Plaza July 26 at the 2014 Globe Gala, a hallmark annual fundraiser for The Old Globe Theatre’s artistic and education programs. Last year’s event raised more than $1 million — meanwhile, The Old Globe Theatre is the nation’s eighth-largest in terms of budget and next year will celebrate its 80th anniversary just as Balboa Park, its locale, will turn 100 years old. Below, La Jollans were out in force at the event; they included noted light cuisine cooking expert and author Jeanne Jones (center) and former San Diego Union-Tribune publisher Karin Winner (right). Deborah Szekely, San Diego philanthropist and founder of Rancho La Puerta spa, is at left.

Inclement weather claims Las Patronas’ 68th Jewel Ball

Moonlit Mambo. Las Patronas’ 68th annual Jewel Ball fundraiser, was canceled due to inclement weather amid a perceived safety risk to the patrons. The event, scheduled for Aug. 2 at the La Jolla Beach and Tennis Club, had been planned by a team of 50 Las Patronas members over 15 months’ time.

Earmarked food has been delivered to So Others May Eat, a local homeless outreach program, and remaining floral arrangements were delivered to local convalescent homes and businesses. The patrons’ payment for their invitations served as their donations. Since its inception in 1946, La Patronas has donated nearly $18 million to more than 1,000 local charitable institutions. These funds are generated through year-long fundraising efforts and the Jewel Ball.

Surf legends slate benefit for Moores

Surf legends from around the world will join local scientists, businesses and community members in support of UCSD Moores Cancer Center’s fight against the disease at the 21st annual Luau and Legends of Surfing Invitation-al on Sunday, Aug. 17. The beachside fundraiser includes a surfing competition, traditional Polynesian dancing, music, auctions and a tropical buffet.

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Absolutely luxuriously delicious. A yacht wine, Lorye.

CUBA
Ropa Vieja
Braised shredded flank steak + sofrito sauce +
spanish olives + white rice
2012 St. Magdalena, Südtirol, Erste-Neue, “Großer Hof,” Italy
A lean-ness interlaced with a rich quality usually reserved for a thicker wine.
Pizza to short ribs on this one.

JAMAICA
Jerk Shrimp Skewers
Braised black beans
2013 Riesling, Tertuscio, Crown Valley Vineyard, Willamette Valley, Oregon
Classic Alsace. For Riesling drinkers with no fear & a true understanding of what’s in the glass.

HISPANIOLA
Haitian Griots
Crispy pork + sour oranges +
caramelized onions
2009 Dornfelder, Siegrist, Trocken, Pfalz, Germany
Deep & dusty on the nose, this initially light-bodied wine quickly opens to lush black cherry notes.

YO HO HO & A BOTTLE OF RUM CAKE

Tickets can be purchased at BrownPapertickets.com or at The Patio

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THE PATIO
ON LAMONT
Veggie lovers unite!

‘Meatless Monday’ rolls out at The Patio on Lamont Street

Calling all vegetarians, vegans, and just plain veggie fans. The Patio on Lamont Street recently started offering a ‘Meatless Monday’ menu on Mondays starting at 6 p.m., in addition to the regular dinner menu.

While The Patio on Lamont Street has always prided itself on sustainable, farm-to-table cooking, ‘Meatless Monday’ aims to provide a few more options for those with dietary restrictions.

Chef de Cuisine Andre Fuentes plans on changing the menu every couple of weeks to reflect seasonal ingredients. Currently, three delicious dishes are being served up. They include: heirloom tomato with pine nut-raisin relish, shaved asaggio, and crispy basil; white bean and baby kale with rosemary fried almonds, grilled red onion, kalamata olive puree and lemon vinaigrette; and seared risotto cake with wilted spinach, caramelized onion, roasted pepper coulis, shaved pecorino, and orange balsamic gastrique.

In addition, The Patio will be hosting a “Vegepalooza” wine dinner on Tuesday, October 7, in honor of Vegetarian Awareness Month. This themed dinner will pair delicious meatless courses with wines handpicked by Patio wine expert Sheila Tracy.

To stay up-to-date with all the latest events happening at The Patio, email events@thepatiosd.com and ask to join our mailing list.

Donovan’s

Donovan’s sets the standard of fine dining excellence. A classic steakhouse. A stylish, lively atmosphere. Cordially friendly. We like to think of Donovan’s as your own special place. A place where you can celebrate with friends, family and associates.


The Broken Yolk Café

The Broken Yolk Café offers a large selection of home cooked meals in a comfortable and casual atmosphere. There are over 20 different omelets to choose from as well as a wide variety of other breakfast favorites which include pancakes, waffles and French toast. Feel more like lunch? Try one of our juicy ½ pound burgers or one of our large sandwiches.
Worried about retirement are you?

**ASK THE RETIREMENT CONCERGEE**

Q: I am 59 years old and contemplating retirement, with dread. I just cannot imagine myself not going in to work each day or being able to afford not working. What would I do with the time? I am alone at home, and sometimes, even on the weekends, I get lonely. My nest egg is comfortable but not luxurious. I wonder if it will last out my life, though. Guess I could live with my kids if necessary. Eeww! I often wake up at night thinking about my future and then cannot get back to sleep. — Signed, Worried

A. You are right to be worried! And you are not alone. Recent research by the U.S. Census Bureau shows that 80 percent of people, even as young as 30, do not believe they will have enough money for retirement. In fact, 35 percent rely completely on Social Security. Seventy-six percent of people cite worries about money as a leading cause of stress. As we have heard, stress can kill you. Your concern, however, is not just about the money. It is about your lifestyle once retired. What will you actually do each day? Your social interactions will taper off and disappear. Living with your children will increase stress for all concerned, except perhaps those grandchildren, who may love having a constant playmate. But will you love it?

A repeated theme I hear from my newly retired clients is the importance of making your life fun and fulfilling before retiring so that you will already be enjoying other interests. If you are unsure about what you might enjoy, then try a different activity every week. There are many groups that gather as “singers around a common focus: sailing, hiking, church, drum circles, yoga, photography and sailing. And you will find them on the Internet. If you do not know how, ask your friends or family. When your activities take your mind off work, and your worries, then you allow yourself a time of renewal. When you retire, you become free to do many different activities, as many as you want and can afford.

Some “retirees” have discovered that they want to make a difference in the world and volunteer. The Peace Corps is one of the foremost volunteer organizations in the world. A person could put their belongings into storage, rent out their home and go off on a life-changing adventure for several years. Imagine teaching English in the Kingdom of Tonga or environmental strategies in the boondocks of Ethiopia. You bring pocket money, but the organization pays for you to live and to get there — you contribute your work.

World Vision is a faith-based outreaching organization that helps people from retirement to well over age 90. I have noticed that a key ingredient to the well-lived life is the attitude of happiness. Those who accept what is, explore around to improve a situation and decide to be content with what they have are happiest. Those who discover their own mission, even if it is as simple as sailing, hiking, church, drum circles, yoga, photography and sailing. You will find them on the Internet. If you do not know how, ask your friends or family.

If volunteering is not your thing, you might have a hobby that is marketable. People do make money using eBay or Amazon to resell items. I know a lady who loves to bake and makes and sells her wonderful art. There is an entire gray market world of selling at swap meets. Visit a few and see if you can figure out what you can offer. There are many solo businesses available, from the tried-and-true Mary Kay cosmetics to new avenues in Internet marketing.

In more than two decades of helping people from retirement to well over age 90, I have noticed that a key ingredient to the well-lived life is the attitude of happiness. Those who accept what is, explore around to improve a situation and decide to be content with what they have are happiest. Those who discover their own mission, even if it is as simple as sailing, hiking, church, drum circles, yoga, photography and sailing. You will find them on the Internet. If you do not know how, ask your friends or family.

Worried about your future? Then do something!

— The Retirement Concierge helps baby-boomers on the verge of retirement to plan, make and manage lifestyle transitions by guiding them through a systematic process of planning and preparation when they write their own rules, make their own plans and reinvent their own lives. See TheRetirementConcierge.com or call (619) 818-8757.

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**HealthBRIEF**

**Medication mistakes can be dangerous**

Every year 1.5 million people are injured or become seriously ill when a medication mistake happens and 100,000 people die a year from the mistake. It is important for everyone to protect themselves from possible mistakes. Knowing how to avoid mistakes is important for everyone.

Confusing two medications with similar names accounts for up to 25 percent of errors. Sometimes the doctor’s handwriting is misread, the wrong medicine name is put into the computer or the wrong drug is pulled from the pharmacy shelf but it happens. Drugs that could be confused might be Adderall (a stimulant for ADHD) with Inderal (a beta-blocker for high blood pressure), or Paxil (an antidepressant) with Taxol (a cancer blocker for high blood pressure), or Plavix (an anticlotting medication) or Prozac (an antidepressant) with Inderal (a beta-blocker for high blood pressure) or Prozac (an antidepressant) with Taxol (a cancer blocker for high blood pressure), or Plavix (an anticlotting medication)

The RN Care Manager at Innovative Healthcare Consultants is experienced and knowledgeable about reviewing all medications to insure against drug interactions and errors. Her job is to make sure these errors don’t happen for the patient. She is concerned about a loved one and the possibility of a medication mistake, call us at 760.731.1334 or view our website at www.innovativehc.com for more information.

**About The Artist’s Touch**

The Artist’s Touch is based on the belief that our clients’ needs are of the utmost importance. We are committed to meeting those needs. Jennifer Broomberg, a professional painter and sculptor, is now implementing her classical training in art and anatomy to enhance the beauty of the human face and camouflage imperfections caused by surgery, trauma or just aging.

**History of The Artist’s Touch**

The Artist’s Touch was created by Jennifer Broomberg, a professional painter and sculptor so that she could utilize her many years of experience in painting and sculpting the human body to enhance the beauty of the human face. Jennifer also employs her knowledge of color theory when matching pigments with her client’s skin tones for scar camouflage or skin hypopigmentation problems. The Artist’s Touch offers a wide range of services including Permanent Makeup for eyebrows, brows and lips as well as Scar Camouflage, Areola Repigmentation for Mastectomy patients (at no charge) and Hair Follicle Simulation for baldness.

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**The Artist’s Touch**

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Chard is not just another pretty face

Swiss chard (Beta vulgaris) is a vegetable that will add healthful nutrients to your diet as well as make an attractive addition to your garden, with its rich green leaves and multicolored stalks. The world “Swiss” was used to differentiate the plant from other similar species; in fact, it is not Swiss in origin at all.

Chard can be grown pretty much all year long along our coast, since it prefers cooler warm weather with temperatures that do not exceed 80 degrees. Native to the Mediterranean, chard is a member of the beet family. And while it is very similar to the beet plant in many ways, it has larger stalks and leaves and does not have a bulbous edible root like the beet. High in photomutrients, antioxidants, vitamins C, E, K and B6 and potassium, magnesium, iron and fiber, chard is one of the world’s healthiest vegetables.

There are quite a few different varieties of chard, but my personal favorite is rainbow chard (Bright Yellow), which comes with stalks in reds, yellows and oranges. There are also varieties with white stalks (Laculcous), red (Ruby) or yellow (Bright Yellow). You can start chard by seed now or purchase small plants at your local nursery. Chard can tolerate some shade and does not like to be in the blazing sun all day, except for Laculcous, which likes a little more heat. Plant it in well-drained soil and space it so that each plant has good air circulation around it, which will help with pests and diseases. A monthly feeding with fish emulsion rotated with an organic vegetable fertilizer will keep your plants producing year-round.

Chard also does very well as a container plant. When the leaves are about 8 to 12 inches in length, they are ready to harvest. Cut the lower outer stalks about 1/2 inches from the ground, and your plant should continue to produce year-round. At some point, the main stalk will begin to dry and yellow, and when this happens the leaves become smaller, it is time to replace the plant.

Except for slugs, snails and aphids, chard does not have too many predators. Keep the slugs and snails away with ground-up eggshells, mulch or a safe slug and snail bait, such as Sluggo. Spray the leaves with water to remove aphids. If the aphids persist, a little natural dish detergent mixed with water and sprayed on the leaves will provide a residue that will keep them at bay.

Harvest tender young chard leaves to add to salads. If you have a bumper crop, chard freezes well. Cooking chard is easy, and keep in mind that when you start out with a huge bunch of raw leaves, they will wilt into less than half of what you started with. An easy preparation: Strip the leaves from the stalks of a large bunch of chard and slice up the stalks as you would celery. Sautée the stalks in a little olive oil with some onion and garlic and a pinch of chili flakes. Once the stalks are tender, add the chopped chard leaves and a splash or two of balsamic vinegar and season with sea salt and freshly ground pepper.

— Linda Marrone is a Realtor with Coldwell Banker. Stories about her historic La Jolla gardens have been published in local and national magazines. By LINDA MARRONE

The hearty chard plant, a member of the beet family, is crazy with vitamins and minerals. PHOTO BY LINDA MARRONE

Torrey Pines infrastructure plan laid out at Traffic & Transportation Committee parley

By Dave Schwalb

Sidewalks and view corridors will be improved and steep slopes will be stabilized as part of the first two phases of Torrey Pines Corridor improvement projects.

That was the good news delivered by First District councilwoman and president pro-tem Sherri Lightner and city engineers to La Jollaans at the Traffic & Transportation Committee’s July 24 meeting.

The Torrey Pines Road Preliminary Project Plan will provide a series of innovative traffic-calming concepts, including a pedestrian-controlled, midblock crossing signal known as a HA WK beacon, in an effort to improve pedestrian access.

HA WK (High-Intensity Activated Crosswalk) traffic signal beacon will alert both pedestrians and vehicles, said Bliss, noting the beacon would be a visible way to share the road with other users.

Lightner said another goal of the project is to eliminate slopes on the south side of Torrey Pines Road, which is scheduled to be under construction next spring.

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CONFLICT

CONF. FROM PG. 1

ing and knowledge,” Chabad has more than 3,600 institutions in more than 70 countries. Chabad Hasidic philosophy focuses on classical Jewish writings and Jewish mysticism, especially the Zohar and the Kabbalah.

ODEH AND EZAGUI HAVE NUMEROUS RELATIONS IN ISRAEL AND THE SURROUNDING TERRITORIES UNDISCOVERED.

DEscribing Jewish treatment toward Palestinians as a “military occupation” and “apartheid,” Oded said Palestinian worldwide are calling for an end to the land, sea and air blockade on the Gaza Strip by Egypt and Israel, in effect since 2007. “It’s being choked, strangled economically, socially, legally and politically,” said Oded of her homeland, which she painted as “a ghettos,” breeding an “intense hopelessness among Arab- 

Israel can’t exist. Palestine can’t (political) structure has to be made anew. RE creation. It has to be a new creation, a bi-

Ezagui agreed that the ultimate goal of Local & National News, Radio, A Number Of Local Papers & Magazine Articles. Swimming is one of our favorite recom-

Although Israel has literally “risen from the ashes” in carving a homeland out of a barren waste, Ezagui said it’s easy to get lost in the “desert” of politics, which “people becoming fanatics who...”

The focus should be on uniting in a...”

Entry Rules: You choose your favorite! Tell us who the best of the best is and you’ll be entered into our free drawing. Mail or hand deliver your ballot to: La Jolla Today, Readers Choice Awards: 1621 Grand Ave, 2nd floor, San Diego, CA 92109; or vote online at: www.sdnews.com or ljtoday.com. Please complete at least 50% of the ballot. One ballot per person. Ballots must be postmarked, submitted online, or hand delivered by Wednesday, August 21, 2014.
La Jolla Shines Bright as Residents Jump on the Solar Bandwagon

The city of San Diego was named the second strongest solar city in the nation by a recent Environment America report, and La Jolla helped San Diego earn this recognition. In terms of installed solar, the 92137 zip code is second only to 92154 in the city of San Diego, according to California Solar Initiative data. "La Jolla property owners get it - they understand the benefits of clean energy, both economically and environmentally," said Daniel Sullivan, founder and president of Sullivan Solar Power. "We believe that 92037 has the opportunity to transition to the strongest solar community in the nation."

The amount of solar is continuing to increase exponentially for residential and commercial properties throughout La Jolla. The National Oceanic and Atmospheric Administration (NOAA) Southwest Fisheries Science Center installed a scenic 117,680-watt solar photovoltaic system on the rooftop of their new facility, and UC San Diego is the largest solar producing institution in the region. Sullivan Solar Power is currently in the process of energizing seven on-campus solar power installations at UC San Diego totaling 76,385-watts. The newest UCSD solar installations will save the campus more than $2 million over 20 years. To help further expand solar power in La Jolla, local firm Sullivan Solar Power has created and is administering the La Jolla Solar Program, a cash-back program for La Jolla residents that concludes August 29.

The third and final La Jolla Solar Program workshop takes place this Saturday, August 9, from 11 a.m. - 12 p.m. at the La Jolla Library (7555 Draper Ave.). "The La Jolla Solar Program provides property owners an incentive on top of the state and federal incentives, exclusively through our company. Our goal is to transition the way this region generates its power." For more information about solar power, call 1-800-SULLIVAN or visit www.LaJollaSolarProgram.org.

WHAT:  La Jolla Solar Program Workshop
WHEN:  Saturday, August 9th | 11am-12pm
WHERE:  La Jolla Library  7555 Draper Ave, La Jolla

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Victoria Schafer takes post at Wells Fargo mortgage unit

Victoria Schafer has been hired by Wells Fargo Home Mortgage as a consultant for the firm’s Village location.

Schafer, a 17-year mortgage veteran, is a Wells Fargo team member, having served the Palos Verdes, Redondo, Hermosa and Manhattan Beach markets. Wells Fargo Home Mortgage is a division of Wells Fargo Bank, N.A.

Wells Fargo Home Mortgage is the largest retail mortgage lender in the United States in 2011, originating one out of every four home loans. Wells Fargo services $1.8 trillion in home mortgages, the second largest servicing portfolio in the nation. In 2011, the firm’s market share for U.S. mortgages was about 22 percent. Schafer can be reached at (858) 459-4217.
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Go to www.LindaMarrone.com to learn more about historic designation.

Be sure to read Linda’s garden column, From My Garden in this issue.

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